

# In Good Health

*A publication of*

## Community Medical Center

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**RWJBarnabas**  
HEALTH

Let's be healthy together.



Dear Friends,

Concentrating on keeping our communities healthy, while helping to cure illness, is our highest priority.

One of the driving forces behind RWJBarnabas Health is our commitment to improving the overall health of the communities we serve. We will be focusing our efforts on disease management, which means helping you manage a chronic condition such as asthma, diabetes or congestive heart failure. Our goal is to help you prevent visits to the Emergency Department by working even more closely with you and your physicians and creating new and engaging education programs that promote wellness.

In this issue of In Good Health, you will read about our partnership with Jakes Branch County Park, an initiative to encourage physical activity among children. You will also read a story about a man who is living a healthier life now that his sleep apnea is under control. These two articles reflect our commitment to you.

Together, we can build a healthier Ocean County.

Best regards,



Barry H. Ostrowsky  
President and Chief Executive Officer  
RWJBarnabas Health



Michael Mimoso, MHA, FACHE  
President and Chief Executive Officer  
Community Medical Center



## A Tribute to Rosanne Citta

Community Medical Center acknowledges the loss of our dear friend, Rosanne Citta, past Chair and Board Member, CMC and CMC Foundation Boards of Trustees. A driving philanthropic force of Ocean County, Rosanne's unwavering support to CMC and other nonprofit organizations will always be remembered.

At CMC, Rosanne established a committee that organizes fundraising events to raise money for the J. Phillip Citta Regional Cancer Center, in honor of her brother Phil, to help patients and families throughout the area.

As Rosanne stated previously, "When people band together and raise money for a cause - it makes everything so much more significant and meaningful. By working together, they can make a significant impact."

We thank Rosanne for making a positive impact on CMC and the community - her legacy will continue for generations to come.



# Breast Center Earns Prestigious National Accreditation

*Program is first in Ocean and Atlantic counties to achieve this distinction*

**W**hen facing breast cancer, you want the best care possible. Fortunately, such leading-edge care is available right here at Community Medical Center. Recently, CMC's Breast Center earned full accreditation from the National Accreditation Program for Breast Centers (NAPBC), a highly rigorous assessment program of the American College of Surgeons.

The Breast Center – part of the J. Phillip Citta Regional Cancer Center – is the only NAPBC-accredited program in Ocean and Atlantic counties.

## Accreditation Requirements

Centers accredited by NAPBC have demonstrated they provide:

- Outstanding care and patient outcomes.
- A full range of the most advanced services.
- A multidisciplinary team approach, to ensure and coordinate the best treatment options for each patient.
- Ongoing access to clinical trials and new treatments.

"This is a tremendous accomplishment," says William M. Schulman, MD, medical director of the Breast Center. "NAPBC accreditation demonstrates that our program meets exacting standards in every aspect of breast care. It shows women they can get the very best care right here in their community."

At the Breast Center, patients receive every significant advantage in the fight against breast disease, notes the board certified physician. That includes state-of-the-art technology for diagnosis and treatment, leading breast radiologists, expert breast and reconstructive plastic surgeons, highly skilled medical and radiation oncologists, pathologists and a breast-cancer navigator to guide women step-by-step.

**NAPBC**<sup>®</sup>  
NATIONAL ACCREDITATION PROGRAM  
FOR BREAST CENTERS  
ACCREDITED BREAST CENTER

A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS



With all services available under one roof, professionals can easily collaborate to offer the best options to each person.

Patient Tina Pilot heartily agrees.

**"I can't say enough about the Breast Center. They saved my life," says the Forked River resident, who chose the program after a renowned New York City breast surgeon advised her to stay at CMC.**

*Continued >>*



## Breast Center Earns Prestigious National Accreditation

"She said, 'You're in the right place. It's silly for you to come to New York every day for treatment,'" recalls Tina. "I'm so glad I stayed local."

"You're not just a number here," adds Tina's board certified and fellowship trained breast surgeon, Sumy H. Chang, MD, FACS. "This accreditation is a validation that we provide the same quality of care you can expect in a major city – but in your community where physicians know you personally."

### Advanced treatments

Tina felt comfortable from the start at the Breast Center.

"A lot of people told me the doctors are excellent," says the 50-year-old, whose cancer was picked up on a mammogram at CMC's Women's Imaging Center. "It's amazing how caring they are."

When Tina learned she had two side-by-side tumors of different types – including one that was aggressive – she was quickly put at ease.

"My surgeon removed all traces of cancer and my scar has healed beautifully, almost like I had cosmetic surgery."

### Another Endorsement for Cancer Care

In addition to the Breast Center's new accreditation, the J. Phillip Citta Regional Cancer Center is the recipient of the Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer.

Tina praises the radiation oncology staff, too. "They were phenomenal; I felt like a red carpet was rolled out for me," says Tina, who received intensity-modulated radiation therapy, under the care of board certified radiation oncologist David D'Ambrosio, MD.

And Tina is receiving chemotherapy at one of CMC's sister hospitals, Monmouth Medical Center, Southern Campus.

### Caring for the 'whole person'

Another key advantage: our physicians look beyond one's illness when recommending treatment options.

"We take into account not only the disease, but the patient's physical, emotional, psychological and rehabilitative needs," says Dr. Schulman.

"Determining appropriate treatment for early breast cancer is one of the most difficult decision-making processes in clinical medicine," he notes. "The disease has many variations, treatment options are numerous, and patients differ in their values and preferences. Our team takes all of these factors into careful consideration."

The Breast Center also offers a range of support services to enhance patients' well-being. For instance, the "Inspiration Boutique" provides free wigs and hats, and holistic therapies like massage and yoga.

"Other centers are just focused on the disease, but we care for the whole person," says Kathé Sadler-Wright, MSN, RN-C, clinical breast navigator. "That means addressing all of our patients' needs – emotional, financial, transportation and more. Since every person is different, we look at each patient as an individual to see what kind of help she may need."

Tina, for instance, was fitted with a flattering wig and learned new makeup techniques to help her feel good about her appearance. And she tried Reiki – a Japanese relaxation technique – which she found "awesome."

During radiation treatments, Tina enjoyed pet therapy with visits from a cute little dog who cheered everyone up.

The Breast Center even helped Tina obtain health insurance, which she didn't have as a self-employed real estate agent. That coverage – through the New Jersey Cancer Education and Early Detection (NJCEED) Program – was "life-changing" for Tina, who would have been unable to afford treatment without insurance.

The center's support groups also help patients cope, and licensed clinical social workers provide one-on-one counseling. A range of educational programs are available – including wellness and nutrition counseling – to teach patients and survivors how to stay as strong and healthy as possible.

## Navigating the journey

The Breast Center's three navigators provide an invaluable service to patients and their families, offering the support, education and resources needed to fight their disease.

"No one wants to get cancer, but we want to make it as manageable for the patient as possible," says Sadler-Wright.

"Between testing and diagnosis, chemotherapy or surgery, getting MRIs, seeing specialists... dealing with cancer can be like a full-time job," she explains. "I can guide them each step of the way by assisting with their appointments and faxing records. I tell people what to expect and make it easier for them to cope. I can talk to their partners or children."

An American Cancer Society navigator is also available on-site, helping to connect patients with resources both within and outside the hospital. In addition, the center's survivorship navigator works with patients as they complete active treatment, to help them stay healthy.

Survivorship planning is critical, notes Dr. Chang, due to possible long-term effects of treatment and other potential needs.

The Breast Center gives each patient a customized survivorship care plan, which documents all their treatments, tells them how to cope with side-effects, and instructs them on getting future health exams.

"They can share the plan with their other physicians, to alert them to possible issues that may come up," says Dr. Chang.

Tina, who will complete her chemotherapy in early 2017, already has her survivorship plan – which includes periodic check-ups at the Breast Center.

"Now my job is to pick up my sister's hand and get her through it," says Tina, whose younger sibling Lisa Dunfee was recently diagnosed with breast cancer. "Lisa could have gone anywhere, but she saw how well I was treated here, so she's coming to Community Medical Center."



**Sumy H. Chang, MD**  
Department of  
Surgery/Breast Surgery



**David D'Ambrosio, MD**  
Department of  
Radiation Oncology



**William M. Schulman, MD**  
Department of Surgery

To schedule a mammogram, please call  
**732.557.8150** or visit [cmccancer.org](http://cmccancer.org).

# Why I Volunteer

While the reasons why people choose to volunteer vary, one thing is certain: they are helping to make a difference. Community Medical Center is fortunate to have a dedicated group of volunteers who tirelessly contribute their time, energy and expertise to our programs, further enhancing the patient's experience and leaving a positive impact through even the smallest interaction. As you'll read in these stories, the benefits of volunteering are immeasurable.



## Susan Affa

After being out of work for a while, Susan Affa, 56, simply had too much time on her hands and was getting restless. Passionate about giving back to the community, the Toms River resident looked for volunteer opportunities and was led to Community Medical Center. She started volunteering in the fall of 2015 and has been working two days a week ever since.

"I love the hospital setting and find it very calming," says Susan, who previously volunteered as a candy striper at a South Jersey hospital. At Community Medical Center, Susan helps transport patients in and out of the hospital and assists patients with limited mobility.

"The hospital staff, volunteers and patients keep me coming back - everyone is so friendly. Volunteering is completely fulfilling to me - I feel like a different person by helping others."

Susan has also developed special relationships with patients along the way. She notes how one patient with advanced stage cancer is the most friendly, optimistic person she's met. "She lifts me up," says Susan.

Even when Susan lands a job, she still plans on volunteering.



### Dhvani Patel

When she was in eighth grade, Dhvani Patel and her friends decided to look for volunteer opportunities. Dhvani knew she wanted to work in a hospital setting and was excited to learn that Community Medical Center accepted junior volunteers. Now, at 17, the Toms River resident is entering her fourth year as a volunteer at Community

Medical Center and has logged around 700 volunteer hours since day one!

Dhvani volunteers weekly and whenever else she is needed. She spends her time greeting and directing visitors, and delivering flowers to patients. Her favorite part of volunteering is getting to interact with both visitors and physicians.

"I like being able to interact with visitors and help make their day a little easier," says Dhvani. "It's also been a great opportunity to make connections with different physicians, who have mentored me and really helped in my future education decision process."

Her volunteer experience has taught her a lot about what it takes to be a successful medical professional, something she hopes to pursue in the future.

"Before I started volunteering, I was definitely more focused on the education and medicine side of the medical field but volunteering has taught me how important it is to be compassionate," says Dhvani. "Working with anxious patients and their loved ones firsthand has showed me the value of compassion. I now believe that competence and compassion are the most important qualities in a good doctor."



### Jeff Sharkey

When Jeff Sharkey, a life-long Toms River resident, retired after 35 years of teaching he turned to something that he has always done, volunteering. He heard about volunteering at Community Medical Center through his church in 2009, and now seven years later he has logged over 2,070 volunteer hours for the hospital.

Jeff volunteers four days a week in the Emergency Department, where he helps get the beds ready, prepares and delivers lunches and assists the nurses with transporting patients. His favorite aspect of volunteering is getting to interact with the patients because he has been in their shoes. Jeff had hip replacement surgery at Community Medical Center.

"I know what it is like to be a patient, and I know they are nervous," he says. "I like to help make them feel comfortable with some small talk."

One of the most interesting things that Jeff has experienced while volunteering at Community Medical Center has been reconnecting with former students and colleagues. He did not expect to be helping people that he knew, but he has become a friendly face for them to see in their time of need.

"People looked out for me at several points in my life, and I like to do the same," says Jeff. "Volunteering is something that I have always done, and it makes me feel good to help people out."

Interested in volunteering? Call the Volunteer Office at **732.557.8000 x11256**.



# Robotic-Surgery Program Expands to Meet Growing Demand

Just 10 years ago, Community Medical Center was the first hospital in Ocean County to introduce robot-assisted surgery. And now, the hospital has invested in a second robot, the da Vinci Xi, to meet rising patient demand. The da Vinci Xi is the latest generation system providing many benefits for patients and surgeons.

“With the doubling of our robotic capabilities, many more area residents can now receive this state-of-the-art care right here in their own community,” said Yesh Nayak, MD, Chief Medical Officer, Community Medical Center. “This significant investment demonstrates our strong commitment to providing our patients with today’s most advanced care.”

## Robotic surgery offers many advantages

This highly precise, minimally invasive form of surgery is revolutionizing care for a widening array of conditions, including cancer, fibroids, hernias and gallbladder disease. Advantages include less pain and bleeding, faster recovery, shorter hospital stays and lower risk of injury or infections, compared to traditional surgery.

Community Medical Center’s expert physicians offer robot-assisted procedures for gynecologic oncology, gynecology, colon surgery, urologic for prostatectomies, intestinal and general for hernia and gallbladder surgery.

## How robotic surgery works

Each procedure is performed entirely by the surgeon, who controls the robotic system through a console. The surgeon uses the console’s sensitive hand-grips to precisely maneuver specialized instruments – including a tiny camera and wristed scissors, scalpels and forceps – enabling delicate dissection and reconstruction deep inside the body.

The micro-instruments, at the tips of thin robotic “arms,” are placed inside the body through one or more dime-size incisions. The surgeon has enhanced views inside the body via the console’s high-definition, magnified, 3-D monitor. The system provides greater dexterity and range-of-motion than human hands.

## Latest advancements

The single-site robotic procedure, the next progression in robotic surgery – uses a single incision through the bellybutton. Offering a virtually scarless result, this surgery can be used in gynecological procedures to remove fibroids and tumors of the uterus, to treat endometriosis and to repair the uterus. Similarly, gallbladder surgery can be performed through a single site robotic-assisted procedure.

Recent developments have made robotic prostate and kidney procedures safer and more effective. The “firefly” system is improving kidney-cancer surgery by helping doctors better distinguish between the tumor and normal tissue. Using a fluorescent dye to color kidney tumors, surgeons can more easily remove all of the cancer and spare as much of the healthy tissue as possible.

## Robotic Surgeons

Wilhelmina Azu, DO	Gynecology
Tarun Bhandari, MD	General Surgery
Christopher N. Eswar, MD	Gynecology
Samuel Fekry, MD	Gynecology
Victor Ferlise, MD	Urology
Sergey Grachev, MD	General Surgery
Thomas Hackett, DO	Gynecologic Oncology
Nonna Kolomeyevskaya, MD	Gynecologic Oncology
Steven Lowry, MD	Colorectal and General Surgery
Ronald Neal, MD	Gynecology
Robert Pessa, MD	Gynecology
Steven Priolo, MD	General Surgery
Anupama Sunkavalli, MD	Gynecology
John Sutherland, MD	Gynecology

For more information on the robotic surgery program or a referral to a surgeon, please call **1.888.724.7123**.





## Amor Mehta, MD, Named Physician of the Year

Before Amor Mehta, MD, arrived at Community Medical Center, individuals in need of specialized care for epilepsy and seizure disorders had to travel out-of-county and as far as 80 miles away.

Since Dr. Mehta took the helm as Medical Director of the Level 3 Epilepsy Center at the Jay and Linda Grunin Neuroscience Institute at CMC in 2014, he has elevated epilepsy and seizure disorder services, enabling individuals to receive exceptional care close to home. In recognition of

these great accomplishments, Dr. Mehta – a board certified neurologist and epileptologist – was recently named Physician of the Year at NJBIZ's 10<sup>th</sup> annual Healthcare Hero Awards program. The awards recognize individuals and organizations that are making a significant impact on the quality of health care in New Jersey.

"The entire staff at Community Medical Center congratulates Dr. Mehta on this tremendous award," said Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center. "Dr. Mehta's dedication to establishing and maintaining an epilepsy program of the highest caliber is nothing short of exceptional."

Dr. Mehta worked with the CMC team to achieve accreditation as a Level 3 Epilepsy Center from the National Association of Epilepsy Centers and has subsequently earned reaccreditation. Holding the staff to the highest standards, Dr. Mehta offers education sessions to provide the most up-to-date information on diagnosis, treatment and care of patients with epilepsy and seizure disorders.

Under Dr. Mehta's leadership, CMC's Video-EEG monitoring program, the gold standard to diagnose epilepsy, grew significantly. One local patient who demonstrates the power of having access to the right physician and technology is Alexa, who was four-years-old at the time of the initial visit with Dr. Mehta. A diagnostic Video-EEG showed that Alexa had 215 seizures, each lasting five to 25 seconds, during a 24-hour period. Her test indicated she was having absence seizures, brief disturbances of brain function due to abnormal electrical activity.

According to Dr. Mehta, "Even though the seizures don't affect a person's vital signs, they can interfere with their ability to grow and learn academically as well as socially. Alexa cumulatively lost about one hour a day from her seizures."

Now with the right medication, Alexa is back to being a child again and will most likely outgrow the condition by the time she's an early teen.

"I'm truly honored to receive the NJBIZ Physician of the Year Award and appreciate the support of CMC for investing in important, life-changing technology that truly makes a difference in patients' lives," says Dr. Mehta.

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For information about the Jay and Linda Grunin Neuroscience Institute, please call 732.557.8116.

## Hello, Baby! Area Moms Choose First Moments Maternity Unit

The birth of a baby is one of life's most precious moments, and Community Medical Center is fully committed to making safety and comfort a top priority for our patients. CMC's state-of-the-art technology combined with nurturing care makes CMC a top choice for maternity care. From childbirth education classes to breastfeeding support, we're with expectant moms every step of the way.

Our obstetricians are all board certified and the First Moments Maternity Unit is staffed by exceptionally caring and compassionate nurses who specialize in maternity and newborn care. The unit is equipped with private labor-delivery-recovery rooms for deliveries in a relaxed and home-like setting, complete with Jacuzzis, as well as an all-private mother-baby unit that creates the ideal environment for mothers to rest, recuperate and bond with their new baby. Moms have access to anesthesia services 24/7 and a fully equipped operating suite for cesarean births or complicated, high-risk deliveries.



A newborn nursery and a dedicated Level 2 special care unit for infants requiring special attention is also available, and neonatologists are onsite 24/7.

Women may also choose the care of certified nurse midwives who work in collaboration with physicians. Our goal is to provide mothers with the birth experience of their choice.





*"I had the pleasure of delivering my daughter at CMC and the entire department was wonderful. Kym, RN, L&D, was above and beyond. I am a nurse myself and I am impressed with her compassion, expertise and skills – a true gem. I am grateful she was my nurse."*

*"This is my second delivery at CMC and both times the nursing staff and doctors are to be commended. Angela in L&D was not only compassionate and kind but also patient. She went out of her way to make sure I was comfortable and that I was not alone during my labor when my partner wasn't in the room."*

*"I loved my stay at CMC. The maternity unit has such nice staff and really made me and my family comfortable. The nurses and physicians were very informative and have a great way of making you feel right at home."*

*"Thank you to L&D for being so wonderful during my time at CMC. Sue was absolutely wonderful to me and my husband. She helped me so much and I felt very comfortable during my delivery. I went in being afraid of the unknown but Sue talked me through everything."*

*"Seriously, the best experience. The midwife did everything in her power and professionalism to deliver safe and sound. It was filled with nurturing nurses ... and all the help anyone can need... teaching what needed to be learned for first-time parents. A+ Community!"*

*"I had an excellent experience. The nurse and doctor respected my wishes and were very caring & nice!"*

*"Everyone was amazing – so helpful and caring. I felt more like family and not a patient!"*

*"As far as scheduled deliveries go, we had a great experience! Thank you to all the labor and delivery staff and also the maternity and nursery staff – you were AMAZING!"*



## Did You Know?

CMC patients give our doctors the highest ratings on patient satisfaction surveys – ranking overall satisfaction with physicians on the Women's Health Unit in the 99<sup>th</sup> percentile.

For more information about maternity services or to arrange a tour, please call 732.557.8034.



# Palliative Care Q & A: What You Need to Know

There's a lot of confusion about palliative care – from what it is ... to if and when it's right for you or your loved one. Marianne Holler, MSW, DO, palliative care physician at Community Medical Center, offers insight into palliative care services.

## Q: What is palliative care?

Palliative care is specialized medical care for people with serious illness that focuses on providing relief from symptoms and stress related to these illnesses. This specialized care, which offers emotional and physical support to help patients have the best quality of life, is appropriate at any age and any stage in a serious illness.

Our palliative care team works with patients, their families and physicians to determine the patient's goals of care and develops a treatment plan to help achieve those goals. For example, if a patient says, "I don't want to spend my last months of life in and out of the hospital," we acknowledge that and determine a home-based treatment plan that manages his or her symptoms and alleviates pain.

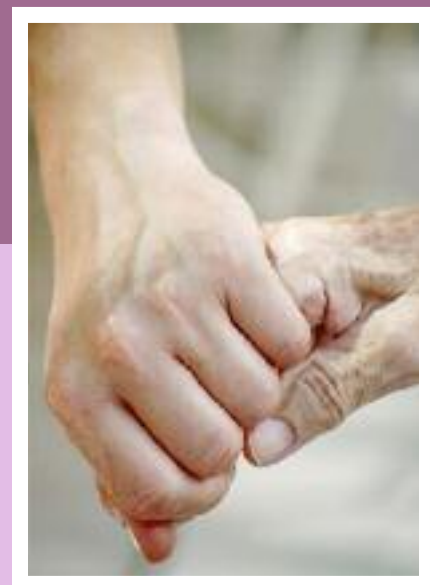
In some cases, the patient's suffering isn't necessarily physical – there can be emotional, spiritual or financial factors that are causing pain or guilt. These factors often make people anxious or uneasy and contribute to suffering. Palliative care can help identify the factors that are causing angst and help the patient and family focus on what is important to them. Palliative care is not about making choices that mean life and death. It is about helping the patient control how they want to live their life with their disease rather than letting the disease dictate how they live.

## Q: Why should people consider palliative care?

Most people don't realize that dying is a process, so they let the illness control them instead of the patient controlling the illness. Palliative care helps people maximize their quality life. Immortality is not an option, so we help patients on their journey, opening a dialogue about their wants and needs and answering their final wishes.

## Q: What is the difference between palliative care and hospice?

Hospice is a specialized form of palliative care that is offered in the last six months of life. Patients with chronic illnesses don't necessarily qualify for hospice. They often begin in palliative care and if their condition worsens, they transition into hospice. However, if an individual's diagnosis is made at a late stage, he or she may go directly to hospice.



**Marianne Holler, MSW, DO**

Department of  
Medicine/Palliative Care

For more information about hospice and palliative care, speak to your physician.

# Catch Up on Your Zzzzs for a Healthier Life

There's little dispute that getting a good night's sleep does wonders for our overall health and well-being. But nearly 70 million Americans suffer from sleep problems and among them about 60 percent have a chronic disorder, according to the National Heart, Lung and Blood Institute.

While lack of sleep leaves many people feeling irritable, tired and less motivated, an ongoing sleep deficiency can take a serious toll on one's health, increasing risk to heart and kidney disease, high blood pressure, diabetes and stroke. There's also another health risk linked to sleep deficiency: obesity.

Daniel Betts, RPSGT, CCSH, supervisor, Center for Sleep Disorders, Community Medical Center, says the majority of patients with sleep apnea are overweight. "Sleep helps maintain a healthy balance of the hormones that make people feel hungry (ghrelin) or full (leptin). When people don't get enough sleep, they are hungrier. This is because the ghrelin level increases and the leptin level decreases."

The Center for Sleep Disorders conducts sleep studies to diagnose and determine the severity of sleep apnea, which may require an overnight stay. The study monitors functions during sleep such as eye movement, muscle activity, heart rate, airflow and blood oxygen levels. One highly effective treatment is continuous positive airway pressure device (CPAP), a mask that fits over the nose and/or mouth and blows air into the airway to keep it open during sleep.

Sleep apnea often goes undiagnosed because it only occurs during sleep. During obstructive sleep apnea, the airway collapses or becomes blocked during sleep. This causes shallow breathing or pauses in breathing which can last from a few seconds up to 1-2 minutes to greater than 100 times an hour.

"Sleep apnea prevents restful sleep and is associated with high blood pressure and cardiac disease," says neurologist and sleep medicine specialist Gerald Ferencz, MD, Medical Director, Center for Sleep Disorders, who is board certified in neurology and sleep medicine. "The goal is to get evaluated and treated before serious health issues come into play."

Tom Roszel, a patient of Dr. Ferencz, describes his experience at the Center for Sleep Disorders as life changing. For years, Tom had many sleepless nights and saw his bed as the "enemy." His weight issues,

high blood pressure and poor diet led to a series of mini strokes. After undergoing two sleep tests at the Center, the Manchester resident was diagnosed with severe sleep apnea. Results from the studies revealed he stopped breathing as much as 50 times per hour; five and lower is deemed acceptable.

Since using the CPAP for the past 1-1/2 years, Tom, 56, is finally getting a good night's sleep. He no longer snores and is much healthier, too. This overall experience inspired Tom to make a lifestyle change. He watches what he eats and has already dropped 35 pounds.

According to Dr. Ferencz, "Tom is on the right track working to control his sleep apnea. By using the CPAP and working to lose more weight he doesn't need to worry about further health complications. By getting down to an ideal body mass index, his sleep apnea may disappear."

Looking back, Tom says his biggest fear was having a stroke and being a burden to his family. Now, thanks to the Center for Sleep Disorders, he's healthier and getting proper sleep.

"I look forward to bedtime – it's no longer the enemy," says Tom.



## Warning signs of sleep complications:

- ✗ Exercise fatigue
- ✗ Waking up with a headache
- ✗ Memory loss/difficulty concentrating
- ✗ Waking up throughout the night
- ✗ Snoring, choking and gasping for air



**Gerald Ferencz, MD**  
Department of Neurology

To learn more about the Center for Sleep Disorders, call 732.557.2798.

## Grateful Patients Touch the Hearts of Our Staff

From exceptional care, an encouraging word or a listening ear, CMC employees, members of the Medical Staff and volunteers are making a difference in the lives of patients every day. And CMC's President and CEO, Michael Mimoso, MHSA, FACHE, is taking note.

Every quarter, CMC holds "I Made a Difference" luncheons, hosted by Mr. Mimoso, to recognize CMC employees, members of the Medical Staff and volunteers who were mentioned in a positive manner in patient satisfaction surveys, letters and social media. In less than a year, over 1,200 people have been recognized by grateful patients and family members.

At the luncheon, patients' positive testimonial quotes are projected on jumbo screens throughout the room. Mr. Mimoso acknowledges staff and physicians for their commitment to CMC and presents each recipient with a special "I Made a Difference Pin" to commemorate their recognition.

Here's what patients are saying about CMC...

*"From the time I arrived, I was treated with respect and care. Every person I encountered was fantastic. My wife and I couldn't have asked for a better experience."*

*"...Debbie and Jillian treated us like family. They were helpful and couldn't do enough to make my husband comfortable..."*

*"I was very impressed with my mother's care at CMC. My doctor and hospital experience was nothing but positive."*

*"My nurse was so calming; she really helped me and understood my illness."*

*Michael Mimoso, President & CEO, joins nurses from the surgical services team (from left) Donna Ruggiero, RN, Leila Bucoy, RN, and Minerva Ferreri, RN, who were honored for recognition from their patients for exceptional care.*





# Meet Our Newest Cancer Services Team Members

## Survivorship Navigator

As an oncology nurse at CMC for 17 years, Cheryl O'Blek understands firsthand what cancer patients are going through. She has overall experience with chemotherapy and radiation – first serving as a floor oncology nurse, then assistant director of the oncology unit, followed by radiation oncology.

Now, as survivorship navigator, Cheryl spends quality time with patients to help ease their worries and offer a sympathetic ear.

“My job is to listen to patients and help direct them to the right path toward their survivorship,” says Cheryl. “It’s a rewarding experience to be in this role where I can work one-on-one with patients and let them know they’re not alone. I also want patients to be advocates for their own care – to understand their cancer treatment and to be fully informed along the way.”

Cheryl begins working with patients when they are first diagnosed, and focuses on the health and life of patients’ cancer post treatment. She educates patients on ongoing symptoms as well as any side effects they may experience from treatment, such as chemo brain, fatigue, and post chemo neuropathy. Cheryl offers nutrition guidance to

help reduce risk of cancer recurrence as well as practical concerns such as social aspects, insurance, relationships and work. She connects patients to holistic resources, including yoga and relaxation classes, massage, Reiki therapy and more.



Serving as a “continuous lifeline” for patients, Cheryl fosters communication between primary care physicians and patients to ensure patients’ health care needs are being met. She provides patients with guidance on follow-up visits such as the oncologist, surgeon and primary care physician.

Cheryl also creates survivorship plans that detail the treatment summary and guidelines for monitoring and maintaining patients’ health.



## Genetic Counselor

People with specific genetic factors are more likely to get some forms of cancer. Our Cancer Risk Evaluation Program can help people find out if they carry such genetic mutations, and guide them in lowering certain increased cancer risk. Kaitlin Kraft, the program’s board certified genetic counselor, works closely with such

patients and their families to educate and support them – and ultimately, to safeguard their health.

As genetic information can be very complex, speciality training has given Kaitlin the expertise to interpret the complexities of genetic testing. “I enjoy helping people understand what this information really means for them.”

Through the Cancer Risk Evaluation Program, Kaitlin meets with people who have a personal or family history of cancer. They review other risk factors, too, such as habits and lifestyle. And Kaitlin educates people about genetics, cancer and how the two are related.

If Kaitlin finds signs of a potential genetic risk factor for cancer, she will talk to the patient about the pros and cons of genetic testing, which is done through a blood test. “I help them through the process,” she explains. “I can give them a personalized risk assessment, and develop a plan to help them manage their care.”

Depending on the person’s risk level and any genetic testing results, Kaitlin may meet with the patient a second time. At that visit, she’ll be joined by physician George Trim, MD, Medical Director, who’s also trained in genetics. He will provide input on the recommended medical strategies to manage the individual patient’s findings.

In some cases, Kaitlin will recommend a yearly follow-up appointment to check on how the patient is doing with their care plan and to discuss any new health information.

Many patients are concerned for children or grandchildren, who may have inherited the same genetic changes. “We can help future generations understand what they need to do in order to lower their own risk,” says Kaitlin.

Moreover, genetic counseling often provides peace of mind. “Sometimes a person thinks they’re at high risk but they’re not, or the risk isn’t as high as they thought. People can really be relieved when they get the right information.”

In other cases, patients are comforted by learning the steps they can take to lower their risk. “We can help patients be proactive,” says Kaitlin. “Once they have the knowledge, there are steps they can take to lower their risk or ultimately prevent cancer.”

For information, please call the Cancer Risk Evaluation Program at 732.557.2154.

[barnabashealth.org/community](http://barnabashealth.org/community)

## Ocean County's First Fitness-Themed Play Pocket Trail Debuts At Jakes Branch County Park

Area children and families can now take advantage of a new fitness-themed nature trail at Jakes Branch County Park in Beachwood thanks to a collaborative effort among Community Medical Center, Ocean County Freeholders, Ocean County Parks and Recreation Department, the National Recreation and Park Association and CBS EcoMedia.

The new trail offers the ultimate experience – integrating play, physical activity, education and socialization.



"This trail is a win-win for Ocean County children as good health and staying active go hand-in-hand," says Michael Mimoso, MHA, FACHE, President and Chief Executive Officer, Community Medical Center. "What a better way to inspire children to be active by making exercise fun in a natural setting."

The first of its kind in New Jersey, the Jakes Branch County Park Play Trail is designed with play components such as the "Tilted Spinning Leaf Seat," the "Caterpillar Crawl-Through" and the "Three-Cell Honeycomb," all of which help to provide users with a sense of discovery, an appreciation of the environment and a sense of community.

Jakes Branch County Park is located at 1100 Double Trouble Rd., Beachwood.