



Barnabas Health

Guide for Families

to the 2014 Special Olympics USA Games

Barnabas Health

Life is better healthy.

▶ 1.888.724.7123 ▶ barnabashealth.org

Clara Maass Medical Center • Community Medical Center • Jersey City Medical Center
Monmouth Medical Center • Monmouth Medical Center, Southern Campus
Newark Beth Israel Medical Center • Saint Barnabas Medical Center
Children's Hospital of New Jersey at Newark Beth Israel Medical Center
The Unterberg Children's Hospital at Monmouth Medical Center
Barnabas Health Ambulatory Care Center • Barnabas Health Behavioral Health Network
Barnabas Health Home Care and Hospice • Barnabas Health Medical Group
Barnabas Health Outpatient Centers



- ▶ Founding Partner of 2014 Special Olympics USA Games
- ▶ Presenting Sponsor of the Games' Family Programs
- ▶ Contributing Sponsor for the First-Ever Healthy Young Athletes Program

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Dear Families,

It is my great pleasure to welcome you to New Jersey for the 2014 Special Olympics USA Games, a week that shines a brilliant spotlight on our state.

I am extremely proud that the Barnabas Health family comprises more than 10 percent of all the volunteers for the Games, with over 1,200 employees and their loved ones taking part in a variety of activities. It is a testament to our Founding Partnership and our role as Presenting Sponsor of the Games' Family Programs that our employees have embraced the 2014 USA Games and have volunteered to be part of this exceptional display of athleticism, teamwork and sportsmanship. We are excited to be integrally involved with ensuring that 3,500 Special Olympics athletes from across the nation have the outstanding experience of their lifetime.

Since January, we have collaborated with 2014 USA Games' leadership, athletes, families and coaches to offer nutrition and wellness education to participants. We have raised the 2014 USA Games' flags and held spirited monthly events at each of our facilities to encourage volunteerism. We have been so inspired by the athletes and their families who have visited us and wish everyone the greatest success. It is our privilege to support all of the athletes so we may strengthen our outreach to these individuals and ensure greater opportunities in the future.

Each of our more than 20,000 employees hopes all families enjoy yourselves immensely and capture memories that you will cherish for a lifetime. We wish every athlete the best of luck in your respective events. We'll be cheering you on!

Cordially,



Barry H. Ostrowsky
President and Chief Executive Officer
Barnabas Health



2014 Special Olympics USA Games Facts

3,500 athletes ... 272 from New Jersey

16 Olympic-style events

70,000 spectators

1,000 coaches

10,000 volunteers ... 10 percent are from the Barnabas Health family

Where You'll Find Us

Volunteers

Barnabas Health's more than 1,200 volunteers will be participating in activities at various locations throughout the week.

Family Centers

As Presenting Sponsor of Family Programs, Barnabas Health volunteers will staff and provide warm welcomes throughout the week to the 3,500 athletes, families and visitors at Family Centers located at Special Olympics New Jersey headquarters and satellite locations.

Corporate Park

June 16 – 19

Mercer County Park, West Windsor Township, NJ

Fans of the Games can visit the Barnabas Health interactive tent at Corporate Park for a fun photo in the Barnabas Health photo booth. Additional activities offered by Barnabas Health include Zumba, balance screenings and cheer board coloring to support the athletes. Corporate Park is open to the community and will feature attractions, concessions, spectator services and a family lounge, as well as daily interactive events presented by corporate partners of the 2014 USA Games.

Special Olympics Town

June 16 – 20

The College of New Jersey, Ewing Township, NJ

Barnabas Health will join this Jersey Shore boardwalk-themed area by offering photo flipbook photography so athletes can leave the 2014 USA Games with a souvenir of themselves in action. Additionally, Zumba and balance screenings will also be offered by Barnabas Health at Special Olympics Town. Special Olympics Town is only open to athletes and their families.

Healthy Young Athletes

Barnabas Health's involvement in the Games extends beyond the week-long competition as a Contributing Sponsor for the first-ever Healthy Young Athletes program. Healthy Young Athletes is designed to assist families of future Special Olympics athletes (ages 2-7) to meet the challenges they face in identifying their child's medical needs through free educational programs, medical screenings and family consultations.

Enjoy the Games ... Safely

Whether you're an athlete, coach, volunteer or spectator, Barnabas Health encourages participants to take the following precautions to ensure a safe game day.

- ▶ Protect your skin by applying sunscreen with an SPF-30 or higher, that protects against UVA and UVB rays. Reapply sunscreen every 2 hours, even if it's a cloudy or overcast day.
- ▶ Be sure to wear sunglasses to shield your eyes from the sun's potentially damaging rays.
- ▶ Consider wearing a hat that shades your face, ears and the back of your neck.
- ▶ Be sure to fuel your body with fluids, especially in warm, humid weather. Avoid sugary drinks and those containing caffeine.
- ▶ Choose footwear that protects your feet and provides proper support.
- ▶ Reduce your chances of an insect bite or sting by avoiding wearing perfume and other scented products when spending time outdoors.