

BARNABAS TODAY

COMMUNITY MEDICAL CENTER

AFTER THE STORM: OUR REGION STANDS STRONG



Patient Transporter
Guides Others
Through Robotic
Surgery and
Cancer Fight

Page 4



Dropping the
Freshman 15

Page 6



Back To Work
After Minimally
Invasive Surgery

Page 8

To Our Community,

The New Year offers an opportunity to look forward and to reflect. As we look back at our many accomplishments and demonstrations of our staff's strength, including their response to Superstorm Sandy, we applaud our staff at Community Medical Center for their unwavering commitment to our patients, even as they continue to overcome their own personal circumstances. While Sandy's magnitude was unprecedented, Barnabas Health's comprehensive emergency planning and preparedness allowed all system hospitals, including Community Medical Center, to continually operate and provide the highest level of care to our patients.

With the New Year underway, we look forward to rebuilding and working together with you. This issue of Barnabas Today highlights Community Medical Center's program and services that are meeting the needs of the local community. You'll also read personal stories about local Barnabas Health employees who were impacted by Sandy and continued to work and care for Ocean County residents. In addition to our emergency preparedness planning, countless Community Medical Center employees took extreme efforts to ensure patient care - from an ER technician who swam and hitch-hiked to work, to hundreds of employees who stayed overnight at the hospital for several days.

As a dedicated health provider, we are privileged to serve the Ocean County community and look forward to helping you continue your good health in 2013 and beyond.

Sincerely,



Barry H. Ostrowsky
President and Chief Executive Officer
Barnabas Health




Stephanie L. Bloom, FACHE
President and Chief Executive Officer
Community Medical Center



BARNABAS HEALTH HELPS FAMILIES AND PATIENTS REBUILD POST-SANDY

As we continue rebuilding following Superstorm Sandy's devastating impact on thousands of people in Ocean and Monmouth Counties, Barnabas Health acknowledges the incredible team effort that enabled us all to prevail.

Although the storm posed serious challenges, we're pleased to report that all Barnabas Health facilities continued to operate and provide quality care to patients - both during Superstorm Sandy and in its aftermath. The Emergency Departments in every Barnabas Health facility, including hard-hit area hospitals such as Community Medical Center, Kimball Medical Center and Monmouth Medical Center, were operational during the storm, with some of our facilities operating on generators for an entire week in order to continue providing patient care during the widespread power outages.

Many of our employees took extraordinary measures to travel to work to ensure the health and well being of patients despite their own storm-related damages. Due to the commitment, strength, compassion and resilience exhibited by Barnabas Health's dedicated employees, we have been able to continue focusing on our main priority - to care for the people in our communities.

Barnabas Health's financial support to employees who suffered damage to their homes and vehicles during the storm reinforces the system's commitment not only to its employees, but also patients who depend on them for care. This support helped employees move forward with their personal matters, enabling them to continue caring for patients.

It is this level of dedication that is so captivating. Approximately 325 employees' homes, cars and personal belongings were destroyed during the storm. These employees are heroic not only for what they endured, but also because they understood what our patients were going through firsthand. Our employees knew they were needed - to administer CPR, provide chemotherapy treatments, hold a patient's hand, and to be the steadfast beacon of hope that patients needed - no matter the weather or situation. These are the people that care for you, each and every day.

Here are a few of their stories.



Maryann Dzibela, RN-BC, MSN, OCN Community Medical Center

Despite its close proximity to the barrier islands, the Toms River home of Maryann, an oncology nurse at Community Medical Center, and her husband Dave was not declared a mandatory evacuation zone during Superstorm Sandy, so they stayed.

“Around midnight, a wave hit the sliding glass door and water suddenly gushed into our home. We acted quickly to transport whatever we could to the second floor,” said Maryann. The water destroyed everything in its path – including all appliances and furniture on the first floor, the kitchen and bathroom cabinets and the well-pump and hot water heater – and caused structural and insulation damage.

“Community Medical Center is a very family-oriented, close-knit hospital, so the day after the storm, my coworkers checked-in on me and let me know about the assistance offered by Barnabas Health,” said Maryann.

Within a day, as black mold crept up the walls of her home and inside her and her husband’s cars – both of which were lost during Sandy – Maryann received confirmation that she would receive financial support from Barnabas Health.

“Because of Barnabas Health I was able to immediately start the process of cleaning up and finding a dry, warm place to stay and a car to rent so I could get back to work and care for my patients. I’m overwhelmed with gratitude that Barnabas Health supported me. Their response was above and beyond, and I’m so proud to be part of a system that values its employees and patients.”

Maryellen McNinch, RN Kimball Medical Center

Maryellen has faced several personal challenges throughout her 21 years as an RN at Kimball Medical Center, adjusting to a variety of roles – widow and single parent, breast cancer patient and, most recently, Superstorm Sandy victim.

“Kindness and caring from the people who are the body and soul of Barnabas Health and Kimball Medical Center has always been a beacon of light and hope in my life,” said Maryellen, who has lived on the lagoon in Brick for 34 years.

While she never experienced flooding before Superstorm Sandy, this record-breaking storm flooded her home’s crawl space and first and second floors – destroying the furnace, air conditioner and hot water heater; her washer and dryer, den furniture and television; and her new kitchen floor and cabinets, refrigerator, dishwasher and stove.

“I’m fortunate that I had no physical harm from the storm, but the emotional harm can be overwhelming. I am left with a sense of vulnerability, along with the loss of a home that housed many lifelong memories,” she said.

“Knowing I work for a system that supports its employees has helped with the emotional distress. As with other trials I have endured while being employed at KMC, I know I will survive and move on due to the love and kindness of the people and patients of Barnabas Health and Kimball.”



Carole Ball, RN Monmouth Medical Center

Carole, a nurse case manager at Monmouth, watched Superstorm Sandy's flood waters fill her Brick home while she and her family waited for emergency personnel to help them escape. It would be five weeks before her family was able to spend the night there again.

"The Tuesday after the storm, we were rescued from our home around 4 a.m. That morning was the first time in 40 years that I was a 'no call, no show' to work," said Carole, who was unable to use a landline or cell. "I'm thankful for the continuous support and compassion shown by the administration at Monmouth Medical Center throughout this entire ordeal."

"The entire neighborhood looks like a war zone," said Carole, whose family lost three cars and a motorcycle during the storm, plus the significant damage done to their home. "I cry just thinking about how grateful I am for all the help we received from God and our community – our church, our friends and family, our neighbors, Monmouth and the System."

"It's a mess, but it's our mess. Together, we'll rebuild and move on – we're from Jersey."



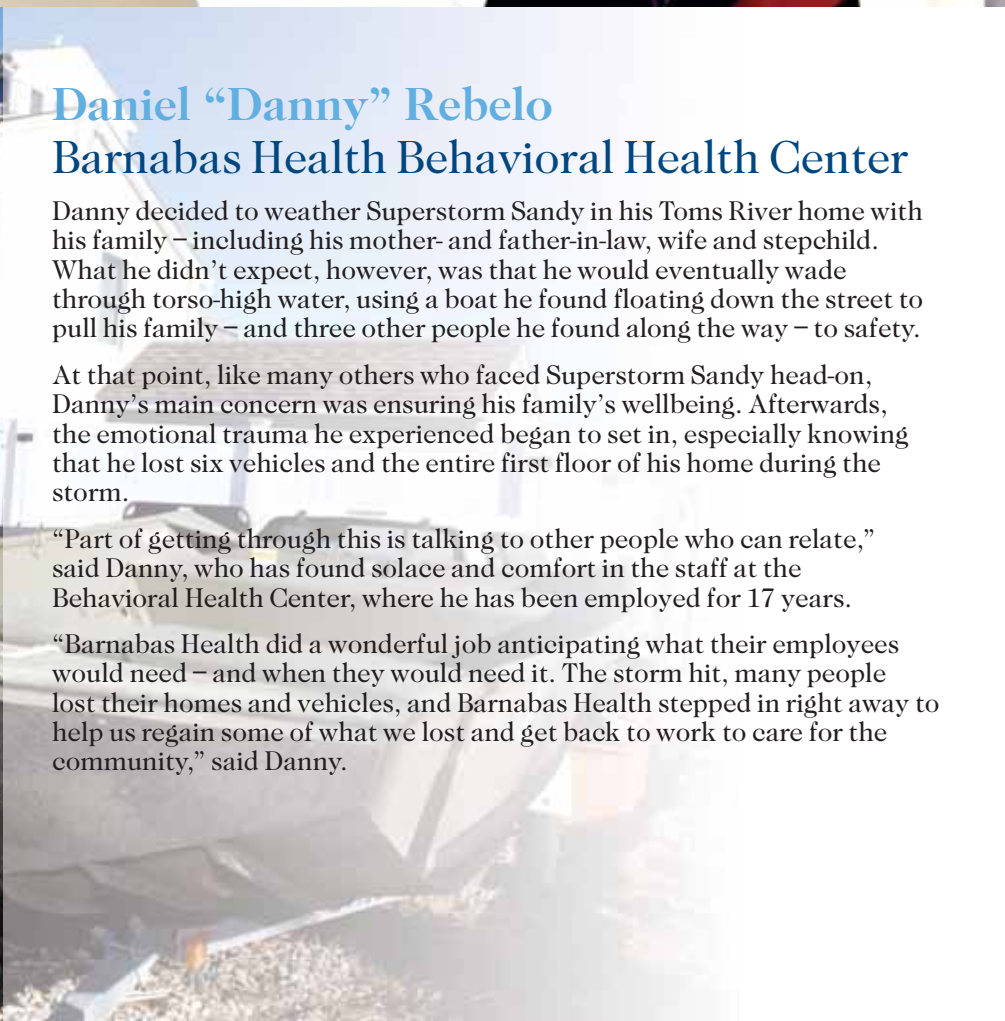
Daniel "Danny" Rebelo Barnabas Health Behavioral Health Center

Danny decided to weather Superstorm Sandy in his Toms River home with his family – including his mother- and father-in-law, wife and stepchild. What he didn't expect, however, was that he would eventually wade through torso-high water, using a boat he found floating down the street to pull his family – and three other people he found along the way – to safety.

At that point, like many others who faced Superstorm Sandy head-on, Danny's main concern was ensuring his family's wellbeing. Afterwards, the emotional trauma he experienced began to set in, especially knowing that he lost six vehicles and the entire first floor of his home during the storm.

"Part of getting through this is talking to other people who can relate," said Danny, who has found solace and comfort in the staff at the Behavioral Health Center, where he has been employed for 17 years.

"Barnabas Health did a wonderful job anticipating what their employees would need – and when they would need it. The storm hit, many people lost their homes and vehicles, and Barnabas Health stepped in right away to help us regain some of what we lost and get back to work to care for the community," said Danny.





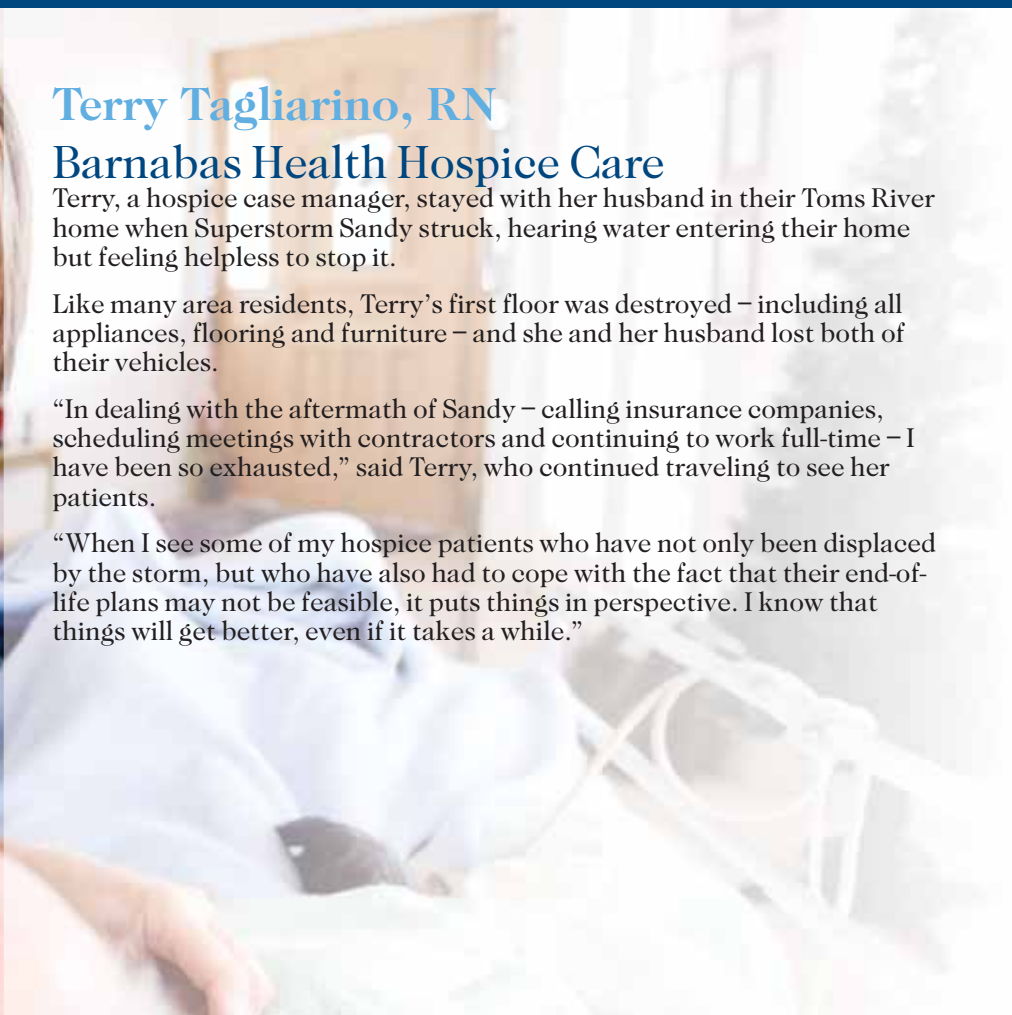
Terry Tagliarino, RN Barnabas Health Hospice Care

Terry, a hospice case manager, stayed with her husband in their Toms River home when Superstorm Sandy struck, hearing water entering their home but feeling helpless to stop it.

Like many area residents, Terry's first floor was destroyed – including all appliances, flooring and furniture – and she and her husband lost both of their vehicles.

“In dealing with the aftermath of Sandy – calling insurance companies, scheduling meetings with contractors and continuing to work full-time – I have been so exhausted,” said Terry, who continued traveling to see her patients.

“When I see some of my hospice patients who have not only been displaced by the storm, but who have also had to cope with the fact that their end-of-life plans may not be feasible, it puts things in perspective. I know that things will get better, even if it takes a while.”



Mary Jane Lizer, RN Barnabas Health Home Care

Mary Jane, who works at Holiday City, lives near the bay in Toms River with her two dogs. She did not fear Superstorm Sandy, as she hadn't been impacted by last year's Hurricane Irene. However, at her two sons' insistence, Mary Jane and her dogs spent the night with her sons in Forked River. She returned the next morning to what she describes as a disaster area.

“My street was inaccessible, so people were using jet skis. The water level in the yard was five-feet deep,” said Mary Jane, who stands at five feet, two inches. Inside her home, she found her washing machine had been overturned, the couch was in the middle of the room and there was around three feet of water covering her first floor.

As a home care nurse, Mary Jane is a self-described giver, so she was not expecting the support she received in Sandy's aftermath. “I lost everything; I didn't even have a pair of shoes. So when I received Barnabas Health's gift – which I used for major construction work – plus help from my coworkers and neighbors, I was absolutely humbled. The System's support is hands-down the most phenomenal thing anyone has ever done for me.”



PATIENT TRANSPORTER GUIDES OTHERS THROUGH ROBOTIC SURGERY AND CANCER FIGHT



Margaret Ahearn says her goal in life is to make people laugh. The Barnegat, N.J. resident is a patient transporter at Community Medical Center, so she is adept at comforting patients as she escorts them to and from surgery. During a doctor's visit, Margaret suddenly found herself in need of comforting.

"I'll never forget the day I found out I had cancer. My doctor spoke about my options, but all I could think was that my life was over. I cried the whole day, and even for a few days afterwards, but then I decided I needed to stop crying and focus my energy on fighting to live," said Margaret.

Margaret's diagnosis came shortly after she noticed post-menopausal blood spotting. After undergoing a Pap smear and an ultrasound, both of which were negative for cancer, Margaret's gynecologist **Aliona Maxwell, MD**, ordered a D and C (Dilation and Curettage), also known as uterine scraping, and a subsequent biopsy, which came back positive for stage III, grade 2 uterine cancer.

"I didn't want this disease to control my life. I decided early on that I wouldn't let cancer defeat me," said Margaret. Acting upon recommendations from her gynecologist, as well as others, Margaret made an appointment with **Thomas Hackett, DO**, a board certified Gynecologic Oncologist at Community Medical Center.

Margaret discussed both traditional and robotic surgery with Dr. Hackett, who explained that robotic surgery was minimally invasive, allowed for shorter healing time and was just as – if not more – precise as traditional surgery.

"Dr. Hackett even offered to let me look at the machine beforehand, but I chose not to. He's an exceptional surgeon and so compassionate. I trusted him, knowing he would be right there in the room guiding the machine," said Margaret.

"The benefits of robotic-assisted surgery are astounding," said Dr. Hackett. "Robotics emulates the surgeon's motion. We are just eight feet away from our patients in the operating room and controlling the procedure the entire time."

Using just five incisions, Dr. Hackett performed Margaret's total hysterectomy.

"I was up and moving around and able to go home the very next day, with very little pain," said Margaret, adding that she also liked that she didn't have to worry about stitches

because of the dissolving strips used with this kind of surgery. "Robotic surgery is the way to go – I highly recommend it to anyone."

According to Dr. Hackett, robotics are utilized for most major gynecologic oncology surgeries, including hysterectomy and staging for cancers of the uterus, early cervical and ovarian cancers.

In addition to a hysterectomy, Margaret has undergone chemotherapy and radiation as part of her treatment plan, developed by **Anil Ponnambalam, MD**, an oncologist at Community Medical Center, and **Rajesh Iyer, MD**, chairman of the Department of Radiation Oncology at Community Medical Center.



The self-described happy-go-lucky woman shares her optimistic attitude and story with the patients she transports to and from surgery at Community Medical Center.

"When patients confide in me about their fear of surgery or getting a chemotherapy port, I tell them I've been there. I want them to know they are not alone – there are people there to listen and commiserate. Sharing my own experience helps these patients feel better and not so afraid," said Margaret.

"Cancer doesn't have to be a death sentence. With the technology and medicine available today, plus skilled physicians like Dr. Hackett, people with cancer can go on to lead long, healthy and happy lives. I'm thankful that there will be many more tomorrows," said Margaret.



Thomas Hackett, DO
Gynecologic Oncologist
at Community Medical Center



Rajesh Iyer, MD
Chairman of the Department
of Radiation Oncology
at Community Medical Center.



Aliona Maxwell, MD
Gynecologist
at Community Medical Center



Anil Ponnambalam, MD
Oncologist
at Community Medical Center

DROPPING THE 'FRESHMAN AND THEN SOME – WITH GASTRIC BYPASS

15'

Karyn Penrose of Brick, N.J. was always on the slender side growing up and did not have any issues with her weight – that is, until she went away to college.

“Instead of the ‘freshman 15 or 20’ pounds people talk about, I gained the ‘freshman 120’ and I found it difficult to get back in shape,” said Karyn.

She yo-yo dieted and, despite all of her attempts to keep the weight off, she found herself at her heaviest weight of 280 pounds in the summer of 2011.

“When I left a factory job for a career in health care, it became very difficult to find the professional clothing that I needed for my new job. Everything grows proportionally – and there aren’t many flattering shirts in size 42DD,” she said.

While visiting her primary care physician, Karyn noticed a brochure from the Weight Loss Institute of New Jersey at Community Medical Center (CMC). She had been considering weight-loss surgery and decided to look into the program. She met with one of the Institute’s leading surgeons, **James McCaughan, MD**, and the bariatric coordinator, Maria Bohn, RN, RD, CDE to learn more about the program, and ultimately decided to proceed with the surgery.

“The experience was wonderful. Everyone at CMC is so thorough, caring and concerned, and once I completed all the initial steps – which included a psychiatric evaluation, support group sessions, dietician appointments and insurance paperwork – I was ready to go,” said Karyn.

Karyn’s surgery was scheduled for a Friday, and she was home by the following Tuesday. She returned to work shortly after.

“Dr. McCaughan and Maria were there every day that I was in the hospital – and it was a holiday weekend. So far, I have lost 124 pounds. I exercise for an hour and a half, four-to-five days a week, and the best part is that it doesn’t hurt anymore.”

Now a size four, Karyn is enjoying her new energy. A yoga enthusiast, she has also joined a volleyball league and plays tennis regularly.



James McCaughan, MD
Bariatric Surgeon
at Community Medical Center





The Center Cleans the Air

Barnabas Health Institute for Prevention Helps The Center Reach Smoke-Free Milestone

Smoking is the nation's number one cause of preventable death, yet quitting is one of the most challenging journeys an individual will take for their health. When leaders at The Center in Asbury Park realized the toll nicotine addiction was taking on its clients, Center House residents, employees and volunteers, they made a commitment to invest in their health. They contacted the Tobacco Treatment Specialists at Barnabas Health Institute for Prevention (IFP).

Center House, a supportive housing project located within The Center in Asbury Park, has a primary mission of helping previously homeless individuals achieve needed residential stability.

"We worked with the Barnabas Health Tobacco Treatment Program in the past," explained Fr. Bob Kaeding, Executive Director, The Center in Asbury Park, "but knew this time we had to take a stronger approach and not only offer tobacco cessation treatment, but also embark on an initiative to make our campus smoke free."

Helene Long and Dennis Lee, Tobacco Treatment Specialists at IFP, embarked on a five month journey with Fr. Kaeding and his team in preparation for the smoke-free launch. The Barnabas Health Institute for Prevention Tobacco Treatment Specialists have also worked with several organizations to assist with cessation initiatives, including the Ocean County Health Department, Healthsouth Rehabilitation Hospital, Southern Ocean County Hospital, Manchester Municipality, Causeway Family of Dealerships, Knipper Company, Church and Dwight, SS White Burrs and the New Jersey Hospital Association.

"With the Institute's help, we formed a Clean Air Task Force and reached out to include every segment of The Center in Asbury Park and Center House to strategize and develop clean air policy and procedures," said Steve Albert, Director of Resident

Services. "Our goal was to engage as many stakeholders as possible in the process to help ensure success."

Four months ago, The Center in Asbury Park and Center House became smoke-free with a week-long celebration that included power washing the gazebo where smokers previously gathered, hanging baskets of fresh flowers around campus, raking discarded cigarettes from the lawn and a healthy walk around the block.

"For so long we witnessed our staff, clients and volunteers struggle with nicotine addiction," added Clark Shannon, The Center in Asbury Park's Director of Operations. "Helene and Dennis gave us every tool we needed to do so and now we can all truly take a breath of fresh air thanks to Barnabas Health Institute for Prevention."

"We are proud to be a resource to community organizations," says Connie Greene, MA, CAS, CSW, CPS, Vice President, Barnabas Health Institute for Prevention. "Tobacco cessation allows us to share the true health and wellness benefits of a smoke-free environment that Barnabas Health has experienced for more than four years."

If you are ready to quit, or simply thinking about it, Barnabas Health Institute for Prevention will provide you with the support and tools you need to succeed. For more information about the Tobacco Dependence Treatment Program offered by the Institute for Prevention, please visit www.instituteforprevention.com.

BARNABAS HEALTH HOSPICE AND HOME CARE ANNOUNCE NAME CHANGES

Barnabas Health Hospice and Palliative Care Centers and Home Care locations have announced that five of their eight locations will adopt new names effective January 1, 2013.

For more than 30 years, Barnabas Health's Hospice and Home Care agencies have provided extraordinary care to patients and families throughout New Jersey. This legacy of excellence will continue as the five agency names change to more clearly reflect their affiliation with Barnabas Health – a name synonymous with the highest quality care throughout New Jersey and the region.

THE CHANGES ARE AS FOLLOWS.

OCEAN COUNTY

- ▶ Barnabas Health Home Care – Ocean
(Formerly Community Medical Center Home Health)
- ▶ Barnabas Health Home Care (Formerly Community Care)
- ▶ Barnabas Health Van Dyke Hospice and Palliative Care Center at Community Medical Center
(Formerly Van Dyke Hospice and Palliative Care Center)

NORTHERN NEW JERSEY

- ▶ Barnabas Health Home Care – Essex (Formerly JerseyCare)
- ▶ Barnabas Health Home Care
(Formerly Medical Center Health Care Services, Inc.)

Remaining unchanged in Monmouth County and Northern New Jersey

- ▶ Barnabas Health Hospice and Palliative Care Center at Monmouth Medical Center
- ▶ Barnabas Health Hospice and Palliative Care Center in West Orange
- ▶ Barnabas Health Hospice and Palliative Care Center at Newark Beth Israel Medical Center

For more information, please visit www.barnabashealthhospice.org.

About Barnabas Health Home Care

For more information, please visit www.homehealthnj.com.

Back

To Work After Minimally Invasive Surgery



When his children were young, Richard Matthews, a 49-year-old construction site supervisor from Toms River, N.J., was very limited in the activities he could enjoy with them. He used to love tossing his young daughter in the air while they were swimming, but severe back pain prevented him from doing so.

Having been a plumber for most of his career, his everyday job responsibilities took a toll on his body, especially his back.

“Despite the pain, I had to go to work to support my family. My kids saw that the only thing I could do was go to work and then come home,” he said.

With a physically demanding job, Richard saw the effects of his back pain at work, too. “I couldn’t lift anything or climb.

I had to spend a lot of time in crawl spaces, and the pain limited my ability to do my job,” he said. Initially, Richard was told he was physically undiagnosable. “Many doctors threw their hands up and said, ‘I don’t know what to tell you. I can’t figure out what’s wrong with you,’” said Richard.

Then he made an appointment with **Sripad Dhawlikar, MD**, a board-certified orthopedic spine surgeon at Community Medical Center, who went through diagnostic procedures to figure out what was wrong.

Dr. Dhawlikar diagnosed Richard with degenerative disc disease, saying that the decay of discs in his lower back caused his multiple back problems and limited his range of motion.

“He performed every non-invasive procedure to take me out of distress, but everything provided temporary relief. Dr. Dhawlikar spent many years suffering through injections with me, always telling me, ‘We’ll figure it out. We’re going to get you better,’” said Richard.

Richard’s pain became worse three years ago, when an MRI revealed he had a herniated disc in his neck that was putting pressure on his spinal cord, causing pain and numbness in his shoulders and hands. Dr. Dhawlikar performed a discectomy with fusion – the surgical removal of a herniated disc to eliminate pressure from the spinal cord – which relieved Richard’s neck pain. However, Richard’s back pain was still an ongoing issue.

“By fall 2011, I had enough. I couldn’t take it any more and wanted to get surgery to relieve the lower back pain and get control over my life again,” said Richard, who underwent his most recent surgery with Dr. Dhawlikar in March 2012.

“I performed a percutaneous lumbar discectomy with instrumentation and fusion, which involved using tiny incisions to remove the disc and take pressure off Richard’s nerve, as well as implanting a cage with a bone graft and securing everything with screws and rods,” said Dr. Dhawlikar. “The incisions are small enough to put band aids over them.”

“In the past, patients had bigger incisions with more blood loss, longer hospital stays and longer and more painful recovery times. This surgery is outpatient, involves minimal blood loss, and the patient is able to walk right after surgery,” said Dr. Dhawlikar, adding that Community Medical Center is one of the few hospitals in the area that offers this type of minimally invasive surgery.

Before surgery, Richard planned his work day so he could minimize his movements and the amount of walking. He used to dread the drive to work because the truck’s movement caused excruciating pain. “Previously, I moved as little as I had to. Now, when I have a project that requires me to worm through scaffolding – 40-50 feet in the air, I have no problems doing it. Six months ago, I wouldn’t be able to do it. I’m up and down ladders now,” said Richard.

At home, things are much different, too. “I can throw my granddaughter up in the air in the pool just like I used to do with my daughter before the pain became too bad. My kids hadn’t seen me do anything physical in a long time,” he said.

“It is very gratifying to see Richard back to his normal work routine that he loves and enjoying a happy life with his family with no disabilities and no pain medicines,” said Dr. Dhawlikar.

“Back pain sucks the life out of you. I became a miserable person because every day was such a struggle. Waking up in the morning and not having to deal with that is very different. The surgery was life-changing. I’m quite amazed where I am now,” said Richard.



Sripad Dhawlikar, MD
Board-certified Orthopedic spine surgeon
at Community Medical Center



CMC’s Cardiac Rehab Program Awarded with The Joint Commission’s Gold Seal of Approval

Community Medical Center recently earned The Joint Commission’s Gold Seal of Approval™ for CMC’s Cardiac Rehabilitation program, which combines the latest concepts of cardiovascular rehabilitation, optimizing the patient’s physical, mental and social abilities.

The certification award recognizes CMC’s dedication to continuous compliance with The Joint Commission’s state-of-the-art national standards for healthcare quality and safety in disease-specific care.

The process required Community Medical Center to undergo a rigorous on-site survey

and no deficiencies were found in the program or the care that is provided at CMC.

“Cardiac Rehabilitation is an important component of our overall cardiology program, and we are dedicated to providing the highest quality care to individuals rehabilitating themselves following a heart attack or trying to prevent one from occurring,” said Stephanie L. Bloom, FACHE, President and Chief Executive Officer, Community Medical Center.





Superstorm Sandy's Mental Impact:

Barnabas Health Experts Provide Tips for Adults, Teens and Children

While Monmouth and Ocean counties continue to deal with the physical damage of Superstorm Sandy, mental health professionals stress the importance of identifying emotional and psychiatric issues related to the disaster.

“We’ve seen a full gamut of psychiatric issues as people are still in a state of shock and trying to recuperate,” said **Arshad Siddiqui, MD**, a psychiatrist and Medical Director of the Stepping Stones Intensive Outpatient Program at Barnabas Health Behavioral Health Center in Toms River, noting that many of the patients seen in the weeks following the disaster showed signs of acute stress disorders.

Like post-traumatic stress disorder (PTSD), the symptoms of acute stress disorders include flashbacks or nightmares and anxiety related to a stimulus – in this case, Super Storm Sandy. Acute stress disorders occur within the first four weeks of exposure to the incident, whereas PTSD manifests after four weeks.

“People who have been uprooted from their homes are dealing with a great level of anxiety and depression,” said Dr. Siddiqui. He advises people in this kind of situation to try to return to a normal routine, including keeping close contact with family and friends, getting enough sleep and maintaining a healthy, regular diet. In addition, those who take medication – psychiatric or otherwise – should maintain their normal prescribed dosage at the indicated times.

Adults aren’t the only victims of Superstorm Sandy. Children and teens who have been displaced or affected by the storm are also at risk for a variety of psychiatric issues, including depression and anxiety.

According to **Christine Tintorer, MD**, a child and adolescent psychiatrist at Monmouth Medical Center in Long Branch, N.J., the main indicators of depression or anxiety parents should look for include changes in children’s general function, including sleeping and eating

patterns and energy levels. Younger children may regress to wetting the bed, and teens may become more irritable. Both children and teens may exhibit clinginess to parents and hesitation to leave their home, as well as a fear of someone close to them being injured in their absence.

“The first step in recovery is to talk to kids about what they are experiencing. Parents should tell their children it’s normal to feel anxious or sad when a traumatic event happens and that it’s okay to be upset,” said Dr. Tintorer, who reiterated Dr. Siddiqui’s advice in returning to a normal routine.

“It’s also important to be very realistic and honest with kids about what happened and what to expect. Let them know if and when you can go back home – don’t give kids unrealistic expectations or false hopes. Instead, focus on the positives and what needs to happen,” said Dr. Tintorer. She advises parents to talk to their children about preparations they can make in the future, as well as focusing on the positives such as how people have helped during this tough time.

“Part of getting back to normalcy is accepting that this is a new normal – things aren’t going to be the same as before. Accepting that there is a change and adjusting to that change is a major step in successfully dealing with traumatic incidents,” said Dr. Siddiqui. “Talking with your family or others about what has happened is one of the best ways to accept those changes and begin to move forward.”

According to Drs. Siddiqui and Tintorer, signs and symptoms that may indicate a need for professional psychiatric assistance following a disaster such as Superstorm Sandy may include:

Acute stress disorders or PTSD:
▶ Repeated flashbacks/nightmares following exposure to a traumatic incident
▶ Having an adverse reaction to stimuli that were previously innate (e.g., hearing trickling water could be a trigger for Superstorm Sandy victims)
▶ Feelings of impending doom
▶ Constant feeling of detachment
Depression:
▶ Feelings of helplessness and/or hopelessness
▶ Poor sleeping patterns, including trouble falling asleep, staying asleep or waking up too early
▶ Poor appetite and focus
▶ Disinterest in previously enjoyable activities
▶ Feelings of guilt or feeling overwhelmed or anxious
Anxiety:
▶ Constant nervousness
▶ Panic attacks (racing heart, sweating or feeling of paralysis)



If children are having persistent problems adjusting, Dr. Tintorer suggests reaching out to Monmouth Medical Center’s designated child clinicians, who can visit a child in their own home, school or shelter to provide counseling and support. North Jersey residents are urged to seek similar child psychiatric services offered through Newark Beth Israel Medical Center.

Dr. Siddiqui recommends that anyone experiencing emotional trauma following Superstorm Sandy seek help through Barnabas Health’s Psychiatric Emergency Screening Services, with locations at Kimball, Community and Monmouth Medical Centers. He also recommends looking into the outpatient resources available, including group therapy, and taking advantage of Barnabas Health Behavioral Health Center’s free monthly mental health screenings.



Arshad Siddiqui, MD
Psychiatrist and Medical Director of the Stepping Stones Intensive Outpatient Program at Barnabas Health Behavioral Health Center



Christine Tintorer, MD
Child and adolescent psychiatrist at Monmouth Medical Center

For more information, contact: Monmouth County PESS at **732.923.6999**; Ocean County PESS at **732.886.4474**. The Barnabas Health Behavioral Health Network, which provides inpatient and outpatient care and services, integrates behavioral health care and medical services, resulting in outstanding continuity of care. For more information about Barnabas Health Behavioral Health Network or its programs, please call **1.800.300.0628**.

Community Medical Center

GIVES BACK

Not only is Community Medical Center dedicated to providing high-quality care and support for its patients, but it is also committed to continuously improving the community it serves. Several initiatives throughout the year demonstrate CMC's drive to make Toms River and its surrounding areas a healthier place to live and work.

Jump with Jill

In what marked the beginning of the Healthy Kids, Healthy Families, Healthy Communities initiative, nearly 1,200 third-graders participated in 'Jump with Jill' at the Pine Belt Arena as part of the Toms River School District's recent partnership with Community Medical Center.

To encourage students to keep jumping even after the event, Community Medical Center provided jump ropes for extra motivation. Stephanie Bloom, President and Chief Executive Officer, Community Medical Center sported sneakers at the event and joined the children to promote healthy life styles.



Thanks to the hospital employees and the medical staff's generous \$5,000 donation towards the food drive, CMC has once again demonstrated its extraordinary ability to provide for those in need in our community.

"We chose to hold the drive at the end of the school year because children no longer benefit from meal programs provided through school systems, and many families struggle to make up the difference," said Tom Yanisko, director of food services, Community Medical Center, who began this program six years ago.

Food Drive

CMC's Health Care Harvest Food Drive Sets a New Record

With help from CMC's employees and physicians, the 6th Annual Health Care Harvest 2012 Food Drive was another record-breaking success – raising 23,329 pounds of food for the hungry children and families of Ocean County. Since the food drive's inception in 2006, the staff at CMC has donated more than 88,000 pounds of food to area food banks, including Ocean County Hunger Relief, the Food Bank of Monmouth and Ocean Counties and the Salvation Army.

Holiday Toy Drive

CMC's Holiday Toy Drive was an outstanding success with approximately 1,000 toys donated by generous CMC employees. The gifts were distributed to area children, many of whom were affected by Superstorm Sandy, through Ocean Health Initiative, the Ocean County Sheriff's Department, CASA (*Court Appointed Special Advocates*) and the Salvation Army.

Tools for School

CMC's Tools for School drive collects items such as notebooks, pens, pencils and other school materials so that children in need are prepared for school.

COMMUNITY MEDICAL CENTER AUXILIARY ASSOCIATION CELEBRATES MILESTONE: \$10 MILLION RAISED SINCE INCEPTION



Small things can make a big difference.

That's been the motto of the Community Medical Center (CMC) Auxiliary Association since it was founded in the 1950s as a grassroots effort among a group of women in Toms River to build a 50-bed hospital that would serve their community. With a goal of raising \$25,000 toward construction costs, Twigs – self-governing groups of the Auxiliary – began organizing fundraising activities.

“The day the hospital opened was one of the most exciting days in the community,” said Mary Kotzas of Toms River, who began raising funds for the construction of a hospital seven years before CMC broke ground and later held several leadership positions, including serving on the Board of Trustees, as President of the Auxiliary and as President of the Laurel Twigs. “As a new, young Auxiliary member in the early 1950s, the ladies took me under their wing. Back in those days we went door-to-door selling raffles and hospital balls were held in the armory.”

Today, nearly 60 years later, small things truly have made a big difference. The CMC Auxiliary Association recently reached a significant milestone: raising \$10 million since its inception. This milestone paved the way not only for the facility's initial construction, but also its transformation into a 592-bed leading provider of medical care.

Dollars raised by Auxilians have helped fund various hospital initiatives, programs and services, including: construction and renovation of an inpatient hospice unit, robotic surgery equipment, the J. Phillip Citta Regional Cancer Center, safety ID bracelets for newborns and contributions to maternity services.

“There's a great need for a state-of-the-art facility for Toms River and its surrounding communities. The funds raised by the Auxiliary help Community Medical Center provide that high quality care,” said Judy Schmidt, President of CMC Auxiliary Association. Now a nurse at the hospital, Schmidt's dedication to CMC began when she started working there 30 years ago leading educational and training sessions for employees.

Schmidt – who has served as president of the Auxiliary since 2004, making her its longest-running president – attributes the Auxiliary's fundraising success to consistency and focus, as well as the commitment of nearly 300 members grouped into Twigs.

Auxiliary-wide projects include sponsorship and operation of the hospital's coffee shop, gift shop and its own Second Time Around Consignment and Thrift Shop – which was founded by Kotzas and has raised \$3 million for CMC since the shop opened 37 years ago.

“Community Medical Center would like to thank and congratulate its Auxilians – past and present – who have contributed to this tremendous milestone. The dedication exhibited by these generous individuals over the years has allowed Community Medical Center to advance its commitment to building lifetime relationships and improving the health of our community,” said Stephanie L. Bloom, FACHE, President and Chief Executive Officer, Community Medical Center.

Today's Auxiliary membership remains committed to promoting the hospital's mission. Thanks to an ever-increasing array of programs and services and major advances in state-of-the-art technology, CMC continues to forge ahead into the future, embracing the legacy of its predecessors – a legacy that has guided its efforts and secured its success in providing patients with the finest health and medical care available.



Rick Pallamary, Vice President for Development, CMC Foundation; Judy Schmidt, President of CMC Auxiliary Association; and Stephanie L. Bloom, FACHE, President and Chief Executive Officer, Community Medical Center, celebrate the CMC Auxiliary Association's significant milestone – raising \$10 million for the hospital.

YOU CAN'T KNOW WHEN
A STROKE
MIGHT OCCUR.

BUT AT LEAST YOU'LL KNOW
WHERE TO GO
WHEN IT DOES.

The Neuroscience Institute at
Community Medical Center

 **BARNABAS HEALTH**

EVERY DAY, EXTRAORDINARY.

▶ 1.888.724.7123 ▶ barnabashealth.org/community