

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

# healthy

*together*

**DIABETES:  
A CONGRESSMAN  
SHARES  
HIS STORY**

**COOL  
RECIPES  
FOR HOT DAYS**

**4 STEPS TO  
WELLNESS  
AT WORK**

**FITNESS TIPS  
FROM BASEBALL PROS**



# Celebrating a Good Year

Time really does fly. Already, a year has passed since we first announced our partnership with Rutgers University, one of the nation's leading public educators, to create a new state of health in New Jersey. We're thrilled by how much already has been accomplished and how our partnership is benefiting patients and communities across the state. And we're energized by our plans for the future.

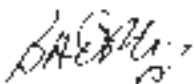
Our medical group includes hundreds of primary care and specialty physicians with over 200 locations across the state. Our partnership with Rutgers gives each of these physicians seamless access to the strength of our combined, state-of-the-science medical expertise, services and treatments.

One of the most exciting things to come out of our partnership with Rutgers so far is the recently announced creation of a dedicated cancer hospital, to be built in New Brunswick on the Robert Wood Johnson University Hospital campus. This new cancer center of excellence will take on the most complex cases, enabling more cancer patients to stay in New Jersey close to family and friends for treatment.

At Newark Beth Israel Medical Center and Children's Hospital of New Jersey, we pride ourselves on delivering world-class cancer care. At the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center, we offer the full spectrum of medical and surgical oncology care. This includes state-of-the-art imaging, clinical treatment trials and seamless integration with our Healthcare Foundation of New Jersey Breast Health Center, which offers a wide range of advanced diagnostic and treatment technologies, including 3D mammography. We are also home to the state's largest Valerie Fund Center for Cancer and Blood Disorders, dedicated to compassionate care for pediatric cancer patients.

We look forward to bringing you many more benefits as we continue to hardwire Rutgers across the RWJBarnabas Health system.

Yours in good health,



**BARRY H. OSTROWSKY**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
RWJBARNABAS HEALTH




**DARRELL K. TERRY, SR.**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
NEWARK BETH ISRAEL MEDICAL CENTER  
AND CHILDREN'S HOSPITAL OF NEW JERSEY



## HEALTH NEWS

### NEWARK BETH ISRAEL MEDICAL CENTER RECOGNIZED AS A WORLD'S BEST HOSPITAL

Newark Beth Israel Medical Center has been named one of the World's Best Hospitals by Newsweek magazine.

Newark Beth Israel ranked among the top 225 U.S. hospitals and is one of only five New Jersey hospitals on this prestigious list, which also includes Mayo Clinic, Cleveland Clinic, Johns Hopkins and Massachusetts General.

"Newark Beth Israel has long been a center of excellence and a destination center for the most advanced cardiac care, heart and lung transplant, comprehensive cancer care and pediatrics at our Children's Hospital of New Jersey. Today, as we continue to expand our top-ranked specialty services and recruit world-renowned physicians, it is an honor to be named among the World's Best," says Darrell K. Terry, Sr., President and Chief Executive Officer, Newark Beth Israel Medical Center and Children's Hospital of New Jersey.





Newark Beth Israel Medical Center was recognized as a top hospital in the United States for anesthesiology, perioperative and pain medicine, cardiology, diabetes and endocrinology, general and visceral surgery, gynecology and obstetrics, neurology and neurosurgery, oral and maxillofacial surgery, palliative care, pediatrics, pediatric surgery and neonatology, plastic surgery, pulmonology, radiation oncology, radiology, traumatology, orthopedics and spine surgery, and urology.



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201 Lyons Ave. at Osborne Terrace, Newark, NJ 07112  
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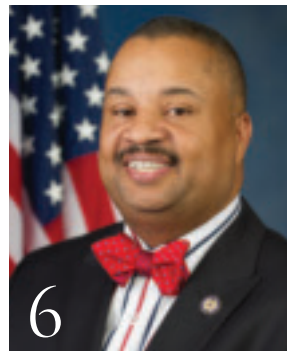
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# 6 TIPS FOR A HEALTHIER SCHOOL YEAR

A HANDY CHECKLIST TO HELP YOUR CHILD STAY WELL.

When the new school year rolls around, ensuring a healthy transition back to the classroom is just as important as getting new school supplies. This year, consider these back-to-school tips from Jon Sicat, DO, Director of the Med-Peds Residency Program and Interim Director of the Pediatric Health Center for Children's Hospital of New Jersey at Newark Beth Israel Medical Center.



JON SICAT, DO

## 1 AVOID BACKPACK OVERLOAD:

School-age children are susceptible to injuries related to backpacks—tripping over them, getting hit by them and, of

course, straining back and shoulder muscles. "Overloaded backpacks can lead to muscle injuries, scoliosis or back pain," Dr. Sicat explains.

He recommends giving your child a backpack with wide, padded straps and talking with him about using both straps rather than hanging the bag from one shoulder. "Your child's pack should weigh no more than 10 percent of their body weight," he says.

## 2 STAY UP TO DATE WITH CHECKUPS AND VACCINES:

New Jersey state law requires children who attend daycare, preschool and public and private schools to receive a series of immunizations. "An annual health assessment should be completed for all students. For kids who play sports, an additional sports physical should be performed by a credentialed provider to identify related health risks like heart problems or seizures," Dr. Sicat says.

## 3 TEACH YOUR CHILD ABOUT HEAD LICE:

These tiny insects, which feed on blood from the scalp, most often spread through crawling from one head to another. Children should learn to avoid hair-to-hair contact during sports or play, and never share anything that goes on their head—combs, brushes, scarves, hats, towels or hair ornaments.

## 4 SCRUB AWAY GERMS:

Every parent knows that back-to-school means potential contact with flu and gastrointestinal viruses. "The number one way to prevent infection is to get your child in the habit of

regular hand washing," Dr. Sicat says. "If your child comes down with an illness, keep him or her home to prevent passing it on to others."

## 5 MANAGE MEDICATIONS:

"If your child needs medications during the school day, you'll need physician authorization for the school nurse to give them," Dr. Sicat says. That includes emergency prescriptions like asthma inhalers or an EpiPen.

Discuss allergies with teachers and administrators before school starts. "School food allergy policies vary—some are completely nut-free, while others have separate tables in the cafeteria for kids with allergies," Dr. Sicat says.

## 6 PRIORITIZE SLEEP AND MENTAL HEALTH:

Ease children back into school by setting expectations ahead of time. "If your child has special needs, if they're shy or anxious, or they have mental health issues, speak with the teacher about it before the school year starts," Dr. Sicat says. "And start setting a healthy sleep routine at least a week before school starts."

To learn more about Children's Hospital of New Jersey, call 973.926.7300 or visit [www.rwjbh.org/ChildrensHospital](http://www.rwjbh.org/ChildrensHospital).



Maternal fetal medicine specialist Shailini Singh, MD and OB-GYN Kenneth Treadwell, Jr., MD have a conference with little Isabella Hope and her mom, Yomaira Soto-Jones.

# HOPE THROUGH A HIGH-RISK PREGNANCY

**AFTER THREE MISCARRIAGES, A WOMAN WITH DIABETES TOOK CONTROL OF HER HEALTH.**

**Y**omaira Soto-Jones, 35, always wanted to be a mother. “My passion is children,” says the Elizabeth resident.

She first achieved this dream in her 20s, by adopting three boys and later becoming a stepmother to a daughter. Still, the busy mom yearned for a biological child to add to her family. Sadly, she experienced three miscarriages.

When she became pregnant again last year, Yomaira was also struggling with health challenges, including hypertension, obesity and complications from Type 2 diabetes.

Determined not to lose another child, she began seeing Kenneth Treadwell, Jr., MD, an OB-GYN affiliated with Newark Beth Israel Medical Center (NBI).

## A CLOSE WATCH

“Diabetes and hypertension are two bad actors in pregnancy. They put Yomaira at high risk, so she had to be watched very closely,” says Dr. Treadwell. Given

Yomaira’s health issues, he advised that her care be co-managed by a maternal fetal medicine specialist at NBI.

Maternal fetal medicine is a subspecialty of obstetrics that handles patients with the highest risk of pregnancy complications, including those with diabetes, hypertension, obesity and blood, cardiac and lung disorders. NBI has four such specialists, including Shailini Singh, MD, who coordinates the High-Risk Diabetes Clinic at NBI. These specialists see patients referred to them from throughout the region.

“It’s a specialty that requires a delicate balance because you have two patients—the mom and the fetus,” says Dr. Singh. “You want to help the mom, who is at high risk. At the same time, we often can’t

prescribe the same drugs we would use if she were not pregnant because many of them cross the placenta and could harm the baby. Managing these patients requires teamwork.”

NBI also offers preconception counseling, in which medical professionals work with a woman to get her health issues under control before pregnancy. “If you have diabetes, hypertension and are overweight, it’s essential to seek preconception counseling, or get it as soon as you learn you are pregnant,” says Dr. Singh.

Dr. Singh prescribed medication to treat Yomaira’s diabetes and hypertension. She also advised her to lose weight and follow a modified diet to control her blood sugar, which had been rapidly rising. “What I love about Dr. Singh is she’s straightforward and she stayed on top of me,” says Yomaira.

At 32 weeks, an ultrasound revealed that there was restricted blood flow to the fetus due to preeclampsia, characterized by high blood pressure and signs of organ damage—a complication of diabetes. An emergency C-section was ordered.

That night, Yomaira had a daughter, Isabella Hope, who weighed in at just 2 pounds, 14 ounces. The baby spent 29 days in the Neonatal Intensive Care Unit (NICU) at NBI. “I was scared to deliver early but I loved the NICU at NBI—the nurses were so on top of things and the communication was great,” Yomaira recalls.

Today, Isabella is home getting stronger and Yomaira looks forward to continuing her education to become a special needs teacher. She offers this advice for other high-risk moms: “Keep your appointments, listen to your doctors and don’t lose hope,” she says. “I used to think I wasn’t meant to have my own child, but here she is.”

To learn more about maternal fetal medicine services at Newark Beth Israel Medical Center, visit [www.rwjbh.org/maternity](http://www.rwjbh.org/maternity).



# ‘SHARING MY STORY’

**U.S. CONGRESSMAN DONALD M. PAYNE, JR. WANTS HIS CONSTITUENTS TO LEARN FROM HIS EXPERIENCE WITH TYPE 2 DIABETES.**

**C**ongressman Donald M. Payne, Jr., serving New Jersey’s 10th District, knows the complications that can accompany Type 2 diabetes all too well. He is one of the 32.5 million Americans living with this chronic illness and, like so many Americans and New Jersey residents, he has struggled to maintain a healthy lifestyle.

For the past 20 years, Rep. Payne admits, he was a less than exemplary patient. His bad diet, lack of exercise and poor diabetes management led to weight gain, foot infections, nerve damage, macular degeneration and eventually kidney failure.

In 2015, Rep. Payne underwent several surgeries and 11 months of treatment to



At left, Congressman Donald M. Payne, Jr. and Darrell K. Terry, Sr., President and CEO of Newark Beth Israel Medical Center, in the kitchen at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center.

prevent a serious diabetic foot ulcer from leading to an amputation. Earlier this year, he began receiving dialysis treatment because of diabetes' effects on his kidneys.

### **A CHANGE FOR THE BETTER**

"As someone who lives with diabetes, I make it a priority to share my story with people throughout the state so that they too understand the seriousness of this disease," says Rep. Payne. "I am vocal on the importance of managing diabetes through

diet, physical activity and the appropriate use of medication."

Today Rep. Payne has changed his eating habits and feels better than ever. "I traded my hot dogs for a 16-ounce bottle of water. I've lost 30 pounds and I am following my physician's orders as I receive my diabetes treatment," he says. "Diabetes is a chronic disease, but it can be managed under the care of medical professionals to ensure people like me continue to lead productive lifestyles."

This year, the Congressman is working with Newark Beth Israel Medical Center to share his story at hospital-sponsored events throughout the city.

"I lead from the heart and from my experience as a patient. Sharing my story and the stories of others living with this condition resonates with people and helps them understand the seriousness of the disease," says Rep. Payne. "I will continue to get out into the community and tell my story.

"And I will continue to make sure that those with diabetes know that, even with the disease, they can still control their health by making smart health decisions."

## **YES, YOU CAN PREVENT DIABETES!**

**NEWARK BETH ISRAEL IS  
HERE TO HELP.**

Newark Beth Israel Medical Center (NBI) offers a number of programs to help community members learn to eat better, feel better, be more active and prevent diabetes. The following classes take place at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Ave, Newark. Register by calling 973.926.7371, or visit [www.rwjbh.org/events](http://www.rwjbh.org/events).

### **HEALTHY KIDS IN HANNAH'S KITCHEN**

**4:30 p.m. to 5:30 p.m., Tuesdays**

Hands-on healthy cooking class for kids ages 8-12.

### **DIABETES PREVENTION PROGRAM**

**1 to 2 p.m., Wednesdays**

Learn to prevent/delay Type 2 diabetes.

### **HEALTHY LIFESTYLES**

**1 to 2 p.m., Thursdays**

Learn life skills to improve your overall health through nutrition and fitness.

NBI also offers **KidsFit**, an 8-week, all-inclusive wellness program that teaches children, teens and their families to lead a healthier lifestyle. In addition, **The Beth Challenge**, a sustainable nutrition and exercise program, has helped employees and the community lose more than 18,000 pounds. Today, The Beth Challenge is offered in houses of worship, schools, government offices and the Newark Fire Department. For more information, call **973.926.7000**.

For more information about diabetes and how Newark Beth Israel can help you manage this condition, call the Diabetic Treatment Center at **973.926.3218**.

# FUNDING A BRIGHT FUTURE

## THE NEWARK COMMUNITY IS CELEBRATED AT THE 15TH ANNUAL PARTNERS IN PROGRESS AWARDS DINNER.

On May 8, the New Jersey Performing Arts Center was aglow with the 15th Annual Partners in Progress Awards dinner, hosted by Newark Beth Israel Medical Center (NBI) and Children's Hospital of New Jersey (CHoNJ).

As Newark's most celebrated fundraising event, the annual dinner and awards ceremony honors individuals and institutions who have demonstrated a steadfast commitment to a healthier Newark. Proceeds benefit the medical center's community outreach initiatives.

This year's honoree was Marc E. Berson, Chairman, The Fidelco Group; Vice Chair, Board of Trustees, RWJBarnabas Health; and Chair, Board of Trustees, NBI and CHoNJ. A dedicated and established entrepreneur, lawyer and philanthropist, Mr. Berson has played an integral role in supporting some of the city's key institutions, reflecting his longtime belief in and support of Newark's resurgence.



Darrell K. Terry, Sr., MHA, MPH, FACHE, President and Chief Executive Officer, Newark Beth Israel Medical Center and Children's Hospital of New Jersey, presents Marc E. Berson, Chairman, The Fidelco Group, Board Chair, Newark Beth Israel Medical Center and Children's Hospital of New Jersey and Board Vice Chair, RWJBarnabas Health, with the Lifetime Partner in Progress Award.



Tim Lizura, Senior Vice President of Real Estate and Capital Projects, New Jersey Performing Arts Center; Marc E. Berson, Chairman, The Fidelco Group, Board Chair, Newark Beth Israel Medical Center and Children's Hospital of New Jersey, Board Vice Chair, RWJBarnabas Health; and John Schreiber, President and Chief Operating Officer, New Jersey Performing Arts Center



Rev. Dr. Marilyn M. Harris, Vice President, Community Relations, Newark Beth Israel Medical Center and Children's Hospital of New Jersey; Assem. Cleopatra G. Tucker (D-28); and Lena Cohen, Executive Coach



Alice Cohen, MD, Director, Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center; Douglas A. Zehner, Chief Operating Officer, Newark Beth Israel Medical Center and Children's Hospital of New Jersey; and Frederick B. Cohen, MD, founder of the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center and his wife Margery Cohen



Assem. Eliana Pintor Marin (D-29); Linda Jumah; Honorable Ras J. Baraka, Mayor, City of Newark; and Michellene Davis, Esq. Executive Vice President and Chief Corporate Affairs Officer, RWJBarnabas Health

To support Partners in Progress or learn how you can support Newark Beth Israel Medical Center, visit [www.newarkbethgiving.org](http://www.newarkbethgiving.org).





# CRANIAL TUMORS: HELP FOR HARD CASES

**HOW TOP NEUROSURGEONS AT RWJBARNABAS HEALTH  
TACKLE THE TOUGHEST TUMORS.**

Cranial tumors are never easy to treat, but some are especially challenging. Those cases are often sent to Anil Nanda, MD, MPH, and the team of expert neurosurgeons affiliated with RWJBarnabas Health (RWJBH).

Recently, for example, there were the cases of an 8-year-old girl with an arteriovenous malformation, a bird's nest-like tangle of blood vessels at the top of her spine that paralyzed her, and a 21-year-old woman with a hemorrhaged brain stem cavernoma. Both patients were referred to Dr. Nanda and the enhanced neurosurgical program he is creating with colleagues

throughout RWJBH. The lesions were successfully removed.

"People should know that we can take care of very complicated neurosurgical issues with good

outcomes right here in New Jersey," says Dr. Nanda, who has been recognized as a global leader in neurosurgery.

But Dr. Nanda is not just building a practice that specializes in cranial tumors in his roles as Senior Vice President of Neurosurgical Services for RWJBH and Professor and Joint Chair of the Department of Neurosurgery at both Rutgers Robert Wood Johnson Medical School and Rutgers New Jersey Medical School. Dr. Nanda is creating a world-class center of neurosurgery at RWJBH. In addition to providing state-of-the-art training for medical residents, the effort is attracting top talent to New Jersey from all over the world.

## GRATIFYING RESULTS

Neurosurgery services at RWJBH cover many areas, including spinal disease, stroke, aneurysms, brain trauma and more.

Dr. Nanda's specialty is surgery of the skull base, an area formed by bones at the bottom of the skull that is crisscrossed by nerves and blood vessels carrying messages and oxygen to the brain.

Last fall, an especially challenging patient was referred: a 38-year-old woman whose personality had been slowly deteriorating over the previous five years. She had become hostile to family and friends, and her memory and cognition were impaired.

Finally, an MRI of the woman's brain found the cause of her problems: a 9-centimeter (approximately 3.5-inch) meningioma, a benign, slow-growing tumor that forms on membranes covering the brain.

"The tumor's pressure on her frontal lobe—which handles cognitive functions such as planning, memory and emotional expression—was so great that it had been compacted and barely showed on the MRI," says Dr. Nanda.

During surgery, Dr. Nanda first stopped the tumor's blood supply, then began the removal process. "After a difficult operation, the growth was entirely removed, and with the pressure gone, the frontal lobe expanded to its normal size," he says.

Three days later, the woman was sitting up and talking and her former upbeat personality had begun to return.

"It was really gratifying for our team to be able to effect such a dramatic change," says Dr. Nanda.

"Symptoms like this woman's are often chalked up to depression or schizophrenia or, in the case of an older person, dementia," he explains. "In such cases, it's important to investigate possible causes in detail, sooner rather than later."

For residents of New Jersey and the region, the good news is that excellent care for such conditions is available close to home. Says Dr. Nanda, "RWJBarnabas Health is building a team of top neurosurgeons and other experts in neuroscience that is among the best in the world."



**ANIL NANDA, MD**

To learn more about New Jersey's most comprehensive neurosurgery program, call **833.656.3876** or visit [www.rwjbh.org/neurosurgery](http://www.rwjbh.org/neurosurgery).



# PEAK PERFORMANCE:

# SECRETS OF BASEBALL PROS

**A HEALTHY LIFESTYLE IS NO MINOR MATTER FOR THESE OUTSTANDING LOCAL PLAYERS.**

When they unleash a blazing pitch or knock one out of the park, star baseball players can seem like superheroes. Granted, they *are* gifted. But to perform at that level, standouts from minor league baseball teams abide by healthy principles that weekend warriors and young athletes can share.

RWJBarnabas Health (RWJBH) partners with four top minor league baseball teams in the state: The Lakewood BlueClaws, New Jersey Jackals, Somerset Patriots and Trenton Thunder. What RWJBH and the

To learn more about RWJBarnabas Health corporate partnerships, visit [www.rwjbh.org/corporatepartners](http://www.rwjbh.org/corporatepartners).

**A PARTNERSHIP WITH IMPACT:** At left, RWJBarnabas Health and the Lakewood BlueClaws teamed up to deliver much-needed baseball gear to the children of Puerto Rico after Hurricane Maria. RWJBH also delivered medical supplies to the island as part of its social impact and global health initiatives.

**HEALTHY FAMILY FUN:** Below, the Somerset Patriots play at the 6,100-seat TD Bank Ballpark in Bridgewater.



## ALFREDO RODRIGUEZ

INFIELDER | SOMERSET PATRIOTS  
HEIGHT: 6'0" | WEIGHT: 175

**STRETCH FOR SUCCESS:** "Warm-ups used to be static, but now we have dynamic warm-ups, which do a better job of getting your body ready for whatever you want it to do. That means moving while stretching, like walking or pulling a knee to the chest."



## JACK PERKINS

PITCHER | LAKEWOOD BLUECLAWS  
HEIGHT: 6'4" | WEIGHT: 200

**GET A LEG UP:** "If you're a pitcher for your school or local team, the best thing to do is get your legs as strong as possible with squats, running and sprints. Legs are the strong foundation that's going to take you deep into games and give you more velocity."



## GARRETT WHITLOCK

PITCHER | TRENTON THUNDER  
HEIGHT: 6'5" | WEIGHT: 190

**CORE PRINCIPLES:** "A good strong core is important for anybody to keep a healthy balance. I do planks and also 'dead bugs'—exercises where you lie pressed flat on the floor and extend your arms and legs."



## CONRAD GREGOR

INFIELDer/OUTFIELD | NEW JERSEY JACKALS  
HEIGHT: 6'3" | WEIGHT: 220

**CONSISTENCY IS KEY:** "If you don't have time to get to a gym, do body-weight exercises that don't require equipment—pushups, squats, squat thrusts and similar exercises. That's what I do in my hotel room when we're on the road."

ball teams have in common is their community- and health-oriented focus. "Minor league baseball has a strong grassroots spirit that you don't necessarily see in professional sports," says Michael Knecht, Senior Vice President, Strategic Marketing and Communications for RWJBH. "These are organizations that are embedded in the communities we serve, and that have similar missions and values." Any given season might feature a celebration of patients, social outreach or healthy lifestyle education for fans.

In that spirit, top players, at right, reveal their fitness tips for peak performance.

# NEW CANCER TREATMENT, NEW HOPE

## HOW CAR T-CELL THERAPY HELPED A PATIENT WHEN CHEMOTHERAPY COULD NOT.

**D**ave Rodney, 62, didn't have time to be sick. A professional concert and travel promoter, and an avid musician and cook, he had too much living to do.

But in August 2017, while working out, Dave felt a slight discomfort in his lower abdomen. He assumed he'd pulled a muscle. However, at a routine physical shortly afterward, his doctor advised him to go to the Emergency Department at Saint Barnabas Medical Center (SBMC) in Livingston.

There, a scan revealed an abdominal mass. Dave was admitted for further tests. The eventual diagnosis: diffuse large B-cell lymphoma (DLBCL). This aggressive blood cancer, a form of non-Hodgkin lymphoma, usually starts as a fast-growing mass in a lymph node.

From September 2017 through January 2018, Dave was treated with chemotherapy under the care of Andrew Brown, MD, a medical oncologist with The Cancer Center at SBMC. Unfortunately, a first round was unsuccessful, as was a second round with a different medication.

The next step would typically be to assess whether a stem cell transplant might work. But now, there is also a new treatment called CAR T-cell therapy. "It was very important that I get him to a specialty center that handles complex cases," says Dr. Brown. "Because of our health system's partnership, I sent him down to Rutgers Cancer Institute of New Jersey and Robert Wood Johnson University Hospital in New Brunswick."

### NEW POSSIBILITIES

In the fall of 2017, the Food and Drug Administration made a big announcement: It had approved CAR T-cell therapy for adults with DLBCL and for children and young adults with acute lymphoblastic leukemia.

In this therapy, T cells (a type of immune system cell) are taken from a patient's blood. In a laboratory, a chimeric antigen receptor (CAR), which binds to a certain protein on the patient's cancer cells, is added to each cell. These CAR T cells are then added back to the patient's blood to attack cancer cells.

The treatment is given only to patients whose cancer has proven resistant to chemotherapy and who may not be good candidates for stem cell transplants. Further, it can be offered only at centers that have clinicians, nurses and other healthcare

professionals who are FACT (Foundation for the Accreditation of Cellular Therapy)-certified.

The teams at Robert Wood Johnson University Hospital (RWJUH) and Rutgers Cancer Institute fit the bill. Dave Rodney would be their first patient for CAR T-cell therapy.

"This is a transformative therapy," says Dennis Cooper, MD, Chief, Blood and Marrow Transplantation at Rutgers Cancer Institute. "In the past, if a patient with this type of lymphoma wasn't responsive to chemotherapy, apart from experimental treatments we were essentially out of luck. Now we have a new option that's potentially curative."

### MOVING AHEAD

Dave met with Dr. Cooper in March of 2018. At that and subsequent visits, he learned more about the procedure and its potential benefits and risks.

"They were very honest and open," Dave says. "Yes, I'd be the first. But on the plus side, many eyes and ears would be watching me to make sure everything went well. What they said made perfect sense, so I was sold."

"I can't think of a time in my career where the staff spent so much time, collectively, preparing to treat a patient," says Dr. Cooper. "There are strict criteria for care when a patient is getting CAR T cells, encompassing everything from the electronic record to drugs that can cause a reaction, and more."

"Everyone in the hospital was very committed. The people who work in the blood and marrow transplant unit, the ICU nurses, the nurse practitioners, the rapid response teams, the neurology attendings and literally every medical resident went through training before we treated our first CAR T-cell patient."


After thorough preparations, Dave's T cells were collected and sent to a laboratory



ANDREW BROWN, MD



DENNIS COOPER, MD



Dave Rodney, the first CAR T-cell therapy patient at Rutgers Cancer Institute of New Jersey and Robert Wood Johnson University Hospital, is back to doing the things he loves.

PHOTO CREDIT: JOHN O'BOYLE.



RWJBarnabas Health and The Cancer Center at Saint Barnabas Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment, including clinical trials. Visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).

in California to be re-engineered, a process that takes several weeks.

In November, Dave received a mild pre-treatment chemotherapy to clear his blood of lymphocytes that could compete with CAR T cells. Then he was admitted to RWJUH to receive brand-new CAR T cells via infusion. He stayed in the hospital for two weeks as his body adjusted.

"It's impossible to describe the high level of care I had—the professionalism, expertise, warmth and caring," Dave says. "These are the best people on the planet!"

### AN EXCITING FUTURE

CAR T-cell therapy is currently under consideration to treat some forms of myeloma, a cancer of plasma cells. "CAR T cells are also being modified in the hope they can work on solid tumors—brain tumors, abdominal tumors," says Dr. Cooper. "People are realizing that you can redirect CAR T cells to almost any target you want, as long as it's on a tumor cell and not a normal cell."

Unlike in chemotherapy, which kills both healthy and cancer cells, the CAR T cells remain in the patient's body for months and continue fighting the cancer. "There's a lot of work happening on ways to make CAR T cells stay in action even longer," says Dr. Cooper.

Dave continues to return for scans to check on his progress. Meanwhile, his return to normal activity is encouraging.

"I'm as busy as ever," Dave says, "feeling better and doing all the things I love doing."

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A version of this article first appeared in the Rutgers Cancer Institute of New Jersey publication Cancer Connection.

To learn more about CAR T-cell therapy at Rutgers Cancer Institute of New Jersey, visit [www.cinj.org/car-tcelltherapy](http://www.cinj.org/car-tcelltherapy) or call **844.CANCERNJ**.



From left, Gail Knight, MD, Senior Vice President and Chief Medical Officer, Rady Children's Hospital; Michael Dribbon, PhD, Vice President of Business Development and Chief Innovation and Research Officer, CSH; Patrick Frias, MD, President and CEO at Rady Children's Hospital; Warren E. Moore, FACHE, President and CEO of CSH; and Katherine Bentley, MD, Director of the Chronic Pain Management Program at CSH.

# PARTNERING TO FIGHT PAIN

**ONE BOY'S ORDEAL LED TO HELP FOR OTHER SOUTHERN CALIFORNIA CHILDREN WHO SUFFER FROM CHRONIC PAIN.**



**Children's Specialized Hospital®**  
An RWJBarnabas Health facility

at  
**Rady Children's Hospital**

A simple heel fracture from running on a California beach led to excruciating pain for 14-year-old Jasper Neale. The fracture took a long time to heal. Worse, the pain grew and radiated throughout his body. "I wasn't able to wear clothes. I couldn't shower. I couldn't walk. If a wind blew on me, I would be screaming," he says.

Eventually, Jasper was diagnosed with Complex Regional Pain Syndrome (CRPS)—a chronic condition that is believed to be caused by damage to the nervous system—at Rady Children's Hospital in San Diego. And although he underwent weeks of outpatient therapy, the pain only got worse.

Jasper's physical therapist showed him and his parents an online video she'd found. It told the story of a girl who had suffered

similar symptoms, but managed to get them under control through an intensive course of therapy at another children's hospital. "My husband and I decided we must find a program like this for Jasper," says his mother, Lori Neale. After some research, they selected the inpatient Chronic Pain Management Program at Children's Specialized Hospital (CSH) in New Brunswick.

Less than three weeks later, Jasper and his father were on a flight to New Jersey and CSH. That decision would change his life—and, ultimately, make life better for other San Diego, Southern California and southwestern U.S. children living in pain.

## MASTERING THE PAIN

At CSH, the innovative Chronic Pain Management Program treats children with this condition through intensive physical, occupational and psychological therapy. Patients learn coping techniques to desensitize themselves to pain and mitigate it—without the use of opioids or other medications.

"One of the goals of the program is to improve the pain, but the main goal is to improve function and get our patients back to their lives," explains Katherine Bentley, MD, Director of the Chronic Pain Management Program.

After seven weeks, Jasper graduated from the program and was able to return to his California home, and to his life as a teenager.

But Jasper's recovery was not the only positive outcome of his experience. Aware of the need for a multidisciplinary approach to pain management for area patients, Rady Children's Hospital and CSH created a partnership. In April, the all-new Children's Specialized Hospital Chronic Pain Management Program at Rady Children's Hospital-San Diego opened for business.

"This joint endeavor provides us the great opportunity to treat the needs of patients and families in the Southern California region," says Warren E. Moore, FACHE, President and CEO at CSH, "and for that I could not be more grateful."

Jasper would agree. "Now," he says, "I can do anything I want to do."

For more information about Children's Specialized Hospital, call **888.244.5373** or visit **www.childrens-specialized.org**.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health.



# HEART HEALTH: KNOW YOUR NUMBERS

**KEEP ON TOP OF THESE SIMPLE TESTS TO STAY HEALTHY.**

**W**hen it comes to protection against heart disease, the evidence is simple and clear: Preventive strategies work.

“People can have a significant effect on their heart health through the lifestyle choices they make,” says Sergio Waxman, MD, MBA, an interventional cardiologist and Chief of the Division of Cardiology at Newark Beth Israel Medical Center, an RWJBarnabas Health facility. “There are not many diseases where that is so clearly documented.”

A key part of self-care is understanding the following about your heart health. Your primary care provider can check these numbers at your yearly physical, and you can track some of them between visits.



**SERGIO WAXMAN, MD**



**BLOOD PRESSURE:** The force of blood rushing through your vessels. High blood pressure, which can damage or weaken blood vessels, is defined as a reading of 130/80. “A lot of patients get nervous in a doctor’s office, which may elevate their blood pressure, so it’s important to check it outside the office as well,” says Dr. Waxman. You can buy a manual or digital blood pressure monitor at the drugstore, or use a public device available at some pharmacies.

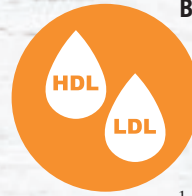


**HEART RATE (PULSE):** The number of times your heart beats per minute. “This is helpful if you’re exercising and want to see if your training is significantly affecting your heart rate,” says Dr. Waxman. The American Heart Association recommends at least 150 minutes of moderate-intensity exercise per week. The more fit you are, the

sooner your heart rate returns to normal after exercise.



**BLOOD SUGAR:** High glucose (blood sugar) levels are strongly correlated with cardiovascular disease because over time they damage blood vessels and nerves. “An annual blood test after overnight fasting is all that’s needed, unless your levels are elevated,” says Dr. Waxman. “If they are, the other number you should know is your Hemoglobin A1C, which is a measure of your average glucose levels over the past three months.”



**BLOOD CHOLESTEROL:** A waxy substance produced by the liver. Cholesterol is transported to and from cells by lipoproteins. Low-density lipoprotein (LDL, known as the “bad” kind) deposits cholesterol on artery walls; high-density lipoprotein (HDL) removes it. Both levels are determined by a simple blood test.

Your doctor also might suggest your blood be tested for C-reactive protein. “Some investigators think this may be as important as the LDL number for assessing cardiac risk,” says Dr. Waxman.



**BODY MASS INDEX (BMI):** This is a measure of body fat based on height and weight. The higher your BMI, the greater your risk for cardiac and other diseases. You can calculate your BMI with the help of online calculators and charts from the National Institutes of Health or the Centers for Disease Control and Prevention.

While most people know they should take better care of their health, they often feel that work and family demands prevent it, says Dr. Waxman. “Try to give yourself one hour every day to devote to taking care of yourself, whether it’s exercising, preparing healthy meals, checking your blood pressure, taking a nap or a combination of things,” he advises. “It’s like what they say about oxygen on airplanes: Put your mask on first or you won’t be able to help someone else.”

Your heart doesn’t beat just for you. Get it checked. To make an appointment with one of New Jersey’s top cardiac specialists, visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart) or call **888.724.7123**.

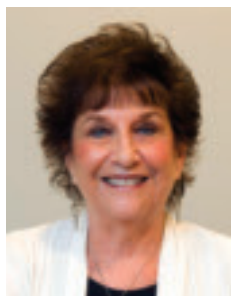


# THE KEY TO QUITTING SMOKING OR VAPING

**RWJBARNABAS HEALTH OFFERS FREE AND PROVEN SUPPORT FOR PEOPLE WHO STRUGGLE WITH TOBACCO OR NICOTINE DEPENDENCE.**

Nicotine addiction is a powerful foe. The drug triggers a brief surge of endorphins—the feel-good hormones—each time it’s inhaled through a cigarette or an electronic nicotine delivery system (ENDS), such as an e-cigarette or vaping device. That pleasure dissipates quickly, leading to the urge for another inhalation.

A pack-a-day smoker, for example, goes through this cycle about 250 times daily, creating an addictive reward system in both brain and body that causes dependence on nicotine. When the person tries to stop, withdrawal



**CONNIE GREENE**

symptoms—irritability, attention difficulties, sleep disturbances and more—lead him or her to light up again, and the cycle continues.

Most people who are still smoking today have already tried and failed to quit five to seven times, according to Connie Greene, Vice President, RWJBarnabas Health (RWJBH) Institute for Prevention and Recovery.

“They may even feel a lot of shame and guilt because of that,” she says. “But the truth is, if people who are dependent on nicotine could quit on their own, they would have done so already.”

Greene and her colleagues want these people to know that it’s not their fault. “They’re in the grip of a very insidious addiction, which may have a genetic component,” she says. “But there is hope, and there is recovery.”

“The more times you’ve tried and the more you’ve been unsuccessful, the greater chance you have for success with our Nicotine and Tobacco Dependence Treatment Program.”

## A NEW APPROACH

“We look at quitting as a process,” says Michael Litterer, Director of Prevention and Recovery at RWJBH. “It’s not as simple as making a decision and going cold turkey. In our program, we develop an individualized plan for each person who comes to us.”

When a smoker contacts the Nicotine and Tobacco Dependence Treatment Program by phone or email, a certified tobacco treatment specialist will be there to help. “You don’t have to quit right away,” Litterer says. Instead, next steps can include:

- Individualized nicotine dependence assessment, focusing on triggers and stressors
- Ongoing support in both individual or group settings
- Access to a medical director on staff to assist with primary care coordination and prescription medications
- Free nicotine replacement therapy (nicotine patches, gum and lozenges)
- Recommendations and navigation for appropriate prescription nicotine dependence medications
- Assistance in understanding the real impact of ENDS devices and cigarettes
- Behavioral modification and assistance in managing or eliminating nicotine withdrawal symptoms

“Most importantly, we will support people through the entire process of ending their nicotine or tobacco addiction. Relapsing and using nicotine during the quit attempt is sometimes part of the journey. We understand this,” Litterer says.

The program, which is funded by the New Jersey Department of Health Office of Tobacco Free, Nutrition and Fitness, does not charge participants.

The most important thing for people to know, Greene says, is that they don’t have to try to quit alone. “Call the QuitCenter number, or send us an email,” she says. “We’ll take it from there.”

To learn more about reaching recovery from nicotine or tobacco dependence, call the QuitCenter line at **732.837.9416**, or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org) for a free confidential assessment. For more information, visit [www.rwjbh.org/nicotinerecovery](http://www.rwjbh.org/nicotinerecovery).







# 4 STEPS TO WELLNESS AT WORK

GET A HANDLE ON STRESS BY FOCUSING ON THESE KEY AREAS.

Eight in 10 Americans either “frequently” or “sometimes” encounter stress in their daily lives, according to a recent Gallup poll. That stress can affect not only job performance, but mood and physical health.

“Multitasking and overwork can actually make us less efficient,” says Laura Budinick, PsyD, Vice President, Behavioral Health and Experience at Newark Beth Israel Medical Center (NBI) and Children’s Hospital of New Jersey (CHoNJ). “Many of us spend more of our waking hours at work than at any other single place, so we want to have a sense of wellness while we’re there.”

To achieve greater personal wellness at work, Dr. Budinick suggests people view their situation in terms of four key areas.



LAURA BUDINICK, PsyD

**1 SOCIAL WELLNESS.** “Having healthy, supportive relationships with the people you work with can help you decompress because relating to people is in itself therapeutic,” says Dr. Budinick.

Take advantage of opportunities to socialize with your co-workers, such as work picnics, happy hours and other office events. NBI and CHoNJ host several annual events to encourage social wellness and

employee engagement, such as an annual holiday party, an employee barbecue and many education and cultural activities supported by employee Business Resource Groups and the Office of Diversity and Inclusion.

**2 EMOTIONAL WELLNESS.** “Your emotional wellness is really about your sense of comfort and awareness about yourself,” says Dr. Budinick. “If something at work is making you anxious, you want to be in touch with that and how it’s impacting you.”

Whether it’s an upcoming presentation, difficult project or demanding client, identify what triggers your stress and figure out what you need to do ahead of time to keep calm. Cultivate mentors you can go to for advice.

**3 INTELLECTUAL WELLNESS.** This state of wellness requires finding the right balance. “You want to have the type of work that is intellectually stimulating without becoming overtaxing,” says Dr. Budinick. “You should feel competent, but not so much so that you become bored and mentally start to check out.”

Talk to your supervisor about your concerns, whether you’re looking for more of a challenge or need to downshift because your tasks are too demanding for your skill level.

**4 PHYSICAL WELLNESS.** It’s important to avoid putting physical health on the back burner during the busy workday. Pack nutritious, fresh food for your lunch and snacks. Short bursts of activity throughout the day can also be beneficial, from choosing the stairs instead of the elevator to taking a 20-minute walk during your lunch break. “If you can even make the time to get up and take a short walk around the office every so often to talk to coworkers, that will actually help you in all four areas of wellness,” says Dr. Budinick.

This year, NBI and CHoNJ are celebrating the tenth anniversary of The Beth Challenge, an award-winning worksite wellness program that fosters lifestyle changes among employees by providing education on nutrition and proper exercise. Thanks to The Beth Challenge, over 3,000 employees have lost more than 18,000 pounds.

To learn more about programs offered by Newark Beth Israel Medical Center, visit [www.rwjbh.org/newarkbeth](http://www.rwjbh.org/newarkbeth).

Grace Eline, happy to be home

# AMAZING GRACE

PHOTO CREDIT: JOHN O'BOYLE

## A PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS CANCER INSTITUTE OF NEW JERSEY LED TO SEAMLESS AND SUCCESSFUL TREATMENT FOR A BRAVE LITTLE GIRL.

Grace Eline had always been an inquisitive child with an insatiable thirst for life. However, by the time she turned 9, unusual symptoms caused concern. Her literal thirst could not be quenched and her growth had slowed down.

Preliminary tests at Newark Beth Israel (NBI) Medical Center, an RWJBarnabas Health facility, indicated that a mass in Grace's brain near her pituitary gland was the cause. Ellen Oppenheimer, MD, a pediatric endocrinologist and a member of Barnabas Health Medical Group, referred Grace to The Valerie Fund Children's Center for Cancer and Blood Disorders at Children's Hospital of New Jersey (CHoNJ) at NBI.

There, Grace and her family met with Harini Rao, MD, a pediatric hematologist/oncologist.

After weeks of bloodwork, eye exams and tests, a diagnosis was made: a germ cell tumor, also known as a germinoma, was located in the front part of Grace's brain, just near her optic nerve.

### A TEAM APPROACH

The doctors believed that Grace would not need surgery. Instead, her treatment would involve chemotherapy and radiation, drawing from the expert knowledge and advanced technology within the RWJBarnabas Health (RWJBH) system and its partner, Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center.

The plan was to administer chemotherapy at NBI. This would be

followed by radiation at Rutgers Cancer Institute of New Jersey and the Laurie Proton Therapy Center at Robert Wood Johnson University Hospital (RWJUH) in New Brunswick, which, like NBI, is an RWJBH facility. Dr. Rao would oversee the treatment in conjunction with radiation oncologist Rahul Parikh, MD, Medical Director of the Laurie Proton Therapy Center.

### TREATMENT BEGINS

"We liked the way Dr. Rao and Dr. Parikh worked with each other," says Grace's mother, Aubrey. "They kept telling us, 'Here's what the treatment is going to look like. We'll cross all these bridges in stages.'"

"Our staff loves all of our kids and their families," says Dr. Rao. "We become an extended family and actually call our kids, 'our kids,' not our patients. Grace especially was a strong little trouper, a champion."

Starting in May, 2018, Grace received three days of chemotherapy every three weeks for four months. She suffered nausea and lost her hair, but she coped—and the response to chemotherapy was encouraging.

The next step was 24 days of targeted proton radiation therapy at RWJUH and Rutgers Cancer Institute. This precise, powerful therapy sends beams of positively charged hydrogen particles directly to a point inside the body, where it stops suddenly, minimizing damage to nearby tissues and structures.

As the team focused on battling Grace's tumor through chemotherapy and radiation, The Valerie Fund Children's Center at CHoNJ provided her and her parents a safe environment in which to process the disease and the side effects of the treatments.

### SUPPORT FOR THE SOUL

The Center became a place for Grace to feel her emotions and learn to maintain a positive outlook. Grace worked with The Valerie Fund's art therapist to express her feelings. One poignant illustration she created showed flower petals falling from the sky, but the clouds above were drawn with a silver lining.

"We told Grace to feel her feelings and then look for the bright spot, rise up and move forward," says Aubrey. "We encouraged Grace to bounce to the bottom and then come back up. That meant she was able to truly feel the hardship and then consciously turn it into a positive, regardless of the actual outcome."

Grace was even able to attend school remotely via a robot called VGo. In the summer she attended The Valerie Fund's Camp Happy Times, a one-week overnight camp experience for children battling cancer and young survivors.

### A BRIGHT FUTURE

Today, Grace's tumor is gone. She is continuing with radiation treatments to decrease the likelihood of the tumor returning and will be monitored for the rest of her life for any signs of recurrence.

Grace, whose world opened up very wide this past year, was invited to the White House for the State of the Union Address this past February. She is now thinking of a career in medicine. She thinks she would like to be "maybe a radiation oncologist, or a neuro-oncologist?"—a future that leaves her teams of doctors and healthcare-givers in awe.

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A version of this story appeared in the Rutgers Cancer Institute of New Jersey publication Cancer Connection.



HARINI RAO, MD



RAHUL PARIKH, MD

**\* RWJBarnabas Health and Newark Beth Israel Medical Center and the Children's Hospital of New Jersey, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. To learn more, call 844.CANCERNJ or visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).**



# 'I WANTED THIS CHANCE'

**WHEN A HEART TRANSPLANT WASN'T AN OPTION, NBI'S CARDIAC EXPERTS IMPLANTED A PUMP—AND GAVE A PATIENT HER LIFE BACK.**

**T**hough she was only 58, Denise Robinson, a resident of Jersey City, had known for years that her heart was in bad shape. Medicines and a pacemaker for congestive heart failure had become less and less effective over time. Doctors had told her she needed a heart transplant, but due to other health conditions, she was not eligible.

Her illness made life difficult. In one year, she recalls, she spent long stretches of time in the hospital—"including every single holiday," she says.

Congestive heart failure is a weakness in the heart that affects how blood is pumped around the body, and often

results in a buildup of fluid around the lungs. The result was shortness of breath, dizziness and fatigue that greatly affected Denise's life.

In February of 2017, she was admitted to Newark Beth Israel Medical Center (NBI). There, she learned that her heart was in such bad shape that going home was not an option.

But cardiac experts at NBI were able to offer her a treatment option, one that has changed her life: insertion of a mechanical pump, known as an LVAD (for left ventricular assist device) directly into her heart.

Fittingly, she got the news on

Valentine's Day.

"In the eight months before that hospital stay, I couldn't do anything," Denise says. "My son, daughter and granddaughter were an overwhelming help. They kept me on track. So when they told me about the device, my family and I researched it. I decided I wanted to do it. I wanted this chance to get better, for me and for my family."

## **ADVANCED TREATMENT**

As a leading heart and lung transplant center, NBI is at the forefront when it comes to offering patients advanced treatments for heart failure and other



LVAD recipient Denise Robinson (center photo, at left) organized Rock the Red, a National Heart Association community awareness program, to help spread the word about heart health in her Jersey City community. Above, at left and right, Denise is pictured with her very supportive friends and family at the event.

cardiac issues. One of the ways the medical center does this is through clinical trials, or research studies, which bring patients the latest treatments even before they are available to the public.

It was Denise's good fortune that the medical center was participating in a large, ongoing trial of the newest LVAD, the Abbott HeartMate 3. Margarita Camacho, MD, Surgical Director of NBI's Cardiac Transplantation Program, who has two decades of professional experience with earlier versions of LVADs, knew that Denise's case was a fit for the device.

When the pump was in place, every organ of Denise's body would receive more blood and oxygen than before, and this would improve the body's ability to heal. Breathing would be easier, and she would have more energy and stamina.

"With a nationwide shortage of hearts for transplant, LVADs can both save lives and give patients a high quality of life," says Dr. Camacho.

Denise would also have a robust team on her case. For its LVAD program, NBI has two dedicated surgeons and eight dedicated cardiologists including two fellows (board-eligible cardiologists seeking advanced training), plus three nurse coordinators.

### A PUMP IMPLANTED

On March 6, 2017, during an open-heart

procedure, Dr. Camacho implanted the LVAD, which is about the size of a small fist, just below Denise's heart.

During recovery after surgery, Denise's family continued their strong support, though her children had different ways of helping her, she says with a laugh.

"My daughter babied me," she recalls. "But my son encouraged me every day with 'You can do it!' And if I needed something, he said I should get it myself!," she says. "He knew I was able to do things, and it helped me recover more quickly."

Her granddaughter, now 10, even learned to help with the LVAD controls.

The clinical trial of the HeartMate 3 continued for months after Denise's LVAD surgery, and the U.S. Food and Drug Administration approved the device in October of 2018.

By that time, Denise had more energy than she'd had in a long time and was well on her way to resuming a much more active life with her family.

"Two years ago, I wouldn't even consider taking a trip anywhere," she says. "I never knew when I would get sick."

Today, she has completed a long-awaited visit with family in South Carolina. At Easter time, she hit the road again, heading north with six relatives to explore Montreal for five days.

In addition, the week before Valentine's Day this year—two years after the implant and inspired by the care she received at NBI—she energetically led a heart health education program, Rock the Red, for 50 people in her community. She asked her team at NBI to bring samples of all the pieces of the LVAD that were keeping her alive, so participants could see the miraculous care available right in their community.

In between all these activities, she continues to rely on her team at NBI as well as her family.

"I appreciate all the support I got from everyone," she says. "The outcome was beautiful."



## BE HEART-SMART

Your heart doesn't beat just for you. Get it checked. To schedule an appointment with a Newark Beth Israel Medical Center cardiac specialist, call **888.724.7123** or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).

Bilingual and multilingual interpreters in the ED: from left, Juan Pawluczek, who speaks Spanish; Christopher Pygeol, RN, who speaks Spanish, Creole and French; and Cesar Carmona Dia, who speaks Spanish.



## BILINGUAL EMPLOYEES MEET THE NEEDS OF A DIVERSE COMMUNITY.

In order to provide the highest level of care, healthcare providers need to communicate clearly with patients and their families.

That's why Newark Beth Israel Medical Center (NBI) and Children's Hospital of New Jersey launched the *I Speak* initiative, which supports interpreter training for bilingual employees through the New Jersey Hospital Association's Health Research and Educational Trust (HRET) program. Since 2017, approximately 47 NBI employees have completed the HRET eight-hour Interpreter Training course and post-training assessment. These bilingual employees are now *I Speak* ambassadors and can be found throughout the hospital, ready to welcome visitors

and bridge communication gaps between patients and providers.

"This class has taught me the proper way to approach a patient and to validate their concerns in a respectful way, in addition to helping them communicate in their native tongue," says Juan Pawluczek, Emergency Department Technician. "It is also a great way for me to give back to the community. Not everyone realizes we speak many different languages here at Newark Beth Israel."

Juan is one of 13 *I Speak* ambassadors in the hospital's Department of Emergency Medicine. Like more than 60 percent of *I Speak* ambassadors in the hospital, he is a fluent Spanish speaker. Ambassadors also speak German, French Creole and

Portuguese. In addition to the HRET initiative, the hospital offers certified medical interpreter services for patients, 24 hours a day, 7 days a week, in more than 240 languages.

"Effective communication is essential to delivering exemplary patient care and keeping our patients safe," says Atiya Jaha-Rashidi, Director of Diversity and Inclusion and leader of the HRET initiative at NBI. "This initiative is just one of the many programs that allow us to continuously meet the needs of our ever-growing and diverse patient populations."



To learn more about programs and services at Newark Beth Israel Medical Center, visit [www.rwjbh.org/newarkbeth](http://www.rwjbh.org/newarkbeth).

# COOL RECIPES FOR HOT DAYS

THESE FRESH, HEALTHY DISHES ARE PACKED WITH AMAZING FLAVORS AND GOOD-FOR-YOU INGREDIENTS.

Summer is a great time to live healthier—to move more, and to take advantage of fresh, locally grown produce, like the kind offered at The Beth Farmers Market at Newark Beth Israel Medical Center (NBI) every Thursday. “Jersey peaches, blueberries, tomatoes, cucumbers, zucchini—they’re delicious and also more affordable in summer,” says Kerri Likakis, a registered dietitian and Wellness Business Partner with NBI. “Fresh produce also has a high water content, so it helps you stay hydrated on hot days.” You can use fruits and veggies to add flavor to water—just add berries, fresh mint, cucumber or a squirt of lemon or lime. And when mealtime rolls around, try one of these easy recipes that take advantage of the season’s best.



## SUMMER QUINOA SALAD WITH ARUGULA AND WATERMELON

Serves 6 (1 cup per serving)

Watermelon has lots of water to water to keep you hydrated, and fresh arugula, cherry tomatoes and mint also pack this dish with antioxidants. Bring it to a barbecue for a healthy side dish option.

### INGREDIENTS:

- 1 cup quinoa
- 2 cups baby arugula
- 3 tablespoons lemon juice
- 1 cup cherry tomatoes, halved
- 3 tablespoons olive oil
- ¼ cup fresh mint, roughly chopped
- ¼ teaspoon pepper
- 2 tablespoons walnuts, roughly chopped
- ½ teaspoon salt
- 2 cups watermelon, cut into small cubes

### DIRECTIONS:

- Cook quinoa according to package directions. Set aside to cool to room temperature.
- Meanwhile, whisk together lemon juice, olive oil, pepper and salt in a small bowl and set aside.
- In a large bowl, combine cooled quinoa, watermelon, arugula, cherry tomatoes, mint, walnuts and dressing. Toss together and serve.



## ROASTED SALMON WITH SUMMER SALSA

Serves 4

Salmon and other types of fish, including tuna, mackerel and trout, contain important nutrients called Omega 3 fatty acids, which work to reduce inflammation and slow plaque buildup. Aim to have fish in your diet twice a week.

### INGREDIENTS:

- 4 skinless salmon fillets (about 4 ounces each)
- ½ small red onion, diced
- ½ jalapeño pepper, minced (or green bell pepper for less spice)
- ⅛ teaspoon salt
- ½ teaspoon black pepper
- 2 mangoes, diced
- 2 tablespoons parsley, chopped
- 2 peaches, diced
- Juice of 2 limes

### DIRECTIONS:

- Preheat oven to 350° F. Grease a baking sheet with cooking spray. Sprinkle the salmon fillets with salt and pepper and place on baking sheet. Bake for 10–12 minutes or until cooked through.
- While fish cooks, prepare salsa. Combine mangoes, peaches, onion, jalapeño, parsley and lime juice in a medium bowl.
- Serve salmon fillets topped with ¼ cup salsa.

The Beth Greenhouse offers fresh produce every Thursday from 11 a.m. to 4 p.m. in the ABC Discharge Lobby at Newark Beth Israel, 201 Lyons Ave. For more information about The Beth Greenhouse, visit [www.rwjbh.org/bethgreenhouse](http://www.rwjbh.org/bethgreenhouse).

201 Lyons Ave., Newark, NJ 07112

# Getting Healthy Together!

CHECK OUT SUPPORT GROUPS, HEALTHY LIVING PROGRAMS AND MORE AT NEWARK BETH ISRAEL MEDICAL CENTER.

## Maternity Unit Tours

We invite you to visit our facility and see our commitment to the overall birth experience for our patients.  
Schedule a tour: 973.926.6979

## Breastfeeding Support Group

**11 a.m.–1:00 p.m., Tuesdays, July 23, Aug. 27, Sept. 24**  
Rev. Dr. Ronald B. Christian  
Community Health & Wellness Center  
208 Lyons Avenue, Newark  
To register: 973.926.7371

## Men's Health

**Discussion Group**  
**10:30 a.m.–12:00 p.m., Saturdays, Aug. 3, Sept. 7**  
Discuss men's health topics including nutrition, fitness, heart health, diabetes and more.  
Rev. Dr. Ronald B. Christian  
Community Health & Wellness Center  
208 Lyons Avenue, Newark  
To register: 973.926.7371

## Diabetes Prevention Program

**1–2 p.m., Wednesdays**  
Discuss ways to help prevent/delay Type 2 diabetes.  
Rev. Dr. Ronald B. Christian  
Community Health & Wellness Center  
208 Lyons Avenue, Newark  
To register: 973.926.7371

## Lung Transplant

**Support Group**  
**2–4 p.m., Wednesdays, July 24, Aug. 28, Sept. 25**  
For pre-lung transplant patients, transplant recipients and caregivers  
Newark Beth Israel Medical Center, Board Room  
201 Lyons Ave., Newark  
For information: 973.926.3178

## Breast Cancer Support Group

**10–11 a.m. Wednesdays, July 17, Aug. 21, Sept. 18**  
Frederick B. Cohen, MD  
Cancer Center, Conference Room  
201 Lyons Ave., Newark  
For information: 973.926.7565

## Learning to Live with Cancer

A general cancer support group  
**1:30–2:30 p.m. Thursdays, July 18, Aug. 15, Sept. 19**  
Frederick B. Cohen, MD  
Cancer Center  
201 Lyons Ave., Newark  
For information: 973.926.7565



## ESPECIALLY FOR SENIORS Senior Health and Wellness Center at James C. White Manor

Primary care and health and wellness programs for senior residents of the Newark Housing Authority and the greater Newark community.  
516 Bergen St., Newark  
For more information: 973.926.8491

## Fifty + Fitness + Free = Feeling Good

**11:00 a.m.–12 p.m., Thursdays**  
Weekly exercise for those age 50 and over. Improve your endurance, strength and flexibility.  
Newark Beth Israel Medical Center, A-4 Family Room  
201 Lyons Ave., Newark  
To register: 973.926.6771

## Geriatric Nutrition Club

**1–2 p.m., Fridays, July 19, Aug. 16, Sept. 20**  
Nutrition topics for youthful & energized living  
Rev. Dr. Ronald B. Christian  
Community Health & Wellness Center  
208 Lyons Avenue, Newark  
To register: 973.926.7371

## Farmers Market

**DOUBLE Your**

**Thursdays 11am - 4pm**

**ABC Discharge Lobby**  
Newark Beth Israel Medical Center  
201 Lyons Ave, Newark, NJ 07112

**Extended Market Hours**  
3<sup>rd</sup> Thursday of Every Month  
June 20, July 18 & August 15  
11am – 8pm

**Newark Beth Israel Medical Center**  
RWJBarnabas HEALTH

For More Information:  
Molly Fallon  
973-926-7371 | molly.fallon@rwjbh.org

[rwjbh.org/BethGreenhouse](http://rwjbh.org/BethGreenhouse)

## Caring for You, Caring for Me—Caregivers Support

**11:00 a.m.–12:30 p.m. Wednesdays, July 24, Aug. 21, Sept. 25**  
The Center for Geriatric Health Care, Lower Level  
156 Lyons Avenue, Newark  
To register: 973.926.6771

## Home Friend Program

The Home Friend Program at the Center for Geriatric Health Care at Newark Beth Israel provides free light household chore services to qualified seniors and disabled adults who reside in the South Ward of Newark or in Irvington, do not have Medicaid and require assistance with daily functions or have limited help from others.  
To find out if you qualify, call 973.926.6771.