

SPRING 2017

# *The* **Rose**

**CELEBRATING**

**100**

**YEARS OF GIVING BACK**

▼  
PAGE 4

**FEELING GREAT:**  
A NEUROPATHY  
SUCCESS STORY  
PAGE 3

Robert Wood Johnson | RWJBarnabas  
University Hospital | HEALTH  
Rahway



## KALE SALAD — with — ROASTED BEETS

As winter blends into spring, this warm salad may be exactly what your taste buds—and body—are looking for.

### INGREDIENTS:

4 fresh medium golden or red beets, trimmed, peeled, and cut into bite-size pieces  
 ½ cup balsamic vinegar  
 2 Tbsp. canola oil  
 Salt and pepper  
 ½ cup red quinoa, rinsed and drained  
 1¼ cup low-sodium chicken (or vegetable) broth  
 2 garlic cloves, finely chopped  
 ½ tsp. smoked paprika  
 4 cups chopped kale

### DIRECTIONS:

1. Preheat the oven to 400° F.  
 2. Place beets on baking sheet and drizzle with vinegar and

1 Tbsp. oil. Season lightly with salt and pepper before covering with foil.

3. Cook for 30 minutes. Remove foil and flip beets. Leave uncovered and roast for an additional 15 minutes or until tender.

4. In small saucepan, add quinoa and 1 cup broth. Bring to a boil. Reduce heat to simmer and cover for 15 minutes or until most of the liquid has evaporated.

5. In large saucepan, heat remaining oil over medium heat. Sauté garlic and paprika for 30 seconds or until garlic begins to turn golden yellow.

Add ¼ cup broth and kale and sauté for 10 minutes. Add broth in 1 Tbsp. increments as needed to keep kale moist. Add quinoa and stir.  
 6. Place warm kale-quinoa salad on a serving platter with beets arranged on top.

### NUTRITION (PER SERVING):

Serves: 4  
 Calories: 206  
 Total Fat: 9g  
 Sodium: 113mg  
 Carbohydrates: 28g  
 Protein: 6g  
 Dietary Fiber: 4g



Interested in other healthy recipes? Check page 6 for information about upcoming healthy cooking demos.

**RWJBarnabas Health is the most comprehensive healthcare delivery system in New Jersey.** The system includes 11 acute care hospitals – [Clara Maass Medical Center in Belleville](#) • [Community Medical Center in Toms River](#) • [Jersey City Medical Center in Jersey City](#) • [Monmouth Medical Center in Long Branch](#) • [Monmouth Medical Center Southern Campus in Lakewood](#) • [Newark Beth Israel Medical Center in Newark](#) • [RWJUH New Brunswick and Somerset](#) • [RWJUH Hamilton](#) • [RWJUH Rahway](#) • [Saint Barnabas Medical Center in Livingston](#). The system also includes three acute care children's hospitals and a leading pediatric rehabilitation hospital, [Children's Specialized Hospital](#), a freestanding 100-bed behavioral health center, ambulatory care centers, geriatric centers, the state's largest behavioral health network, comprehensive home care and hospice programs, fitness and wellness centers, retail pharmacy services, a medical group, multi-site imaging centers, and four accountable care organizations. For more, visit [www.RWJBHinfo.org](#).



2016 Guardian of the Rose Recipient  
 RWJ Rahway President and CEO Kirk C. Tice, his wife, Judy, and son, Jonathan.



2017 Guardian of the Rose Recipient,  
 Daniel B. Lepri and his wife, Maura.

## MAKE AN IMPACT BUILDING THE FUTURE

Every day offers the opportunity to make a positive impact on the lives of the patients and community by contributing to Robert Wood Johnson University Hospital Rahway. Supporting the upcoming Rose Ball gives you a FUN way to do just that.

Building the Future: 2017 A Space Odyssey Rose Ball will be held on Saturday evening, April 29, at The Wilshire Grand in West Orange. Is dinner and dancing or a 50/50 Raffle and Silent Auction your idea of fun? There's something for everyone at this year's Rose Ball! Purchasing a sponsorship or tickets to attend, placing an ad in our ad journal or making a donation

are just a few of the ways you can help RWJ Rahway fulfill its century-old mission to provide the quality and safe healthcare services the patients in our community need and deserve.

The highlight of this year's Rose Ball is honoring Dan Lepri, RWJ Rahway Hospital Board Member, into the Guardian of the Rose.

**For information about how you can help, please call the Foundation Office, (732) 499-6135 or email [foundation.rahway@rwjrh.org](mailto:foundation.rahway@rwjrh.org).**

## Robert Wood Johnson University Hospital Rahway

**RWJBarnabas**  
HEALTH

Kirk C. Tice  
 PRESIDENT AND CEO  
 Stephen A. Timoni  
 CHAIRMAN OF THE BOARD OF GOVERNORS

**The Rose**  
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 MANAGING EDITOR Gabrielle Fernandez  
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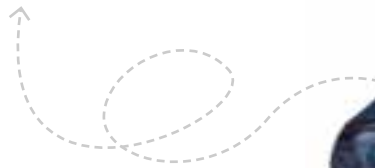
*The Rose is named in honor of the women's auxiliary which sold local roses to raise money for our first hospital in the early 1900s. See page 4.*

Robert Wood Johnson University Hospital Rahway complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at [www.rwjhr.com](#). RWJ Rahway cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Call (732) 499-6136. RWJ Rahway konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (732) 499-6136.



# A Powerful SOLUTION

Sharon McGee refused to let neuropathic pain control her life.



The numbness and pain in her arms began in July of 2014, taking 45-year-old Sharon McGee by surprise. A busy wife, mother, and professional, she did not have a history of health complications that could have compromised her nervous system. Healthcare providers had a difficult time pinpointing the cause of the unusual sensations that were becoming ever-present for Ms. McGee.

## DID YOU KNOW?

Idiopathic neuropathy is most common in adults older than age 60. In addition to numbness and pain, the condition may cause muscle weakness and loss of balance.

Physicians she consulted explored conditions that may be associated with neuropathy, such as amyotrophic lateral sclerosis (ALS)—Lou Gehrig’s disease, Guillain-Barré syndrome, Lyme disease, and multiple sclerosis (MS), and performed a wide spectrum of screenings. But blood tests, magnetic resonance imaging (MRI), and a spinal tap did not indicate any clear-cut answers.

“I was in constant pain, and nobody could determine what was causing my pain,” Ms. McGee says. “That was the scariest part of this experience. It has been a journey of the unknown from the very beginning.”

Ms. McGee received an array of treatments to address the unknown source of her numbness and pain, including chemotherapy, intravenous immunoglobulin infusion therapy, and steroids. But every option proved frustratingly ineffective.

“I felt like I was losing so much time and quality of life,” Ms. McGee says. “I didn’t want to go anywhere or do anything, but I was not willing to give up.”

## FINDING ANSWERS

In the midst of the quest for solutions, Ms. McGee read an article in *The Rose* about the success of MicroVas® treatment being conducted at RWJ Rahway under the supervision of Paul Abend, DO, FAAPMR, Medical Director of Rehabilitation Services at RWJ Rahway. And she did not hesitate to consult with Dr. Abend to find out if the treatment might work for her.

“Historically, we have not had much success treating patients with idiopathic neuropathy, or numbness

and pain with no known cause, but Sharon was willing to try something new, and she responded almost immediately,” Dr. Abend says. “It is a remarkable case that brings a lot of hope for this niche that is so difficult to treat.”

After just a few sessions of MicroVas, which uses electrical currents to stimulate circulation, Ms. McGee noticed a marked difference in her comfort, range of motion, and strength. Today, she walks up and down her stairs with ease and performs the tasks of daily living without pain.

“My pain subsided from a 10 to a seven to practically zero,” Ms. McGee says. “This is the most amazing thing I could have ever done. I feel like I have been given a second chance to live life to the fullest, and I couldn’t be happier.”

Talk with your physician about how MicroVas may help minimize or eliminate neuropathic pain. To schedule an appointment, call (732) 499-6012. For more information, attend “Peripheral Neuropathy: Diagnosis and Treatment” April 10 at 6 p.m. presented by Dr. Abend at the RWJ Rahway Fitness & Wellness Center. Call (732) 499-6193 to register.

## RWJ RAHWAY AUXILIARY:

# 100

## YEARS OF

# COMMUNITY SUPPORT

### Milestones Worth Mentioning

The new year is in full swing, and so is Robert Wood Johnson University Hospital Rahway's 100th Anniversary Celebration. As excitement builds for our future, let's revisit the biggest moments from an important period of our recent past.

- 1977:** A German physician performs the first coronary angioplasty.
- 1981:** A team of clinicians at Stanford University performs the first heart-lung transplant.
- 1982:** Rahway Hospital begins offering end-of-life care through its new hospice program.
- 1985:** Physicians at a Long Beach, California, hospital perform the first robot-assisted brain surgery.
- 1988:** The five-year Expansion and Modernization '80s project concludes in October with the dedication of two new wings at Rahway Hospital.
- 1992:** Rahway Hospital celebrates its 75th anniversary.
- 2003:** Rahway Hospital becomes part of the Robert Wood Johnson Health System.

In 1917, 15 women resolved to help turn the vision of a hospital for Rahway, New Jersey, into reality. These women became the founders of an organization that's served the hospital for a century: the RWJ Rahway Auxiliary. Proceeds from members' sales of roses at the local train station helped fund the first hospital's operations. In the decades that followed, the hospital could always count on the Auxiliary for support, no matter how great the need.

**In 1920,** the Auxiliary started an annual Jelly Day tradition of filling the hospital pantry that lasted for 40 years.



**After World War I,** Auxiliary members made more than 10,000 dressings for patients and raised money for the construction of Rahway Memorial Hospital, which opened in 1929.

**During World War II,** many Auxilians entertained the troops at nearby Camp Kilmer.



### PAYING IT FORWARD

Over the years, the Auxiliary has contributed to the hospital's most important purchases and expansions, from air conditioning in the 1960s to the transformative building projects of the 1980s. Current Auxilians carry the organization's legacy forward by raising money for the hospital in a variety of ways, including fundraising events and proceeds from Marydel's Rose Tree Gift Shop. They also help the next generation of medical providers pursue their dreams by providing college scholarships. As we celebrate our first century, the Auxilians remind us where we've been and the strong tradition of giving they have established. The RWJ Rahway Foundation has followed in the Auxiliary's footsteps. Together with the community's help, we can count on their support for the next 100 years.

Look for more information about our 100th Anniversary Celebration and how you can join in the festivities. Our next event is the Building the Future: 2017 A Space Odyssey Rose Ball on Saturday, Apr. 29, 2017, at the Wilshire Grand Hotel in West Orange, New Jersey. Call (732) 499-6135 for more information.

# Scotch Plains

SPRING 2017

PROGRAMS



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


## MARCH

**14**  **Probiotics and You. Lecture.**

6 p.m. | Christina Frescki, MBA, RD

**14**  **Spring Soups\***

7 p.m. | Diane Weeks, RDN, CDE

**15**  **You Quit Smoking and Feel Great. Why Get a Lung Screen?**

6 p.m. | Carlos Remolina, MD, Pulmonology


**21** **Healthy Eating for One**  
11:30 a.m. | Christina Frescki, MBA, RD


**21** **Food as Medicine\***  
7 p.m. | Diane Weeks, RDN, CDE.  
Scientists know that what we eat can prevent common conditions. We'll prepare foods that contain nutrients your body needs to stay healthy.

**30**  **Weight-loss Surgery: Is It Right for You?**


6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.


## APRIL

**4**  **Dinner in 30\***  
7 p.m. | Diane Weeks, RDN, CDE

**10**  **Peripheral Neuropathy: Diagnosis and Treatment**

6 p.m. | Paul Abend, DO, Rehabilitation Medicine. Call (732) 499-6193 to register.

**11**  **Mediterranean Diet. Lecture.**  
6 p.m. | Christina Frescki, MBA, RD

**12**  **Supplements That Extend Life**  
7 p.m. | Bernardo Toro-Echague, MD, Internal Medicine. Research shows there are supplements that work on the genetic level in beneficial ways. Find out about which supplements are worthwhile and how they work.

**18** **Anti-Inflammatory Diet. Lecture.**  
11:30 a.m. | Christina Frescki, MBA, RD. What is an anti-inflammatory diet? How does it work? What foods are involved?

**18** **Healthy Treats: Good Carbs\***  
7 p.m. | Diane Weeks, RDN, CDE. Satisfy your sweet tooth with foods that are packed with healthy goodness.

**25** **NAMI Union County Public Meeting: Special Needs Trusts**  
7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness for a meeting on topics of importance to families. This meeting features the topic, Special Needs Trusts. Please call (908) 233-1628 or email namiunioncounty@yahoo.com to reserve your seat.

**27**  **Weight-loss Surgery: Is It Right for You?**  
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.

## Get Your Groove Back

Physical and aquatic therapy for a number of conditions sports injuries, incontinence, injuries, post- and pre-surgical rehab are available at our fitness centers in Scotch Plains and Carteret.

Learn more about physical and aquatic therapy options by calling: Scotch Plains Physical Therapy (908) 389-5400 or Carteret Physical Therapy (732) 969-8030.

**\* Healthy Cooking demonstrations feature Registered Dietitian Diane Weeks. Our popular cooking demonstrations provide recipes and samples. The food is mostly plant-based and heart-healthy. Please call ahead to secure a spot. (732) 499-6193**

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193 or visit [www.rwjuhr.com](http://www.rwjuhr.com) and click on "News & Events." Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place. Call (732) 499-6193.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100. For Carteret, call (732) 366-3521.

If you'd like a calendar of events delivered to your inbox each month, email [donna.mancuso@rwjbh.org](mailto:donna.mancuso@rwjbh.org).

Check our website for speaker topics by visiting [www.rwjuhr.com](http://www.rwjuhr.com) and clicking on "Patient Services" and then "Community Information."

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



Connect with Robert Wood Johnson University Hospital Rahway on Facebook at [www.facebook.com/RWJRahway](http://www.facebook.com/RWJRahway).

# Scotch Plains

SPRING 2017

PROGRAMS

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

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

## MAY

8



### Your Mind, Your Mood, Your Immune System

6 p.m. | Juan Baez, MD,

Infectious Disease. Learn how your state of mind and mood can play a role in your immune system. This thought-provoking program looks at mental state and health. Call (732) 499-6193.

## DIABETES SMACKDOWN

May 6 from 9 a.m. to 1 p.m. at the RWJ Rahway Fitness & Wellness Center, Scotch Plains.

The goal of this program is control; controlling diabetes through education, activity, and interaction with certified diabetes educators and exercise experts.

The event will be in the Scotch Plains conference room and kitchen. Program includes lectures from our certified diabetes educators, experts from the RWJ Rahway Fitness & Wellness Center, experts in foot and wound care, and a catered lunch.

**Program is free but registration is required. Call (732) 499-6109 to register. At the end of this program, attendees should be able to say,**

“I got this.”

9



### Plant-based Eating. Lecture.

6 p.m. | Christina Frescki, MBA, RD. Learn

why plant-based eating is good for you. In this lecture, she'll discuss how to incorporate plant-based protein sources into a well-rounded eating plan with plant-based focus.

10



### Seasonal Allergies, Environmental Allergies

6 p.m. | Richard Schaller,

MD, Emergency Medicine. Are there more allergies now than ever? What causes seasonal allergies? What's the best response?

16

### Plant-based Eating. Lecture.

11:30 a.m. | Christina Frescki, MBA, RD. Learn why plant-based eating is good for you. In this lecture, she'll discuss how to incorporate plant-based protein sources into a well-rounded eating plan with plant-based focus.

17

### CPR for Adults and Children

6 p.m. | Jennifer Green, Paramedic, Mobile Intensive Care and EMS Educator

25



### Weight-loss Surgery: Is It Right for You?

6:30 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.

30



### Bon Appetit!\*

7 p.m. | Diane Weeks, RDN, CDE. Taste the elaborate flavors of France.

## JUNE

6

### Mediterranean Diet. Lecture.

11:30 a.m. | Christina Frescki, MBA, RD.

6

### Vegan Desserts\*

7 p.m. | Diane Weeks, RDN, CDE

13



### Anti-inflammatory Foods

6 to 8:30 p.m. Lecture and cooking demonstration. Dietitians Christina Frescki, MBA, RD, and Diane Weeks, RDN, CDE, team up to cover anti-inflammatory



foods and their importance for good health and disease prevention. Lecture is followed by a cooking demonstration at 7 p.m. using these foods to create delicious meals.

14

### Sleep and Weight: What's the Connection?

6 p.m. | Ram Bangalore, MD, Pulmonology, Sleep Medicine

21



### Heel Pain: Causes, Diagnosis, and Treatment

6 p.m. | Dennis Turner, DPM, Podiatry

23

### NAMI Union County Public Meeting

7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness monthly meeting for a meeting on topics of importance for families. Featured speaker is Phil Lubitz of NAMI NJ. Please call (908) 233-1628 or email namionioncounty@yahoo.com to confirm the schedule.

27

### Good Carbs\*

7 p.m. | Diane Weeks, RDN, CDE. You need carbohydrates. They give you energy and are an important part of a well-balanced diet.

\* Healthy Cooking demonstrations feature Registered Dietitian Diane Weeks. Our popular cooking demonstrations provide recipes and samples. The food is mostly plant-based and heart-healthy. Please call ahead to secure a spot. (732) 499-6193

# Carteret PROGRAMS



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

SPRING 2017

## APRIL

### 5 The Goal Is Control

6:30 p.m. | Lobby—Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

## JUNE

### 7 The Goal Is Control

6:30 p.m. | Lobby—Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

## MAY

### 3 The Goal Is Control

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### 4 Weight-loss Surgery: Is It Right for You?


6:30 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193. See additional dates at Scotch Plains on page 6.

## NEW 2E UNIT

RWJ Rahway's 2E medical/surgical unit has been reimagined with a large open space, natural light, noise reduction features, and amenities that include a kitchen for family members to get a snack or a hot drink. The unit's private rooms were expanded to seven, and there are eight semi-private rooms. Other features include new conference and staff spaces and features that help keep nurses closer to the bedside, which is good for everyone. The unit is decorated with photos of nature contributed by the staff, and each room has original artwork donated by artist Theo Tamborlane.






 The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of RWJBarnabas Health.

# Support Groups

SPRING 2017

 RWJ Rahway Fitness & Wellness Center,  
2120 Lamberts Mill Road, Scotch Plains

## APRIL

- 5 Adult Bereavement Support**  
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 5 Breast Cancer Support Group**  
5:30 p.m.
- 5 Care for the Caregiver**  
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 6 Fibromyalgia Support Groups**  
5:30 to 7 p.m. (for current members)  
7 to 8:30 p.m. (new members welcome!)  
Discussions will focus on ways in which members can become more active in their own self-care to achieve positive health outcomes.
- 27 Bariatric Support Group**  
5:30 to 6:30 p.m. | The group is run by a dietitian and will include speakers and topics of interest.

## MAY

- 3 Adult Bereavement Support**  
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 10 Breast Cancer Support Group\***  
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- 10 Care for the Caregiver\***  
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 11 Fibromyalgia Support Groups\***  
5:30 to 7 p.m. (for current members)  
7 to 8:30 p.m. (new members welcome!)  
Discussions will focus on ways in which members can become more active in their own self-care to achieve positive health outcomes.
- 25 Bariatric Support Group**  
5:30 to 6:30 p.m. | The group is run by a dietitian and will include speakers and topics of interest.  
  
\*Groups return to first Wednesday and Thursday of the month in June.

## JUNE

- 1 Fibromyalgia Support Groups**  
5:30 to 7 p.m. (for current members)  
7 to 8:30 p.m. (new members welcome!)  
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- 22 Bariatric Support Group**  
5:30 to 6:30 p.m. | The group is run by a dietitian and will include speakers and topics of interest.

**HELD AT RWJ RAHWAY HOSPITAL** | RWJ Rahway Hospital is located at 865 Stone St., Rahway.

- 4 Diabetes Support Group**  
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 12 Parkinson's Support Group**  
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.

- 2 Diabetes Support Group**  
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 10 Parkinson's Support Group**  
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.

- 6 Diabetes Support Group**  
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 14 Parkinson's Support Group**  
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.