

BARNABAS TODAY

SAINT BARNABAS MEDICAL CENTER
BARNABAS HEALTH AMBULATORY CARE CENTER



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Dear Friends,

We hope you and your family enjoyed all of the benefits of summer and the opportunities to be outdoors.

As New Jersey's largest healthcare system, we will continue to do everything we can to heal the sick while being the communities' partners in wellness. This promise is embodied in our new message, "Life is better healthy."

To deliver on our promise, in addition to supporting and participating in numerous health and wellness events throughout the state, we offer a variety of educational programs within Barnabas Health. We hope that you will take advantage of these programs to help keep you and your family healthy. For a complete listing, please go to www.barnabashealthcalendar.org.

As we transition into Fall, we would like to remind you of two signature events. The 13th Annual Miracle Walk will be held on September 28, 2013, at 9:00 am in Verona Park, Verona, NJ. This deeply gratifying event was created by a group of parents in appreciation of the care their babies received at the Neonatal Intensive Care Unit at Saint Barnabas. More than 2500 mothers, fathers, and NICU graduates along with grateful friends and family gather for entertainment, activities, and to walk in celebration of life.

In recognition of Breast Cancer Awareness Month, Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center will bring our message of breast cancer prevention and early detection to Grand Court at The Mall at Short Hills. Throughout the month of October, in an effort to raise awareness and educate our community, there will be a display, educational offerings and events. We hope you will find time to visit and learn from the important information on exhibit.

Cordially,

Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health



John F. Bonamo, MD, MS
President and
Chief Executive Officer
Saint Barnabas Medical Center



Susan Garrubbo
President and
Chief Executive Officer
Barnabas Health
Ambulatory Care Center



**Clara Maass
Medical Center**

One Clara Maass Drive
Belleville, NJ 07109
973.450.2000



**Newark Beth Israel
Medical Center
and Children's Hospital
of New Jersey**
201 Lyons Avenue
Newark, NJ 07112
973.926.7000

Essex County

**Saint Barnabas
Medical Center**

94 Old Short Hills Road
Livingston, NJ 07039
973.322.5000



**Barnabas Health
Ambulatory Care Center**
200 South Orange Avenue
Livingston, NJ 07039
973.322.7000



Pictured from left to right: Barry H. Ostrowsky, President and Chief Executive Officer, Barnabas Health; Richard Kogan, Chairman, Saint Barnabas Medical Center Board of Trustees; Ronald J. Del Mauro; John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center; Christopher Freer, DO, Chairman Emergency Department, Saint Barnabas Medical Center.



Saint Barnabas Medical Center Dedicates the Ronald J. Del Mauro Emergency Services Pavilion

Recently, Saint Barnabas Medical Center dedicated the Ronald J. Del Mauro Emergency Services Pavilion. This bigger and brighter Pavilion provides expanded space along with added comfort and convenience for the over 90,000 Emergency Department visitors each year.

“We recognize Ronald J. Del Mauro for his many contributions in transforming the delivery of health care in New Jersey. He is a visionary who focused on improving the quality of care for our communities,” states Barry H. Ostrowsky, President and Chief Executive Officer, Barnabas Health. “Mr. Del Mauro began his career at Saint Barnabas Medical Center. He believed the Emergency Department was the gateway to the hospital. It is most appropriate that we acknowledge this remarkable health care leader and we dedicate the Emergency Services Pavilion in his honor,” states John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center.

Mr. Del Mauro has long been considered an individual who understands health care and the business of health care from the perspective of all constituencies. In 1985, when he was named President and Chief Executive Officer of Saint Barnabas Medical Center, the facility was on the brink of bankruptcy. Eleven years later, it became the flagship of Barnabas Health, now comprised of six acute care hospitals,

a behavioral health center, ambulatory care and surgery centers, two children’s hospitals, and comprehensive home care and hospice programs.

Under Mr. Del Mauro’s leadership and with his unwavering commitment to high quality, compassionate care, Barnabas Health grew to provide over two million patient visits each year. Many of the clinical services provided at Barnabas Health facilities continue to receive national recognition and are offered by some of the nation’s finest physicians. Mr. Del Mauro served as President and Chief Executive Officer of Barnabas Health from its inception in 1996 until December 2010 and as Chief Executive Officer until December 2011. He was Chairman of Saint Barnabas Medical Center until 2011 and was a driving force in improving health care throughout New Jersey.

Mr. Del Mauro began his career with the Medical Center in 1967. For 14 years, he served as Vice President for Human Resources and Director of Personnel. In 1983, he was named Senior Vice President for Human Resources for the Saint Barnabas Corporation.

With a passion for quality, Mr. Del Mauro built on a core philosophy that has been integrated throughout all Barnabas Health facilities. He believed strongly in the obligation to create the best possible environment for patients and their families to receive care and the best possible environment for employees and physicians to practice medicine.

Natural Approaches to Menopause Pave the Way to a Healthy Transition

With an endless stream of work, family and personal commitments, who has time to deal with menopause? Modern lifestyles leave many American women ill-prepared to cope properly with this stage of their lives, and even expected symptoms can wallop those who don't pay attention to basic wellness measures.

"Menopause often hits people harder in this society than other cultures," says **Minal Vazirani, MD**, the medical director of the Siegler Center for Integrative Medicine. Dr. Vazirani is a dual, board-certified internist and pediatrician at Barnabas Health Ambulatory Care Center, who is also certified in integrative holistic medicine. "I think because we don't pay attention to our diets, exercise or daily routine, we let stress get the most of us. Life just creeps up."

Typical menopause symptoms such as hot flashes and night sweats, insomnia, mood changes, trouble focusing and vaginal dryness can seem to sneak up on women as well, Dr. Vazirani explains, even if they're well-informed and know what to anticipate. But a common response to such symptoms in the past – hormone replacement therapy, or HRT – was later linked with several scary health risks such as blood clots and cancer. These scientific revelations changed many physicians' and patients' approach to menopause from medicinal to natural.

A Host of Options

"We don't knee-jerk HRT on everyone anymore," says **Daria Klachko, MD**, a Barnabas Health gynecologist with a particular interest in menopause. "Although the overall risks are low, we tend not to put people on hormones unless there's a reason – one of which is significant symptoms. We have to carefully decide who is a candidate or not and look at the risks versus benefits to see if it's worth a small risk for a better quality of life."

Adds Dr. Vazirani: "Nature intended this hormonal change to occur for a reason and we're just putting band-aids on it by treating it with hormones. There's a natural way to go through this transition."

Nutrition should be of core emphasis in an integrative approach to menopause, Dr. Vazirani says. While specific advice should be individualized, a few basic tenets that usually share a common thread with many women include adopting a diet rich in "whole" or unprocessed foods, with an emphasis on vegetables, beans, seeds, nuts, fruits, lean low-fat proteins and healthy fats. In fact, she says, some foods such as soy and flax have specifically been studied for their effects on menopausal symptoms.

For women with milder symptoms who desire further relief, these natural herbal supplements are often used to tackle specific symptoms:

HOT FLASHES AND/OR NIGHT SWEATS:

Red clover, Panax ginseng, dong quai, black cohosh, bioflavonoids

MOOD ISSUES:

St. John's wort, ginseng, black cohosh

IRREGULAR BLEEDING:

Chaste berry

INSOMNIA:

Ginseng



But talk to your doctor before taking any herbal supplements, Dr. Vazirani advises. “They can interact with prescription medications, and even be contraindicated or controversial if a woman has other medical issues such as breast cancer, for instance,” she adds. “Just because something is natural doesn’t mean it’s safe.”

Personalized Plan is Best

As helpful as herbal supplements can be, Dr. Vazirani prefers an individualized approach to menopause involving a detailed conversation between a woman and her doctor to tailor integrative lifestyle measures to her specific symptoms and needs. “Since menopause doesn’t occur overnight, if women approaching menopause pay attention to rebalancing themselves, they’re more likely to have a smoother transition,” she says.

“It’s very individualized – for some women, their menopause involves more irritability, anxiety or hot flashes and sweating, and for others, the main concerns are osteoporosis, vaginal dryness or brain fog. We customize our holistic wellness plans based on a woman’s specific needs.”

“The resounding message is to pay attention to your self care, follow a balanced diet, get enough sleep and exercise and pay attention to your mental and social health,”

Dr. Vazirani adds. “Even something simple like taking a walk every day, or a long bath, or taking a yoga class or meditation class can make a difference . . . why not try to handle the transition as naturally as possible?”



Minal Vazirani, MD
Medical Director of the Stegler Center
for Integrative Medicine

Embracing a Holistic Approach

Dr. Vazirani feels lucky that most patients who see her about menopause symptoms already have an interest in integrative and holistic medicine, so no convincing is necessary for them to embrace this approach.

For others, she stresses that integrative medicine is not simply symptom-based but also includes factors such as lifestyle, stress level and family history. “So much goes into it,” she explains. “Health care providers weigh out a lot more details than just ‘this symptom equals treatment with this hormone or supplement.’”

Other integrative therapies – such as meditation, yoga, acupuncture and deep breathing exercises – can be added to the mix to maximize symptom relief and overall quality of life.

“I can’t tell you how many patients come back to me two months after something as simple as starting yoga and say, ‘I’m sleeping better, my mood is better’ . . . they notice changes beyond just the physical aspect of it,” Dr. Vazirani says. “They really do get the mind-body benefits.”

What about the rare woman for whom none of the many natural approaches makes a significant dent in menopause misery? “Starting with the least-invasive, most gentle interventions would be my first approach,” she adds, and then we can increase interventions as needed.”

For more information or an appointment with Dr. Vazirani, please call **973.322.7007**.



Menopause 101: What You Need to Know About 'The Change'



Before becoming mothers, most women have absorbed all the basics about childbirth from books, TV and “tales from the trenches” of friends who’ve gone before them. Not so with menopause – another rite of passage that’s inevitable as women age. Whether that’s due to a fear of getting older or a lack of information, many women don’t know all they should about the transition to their post-reproductive years – which could comprise one-third or more of their lives.

“I think in general that women have a lot of questions about menopause,” says **Daria Klachko, MD**, a Saint Barnabas Medical Center gynecologist with a particular interest in menopause. “In a time when their bodies are changing, and changing so dramatically, a lot of women need to come to their doctors to discuss the changes. It can be scary sometimes – they wonder if they’re normal.

“A lot of women already know how to care for themselves in pregnancy, what to eat and what happens at each stage,” she adds. “But I find there’s a void for the menopause and perimenopause crowd as to how to take care of themselves at this stage of their lives.”

That said, it's important for women to communicate with health professionals to determine if symptoms they're experiencing are typical to the menopausal transition – such as hot flashes, weight gain or abnormal bleeding – are actually due to menopause and not other, potentially harmful conditions. Thyroid disorders, for example, can cause heat and cold intolerance, Dr. Klachko explains, and polyps or cysts can trigger irregular bleeding.

Armed with Knowledge

Since “forewarned is forearmed,” as the old saying goes, here are some basics about menopause you should know to help guide you smoothly and healthily through the transition:

Menopause – defined as the absence of menstrual periods for at least 12 consecutive months – arrives for American women at an average age of 51. But perimenopause – when dramatic hormone fluctuations cause symptoms in 85% of all women – can last from 2 to 8 years beforehand. For some women menopause happens as early as age 40 or as late as 55.

Symptoms can vary from month to month as the hormones estrogen and progesterone are produced in varying amounts by the ovaries. Eventually the ovaries will stop producing these hormones. In addition to menopause symptoms listed previously, other common ones include insomnia; mood changes; “brain fog” or trouble focusing; osteoporosis, or thinning of the bones; night sweats; and vaginal dryness.

Women can still become pregnant during perimenopause, so birth control is necessary until periods cease completely (unless you wish to become pregnant). Periods can come more or less often than before, last more days or fewer, and be lighter or heavier, so the only way to know you have gone through menopause is if you have not had your period for a full year.

Not Just a Reproductive Issue

With such a wide-ranging set of possible symptoms, it's clear that menopause doesn't just affect a woman's reproductive status – it can impact her entire quality of life. One symptom often dominoes into others, Dr. Klachko notes, causing a ripple effect that's difficult to cope with.

“Hot flashes can be disruptive during the day, and they can be embarrassing,” she says. “You could be giving a presentation to a whole bunch of people at work and you're suddenly sweating. Night sweats can interrupt sleep, so if you're constantly not getting a good night's sleep, it's hard to focus and get through the day. And vaginal dryness can increase intimacy issues.”

Acknowledging that some women can be embarrassed by these changes in their bodies and lives, Dr. Klachko encourages them to recognize that “there is help out there.”

“Instead of being embarrassed and ashamed, women should talk to their gynecologist,” she adds. “It's nice to talk to girlfriends, but it's really important to talk to someone in health care. It's really important to schedule regular doctors' visits and think about preventive medicine.”

For a Saint Barnabas Medical Center gynecologist, call **1.888.724.7123** or visit **www.barnabashealth.org/sbmc**.



Daria Klachko, MD
Gynecologist
Saint Barnabas Medical Center



New Radiation Equipment Helps Cancer Patients Breathe Easier



The main goal of radiation therapy is to kill as many cancerous cells at a tumor site as possible without harming healthy cells nearby. But what happens when patients breathe during radiation treatments – thereby making the tumor a moving target? New technology sets Saint Barnabas Medical Center apart from most cancer centers by accommodating breathing movement during radiation, allowing for more precise targeting with higher doses of therapy.

The *Elekta Agility* system is a linear accelerator acquired by Saint Barnabas last fall along with a 4-D simulator that provides CT scans just before radiation. Together, these help pinpoint tumor locations and also account for patients' breathing and movement. The new equipment – manufactured by the Elekta Co. – will be used for patients with many different types of malignancies, including those of the lungs, pancreas and liver and metastases to the spine.

“What it does is help us better customize treatment for patients, whether their tumors are deeper or more superficial and whether they need higher- or lower-dose energy beams,” says **Alison Grann, MD**, chairman of Radiation Oncology at Saint Barnabas. “It’s a way to target very small tumor volumes with very high-dose targeted radiation therapy. So, especially for a small lung cancer, it’s been shown to be very effective at curing many of these tumors equally or better than surgery alone.”

More Accurate Beams

Lung cancer cases, in particular, present a treatment challenge because older radiation technology can require patients to hold their breath while beams are aimed at smaller tumors, Dr. Grann says. But the *Elekta Agility* “accounts for patients’ respiration to minimize the volume of tissues we’re treating.”

“It can very accurately give a dose of radiation to treat cancer while minimizing toxicities,” she adds. “We don’t need patients to hold their breathing for this to target small tumors.”

A so-called cone beam CT scanner on the *Agility* helps technicians plan each patient’s radiation strategy in real time as their situation changes, allowing for more precise targeting. “We can compare on the machine the original radiation plan to the daily tumor location and make minimal adjustments – for the rotation of the patient, or if the tumor changes,” Dr. Grann says. “We can see the volume of the tumor and adjust compared to what was originally planned.”

In addition, certain tumors are more resistant to radiation therapy, Dr. Grann says, so the ability to use concentrated higher doses without the threat of harming nearby tissues is a huge benefit. “If you can give a higher dose of radiation per day, you may be able to prevent the progression of certain cancers you otherwise could not treat,” she adds.

No Downsides to Treatment

Dr. Grann enthusiastically praises the *Elekta* equipment, saying it presents no downsides in its ability to treat tough cancer cases and can greatly improve quality of life.

“Especially for patients with lung cancer, so many are not candidates for surgery because they smoked or had lung disease,” she says. “More and more evidence is showing that this equipment can even cure these patients, so we’re excited to be able to offer it.”

With metastatic disease, which frequently presents with pain, radiation is a very effective tool when cancer has spread to the bones. “For patients treated with radiation in the past, this offers the potential for retreatment,” Dr. Grann adds. “Because the spinal cord, for instance, is very sensitive to radiation, we might not have been able to offer more treatment previously, but this is more accurate so we can potentially treat progression in the bones and spine.”

Accessory Aids Breast Cancer Treatment



Along with the *Elekta Agility*, a software called *Clarity* can help treat women receiving radiation after a lumpectomy surgery for breast cancer. The *Clarity*, which essentially is an ultrasound device equipped with lasers, can more accurately define the cavity in breast tissue left after a lumpectomy and target high-dose radiation beams to as small an area around it as possible.

“We’re on the same plane now with larger cancer centers with this technology,” Dr. Grann says. “As we expand the use of this technology, there may be other tumor sites where we’re able to use it.”

The new technology places Saint Barnabas in the highest grouping of cancer centers in the tri-state area, she says.

Radiation Oncology at Saint Barnabas has always been a very high-quality department with good technology and highly trained physicians. “This piece of equipment further enhances the department capabilities.”

For more information, please call **973.322.5630**.



Alison Grann, MD
Chairman of Radiation Oncology
at Saint Barnabas Medical Center

Distress Screening Program Yields Instant Information About Cancer Patients' Psychosocial Needs



A cancer diagnosis brings chaos to patients' lives. Fears for their physical health naturally top the list, but starting treatment also prompts a variety of other daunting questions: **How will I manage to care for my family? How will my partner cope? Should I take time off work? Will all my bills get paid?**

In the past, these swirling patient concerns took time for health care professionals to detect and tackle. The Cancer Program at Saint Barnabas is leading the way in identifying patients needing psychosocial intervention through the use of online questionnaires that instantly point out who needs emotional, psychological, spiritual, financial or practical support to move through their health crisis.

Launched in November 2012, the Distress Screening Program at The Cancer Program at Saint Barnabas Medical Center is the first of its kind in New Jersey. At their second visit after diagnosis, patients use computer tablets to answer a variety of questions covering an entire spectrum of potential fears, concerns and problems. With this real-time technology, staff members know who needs extra assistance – and what kind – before patients even leave the building.

State-of-the-Art System Beats Paper

“The Distress Screening Program is very patient-friendly, identifying the issues people have and allowing us to respond to the need in real time,” says Angela McCabe, LCSW, director of psychosocial support services for the Cancer Program. “I’ll know when they hit ‘send’ whether we need to see them that day.”

“Patients can tell us if they want to talk, don’t want to talk or want written information. We have a whole triage system where emails go to physicians, the nursing team and the psychosocial team identifying the areas with which a person might need help.”

To gain accreditation from the Commission on Cancer, hospitals must demonstrate that they've evaluated distress levels in all cancer patients. The Cancer Program at Saint Barnabas decided to use this new automated process to achieve that objective instead of a paper version because it's much faster and allows quicker intervention, Ms. McCabe explains.

"The paper version takes one to two weeks to get results," she says. "What's also nice about this system is that the questions address every part of someone's life – if they are in spiritual crisis, for example, I will know after this survey is completed. To me, the paper version is potentially a liability – we need to respond to concerns in real time."

Cancer patients often downplay their many worries when speaking to health care professionals, but answering questions on a tablet "de-stigmatizes some of these issues for them," Ms. McCabe says. "They want to be good patients and not perceived as complainers. This gives them a neutral way to report problems."

Comprehensive Solutions Offered

What kind of issues do patients frequently describe?

"Some are as simple as not having transportation to get to appointments," Ms. McCabe explains. "We ask if they have responsibilities caring for other people – children or parents. We ask folks about their pain, emotional distress and practical issues."

"One of the surprising things is, a lot of people can't pay their rent," she adds, noting that doctors, nurses and social workers can help coordinate many types of services to tackle these challenges. "We're finding out these things earlier in the process and assisting prior to eviction notices. Since we do this in real time, within that day the patient is getting the information and resources needed to go forward."

Other types of patient and family intervention at The Cancer Program at Saint Barnabas – all available free of charge – include individual counseling and support groups, integrative treatments such as art therapy, holistic nursing,

spiritual care, and a lecture series devoted to a host of topics related to cancer diagnosis, treatment and survivorship strategies. "That's all part of the care here at Saint Barnabas," Ms. McCabe says.

Next Steps

As the Distress Screening Program gets fully underway, the goal is for all Cancer Center at Saint Barnabas patients to complete the online questionnaire once. Going forward, however, Ms. McCabe hopes to offer the evaluation repeatedly to each patient at various stages of treatment – when needs and concerns likely change.

"We'll do this for changes in treatment, which are pivotal times," she says. "We see this as a great instrument for us to keep on top of psychosocial stressors for people as they go through the continuum of cancer treatment."

"It has definitely raised the standards of clinical care," Ms. McCabe adds. "We're seeing a higher level of patient satisfaction. We definitely have enhanced clinical practice, with my team in particular meeting a lot more patients."

For more information or to contact The Cancer Center at Saint Barnabas, please call **973.322.5200**.



Innovative New Program Helps Make More Kidney Transplants Possible

When Antonio Carreiro needed a kidney transplant, he was fortunate. His wife of 27 years was a match. Many transplants would begin and end there – with one donor and one recipient. But, thanks to the new Compatible Share Program offered at The Living Donor Institute, part of the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center, the transplant team presented the Carreiros with a chance to help others waiting for life-saving kidney transplants.

A compatible donor/recipient pair may choose to participate in the Compatible Share Program because it provides a chance to improve the recipient's long-term outcome through the ability to match with a younger donor kidney or improved compatibility. In addition, an opportunity exists to help more people receive a kidney who otherwise may continue to wait for an extended amount of time.

When presented with the option, the Carreiros liked that others awaiting transplant could potentially be helped. They also learned that while Liza Carreiro's kidney was a very good match for her husband, receiving a younger donor kidney through an exchange and one with a better compatibility could actually improve his long-term outcome. "As long as we were doing this, we decided it was best to find a closer match for better success," Mrs. Carreiro explains.



"During their own time of need, the Carreiros, who were fortunate enough to be compatible with each other, were able to embrace the opportunity available through this new program and help others in the process," explains **Shamkant Mulgaonkar, MD**, Chief of the Barnabas Health Renal and Pancreas Transplant Division. "It's a beautiful gift."

Ultimately, the Carreiros decision to take part in the Compatible Share Program resulted in two other women receiving new kidneys and no longer requiring dialysis. "Once we understood how the Compatible Share Program worked, we supported the idea and, in the end, it greatly benefited everyone involved," says Mr. Carreiro.

"We are so glad that we were not just getting him well, but helping others get well too," Ms. Carreiro adds.



Pictured, from left, are Liza Carreiro (standing) who gave a kidney to Josephine Bryan (seated); Chelisha Tyson (standing) who donated a kidney to Antonio Carreiro; and Cassandra Bryan (standing) whose kidney went to Sharon Bland (seated).

Pioneers in Living Donor Transplantation

The Barnabas Health Renal and Pancreas Transplant Division is the first program in New Jersey and among a few in the country to offer patients participation in a Compatible Share Program. It represents the latest exciting addition to its comprehensive Living Donor Institute which includes Living-Related and Emotionally-Related Donor Transplantation, Program for Incompatible

Transplants, the Living Donor Kidney Exchange Program and Altruistic Living Donation.

“We are continually challenged to be creative in pursuing new options for people who are waiting for a renal transplant,” says Marie Morgievich, Nurse Practitioner and Manager of The Living Donor Institute at Saint Barnabas. Transplant experts are turning to more innovative alternatives like the Compatible Share Program to address the growing demand for organs. Traditional deceased organ donation cannot meet the ever growing need. In New Jersey alone, there are nearly 3,000 people waiting for a kidney transplant and the list continues to grow at a rapid pace.

Like all of its transplant programs, the centerpiece of the Compatible Share Programs is comprehensive education for both the recipient and the donor. “Our team has spent over a year developing this approach,” stresses Ms. Morgievich. It was a thorough process that involved in-depth examination of delicate humanitarian and ethical issues. “Our emphasis is on the integrity of each donation and ensuring that the health and rights of both recipients and donors are protected.”

About the Renal and Pancreas Transplant Division of Barnabas Health

By combining advanced technology, resources and research with an exceptional staff and personalized support for patients and families, the world-class Barnabas Health Renal and Pancreas Transplant Division has become a premier destination for patients. The Division is one of the largest kidney transplant programs in the United States, performing 296 kidney transplants including 153 living donor transplants in 2012.

To learn more, please call **973.322.5938** or visit transplantkidney.org.



Shamkant Mulgaonkar, MD
Chief of the Barnabas Health Renal and Pancreas Transplant Division

NICU Twins Give Back Through Volunteering

For the first four months of their lives, Abraham and Gloria Wu's home away from home was Saint Barnabas Medical Center. Born prematurely in November 1997 at less than two

pounds each, the twins' parents have always told them their survival depended on the dedication of staff members in Saint Barnabas' Neonatal Intensive Care Unit (NICU).

It seems fitting, then, that the 15-year-old twins are now giving back to the hospital in their new role as volunteers. Both interested in future medical careers, the rising Parsippany High School sophomores spend Thursday afternoons delivering mail to various patients and departments and checking out the dynamics of the place they may someday want to settle in from a professional capacity.

"Saint Barnabas was their first home, because I couldn't take them home like other moms," says their mother, Megan Wu, calling the duo her "miracle babies" since they resulted from in vitro fertilization (IVF) after 12 years of infertility. "For those four months, the doctors and nurses were like my family. I felt so much love in the NICU."

Early Challenges, Lucky Outcome

Like most severely premature infants, the Wu twins – born at 24 weeks of gestation – faced a multitude of medical complications at the outset. Both needed eye surgeries, blood transfusions and help from ventilators to breathe. While they continued to develop mostly unscathed, Abraham suffered permanent vision loss in one eye. "But their hearing is very, very good," Mrs. Wu quips, noting their participation in their church's youth worship group. "Both have perfect pitch."

Arriving home from the hospital at a relatively lusty 4 pounds, 8 ounces and 5 pounds, 10 ounces, respectively, Gloria and Abraham went on to excel in school and develop diverse interests ranging from music to reading to sports. Because their father, Zuliang, is a dentist and many family members are medical professionals, the Wus encouraged their children to consider careers in medicine.

Full Circle

Volunteering at Saint Barnabas offers the Parsippany teens an up-close experience in a busy hospital while satisfying the family's desire to pay back the dedication that helped sustain the twins through their earliest months.



Gloria Wu, Zuliang Wu, Megan Wu and Abraham Wu

"It feels great," says Gloria, who plays piano and drums and takes private fencing lessons. "It's another way of showing huge gratitude to the doctors and nurses. Without them, we probably wouldn't have survived."

Adds Abraham, who plays cello and likes to cook: "It's just very gratifying because I can see how energetic the doctors, nurses and all staff members are in taking care of people. I'm happy to be there to help."





Integrative Healing Therapies Ease Stress

“It augments what we’re already doing in modern medicine,” Ms. Ernst says. “When you experience any of these modalities, you induce relaxation – which is where you learn to lower your respiration, heart rate and blood pressure. The first thing these therapies can help with is reducing the effects of the stress response.”

Personalized Focus

About 1,000 cardiac inpatients benefit each year from the Integrative Cardiac Wellness Program, mostly before or after surgery. An advanced practice holistic nurse such as Ms. Ernst meets with each patient to discuss health habits, quality of life issues, stress management and spirituality and to offer various integrative healing therapies.

Relaxation techniques include guided imagery, which helps replace negative thoughts with positive, empowering images; massage, to loosen tissue and improve blood and lymph flow; animal-assisted therapy, which is proven to lower heart rate; and reflexology, which applies pressure to various reflex points on the feet to promote energy flow and stimulate toxin release.

“We’ll go in and see patients and they may just want someone to talk to. The pet therapy, for instance, may be a bridge to speak to them,” Ms. Ernst explains. “Breath work – where they’re taught conscious breathing, slow deep breathing and abdominal breathing – can really help calm people down.”

“It’s very unique and individual,” she adds. “We help treat the acute problems and then move into the chronic or continuous. The mind-body-spirit is not just the body – they all work together.”

Since many heart problems can be worsened by stress, finding ways to promote relaxation for cardiac patients can be crucial to their recovery. At Saint Barnabas Medical Center, state-of-the-art medical treatment is complemented by integrative healing therapies such as guided imagery, reflexology and breathing exercises to support cardiac patients’ total care on their path to wellness.

Once considered on the fringe of conventional medical care, holistic treatments have become far more mainstream over the past decade and most patients are very receptive to the concept, says Lorraine Ernst, RN, MS, the hospital’s lead Saint Barnabas holistic nurse coordinator. Because of its popularity, she says, Saint Barnabas is now extending its integrative healing program from its original focus on cardiac patients to those with cancer, pulmonary issues, burns and other conditions.

September – November 2013

SAINT BARNABAS COMMUNITY CALENDAR EVENTS

Those interested in learning more about the latest programs and services offered by Saint Barnabas Medical Center and Barnabas Health Outpatient Centers can sign up for our free, monthly E-newsletter by visiting tinyurl.com/sbmcnews, emailing santon@barnabashealth.org or calling 973.322.5425.

Unless noted, all of the following programs are free and require registration. For a complete list of programs and to register online, please visit: www.barnabashealthcalendar.org/sbmc

PROGRAM LOCATIONS:

SBMC

Saint Barnabas Medical Center
94 Old Short Hills Road, Livingston, NJ

BHACC

Barnabas Health Ambulatory Care Center
200 South Orange Avenue, Livingston, NJ

JCC MetroWest

Leon & Toby Cooperman JCC MetroWest
760 Northfield Avenue, West Orange, NJ
(programs are open to the general public)

SEPTEMBER 2013

MARVELOUS MULTIPLES

September 21; 9:00 am > SBMC

A course for couples expecting a multiple birth that covers childbirth preparation, newborn baby care and includes a tour of labor and delivery. **Fee applies; Registration: 973.322.5360.**

CHILDBIRTH PREPARATION CLASS

September 23; 7:15 to 9:30 pm > SBMC

A class to help first-time parents prepare for pregnancy and labor and delivery which provides instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; a condensed weekend series is available. **A fee applies; Registration: 973.322.5360.**

BACK PAIN? WE CAN HELP...

September 25; 7:00 pm > JCC MetroWest

Don't go on living with back pain. Learn more from Anesthesiologist, David G. Conyack, DO, about available treatment options including lifestyle changes, natural alternatives, medications and surgery.

Registration: 973.322.5620.

JOINT REPLACEMENT SEMINAR

September 25; 6:30 pm

Union County Public Library, 1980 Morris Avenue, Union NJ

There is a difference between feeling one's age and pain that keeps one from participating in even the most common of everyday activities. For those suffering from chronic hip or knee pain, joint replacement surgery could help. Learn more from one of The Joint Institutes recognized experts in complex reconstructive hip and knee surgery at an upcoming seminar.

For more information or to attend a seminar call 973.322.9908.

EVIDENCE-BASED TOOLS TO QUIT SMOKING

September 26; 7:00 pm

YMCA of Montclair, 25 Park St., Montclair NJ

One of the hardest addictions to shake is smoking – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, get advice from the Saint Barnabas Lung Cancer Institute on what really works.

Registration: 1.888.724.7123.

MIRACLE WALK 2013

September 28; Registration at 9:00 am and walk at 10:30 am Verona Park, Verona, NJ

The 13th Annual Miracle Walk, created by a group of parents in appreciation of the care their children received, benefits the 56-bed Neonatal Intensive Care Unit at Saint Barnabas. The walk follows a scenic, stroller-friendly path around the park. Participants may walk any distance that is comfortable for them.

To learn more and register:
miraclewalk.com
[facebook.com/miraclewalk](https://www.facebook.com/miraclewalk)
or call 973.322.4259



OCTOBER 2013

CANCER SURVIVORSHIP FALL SERIES

October 1, 15 and 29; 6:30 to 8:00 pm > JCC MetroWest

Often following treatment for cancer, patients find that they need support that is different from their needs while in active treatment. To offer assistance, The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents its Fall Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)."

For topics and registration: 973.322.2671.

INNOVATIONS IN SPINE SURGERY USING THE ENDOSCOPE

October 2; 7:00 pm > JCC MetroWest

If you are considering back surgery, join Kaixuan Liu, MD, PhD, Chief Surgeon, Atlantic Spine Center, to learn more about Endoscopic Spine Surgery that uses advanced computer-assisted endoscopic instruments to provide quicker recovery, less pain, and a smaller incision than traditional spine surgery.

Free, registration required: 973.322.5620.

PERINATAL BEREAVEMENT SUPPORT GROUP

October 2; 7:30 to 9:00 pm > SBMC

A group for those who have experienced a loss during pregnancy or the death of a newborn. **Registration:**

973.322.5745.

SUCCESS AGING: A SENIOR TALK

October 4; 1:15 pm

Livingston Community Center, Hillside Avenue, Livingston NJ

Join Theresa Redling, DO, FACP, Medical Director, Center for Geriatric Health and Disease Management, who will speak on successful aging and managing one's health.

Registration: 973.535.7961.

PLAY IT SAFE: CARDIAC AND CONCUSSION SCREENINGS FOR YOUNG ATHLETES

October 5; 8:00 am to noon > BHACC

The Cardiac Screening is meant for kids 6 to 18 years old; open to the first 150 athletes. The Concussion Screening is meant for kids 12-18 years old; open to the first 80 athletes.

Registration: 1.888.724.7123.

SIBLINGS CLASS

October 6; 9:00 am > SBMC

A class for the whole family designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. **The fee is \$40 per family.**

Online registration required:

barnabashealthcalendar.org/sbmc.

NEW MOMS' CIRCLE AND BREASTFEEDING SUPPORT

October 7, 14, 21, 28; 10:00 am > JCC MetroWest

This support group, led by a licensed clinical psychologist specializing in post partum adjustment, addresses transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. A breastfeeding group follows at 11:30 am. **Online registration required:**

barnabashealthcalendar.org/sbmc.

BREAST CANCER: DIAGNOSIS AND TREATMENT

October 7; 6:00 pm

Multi-Specialty Practice of Westfield, 560 Springfield Avenue, Suite 101, Westfield, NJ.

Please join Breast Surgeon Sarah Schaefer, MD, as she speaks about the latest updates in Breast Cancer, its diagnosis and its treatment. Light refreshments will be served.

Registration: 1.888.724.7123.

BREASTFEEDING BASICS

October 8 or 22; 7:00 to 9:30 pm > SBMC

A prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born. **A fee applies; 973.322.5360.**

WHAT IS GLUTEN AND THE GLUTEN FREE DIET?

October 8; 7:00 pm > JCC MetroWest

If you are thinking about or just starting out on a gluten-free diet, it's understandable to get confused by food labels and ingredients lists. Margaret Weiss Masiello, RD, CDE, Kogan Celiac Center at Barnabas Health will help provide answers to your questions. **Registration: 973.322.5620.**

EVIDENCE-BASED TOOLS TO QUIT SMOKING

October 8; 7:00 pm

Cliffside Park Public Library, 505 Palisade Avenue, Cliffside Park, NJ

One of the hardest addictions to shake is smoking – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, get advice from the Saint Barnabas Lung Cancer Institute on what really works.

Registration: 1.888.724.7123.

WHEN TO BRING YOUR CHILD TO THE EMERGENCY ROOM

October 9; 9:15 am > JCC MetroWest

Children get sick all the time—but when is the right time to take them to the emergency room? Robert J. Deutsch, MD, MPH, FAAP, Clinical Director of the Pediatric Emergency Department, will provide valuable information to help parents determine if an injury or an illness needs emergency medical attention. **Registration: 973.322.5620.**

OSTEOPOROSIS SUPPORT GROUP

October 10, 11:30 – 12:30 pm > BHACC

This group strives to bring people together who share concerns about the physical and emotional effects of osteoporosis.

They provide participants with an opportunity to share feelings, ideas and information in a supportive and caring environment.

Registration: 973.322.7830.



BREAST HEALTH AWARENESS

Throughout October, be sure to stop by the Breast Health display, sponsored by Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, in the Grand Court at The Mall at Short Hills, 1200 Morris Turnpike, Short Hills, NJ. The display features education along with our survivors' amazing and inspiring stories which are all designed to bring awareness to breast cancer prevention and treatment advances.

KOGAN CELIAC CENTER ADULT SUPPORT GROUP*October 15; 6:30 to 8:30 pm > BHACC*

Led by a Registered Dietitian, meetings address the challenges of the gluten-free lifestyle and serve as a great resource for current research, product information and availability, travel ideas, cooking suggestions and other lifestyle tips. **Registration: 973.322.7272/KoganCeliacCenter@barnabashealth.org**

MATERNITY ORIENTATION*October 15, 18, 22; 7:00 pm or September 20; 2:00 pm**Islami Auditorium > SBMC*

A free presentation and tour designed for expecting mothers interested in or planning to deliver at Saint Barnabas. **Online registration required: barnabashealthcalendar.org/sbmc.**

BREAST CANCER SYMPOSIUM 2013*October 16; 6:00 to 9:00 pm > SBMC*

This free program, presented by The Cancer Centers as part of Breast Cancer Awareness Month, is an opportunity for breast cancer patients and their families to hear from a multidisciplinary team of physician experts regarding current topics in the treatment of breast cancer. **Registration: 973.322.2671.**

HOW TO TELL IF YOUR PARENT STILL HAS SNAP: WHEN TO HAVE A GERIATRIC ASSESSMENT*October 16; 7:00 pm > JCC MetroWest*

Are you concerned about an elderly loved one's physical or mental health? Theresa Redling, DO, FACP, Medical Director, Center for Geriatric Health and Disease Management, will help you recognize what signs might indicate a geriatric assessment is needed. **Registration: 973.322.5620.**

COSMETIC AND RECONSTRUCTIVE SURGERY OPTIONS*October 17; 11:00 am > JCC MetroWest*

If you are considering cosmetic surgery to enhance your appearance or reconstruction to correct a defect, choosing to have plastic surgery is an important decision. Gain insight into available techniques and procedures from Plastic Surgeon Jeremiah Redstone, MD, to get an idea about which option may benefit you the most. **Registration: 973.322.5620.**

RELAXING BIRTH CLASS*October 19; 9:00 am > SBMC*

A mini-workshop specifically for those planning a natural birth. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. **A fee applies; 973.322.5360.**

HOW STRONG ARE YOUR BONES*October 23; 2:00 to 3:00 pm > BHACC*

Do you know what your bone density results mean? What is low bone density and what can you do about it? Get answers to these questions and more at our monthly educational program. **Registration: 973.322.7830.**

ASK THE PEDIATRICIAN: COFFEE AND CHAT*October 24; 9:15 to 10:30 am > JCC MetroWest*

Pediatrician Karen H. Brandstaedter, MD, will address topics such as child development, sleep, eating, how to keep a child well, when to see a specialist, and so much more! **Registration: 973.322.5620.**

26TH ANNUAL VALOR AWARDS DINNER*October 24; 6:00 pm**Mayfair Farms, 481 Eagle Rock Avenue, West Orange, NJ*

Saint Barnabas Burn Foundation's annual event which recognizes New Jersey firefighters, policemen, and health care professionals, including this year's Humanitarian Award Recipient, E. Hani Mansour, MD, Former Medical Director of The Burn Center at Saint Barnabas, for their heroic endeavors on and off duty. **To purchase tickets or learn more, please call 973.322.4344.**

CHILDBIRTH PREPARATION CLASS*October 28; 7:15 to 9:30 pm > SBMC*

A class to help first-time parents prepare for pregnancy and labor and delivery which provides instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; condensed weekend series are available. **A fee applies; 973.322.5360.**

WEIGHT LOSS SURGERY*October 30; 7:00 pm > BHACC*

Do you wonder if weight loss surgery is right for you? Then join the team from the Saint Barnabas Bariatric Surgery Center of Excellence to learn more about the surgical options available and the full complement of services that support patients before, during and after surgery. **Registration: 973.322.7433.**



NOVEMBER 2013

MARVELOUS MULTIPLES

November 2; 9:00 am > SBMC

A course for couples expecting a multiple birth that covers childbirth preparation, newborn baby care and includes a tour of labor and delivery. **Fee applies; Registration: 973.322.5360.**

SIBLINGS CLASS

November 3; 9:00 am > SBMC

A class for the whole family designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. **The fee is \$40 per family. Online registration required: barnabashealthcalendar.org/sbmc.**

SNEEZES AND WHEEZES

November 4; 11:00 am > JCC MetroWest

Because the flu has no cure, prevention is considered the most effective treatment. Learn what precautions you can take to avoid becoming being infected with a virus during cold and flu season. **Registration required: 973.322.5620.**

HEALTHY EATING MADE EASY

November 5; 7:00 pm > JCC MetroWest

Whether you are preparing meals at home, eating on the go, or going to a restaurant, this program will give you simple strategies to make better food choices and eat healthier. **Registration required: 973.322.5620.**

GRANDPARENTING SEMINAR

November 5; 7:30 pm > SBMC

An opportunity for grandparents-to-be to discuss their concerns and receive information on the importance of grandparenting, advancements in childbirth, trends and changes in infant care and family communication. **A fee applies; Registration: 973.322.5360.**

RELAXING BIRTH CLASS

November 13; 7:00 pm > SBMC

A mini-workshop specifically for those planning a natural birth. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. **A fee applies; Registration: 973.322.5360.**

LUNG CANCER: EARLY DETECTION

November 13; 10:00 am > JCC MetroWest

The Saint Barnabas Lung Cancer Institute is offering a free low-dose CT screening program for individuals who are at high-risk for developing lung cancer to identify abnormalities earlier – when it is most curable. If you are a current or former smoker, learn if you are eligible for this life-saving test. **Registration required: 973.322.5620.**

EVIDENCED-BASED TOOLS TO QUIT SMOKING

November 13; 7:00 pm > JCC MetroWest

One of the hardest addictions to shake is smoking – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, get advice on what really works. **Registration required: 973.322.5620.**

DO YOU HAVE TROUBLE GOING TO SLEEP AND OR STAYING ASLEEP?

November 20; 10:00 am > JCC MetroWest

The Sleep Center will review how your sleep schedule, bedtime habits, and choices make a difference in the quality of your nightly sleep. **Registration required: 973.322.5620.**

IRREGULAR PERIODS - WHAT DOES IT MEAN FOR MY HEALTH?

November 20; 7:00 pm > JCC MetroWest

Every woman's menstrual cycle can get thrown off by a number of factors at some point. Learn more about abnormal menstrual cycles and its affects on a woman's health and fertility from a leading reproductive endocrinologist. **Registration required: 973.322.5620.**

Barnabas Health Ambulatory Care Center (BHACC) Health Care Concierge

Located in the Atrium of the BHACC, the Health Care Concierge is available to help you or any of your family members connect with any of our services, wellness programs, or follow-up appointments at any of the facilities within our system.

Diane Sirna-Miller, Health Care Concierge
973.322.7540 dsirnamiller@barnabashealth.org
barnabashealth.org/acchealthcareconcierge.



Simple Meals

CIDER SALMON SALAD

SERVES 4 PEOPLE

Ingredients

- ▶ 8 oz. Spring Mix Lettuce
- ▶ 4 oz. Red Peppers Julienne
- ▶ 2 oz. Carrots Julienne
- ▶ 6 oz. Cucumbers Peeled, Seeded and Sliced
- ▶ 2 oz. Almonds Blanched and Sliced
- ▶ 4 each 4 oz. Filet Salmon Fillet
- ▶ 4 cups Apple Cider Vinegar
- ▶ 5 tablespoons Plain Yogurt
- ▶ 1 tablespoon Apple Cider Vinegar
- ▶ 1 tablespoon Apple Cider
- ▶ Lemons for garnish

Preparation:

1. Place 4 cups of cider vinegar in a pot and bring to a simmer. Add salmon carefully into the pot and cook for 5 minutes or until the salmon has reached 145 degrees. Remove salmon and cool quickly in fridge.
2. For the dressing, in a bowl add yogurt, 1 tablespoon cider vinegar and 1 tablespoon cider. Mix well.
3. Place on each plate 2 oz. of lettuce, 1 oz. red peppers, ½ oz. of carrots, 1½ oz. cucumber. Place one piece of salmon on each plate. Top salad with almonds and drizzle with dressing. Serve.

Saint Barnabas Medical Center's

Award-Winning Executive Chef Jesse Kraft

some delicious recipes for the summertime.

CHICKEN SPINACH TOMATO CORN SALAD

SERVES 4 PEOPLE

Ingredients

- ▶ 4-4 oz. Chicken Breast
- ▶ 1 tablespoon Olive Oil
- ▶ 1 teaspoon Chili Powder
- ▶ 4 tablespoons Lime Juice
- ▶ ¼ teaspoon Cumin
- ▶ ¼ teaspoon Coriander Ground
- ▶ 2 teaspoons Chopped Garlic

Preparation:

1. Combine all ingredients in a bowl Mix well, add chicken and coat well.
2. Cook the chicken on a grill until the internal temperature is 165°. Remove from grill and hold warm.

Salad

- ▶ Cooked Chicken Breast sliced
- ▶ ¾ cup Cooked Corn Kernels
- ▶ 1 cup Roma Tomatoes
- ▶ ½ cup Diced Cucumbers
- ▶ ¼ cup Diced Red Onion
- ▶ 6 tablespoons Chopped Tarragon
- ▶ 6 tablespoons Chopped Mint
- ▶ 4 tablespoons Chopped Parsley
- ▶ 1 teaspoon Chopped Garlic
- ▶ 12 cups Baby Spinach

Preparation:

1. In a bowl combine corn, tomato, cucumber, onion, tarragon, mint, parsley, garlic, cumin and oil. Mix well.
2. For plating, place 3-cups of spinach on each plate and top with even amount of corn mixture. Top with sliced chicken breast. Serve.

ASIAN STEAK SALAD

SERVES 4 PEOPLE

Ingredients

- ▶ 10 oz. Grilled Flank Steak Sliced
- ▶ 8 cups Romaine and Red Leaf Lettuce
- ▶ 4 oz. Sliced Mushroom
- ▶ 1 cup Shredded Carrots
- ▶ 2 oz. Cucumber Peeled, Seeded and Sliced
- ▶ 1 cup Snow Peas
- ▶ 4 each Roma Tomatoes Cut in 4 wedges
- ▶ 2 oz. Chow Mein Crispy Noodles
- ▶ 5 tablespoons White Balsamic Vinegar
- ▶ 4 oz. Orange Juice
- ▶ 1 tablespoon Olive Oil
- ▶ 2 teaspoons chopped Dill
- ▶ 2 teaspoons chopped Basil
- ▶ 1 ½ teaspoon Sugar

Preparation:

1. In a mixing bowl add balsamic, orange juice, olive oil, dill, basil and sugar. Mix well.
2. In a mixing bowl, toss lettuce, mushrooms carrots and dressing. Toss well.
3. Plating. Place even amounts of lettuce mixture on plates.
4. Top each salad with sliced beef, cucumbers, snow peas, and tomato wedges. Garnish with crispy noodles. Serve.

BUILDING A FOUNDATION



Party For a Purpose

The 7th Annual Party for a Purpose in memory of Vincent Tedesco and to benefit the Cancer Center at Saint Barnabas was held on April 11, 2013. Over 200 people attended the festivities at the Valley Regency, Clifton, New Jersey. Pictured from left are Toni Giordano; Valley Regency Owner, Anthony Russo; Event Chair, Janet Tedesco; Richard Picerno; and Event Co-Chair, Jenny Russo.

Saint Barnabas Medical Center Honors The Gampers

The Saint Barnabas Medical Center Gala honored Janice M. and Albert R. Gamper, Jr., for their dedication and commitment to the Medical Center. Mr. Gamper is the Chairman of Barnabas Health and has been a Trustee of Saint Barnabas Medical Center since 1989. In 2003, Mr. and Mrs. Gamper established the Janice M. Gamper, RN Nursing Scholarship Fund at Saint Barnabas to provide scholarships as encouragement to enter the nursing profession. Over the past 10 years, 35 scholarships have been awarded.



Pictured are Janice M. and Albert R. Gamper, Jr., Center, with their children, Dr. Christopher Gamper and his wife Amy, left and their daughter, Jennifer Meenan.



Strides for H.O.P.E

The 1st Annual Strides for H.O.P.E. (Help Overcome Pediatric Epilepsy) 5K Run & 2K Walk was a great success and raised nearly \$88,000 to enhance the care of children with epilepsy treated at Saint Barnabas Medical Center. Hundreds of families gathered at Livingston High School in April to celebrate their children and raise funds for Saint Barnabas' pediatric epilepsy program. Pictured here are members of the Strides for H.O.P.E. Committee from left Tori Weinstein, Saint Barnabas Medical Center Foundation; Elizabeth Spencer; Ann Stocknoff; Faith Greenstein; Dr. Marc Greenstein; Bayleh Lewis; and Sharyn Stein.



Project TALK for Kids

If you are the parent or guardian of a child making the transition to middle school this September, you may be wondering why your typically calm and collected son or daughter is suddenly stressing about the first day of school.

A recent survey conducted at Radburn Elementary School in Fairlawn, NJ, asked 60 fifth-grade students what is concerning them most about the start of middle school. “We were surprised at how eager the students were to share their thoughts,” says Carol Sprague, Prevention Specialist, Barnabas Health Institute for Prevention, who leads the school’s **Project TALK** (*Teaching Alternative Skills to Kids*) program. Project TALK is a school-based program that helps to identify and assess high-risk youth and guide them in attaining skills to increase their ability to succeed in school and life.

What is your child thinking about most?

Homework overload, mean or strict teachers, changes in friendships, detention for being late to class, and locker problems are the top five concerns, according to Ms. Sprague.

“We’re certainly not helpless when it comes to guiding our children through a smooth and relatively anxiety-free transition,” adds Ms. Sprague. “While it’s not realistic to try to shield them from every challenge or stressor, we can prepare them to meet their perceived obstacles with confidence by acknowledging their feelings and showing empathy.”

Keep the lines of communication open.

Although your child may not voice all of his/her concerns about starting middle school, odds are that he/she is thinking about the change. Gently bring up the topic by asking what he/she is looking forward to most.

Listen.

Make an effort to listen without interrupting or belittling the concerns. Saying “having a locker is no big deal” or “just make sure you’re on time,” is not likely to make a positive impact. Instead, talk about steps he/she can take to be on time or even purchase a combination lock and practice over the summer.

Instill confidence.

“One of the lessons we offer to students in Project TALK involves learning to be assertive and to disagree respectfully,” shares Ms. Sprague, citing that these confidence-building traits are powerful tools in overcoming peer pressure and bullying. “Parents can help build a child’s confidence by giving him/her responsibilities, such as chores, and offering praise for the effort.” Giving your son or daughter the opportunity to make decisions on his/her own, helping him/her understand that mistakes are part of the growing process and taking an interest in his/her hobbies are other ways to help instill confidence.

For more information about Project TALK or Barnabas Health Institute for Prevention, please visit www.instituteforprevention.com.

Project TALK is a program funded by the New Jersey Department of Human Services, Division of Mental Health and Addiction Services. Locations include East Orange, Fairlawn, Newark and Asbury Park.



Barnabas Health Hospice and Home Care

We're here when you need us.

Our programs and services include:

- ▶ Advanced Dementia Care
- ▶ Bereavement Support
- ▶ Cardiac Conditioning Program
- ▶ Cardiac Home Monitoring
- ▶ Cardiac Special Care
- ▶ Congestive Heart Failure (CHF) Program
- ▶ Falls Prevention Services
- ▶ Jewish Hospice Services
- ▶ Joint Replacement Home Recovery
- ▶ Medication Management
- ▶ Palliative Care
- ▶ Pulmonary Special Care
- ▶ Red Door Program
- ▶ Stroke Recovery Program
- ▶ The Shining Stars Pediatric Care Program
- ▶ Volunteer Support



Visit barnabashealth.org/hospiceandhomecare to download a free copy of “My Personal Health Record” – a valuable tool to assist in keeping track of your important medical information.

Barnabas Health
Hospice and Home Care

Find us on Facebook

www.facebook.com/bhhospiceandhomecare



SAINT BARNABAS MEDICAL CENTER OUTPATIENT LABS

**SAINT BARNABAS MEDICAL CENTER
 OUTPATIENT LABORATORIES**

- ▶ **Outpatient Laboratory at Roseland**
 189 Eagle Rock Ave. Roseland, NJ 07068
 Hours of Operation: Monday, Wednesday, Thursday
 and Friday 6:30 am – 5:00 pm; Tuesday 6:30 am – 7:00 pm.
- ▶ **Outpatient Laboratory at Westfield**
 560 Springfield Ave., Suite 103, Westfield, NJ 07090
 Hours of Operation: Monday through Friday
 8:00 am – 4:00 pm.

- ▶ **Saint Barnabas Medical Center Outpatient Laboratory**
 94 Old Short Hills Road, Livingston, NJ 07039
 Hours of Operation: Monday through Thursday 6:00 am – 6:00 pm;
 Friday 6:00 am – 4:00 pm; Saturday 6:00 am – 1:00 pm
- ▶ **Barnabas Health Ambulatory Care Center
 Outpatient Laboratory**
 200 South Orange Avenue, Livingston, NJ 07039
 Hours of Operation: Monday, Wednesday and
 Friday 6:00 am -5:00 pm; Tuesday and Thursday
 6:00 am - 6:00 pm; Saturday – 6:00 am - 2:00 pm

WALK-INS WELCOME

To subscribe to **Healthy News**, the free newsletter of Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, please visit <http://tinyurl.com/sbmcnews>
www.facebook.com/saintbarnabasmedicalcenter
[twitter@sbmcmaternity](https://twitter.com/sbmcmaternity) | [twitter@saintbarnabasnj](https://twitter.com/saintbarnabasnj)

- ▶ **Saint Barnabas Medical Center – Main Number: 973.322.5000**
 94 Old Short Hills Road, Livingston, NJ 07039

Admitting Office	973.322.5165
The Burn Center	973.322.5924
The Cancer Centers	973.322.5200
at Saint Barnabas	
Emergency Department	973.322.5180
SBMC Foundation	973.322.4330
Geriatric Health Center	973.322.6457
Barnabas Health Heart Center	973.322.5244
at Saint Barnabas Medical Center	
The Joint Institute	973.322.9908
The Lung Cancer Institute	973.322.6644
Department of Medicine	973.322.5645
Pediatrics	973.322.5690
Pediatric Specialty Center	973.322.7600
Saint Barnabas Medical	888.724.7123
Center Physician Referral	
Barnabas Health Renal	973.322.5938
and Pancreas Transplant Division	
Radiation Oncology	973.322.5630
Center for Sleep Disorders	973.322.9800

Comprehensive	973.322.9742
Stroke Center	
Department of Surgery	973.322.5195
Valerie Fund Children’s Center for	973.322.8200
Cancer and Blood Disorders	
Center for Wound and Burn Healing	973.322.5600
Women’s Health and Education	973.322.5360

- ▶ **Barnabas Health Ambulatory Care Center**
200 South Orange Avenue, Livingston NJ 07039
 Main Number 973.322.7000
- ▶ **Barnabas Health Hospice and Palliative Care Center**
 Main Number 973.322.4800
- ▶ **JerseyCare Home Health**
 Main Number 973.243.9666
- ▶ **Medical Center Health Care Services**
 Main Number 973.243.1001