

A Publication of  
JERSEY CITY MEDICAL CENTER

FALL 2018

# healthy *together*



**A NEW STATE OF HEALTH  
FOR YOU & YOUR FAMILY**

**EMERGENCY!  
WHAT TO KNOW**

**'MY NICU  
MIRACLE BABY'**

**RELIEF FOR  
ACHING KNEES**

# A New State of HEALTH

At its heart, healthcare is about people: about you and your family, your doctors and other members of your care team. Supporting that care are researchers—people with minds curious and rigorous enough to help determine which treatments work best and to discover new ones.

At RWJBarnabas Health, we stand for all those people—every single member of each community we serve. With our new partner Rutgers University, one of the nation’s leading public educators, we’re creating a new state of health in New Jersey. Together, we’re building a network of the best minds to deliver unparalleled patient care, to train the next generation of exceptional medical professionals, and to grow our shared commitment to groundbreaking research. Our goal is simple: for you and your loved ones to have access to the highest quality care in the nation.

Jersey City Medical Center, an RWJBarnabas Health facility, is the only hospital in Hudson, Union or Essex counties to receive Magnet Nursing re-designation for a third consecutive time. Nursing’s progress at JCMC, in partnership with outstanding physicians and other healthcare professionals, is steadfast, with a strong commitment to improving patient outcomes, enhancing the patient and family experience with compassionate care, and supporting continued professional growth of all nurses.

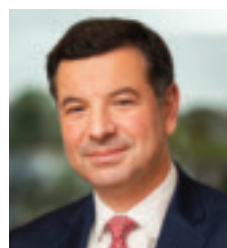
Where you get your healthcare matters. With this magazine, we’ll share what we stand for and how our values are positively impacting the health of individuals and entire communities. We hope you enjoy reading more about what we’re doing—and its importance to your health—in the pages of this new quarterly publication, *Healthy Together*.

Yours in good health,

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



**MICHAEL PRILUTSKY**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
JERSEY CITY MEDICAL CENTER



## HEALTH NEWS

# 18



The percentage increase in stroke risk for folks who don’t eat breakfast versus those who do. Experts think it may be because eating helps prevent spikes in blood pressure. So how do you like your eggs? —STROKE



### MEDITATE FOR BETTER SLEEP

You know meditation reduces stress and improves concentration, but did you know that it helps you sleep better? A study found that mindfulness meditation improved sleep quality among its participants.

—JAMA INTERNAL MEDICINE

# SAY thank you :)

Study participants who took part in a 5-minute practice of reflecting on what they’re thankful for were shown to have spikes in immunoglobulin A, an antibody responsible for fighting off viruses.

—JOURNAL OF ADVANCEMENT IN MEDICINE

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355 Grand St., Jersey City, NJ 07302  
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# healthy *together* contents

FALL 2018



20



18



5



22



6



9

- 2. WELCOME LETTER.**  
A community update from our CEOs.
- 4. NEW LIFE, NEW HOPE IN THE NICU.** A “rainbow baby” brings healing after loss.
- 5. TAKING HEALTHY EATING TO HEART.** Heart disease risk is high in the South Asian community—and raising awareness is key.
- 6. NO TIME FOR KNEE PAIN.** An orthopedic surgeon’s step-by-step approach for ache-free knees.
- 8. HEART AND SOLE.** A mother’s lesson, and a significant gift to JCMC.

- 9. A NEW STATE OF HEALTH FOR NEW JERSEY.**  
What the partnership of RWJBarnabas Health and Rutgers means for you and your family.
  - Latest treatments close to home—page 10
  - Reinventing the patient experience—page 11
  - Top medical minds team up—page 12

- 13. BACK ON TRACK.** A young athlete recovers from drastic knee injuries.
- 14. FIGHTING SUBSTANCE USE DISORDERS.** More people seek treatment, thanks to an innovative peer-counseling program.
- 15. KEEP YOUR KIDNEYS HEALTHY.** Tame high blood pressure before kidney damage occurs.
- 17. BACKPACK TO THE FUTURE.** Local kids get a healthy school sendoff.
- 18. WARNINGS WELL HEHEDED: THE STORY OF A TRIPLE BYPASS.** Good luck, good habits and excellent local care saved a Jersey City man’s life.
- 20. FRIEND, NEIGHBOR AND LIFESAVER.** A dedicated EMS team—and world-class emergency services—serve Bayonne, Jersey City and surrounding communities.
- 22. COMMUNITY EVENTS: OUT AND ABOUT AND AT YOUR SERVICE.** Jersey City Medical Center supports its community in all kinds of ways.

Ryan, Miles and Dina Bradley



**TO LEARN MORE:** The NICU at JCMC is the region's only state-designated perinatal center. For more information, call 201-915-2330.

# NEW LIFE, NEW HOPE IN THE NICU

## A "RAINBOW BABY" BRINGS HEALING AFTER LOSS.

A rainbow is often considered a symbol of hope. It's fitting, then, that a child born after a miscarriage, stillbirth or infant loss should be called a "rainbow baby." For Rutherford resident Dina Jo Bradley and her husband, Ryan, their own "rainbow baby"—2-year-old son Miles, who was born at Jersey City

Medical Center (JCMC)—has brought much joy after the tragic loss of their infant daughter, Adelyn, who died in the Neonatal Intensive Care Unit (NICU) at a different hospital in 2014.

"I think having Miles really healed us," says Dina, who works as a certified surgical technologist at JCMC. "I also think losing

my daughter prepared me for Miles. She taught us to be strong."

The pregnancy with Adelyn was a difficult one due to Dina's development of preeclampsia, a pregnancy complication marked by high blood pressure. After a scan showed that the baby was not growing properly, Dina underwent an emergency C-section at 27 weeks. Adelyn lived just one month, ultimately succumbing to an infection.

### CARE AND COMPASSION

Eventually, the Bradleys were ready to try for a second child, but they knew they could be facing another high-risk pregnancy. Opting to have their next baby at JCMC, the couple began consulting with a team of specialists. "On one level, mentally and emotionally you're never really prepared to do the NICU process all over again," Dina says. "But when it came to the medical side of things, this time we were very, very prepared."

Dina once again developed preeclampsia during her pregnancy with Miles, who was born at 30 weeks in June 2016, weighing 2 pounds, 4 ounces. After that, she says, "the NICU staff became our family.

"They really believe in educating parents, and they want you to spend as much time as you can with your baby. A neonatologist was always around to answer questions, and all of the nurses were hands-on and willing to help out."

Miles left the NICU after about two months, then received physical and occupational therapy at JCMC to help him learn to walk and overcome any delays. Today, Miles is a "healthy, typical toddler," Dina says.

Dina hopes that by sharing her story, she can help families who have experienced infant loss. "Don't lose hope," she says. "Things will get better each day, and no matter what, you'll always be someone's mom or dad."





JCMC's Red Sari event helped raise awareness of heart disease.

# TAKING HEALTHY EATING TO HEART

**HEART DISEASE RISK IS HIGH IN THE SOUTH ASIAN COMMUNITY—BUT KNOWLEDGE IS A POWERFUL PREVENTIVE TOOL.**

With a cuisine that uses plenty of vegetables and grains and spices, South Asians would seem to have an advantage when it comes to heart health. However, South Asian people in the U.S.—whether immigrants or born here—have a four times higher risk of heart disease than other Asians and people of European ancestry, according to the American Heart Association.

“Typical cardiovascular risk calculators used to estimate cardiac risk have been shown to underestimate cardiovascular risk in South Asians,” says Pragnesh Gadhvi, MD, FACC, an Interventional Cardiologist at Jersey City Medical Center (JCMC). One example of this is the body mass index (BMI) score, a measure of body fat based on height in relation to weight. “A BMI greater than 25 indicates being overweight, but for a South Asian, that score should be less than 23,” Dr. Gadhvi says. Other chemical markers not often used in standard evaluations are also uniquely prevalent in South Asians and associated with increased cardiovascular risk.

There have been limited studies and mostly speculation as to the exact reason for the increased risk of cardiac disease for South Asians. Dr. Gadhvi says it's likely a combination of genetics and diet. “In addition, as diabetes has been on the rise globally, there has been a dramatic increase in India,” he says. “Years of untreated insulin resistance may be contributing to premature and aggressive patterns of heart disease.”

To help raise awareness of the issue, Jersey City Medical Center recently hosted a Red Sari gala, co-organized by Dr. Gadhvi. Event organizers created “Red Sari” as an acronym for Recognize, Educate, Determine, Screening, Advise, React and Improve. Plans for another Red Sari event are in the works.

For more information on JCMC outreach to the South Asian community, call 201-915-2448.

## EATING WELL

Try this low-sodium recipe with the taste of South Asia.



### CURRIED BEET SOUP WITH TANDOORI CHICKPEAS

#### INGREDIENTS:

- 1 can chickpeas, low sodium
- 2 Tbs. coconut oil, divided in two
- 2 Tbs. tandoori masala spice mix
- 2 shallots
- 2 cloves garlic
- 1 Tbs. minced fresh ginger
- 6 beets, roasted, peeled, chopped
- 1 Tbs. curry powder
- ¼ tsp ground cinnamon
- ½ tsp each ground turmeric, cumin
- ¼ tsp cayenne pepper
- 1 can light coconut milk
- ½ cup low-sodium vegetable broth
- Optional: cardamom and coriander to taste

#### DIRECTIONS:

- Preheat oven to 375 degrees. Rinse chickpeas and place in bowl. Add coconut oil and masala and toss to combine. Spread on cookie sheet and roast 20-25 minutes until brown.
- In soup pot, sauté shallots, garlic and ginger 2 minutes in oil. Add chopped beets, curry, cinnamon, turmeric, cumin, cayenne. (Cardamom and coriander optional.) Cook 4 minutes, stirring occasionally to blend spice.
- Add coconut milk and broth. Boil 15 minutes.
- Puree until creamy and smooth. Serve soup in bowl with a generous amount of tandoori chickpeas and fresh cilantro as a garnish.

YIELD: 6 SERVINGS

NUTRITION FACTS: CALORIES 212, PROTEIN 6G, FAT 11G, CARBOHYDRATE 25G, FIBER 6G, SODIUM 287MG

Recipe by Karen Basedow, MS, RD, CDE, RWJBarnabas Health



To learn more about the Orthopedic Institute at Jersey City Medical Center, call 844-63-ORTHO or 844-636-7846.

# NO TIME FOR KNEE PAIN

AN ORTHOPEDIC SURGEON TAKES  
A STEP-BY-STEP APPROACH  
FOR ACHE-FREE KNEES.



When Leigh Carr comes home from her job, she can look forward to a big greeting. “I have four dogs, all rescued mutts, and they love to jump on me,” Leigh says. Walking and playing with them keeps her active, as does caring for her 11-year-old daughter.

“I love my kid and I love my dogs, and also my four cats,” says Leigh, an executive at a major real estate and development company in Hudson County. “It’s a lot to take care of them, and you can’t do it when your knee bothers you. When I’d come home with my knee aching, I would just not want to hear it from anybody—dog, kid or wife.”

Knee pain had long been an issue for this lifelong athlete, whose sporting career began before people were playing close attention to injury prevention. “When I played basketball when I was younger, it was unladylike to wrap your legs and ankles or wear kneepads,” Leigh says. “You just muscled through the pain.” She ran, golfed and played and coached basketball well into her 40s, but the activity took its toll in the form of arthritis.

Leigh had her left knee replaced more than a decade ago at a hospital in New York. Over the years, her right knee became increasingly painful and prone to locking up. Last fall, on the advice of a good friend, she made an appointment with Frank Liporace, MD, an orthopedic surgeon with Barnabas Health Medical Group and Vice Chairman of the Department of Orthopedics at Jersey City Medical Center (JCMC).

## A JUDICIOUS DIAGNOSIS

“Some people have the misconception that when you go to an orthopedic surgeon at age 60, you’ll immediately be scheduled for a knee replacement,” Dr. Liporace says. “In

fact, there are a number of steps we take first to decipher what the problem is, and then there is a whole range of care we can offer.”

Even before an X-ray is done, the doctor takes



FRANK LIPORACE, MD



Leigh Carr takes a stroll with her wife, Dr. Audra Schulman, dog Ranger and daughter Amelia Schulman-Carr in their Jersey City neighborhood.

a history that can provide information about whether the issue is a ligament, joint cartilage or meniscus problem—or a combination. “In addition to learning what symptoms the patient is experiencing, we consider what result she has had from prior treatments,” Dr. Liporace says.

After a diagnosis is made, a customized plan of treatment is created. “There was a mentality 20 years ago that you start small and work your way up to more invasive treatments,” Dr. Liporace explains. “Now we know that it’s very important to tailor how invasive we get based on a patient’s need. For some patients, total knee replacement is called for, and less invasive steps would not be appropriate. For many patients, however, that’s not the case.”

Non-surgical treatments can include medications, such as oral or topical anti-inflammatories, or injections that may be cortisone- or hyaluronic acid-based. Physical therapy to balance muscles related to the knee may also be prescribed. If those aren’t effective, arthroscopy—a minimally invasive technique for knee surgery—is an option.

Leigh Carr’s examination showed mild problems with the joint and also problems with the meniscus cartilage. Injections bought her some pain-free time—and were mission-critical during a trip to Disney World with her wife and child.

Eventually, however, a tear in her

meniscus required arthroscopy. Later on, more joint-cartilage problems became painful. Leigh was scheduled for a right knee replacement at JCMC.

## CARE CLOSE TO HOME

“I’m a born-and-raised Hudson County girl,” Leigh says. “If you had told me 10 or 15 years ago that I’d be having knee surgery here, I’d have laughed at you. It used to be that you automatically went to New York City for any kind of specialized surgery.”

“We can offer the whole gamut of care, following all of the evidence-based medicine available, using all the technologies available in 2018—without patients having to leave their home state,” says Dr. Liporace. “We have it all here, along with some of the shortest length of hospital stays and lowest complication rates in the area.”

“The sheer cleanliness and newness of the hospital is amazing, and the care is wonderful,” Leigh says. “I had the same level of care as I ever got in New York. I didn’t have to go through the trouble of traveling, and my friends and family didn’t have to hump through the tunnel to see me.”

After a series of physical therapy sessions, Leigh expects to be fully functional and active—for work, family, fitness and pets—in time for the end-of-year holidays. “When my friend recommended I see Dr. Liporace,” she says, “I’m so glad I listened.”



From left, Joseph Scott, Executive Vice President, Health Care Transformation, RWJBarnabas Health and JCMC Foundation Trustee; Suraj Kaufman, Sneaker Room CEO and JCMC Foundation Trustee; and Steven Fulop, Jersey City Mayor.

# HEART AND SOLE

**A MOTHER'S LESSON LEADS HER SON TO A SNEAKER BUSINESS—  
AND TO A SIGNIFICANT GIFT TO JCMC.**

**W**hen Suraj Kaufman was a preteen growing up in Jersey City, he asked his mother if he could get the new Jordan 7 Bordeaux sneakers. The price, however, was more than the family's monthly rent, and the answer was no.

In 2006, Kaufman's mother was diagnosed with cancer. Not long afterward, she passed away. Before she died, though, she purchased something for him, which her son received after her

death—a gift of Nike stock, with a note that read "To Suraj: Here's a piece of Nike you won't wear out. Love, Mom." He took the gift as an encouragement to follow his passion.

That note now proudly hangs in Kaufman's office at the company he leads, Sneaker Room. The company has two locations, one in Jersey City and one in Bayonne, and carries sneakers, clothing and accessories for men, women and children. Kaufman continues to honor

his mother's legacy not only by pursuing his passion, but through a wide range of philanthropic activities in Jersey City. "My mom taught me at a very early age that you have to give back," he says.

## HELPING OTHER MOTHERS

Kaufman is now a board member at the Jersey City Medical Center (JCMC) Foundation, which supports programs, services and research at JCMC through philanthropic gifts. Using his own unique gifts, Kaufman recently partnered with star Boston Celtics point guard Kyrie Irving to create a limited-edition Nike Kyrie 3 Sneaker Room "Mom" Edition. The shoes pay tribute to both Kaufman's mother, Ellen, and Irving's mother, Elizabeth, who died from skin cancer when he was 4 years old. Among other design details, the tongue portion of the shoe has the initials "E.K." and "E.I." and the insoles say "I Love You, Mom."

Two versions of the "Mom" Kyrie 3 were produced, and the sneaker was debuted at a Celtics game in November 2017. Just in time for Mother's Day 2018, Kaufman donated \$80,000 from the sales proceeds to JCMC for programs and services offered to mothers. "Moms give so much to us; they give themselves for us," Kaufman says. "I really wanted to do something that would honor them."

"We're eternally grateful to Suraj Kaufman for his advocacy, influence and continued support of Jersey City Medical Center through this generous gift," says Joseph Scott, Executive Vice President, Health Care Transformation at RWJBarnabas Health. "As someone who was born and raised in Jersey City, Suraj continues to make a direct impact on our patients and the local community through his philanthropic support."

To learn more about the JCMC Foundation and volunteering opportunities at JCMC, visit [rwjbh.org/giving](http://rwjbh.org/giving).



# A NEW STATE OF HEALTH

## FOR NEW JERSEY, THE NATION, THE WORLD

### WHAT THE UNPRECEDENTED PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS UNIVERSITY MEANS FOR YOU.

The state's largest integrated health system, RWJBarnabas Health, and Rutgers University, one of the nation's leading public research universities, have formed a groundbreaking partnership that will increase access to care and reduce healthcare disparities, while advancing health science discovery and innovation. RWJBarnabas Health will make a significant investment in recruiting and retaining the nation's finest doctors, researchers and medical students. That means more expert physicians to care for patients and more clinical trials to find better treatment options. Moreover, everyone on this dynamic new team has a mission to deliver excellence in every area of the patient experience. Altogether, the partnership means a transformation of the way healthcare is delivered in New Jersey.

That's the big picture. What's the personal picture for you and your family? You'll be able to get compassionate, world-class care without having to travel far from home. In the following pages, we'll share more good news about what this partnership means for you.



### PARTNERSHIP BY THE NUMBERS



To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



Committed by RWJBarnabas Health to encourage Rutgers medical students to remain in New Jersey and provide care to its residents



Physicians and providers (2,500) and staff (3,000) under the direction of the new Combined Medical Group



Patient visits conducted by RWJBarnabas Health and Rutgers, combined, in 2017



# KNOWLEDGE IS POWER

## HOW IN-STATE CLINICAL RESEARCH CONNECTS TO BETTER CARE FOR NEW JERSEY PATIENTS.

If you've read or watched anything about medical care in recent years, it's clear that the field of medicine is always advancing. How do medical treatments improve? Through clinical research or clinical trials. Doctors, nurses and scientists gather information through personal interaction with patients, or through collection of blood, tissue or data, to find new and better ways to detect, diagnose, treat and prevent disease.

When this research takes place in New Jersey, residents have the ability to participate in those clinical trials, and to be among the first patients to benefit from new treatments. Those opportunities will increase dramatically as a result of the RWJBarnabas Health/Rutgers partnership, which will double the Rutgers research portfolio—already the largest in New Jersey—and make it possible to hire about 100 new high-caliber principal investigators (lead researchers).

To learn more about this historic partnership, visit [www.RutgersRWJBHtogether.org](http://www.RutgersRWJBHtogether.org).

### EXPANDING CANCER CARE

The Rutgers Cancer Institute of New Jersey offers a prime example of how the partnership between Rutgers and RWJBarnabas Health will enhance both clinical research and patient care. Under the new partnership, Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-designated Comprehensive Cancer Center—is now able to more easily provide patients with greater access to outstanding cancer services and clinical trials close to home.

“For many cancers, standard therapy may not be sufficient to have the greatest success for an individual patient,” says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services for RWJBarnabas Health and Director of the Rutgers Cancer Institute of New Jersey. “We're constantly



STEVEN K. LIBUTTI, MD, FACS

looking for the next generation of therapies that will be more effective, and the only way we make those discoveries is through the conduct of clinical research.” Immunotherapy, in which a person's immune system can be used to fight cancer, is just one of many cutting-edge areas of study at Rutgers Cancer Institute.

### ACCESS EVERYWHERE

Thanks to the new partnership, more cancer patients will have access to the most advanced care. Rutgers Cancer Institute will leverage telemedicine and video conferencing to bring experts at different sites together with patients. “We're also expanding the number of patient navigators we have in our program,” says Dr. Libutti. “These navigators are essentially partnered with a patient from the moment of diagnosis throughout his or her care. They can make certain the patient goes to the closest facility that has the capability to address that patient's particular cancer problem with exceptional treatment.”

For New Jerseyans who have cancer, home is where the care is. “The significance of this partnership is really our ability to bring cutting-edge therapies, state-of-the-art technologies and world-class physicians directly to patients in their own community,” Dr. Libutti says. “We strongly believe in the notion that cancer does not travel well. No patient in New Jersey has to travel out of state to get the most advanced and exceptional cancer care.”

To learn more about RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, visit [rwjbh.org/cancer](http://rwjbh.org/cancer).



For a referral to a Combined Medical Group physician, visit [rwjbh.org/medicalgroup](http://rwjbh.org/medicalgroup) or [rutgershealth.org](http://rutgershealth.org).



# CARING WITH PURPOSE

**A NEW VISION FOR HEALTHCARE UNITES PROVIDERS AND PATIENTS.**

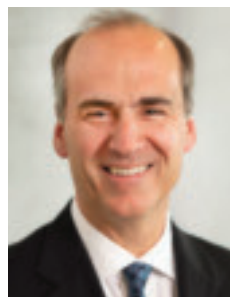
**W**hen many hearts and minds work with one purpose, healthcare can be transformed.

That's the guiding idea behind the Combined Medical Group, a joint physician practice that will be a key part of the partnership between RWJBarnabas Health and Rutgers.

"Having a shared purpose, a vision and a set of core values excites our employees and physicians and other healthcare professionals," says Andy Anderson, MD, MBA, Chief Executive Officer of the Combined Medical Group. "They want to be part of something

that's going to help define the future of healthcare."

RWJBarnabas Health and Rutgers are engaged in a partnership, not a merger, so each remains a separate institution. The



**ANDY ANDERSON, MD, MBA**

practitioners at RWJBarnabas Health and the faculty practice of Rutgers-employed healthcare professionals (including physicians, dentists, psychologists,

nurses, pharmacists and others) will collaborate and innovate as a team. The Combined Medical Group will include approximately 5,500 physicians, providers and staff.

## VISION INTO REALITY

In order to integrate their efforts seamlessly, the group needs a common purpose. "We're focused on three areas," explains Dr. Anderson, who comes to the partnership from a similar role at Aurora Health Care in Wisconsin. "Those areas are: making sure we put patients first, valuing each member of the healthcare team and improving the health of the communities we serve."

That three-part purpose has to touch every aspect of the patient's experience, Dr. Anderson believes. "Healthcare is not only about hospitals. It's also about office practices, home-care services, access to medications and more," he says. "We want to better connect all those pieces and parts to make it easier for patients."

The effort will include a review of the electronic medical records system. "In the future state of the health system, a patient will be able to look at their medication list or next appointment, get reminders or get lifestyle recommendations, all through a single portal," Dr. Anderson says.

## A FOCUS ON WELLNESS

The vision also includes focusing more attention on helping patients stay well. For example, having staff and providers talk more with patients about lifestyle habits can give them better control over chronic diseases like diabetes.

Though the goals of the Combined Medical Group are ambitious, they are also, in a way, simple. "We want to be the health system where patients want to get care," Dr. Anderson says, "and where people want to work."



# GREAT MINDS, BIG HEARTS

**THE RWJBARNABAS HEALTH/RUTGERS PARTNERSHIP OPENS THE DOOR TO NEW CENTERS OF EXCELLENCE—INCLUDING A GROUNDBREAKING NEUROSCIENCES ENTERPRISE.**

Many critical conditions fall under the scope of a neurosurgical team: stroke, concussion, trauma to or infection in the brain or spine, and more. While Rutgers and RWJBarnabas Health already place among the top tier of neurosurgical care providers, their partnership is allowing the creation of a neurosciences institute of global renown.



**ANIL NANDA, MD, MPH**

“This is a unique opportunity to build a truly world-class center,” says Anil Nanda, MD, MPH, the newly appointed Senior Vice

President of Neurosurgical Services for RWJBarnabas Health. Dr. Nanda also will serve as Professor and Joint Chair of the Department of Neurosurgery at both Rutgers-Robert Wood Johnson Medical School and Rutgers-New Jersey Medical School. He comes to his role from Louisiana State University Health Sciences Center—Shreveport, where he built an internationally known department of neurosurgery.

## FOCUSED ON QUALITY

“Our challenge here in New Jersey is to build on different cultures in the medical schools and in different hospitals and create a unified system,” Dr. Nanda says. Among his top priorities are to look at safety; to identify whether all sites have the cutting-edge technology they need;

and to do a sophisticated data analysis of outcomes. “We’ve hired a biostatistician and an epidemiologist to help us create a neurological dashboard to look at safety and quality issues across the system,” he explains.

While good data and technical expertise are critical, they’re only part of successful neurosurgical care, Dr. Nanda says. “We want to do this in a compassionate setting, to treat patients like we would want our families treated,” he says.

Public health outreach on topics like concussions and stroke will be a priority, as will looking at ways to eliminate disparities in healthcare. “We want to make sure patients get very good care, even if they live in communities that are economically challenged. That’s very important to me personally,” Dr. Nanda says. “And I feel strongly that in the neurosurgical services line, a rising tide brings healthcare up for all people in New Jersey. That’s why this is a magnificent partnership, with a strength in numbers that will allow us to provide excellent care to all.”

To learn more about neurological services, treatment and care at RWJBarnabas Health, visit [rwjbh.org/neuro](http://rwjbh.org/neuro).



## A SPORTS SLAM DUNK

RWJBarnabas Health and Rutgers University have partnered to develop an outstanding sports medicine program for Rutgers athletes, students and faculty, as well as for communities throughout New Jersey. The combined effort includes a new state-of-the-art athletic facility, the RWJBarnabas Health Athletic Performance Center, scheduled to be completed in July 2019.





"Omar was very motivated and upbeat in physical therapy," Dr. Fantasia says.

# BACK ON TRACK

**A YOUNG ATHLETE TAKES A DEVASTATING FALL AND GETS BACK UP—WITH THE HELP OF CHILDREN'S SPECIALIZED HOSPITAL.**

Last April, Omar Shehabeldin, 14, was running for a school bus when he felt a "pop" in his knees and fell—hard. Instead of going to a track meet as he'd planned, he was taken to the Emergency Department at Robert Wood Johnson University Hospital New Brunswick. Both knees appeared to be broken.



MICHELE FANTASIA, MD

In fact, the tendon that

connects the patella (kneecap) to the tibia (shin bone) had basically torn off in both legs. The tendons had to be surgically reattached with a type of hardware that looks like nails.

What had happened to cause such drastic injuries to the athletic Omar, who as a high school freshman was already a standout on the football team?

In fact, his family had long known he had Osgood-Schlatter disease, a not uncommon cause of knee pain in children. Bones, muscles and tendons change rapidly during growth spurts, and physical activity puts extra stress on them. "It started when Omar was younger," says his mother Aliaa Gouda. "When he got on the floor to pray with his father, he would complain that his knee hurt. The doctor told us that he would outgrow it, as most children do." Unfortunately, Omar was an exception.

## WORKING IT

After surgery, Omar was sent to Children's Specialized Hospital in New Brunswick for rehabilitation. "We stayed in close touch with the pediatric orthopedic surgeon, Dr. Stephen Adolfsen, who wanted to be sure the knee bones and patella had really fused before Omar began to bear weight on his legs," says Michele Fantasia, MD, a specialist

in pediatric rehabilitation medicine at Children's Specialized Hospital. "We worked with Omar on upper body and upper extremity training and core strengthening, all while he was in a special wheelchair that elevated his legs." In June, Omar was cleared to walk with braces. In therapy, he began to bend his knees, bit by bit.

Omar was fortunate to have the considerable resources of Children's Specialized, which include recreational therapy activities, water therapy and a therapy dog named Burton. "Our staff has experience in all developmental stages, and we are equipped with multiple therapeutic modalities," Dr. Fantasia says.

Omar was discharged on June 21 and continues to go to the hospital for outpatient rehab. "Everybody at that hospital works with so much heart. It is a great place," his mother Aliaa says. "In fact, we're going to go back and volunteer to help people there."

To learn more about Children's Specialized Hospital, call 888-244-5373.

# NEW WAYS TO FIGHT SUBSTANCE USE DISORDERS

AN INNOVATIVE PEER RECOVERY PROGRAM HELPS PEOPLE OPEN A WINDOW TO RECOVERY.

For information about placement into treatment for yourself or a loved one, call the State of New Jersey's IME (Interim Managing Entity) at 844-276-2777.

A hospital patient who has a substance use disorder may feel many things: fear, anger, loneliness, shame. What he or she may not feel is ready to accept help.

"That's where the magic of our Peer Recovery Program comes in," says Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery (IFPR). Peer Recovery Specialists—highly trained individuals who are in long-term recovery from their own substance use disorder—are available 24/7 at participating RWJBarnabas Health Hospitals through the Peer Recovery Program (PRP).

"Recovery Specialists are the best people to assess where this patient is at and how to engage him or her, because they've been in that bed," Greene explains. "That's a great relief for a person who may be isolated and may have exhausted relationships and resources."

For more information about the Institute for Prevention and Recovery, visit [rwjbh.org/preventionandrecovery](http://rwjbh.org/preventionandrecovery).

The goal of a Peer Recovery Specialist—one that often takes some time to achieve—is to get the person to agree to go to the next appropriate level of care, and to help him or her navigate the steps needed to maintain recovery.

## NEW TACTICS FOR AN EPIDEMIC

In 2016 and 2017 alone, approximately 2,200 New Jerseyans died of overdoses. As part of the effort to reverse the tide, the IFPR staff has, with the help of state funding, gone from about 30 employees to about 160 over the past two and a half years.

The Peer Recovery Program is one of the innovative tactics the IFPR is using in its fight. In the past, patients who were brought to an emergency room with an overdose were given NARCAN to reverse the overdose, then sent on their way. Since 2016, participating RWJBarnabas Health hospitals have integrated Peer Recovery Specialists into ER teams, where they follow up with the patient and provide continuing support.



CONNIE GREENE, VP, IFPR

Now the Peer Recovery Program is functioning on medical floors as well. "Federal statistics tell us that between 9 and 10 percent of the population has a substance use disorder," Greene says. "So if you follow the data, up to 10 percent of the patients in our hospitals are affected."

Formerly, when a patient who was in the hospital for a different reason presented signs of a substance use disorder, physicians were often at a loss about how to proceed. Now Peer Recovery Specialists can be called in to come to the bedside, offer an intervention and guide the patient to the care that's needed.

"It's a very, very difficult job, but there is also the joy of holding someone's hand as they move into recovery," Greene says. Of the 5,500 people the Peer Recovery Program has interacted with, 85 percent have accepted recovery support services.

The blessings ripple out to family members as well. "Every morning when I see the whites of my son's eyes and hear him say 'Hi, Mom,' I want to cry, and then call you to thank you," one mother wrote to the Recovery Specialist who worked with her son. "May peace be with you on our journey as well—one day at a time."





# KEEP YOUR KIDNEYS HEALTHY

## TAME HYPERTENSION BEFORE KIDNEY DAMAGE OCCURS.

**T**he heart beats steadily, creating pressure that moves blood through the body to nourish tissues and organs.

But when that pressure is too high—a result of obesity, genetics or other factors—the walls of blood vessels are damaged. They get weaker, narrower or harder.

Over time, the force of high blood pressure, or hypertension, can impair the arteries' ability to deliver sufficient blood to the

kidneys. In turn, kidneys can't fully perform their critical function of removing waste products and excess fluid from the body.

"There is a clear relationship between hypertension and renal failure that many



M. ISABEL ROBERTI, MD, PHD



RICHARD MANN, MD, MS

## THE NATION'S #1 LIVING DONOR KIDNEY TRANSPLANT PROGRAM

Humans need only one kidney, so a person with two healthy kidneys can donate one of them to a desperately ill patient. Many people do just that, thanks to the world-class Living Donor Kidney Transplant program at Saint Barnabas Medical Center, which is ranked number one in the country. To learn more about kidney transplants or the Living Donor Institute at SBMC, visit [www.rwjbh.org/sbmcckidneytransplant](http://www.rwjbh.org/sbmcckidneytransplant).



At right: The care team from the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center.

To learn more about kidney transplant services at RWJBarnabas Health, visit [www.rwjbh.org/kidneytransplant](http://www.rwjbh.org/kidneytransplant).

people may not be aware of," says Richard Mann, MD, MS, Medical Director of the Renal and Pancreas Transplant Program at RWJUH New Brunswick and Rutgers Robert Wood Johnson Medical School. "In many cases, hypertension plays a role in the progression of injury to the kidney and, in some cases, hypertension is the primary cause of renal injury."

### A COMMON PROBLEM

More than half of the U.S. population over age 20 has high blood pressure, and an estimated 3.5 percent of children and teens have it as well. "For a long time, pediatric hypertension was an under-recognized problem," says M. Isabel Roberti, MD, PhD, Director of the Children's Kidney Center at Saint Barnabas Medical Center. "Now the recommendation is for blood pressure screenings to begin as early as age 3."

A "silent" disease, hypertension can go undetected without regular screening. "The earlier we catch hypertension, the better," says Dr. Roberti. "Damage due to high blood pressure in children and teens is reversible, and action now can prevent their having kidney problems as adults." The good news is that, in both children and adults, hypertension is treatable with a multi-pronged approach including medication, diet changes and exercise.

# A New **State of Health** for **NEW JERSEY**, for the **NATION**, for the **WORLD**

## **RWJBarnabas Health and Rutgers University launch the state's largest academic health system**

With the partnership of RWJBarnabas Health and Rutgers University, it is the dawn of an incredible new era in health.

Jointly, RWJBarnabas Health and Rutgers University will operate a world-class academic health system dedicated to high-quality patient care, life changing research and clinical training of tomorrow's health care workforce. By partnering, these two higher education and health care industry leaders will improve access to care and reduce health disparities in New Jersey and across the nation.

At the center of all of this are the patients who will benefit from increased access to a world-class academic health system, clinical innovation, groundbreaking research and newly developed centers of excellence, as well as more providers that families need to manage their health and wellness.







# BACKPACK TO THE FUTURE

**JERSEY CITY STUDENTS WERE WELL PREPARED FOR A HEALTHY SCHOOL YEAR, THANKS TO JCMC-GREENVILLE.**

Success for students starts with a healthy body, healthy attitude, and the right tools for school. Jersey City Medical Center (JCMC) at Greenville, in partnership with the City of Jersey City and local community organizations, aimed to provide all of the above to area students at the third annual Backpack of Health Wellness Fair.

The fun-filled family day included food, music, a jump-rope exhibition, a tour of an ambulance—and lots of good health advice. More than 700 children, families and community members were in attendance. Free screenings were available, including tests for blood pressure, blood glucose, weight/BMI (body mass index), HIV and hepatitis C.

JCMC-Greenville services were represented by: Children's Specialized Hospital—RWJ; Special Child Health Services; Medical and Social Services for the Homeless (MASSH); Center for Comprehensive Care (HIV awareness and testing); and Charity Care Assistance program.

## A COMMUNITY EFFORT

Because the health, safety and well-being of children are so important to the Jersey City community, organizations,

agencies and elected officials turned out in force for the festival. Congressman Donald Payne, Jr., Assemblywoman Angela McKnight and Ward F Councilman Jermaine Robinson greeted the crowd. Community vendors such as AngelaCARES, Hudson Pride, PACO and the Urban League of Hudson County provided valuable health-related resources and giveaway items. The Hudson County Sheriff's Office, Jersey City Fire Department and Jersey City Health Department also attended to share information and show support.

"This event is just another example of how Jersey City Medical Center continues to serve our local community and invest in the future of our community beyond the walls of the hospital," says Michael Prilutsky, CEO of Jersey City Medical Center.

For many, the highlight was unquestionably the distribution of nearly 600 backpacks filled with necessary back-to-school supplies, including folders, notebooks, stickers and more. The backpacks thrilled kids and eased the back-to-school financial burden on families. They also helped inspire the school-age students. Said one satisfied young recipient, "I want to do homework, and I want to pass to go to high school and to college."

Top left, Whitney Bracco (far left), Director of Operations, JCMC-Greenville; Michael Prilutsky (center, white shirt), President and CEO, JCMC; Irene Borgen (far right), VP, JCMC Ambulatory Care Network. Top right, Bracco; Jermaine Robinson, Councilman; Angela McKnight, Assemblywoman; Congressman Donald Payne, Jr.; Prilutsky; Borgen; and Robert Winston, VP, Behavioral Health. At left, students from New Life Dream Academy.

The Jersey City Medical Center at Greenville, located at 1825 John F. Kennedy Boulevard, has a unique array of services intended for families who need it most, including children with special needs and those who require charity or housing assistance. For more information, call 201-204-0004.



# WARNINGS WELL HEADED: THE STORY OF A

# TRIPLE BYPASS

**GOOD LUCK, GOOD HABITS AND EXCELLENT LOCAL  
CARE SAVED A JERSEY CITY MAN'S LIFE.**

**J**ohn Bogush was not a likely candidate for a triple bypass. At 67, he was slender, in good health and a regular runner, swimmer, yoga practitioner and gym-goer. “All the young guys at the gym would say, ‘Geez, I hope I look like you when I’m old!’” he says.

True, the Jersey City resident had been diagnosed with high cholesterol and had a family history of heart disease. But he’d been on cholesterol-lowering medications for decades and his numbers—cholesterol as well as blood pressure—looked good at his yearly checkups.

Earlier this year, though, he began to sense a difference in his workouts. “Like clockwork, between eight and 10 minutes into a workout, I started to experience a fullness in my chest, and a pain



## COMMON HEART ATTACK WARNING SIGNS

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back. These symptoms can present themselves subtly and should not be ignored. They may be accompanied by ongoing heart palpitations or the feeling that your heart is racing, skipping, adding a beat or pounding in your chest.
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold sweat
- Abrupt change in your energy level, such as becoming suddenly fatigued
- Sudden dizziness

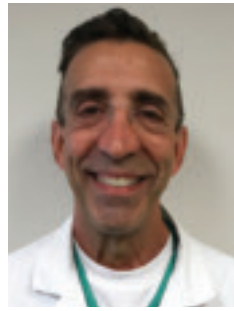
If you feel these symptoms, call 911 or visit the nearest emergency room.

**TO LEARN MORE:** Your heart doesn't beat just for you. Get it checked. For heart health information and to make an appointment with one of Jersey City Medical Center's top cardiologists or cardiac surgeons, visit [rwjbh.org/heart](http://rwjbh.org/heart).

that seemed to radiate down my left arm," John says. "After two or three minutes it would go away. I kept an eye on it for about three weeks, then I called my regular doctor, Dr. Mark Hoffman, and described my symptoms. He told me to go to the emergency room."

Concerned but not panicked, John contacted Susan Lanning, RN, BSN, a personal friend who is director of medical concierge services at Jersey City Medical Center, before he headed to the ER. He was given routine tests and then seen by cardiologist Pragnesh Gadhvi, MD, FACC, a member of Barnabas Health Medical Group.

"John's EKG and blood tests showed that he was not having a heart attack," Dr. Gadhvi says. "It was possible that his symptoms were the early stages of angina. Ordinarily, a stress test would be indicated, but because of his risk factors and symptoms, I decided



**TYRONE KRAUSE, MD**



**PRAGNESH GADHVI, MD, FACC**

to send him for a cardiac angiogram first thing the next morning." In this procedure, experts use either the right groin artery or right radial artery to access and take pictures of the three main vessels of the heart.

"They wheeled me out after the test, and Dr. Gadhvi told me, 'You're not going to believe this, but your arteries are almost 100 percent blocked,'" John recalls. A blockage of the kind he had in his left artery is referred to as a "widowmaker" because it can lead to an instant and fatal heart attack.

The next morning, John underwent a triple bypass under the skilled hands of Tyrone Krause, MD. An incision was made in his thigh to harvest blood vessels that could be used to bypass the diseased arteries. The repurposed vessels were attached to his heart using suture materials as thin as a hair.

"I had the surgery on a Friday morning," John says. "Friday afternoon I was sitting up in a chair. Saturday after lunch I went for a walk of 50 feet. And on Tuesday morning I went home." He continues to see Dr. Gadhvi for cardiac medications and evaluations. Within about eight weeks, he was back to swimming and playing golf.

"I dodged the proverbial bullet," he says.

## LUCKY AND SMART

True, John is a lucky man, although some of that luck is self-made. "Because he was exercising regularly, he was able to sense when something was going wrong with his body," Dr. Gadhvi points out.

"At the end of the day, no one really knows what causes coronary disease, though there are some things—such as hypertension, smoking, cholesterol, diabetes and genetics—that have a high association with it," says surgeon Dr. Krause. "The real takeaway here is that if John weren't so fit and free of other problems, such as obesity, he might not be alive at this point."

John was fortunate that Dr. Gadhvi had the experience and intuition to know that this patient, who didn't seem to be high-risk, needed a closer look right away via cardiac angiogram. And he was lucky that his disease was recognized before he had a potentially life-changing heart attack.

"The risk of death for this surgery is around 1 percent, and after that the patient basically has a new lease on life," says Dr. Krause, who estimates that he has done more than 10,000 surgeries. "The silver lining of severe coronary disease is that, unlike other types of disease, it is fixable and reversible."

Finally, John was also lucky that excellent care and facilities were available in his own city, where he's resided for nearly a quarter century. "There was a time when anyone who was having serious surgery felt they had to go into New York City," he says. "No more. I got the very best care without having to travel."

EMT Henson Barnes loves the work he does for people in need in the community.

# FRIEND, NEIGHBOR AND LIFESAVER

A DEDICATED EMS TEAM—  
AND WORLD-CLASS EMERGENCY  
SERVICES—SERVE BAYONNE AND  
SURROUNDING COMMUNITIES.



To contact RWJBarnabas Health at Bayonne, call 201-716-5700; for the Jersey City ED, call 201-915-2200. In an emergency, dial 911.



When Henson Barnes is on his 12-hour shift as an emergency medical technician (EMT) for Jersey City Medical Center, he never knows what the next call will bring.

A car accident victim?

An elderly person who has fallen?

Someone who's having an anxiety attack, or who simply doesn't "feel right" and is scared?

In his 13 years in the field of emergency medical services (EMS), the Bayonne resident has seen a lot. Along the way, he has acquired a variety of strategies for helping people in need.

"Sometimes we can make suggestions to prevent a recurrence, such as securing loose rugs so a person doesn't fall again," says the soft-spoken Henson. "If someone is overwhelmed with anxiety, we can sit and talk with the person and try to get them to control their breathing. It's a matter of being empathetic—of speaking to them as if they were a part of your family."

Henson, who began to think about entering the field after the shock of 9/11/2001, embraces all the calls—the people fighting chronic disease who are struggling to keep their spirits up; the people who apologize because their homes are a mess ("We're not there to look at stuff like that," he says firmly); the senior citizens who worry about "bothering" the EMTs.

"People should never feel that calling EMS creates a burden or problem, because it's not," he says. "That's why we're here—to bring the hospital to the community." Or, as needed, to bring the community to the hospital—either to the state-of-the-art Emergency Department (ED) at Jersey City Medical Center, or to the new full-service ED in Bayonne (see sidebar, top right), where patients can get first-rate care for anything that ails them.

Henson and his colleagues see some people so often that they develop a kind of friendship. One of these is a military veteran struggling with a chronic illness. "You learn about what that person did in the military, being deployed to a different



DEVEN UNADKAT, DO



RWJBarnabas Health at Bayonne emergency services, provided by Jersey City Medical Center

## WHEN (AND WHERE) TO GO TO THE ED

"If you think you're having an emergency—come to the emergency room," says Deven Unadkat, DO, ED Chairman and Medical Director at Jersey City Medical Center. "If you sense something big may be going on—a bone may be broken, a wound may need stitches, a chest pain could be heart-related—don't assume it will go away. You can't necessarily make that decision. We can."

Local residents have a choice: The Emergency Department at Jersey City Medical Center at 355 Grand Street has a Fast Track area for minor illnesses or injuries, as well as separate pediatric and adult emergency areas. The full-service satellite ED at RWJBarnabas Health at Bayonne emergency services, provided by Jersey City Medical Center, is located at Broadway and 24th Street. There, patients can expect to be seen within 30 minutes, Dr. Unadkat says.

The Bayonne facility, which celebrated its year anniversary in August, is open every day, 24 hours a day, and is staffed with board-certified emergency room physicians as well as specially trained nurses and technicians. It has an on-site imaging facility and even offers ample parking. "If you do have to visit us, you'll like it," Dr. Unadkat says. "It's brand-new and beautiful." Patients who wish to go to the Bayonne facility should instruct the EMS team to take them to Jersey City Medical Center in Bayonne.

country where they had to learn different cultural values, and have discipline and show respect," Henson says. "That's a lot like what we do here in EMS."

## IN AND OF THE COMMUNITY

When making calls, Henson works with a regular partner. "EMTs who get along tend to work together," he says. "Knowing your partner well makes communication easy." That communication helps when, inevitably, some situations are especially tough. "We witness a lot. It can be hard," Henson says.

De-stressing skills are a must. "Talking with my partner about different calls we've made through the day helps a lot," Henson says. "You also need something to take your mind away at the end of the day. I like to read and go to the track." He is also a field training officer. "I go to different communities, like senior centers, to teach CPR," he says. "I have the opportunity to work with new EMTs, sharing experiences and letting them know how things work in Hudson County." Henson is also studying

## WHAT IS A SATELLITE ED?

A satellite emergency department (ED) is located away from the primary site of a medical campus, but has virtually all the equipment and expertise of the main hospital ED. It is staffed round-the-clock with board-certified medical experts and can generally provide more convenience and less wait time for the local community.

the field of paramedics at Hudson County Community College to further sharpen his skills.

It all adds up to a career that's more like a calling to serve the community. "Doing this job is a passion for me. It speaks to my nature," Henson says. "When someone calls, you don't know what you're going to run into. But you get there and you do exactly what you've been trained to do, and it helps that person. That is very, very satisfying."

# COMMUNITY EVENTS: OUT AND ABOUT AND AT YOUR SERVICE

JERSEY CITY MEDICAL CENTER SUPPORTS ITS COMMUNITY IN ALL KINDS OF WAYS.



## ANNUAL HIV TESTING DAY

Staff members of JCMC's Center for Comprehensive Care program were out in full force at this year's National HIV Testing event. The Center for Comprehensive Care, located in Jersey City's Greenville community (1825 John F. Kennedy Blvd.), provides comprehensive medical services and case management to individuals infected with HIV in Jersey City/Hudson County. For information on free screenings, call 201-204-0004.



## ANNUAL REFLECTIONS 9/11 MEMORIAL CEREMONY

Michael Prilutsky, CEO of JCMC (pictured), spoke at the 17th annual Reflections 9/11 Memorial Ceremony. JCMC's EMS Honor Guard provided the demonstration of colors. On 9/11/01, JCMS treated over 2,000 people on Jersey City's waterfront and cared for 200 patients at the hospital. JCMC lost one of its own, EMS Tour Chief David LeMagne, in the tragedy.



## NATIONAL NIGHT OUT IN HUDSON COUNTY

Employees engaged with attendees at both the Jersey City and Bayonne community-building events, which aim to bring police and their local neighborhoods together to promote a sense of community. Pictured from left to right: Michael Prilutsky, JCMC CEO; Heather Olivier, EMS Supervisor; Patricia Paredes, EMT; Jose Aviles, EMT; and Marissa Fisher, Director of Trauma Injury Prevention.



## CELEBRATING DIVERSITY, EQUITY AND PROGRESS

Members of JCMC's EMS and nursing departments attended the PAFCOM (Philippine-American Friendship Committee, Inc.) Grand Marshal Gala, at the Harborside Atrium in Jersey City. Pictured from left: Regina O'Donnell, RN; Frank Bernard Bobadilla, RN; Lita Aguirre, RN; Barbara Allen, EMT/Dispatcher; Rolando Lavarro, 2018 PAFCOM Grand Marshal and Jersey City Council President; Isabel Pitao, RN; Ralph Bravo, EMS Tour Chief; Rodelia Rodriguez, EMT; Ramon Lizardo, EMS Dispatcher.





### SUITS FOR SUCCESS

Jersey City Medical Center employees donated gently used clothing to support Jersey City's Suits for Success, a nonprofit whose mission is to promote the economic independence of disadvantaged women and men by providing professional attire, a network of support and career development tools. Pictured: Joseph Scott, Executive Vice President, Health Care Transformation, RWJBarnabas Health, at left, and Michael Prilutsky, JCMC CEO, with Nidia R. Lopez, Executive Director of Suits for Success.



### VALENTINES WITH HEART

The JCMC cardiology department regularly partners with schools in Hudson County to produce Valentine's Day cards to be distributed to patients at JCMC, residents of senior housing and housing developments, nutrition centers and other community partners. This year, participants included two schools in Jersey City (Rafael De J. Cordero School—PS 37, and Frank R. Conwell School—PS 3), and two in Bayonne (Lincoln Community School—PS 5 and Nicholas Oresko—PS 14). Pictured: Zadhith Pino, Cardiology Service Line Director (back row, at left) and Bernadette Stone, Cordero School nurse (on right) join Jersey City students as they proudly display their greeting cards.



### ANNUAL JERSEY CITY LGBTQ PRIDE FESTIVAL

JCMC staff celebrated the 18th Annual Jersey City LGBTQ Pride Festival along with thousands of people on the Newark Avenue Pedestrian Plaza in Jersey City. JCMC was a major sponsor and actively promoted services focused on the LGBTQ community at our booth. JCMC has been recognized as a "Leader in LGBTQ Healthcare Equality" for five consecutive years by the Human Rights Campaign Foundation, the educational arm of the country's largest lesbian, gay, bisexual and transgender civil rights organization. Pictured, from left: Brian Robles, HIV Counselor; Sen. Robert Menendez; Milagros Rivera, Counseling and Testing Secretary; Juan Mitchell-Ovalles, Data Manager, LGBTQ Patient Advocate, Center for Comprehensive Care.



### ANGELACARES 5TH ANNUAL PURPLE GALA

Jersey City Medical Center at Greenville was a sponsor at the AngelaCARES 5th Annual Purple Gala, held at St. Peter's University Mac Mahon Student Center this summer. Staff members mingled with community members and donned purple outfits to celebrate the occasion. AngelaCARES, Inc. is a 501(c)(3) nonprofit organization based in Jersey City, committed to serving as an advocate and support system for senior citizens and their caregivers, and as a mentor to youth through education and empowerment. Pictured, from left: Whitney Bracco, Director of Operations, Jersey City Medical Center at Greenville; Sharon Ambis, Senior Director of Marketing and Communications; Juan Mitchell-Ovalles, LGBTQ Advocate; Michael Prilutsky, JCMC President and CEO; Tri Nguyen, Quality Manager, Jersey City Medical Center at Greenville; Robert Winston, Associate VP of Behavioral Health; Mary Cataudella, VP of Human Resources.

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