

FALL 2017

The *Rose*



WALL OF FAME

A TRIBUTE TO
OUR DONORS

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FESTIVE FALL SPINACH AND BUTTERNUT SQUASH

Butternut squash—one of the season's healthiest vegetables—takes center stage in this easy-to-prepare, nutrient-dense side dish.

INGREDIENTS:

- ¼ cup extra-virgin olive oil
- 1 onion, diced
- ¼ cup golden raisins, minced
- 3 cloves garlic, minced
- ¼ teaspoon garam masala
- ¼ teaspoon black pepper
- 1 14.5-ounce can no-salt-added, diced tomatoes
- 4 cups ½-inch cubes butternut squash
- 4 cups baby spinach
- ½ teaspoon kosher salt

DIRECTIONS:

1. Heat extra-virgin olive oil in a large skillet over medium heat.
2. Sauté onion until it begins to brown (roughly 5 minutes).
3. Add golden raisins, garlic, garam masala, and pepper, and stir.
4. Stir in tomatoes and simmer 5–7 minutes.
5. Add butternut squash and 1 cup water. Cook on low heat for 20 minutes, or until squash is tender.
6. Add fresh baby spinach to the skillet mixture and stir. Season with ½ teaspoon salt before serving, if desired.

NUTRITION (PER SERVING):

Serves: 8	Sodium: 180mg
Calories: 140	Carbohydrates: 18g
Total fat: 7g	Protein: 3g
Saturated fat: 1g	Fiber: 4g

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

DONOR WALL UNVEILED



Robert Wood Johnson University Hospital Rahway celebrated 100 years by acknowledging the hospital's many friends. At a special recognition ceremony on June 15, the RWJ Rahway Foundation unveiled the hospital's Donor Wall, which featured the names of the friends, families, employees, corporations, and foundations that have helped RWJ Rahway grow.

"The Donor Wall represents nearly \$10 million of philanthropic support to our hospital since 2000," says RWJ Foundation Chair Michael Widmer. This year, the Foundation also received

a bequest from longtime Hospital Board Member Harry McDowell.

The event featured opening a time capsule from the hospital's 75th anniversary, which featured such treasures as a carafe of wine given to mothers to help with breast-feeding, newspaper articles, and pieces of medical equipment. Unveiling the donor wall was RWJ Rahway Foundation Chair Michael Widmer of Northfield Bank, Heritage Society Chair Roberta Geyer, RWJ Rahway Foundation President Marlene Lubinger and RWJ Rahway President and CEO Kirk C. Tice.

Robert Wood Johnson University Hospital Rahway

RWJBarnabas
HEALTH

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The Rose is named in honor of the women's auxiliary, which sold local roses to raise money for our first hospital in the early 1900s.

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

RESTORING FUNCTION, IMPROVING QUALITY OF LIFE



Do you look for the bathroom wherever you go? Do you leak urine when you laugh? Men and women alike are affected by incontinence, which may be caused by weak pelvic floor muscles.

More than one third of American women live with a pelvic floor disorder, such as incontinence, according to the National Library of Medicine, and as many as one third of men are affected as well. Pelvic floor muscles support organs like your bladder, bowel, rectum and, if you're a woman, uterus and vagina. If these muscles don't work correctly, you can experience both bladder and bowel incontinence. Pelvic muscles can weaken due to pregnancy, obesity, a chronic cough or sneezing, heavy lifting, or injury to the pelvic region, such as a serious fall, or surgery like a radical prostatectomy.

A THERAPEUTIC SOLUTION

Fortunately for those who live with incontinence, physical therapy can provide a ray of hope. Ilene Rosenthal-Schulman, PT, DPT, Physical Therapist with RWJ Rahway Fitness & Wellness Center, works with patients experiencing pelvic floor dysfunction to retrain and strengthen their pelvic floor muscles.

"After an initial evaluation, I typically see patients for one-hour, once-a-week sessions," Ms. Rosenthal-Schulman says. "Sessions are conducted privately due to the sensitive nature of the therapy. I use methods including biofeedback and core strengthening exercises to train patients to contract their muscles prior to and during activities that may cause them to leak urine."

While therapy may not resolve the issue completely, many patients find their days are less often interrupted by the need to go to the bathroom, or they now change protective garments they wear less frequently.

"Be honest with yourself and your doctor about incontinence," Ms. Rosenthal-Schulman says. "You don't have to suffer in silence."

To learn more, attend a Pelvic Floor Therapy lecture on Sept. 12 at 11:30 a.m., featuring Ilene Rosenthal-Schulman. See Page 6 for more details. Pelvic floor therapy services are offered at the RWJ Rahway Fitness & Wellness Centers. To make an appointment, call Scotch Plains (908) 389-5400 or Carteret (732) 969-8030.

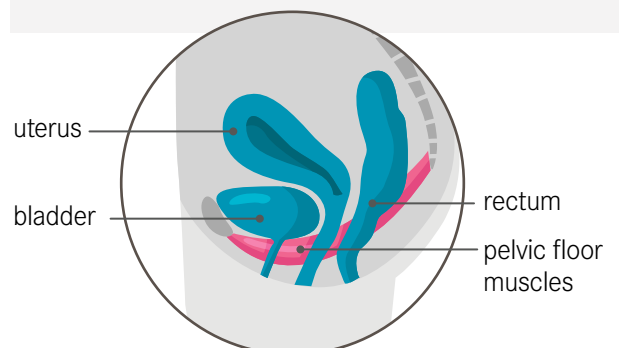
ARE YOU AT RISK?

There are 640 to 850 muscles in our bodies on which we rely each day. Even the ones we don't know about or use consciously, like the pelvic floor muscles, may require strengthening to work properly.

Pelvic floor therapy can help target and strengthen those muscles. You may be at risk for pelvic floor disorders if:

- You have a family history of pelvic organ prolapse.
- You're a smoker.
- You've been through menopause or are going through perimenopause.
- You've had radiation treatment to your pelvic area.
- You had a baby.
- You had pelvic surgery, particularly a prostatectomy.
- You're overweight.

If any of these situations apply to you and you're concerned about incontinence, talk to your primary care provider or attend the Ask the Urologist program at 6 p.m. on Sept. 12. See page 6 for more details.





George Murrell and his wife, Marie, walking on a local track.

THE Right Touch

George Murrell can't rely on sight to navigate the world, which made the prospect of recovery from hip replacement surgery daunting. He quickly learned, however, that all he needed to be successful was motivation and support.



Born blind, Mr. Murrell, a 69-year-old Plainfield retiree, has never let disability stop him from embracing life. As a young man, he played rhythm and blues and jazz in clubs throughout New Jersey as a drummer in an all-blind band. He still loves to listen to music, as well as cook, ride his exercise bike, and walk, both on a treadmill and at a local track.

In recent years, however, Mr. Murrell's active life nearly ground to a halt because of pain in his left hip. He relies on public transportation, so when he had hip pain, he couldn't ride the bus and get around. By November 2016, he'd reached a tipping point.

"I could hardly walk—I was constantly bent over," Mr. Murrell says. "The only thing I could still do was ride the exercise bike because I didn't have to straighten up."

A CHANGE OF PLANS

A local orthopedist took an X-ray of Mr. Murrell's hip—the image revealed osteoarthritis had destroyed the cartilage, leaving bone rubbing against bone—and referred him to David Rojer, MD, orthopedic surgeon at Union County Orthopaedic Group and Robert Wood Johnson University Hospital Rahway.

"Mr. Murrell's hip was so stiff I couldn't bend it past 80 degrees; a normal hip bends up to 120," Dr. Rojer says. "I told him there were no other options I could offer to make it better except joint replacement surgery. He was

motivated and had good family support, which made me confident he would have a good result.”

Despite Dr. Rojer’s confidence, Mr. Murrell was nervous. Hip replacement and recovery are major undertakings for any patient, but blindness adds an extra layer of complexity. Mr. Murrell assumed he would need to recover from surgery in a nursing facility before he could go home; he even picked one out. He was astounded, then, when he attended a preoperative education class at RWJ Rahway’s Joint Replacement Center and Pam Ferreira, OTR/L, Joint Care Coordinator and Occupational Therapy Department Coordinator, told him he would go straight home from the hospital.

“Ms. Ferreira was great,” Mr. Murrell says. “She said, ‘Believe me, when you leave this hospital, you’ll be able to get around and do the things you need to do until you start outpatient therapy.’”

Equally unbelievable to Mr. Murrell was Ms. Ferreira’s assertion that he would walk the same day of surgery.

“Mr. Murrell, like most patients, was shocked when I said he would try out his new joint so soon after the operation,” Ms. Ferreira says. “He said, ‘You know I’m blind, right? How am I going to walk?’ I assured him that therapists would orient and assist him.”

FROM DISBELIEF TO DETERMINED

On Dec. 20, Dr. Rojer removed the arthritic bone in Mr. Murrell’s hip and implanted a functional prosthetic joint using a direct lateral approach (see “Centered Around You” to learn more). Two hours after surgery, Mr. Murrell took his first steps with the aid of a walker, and he was walking pain-free.

“I wanted to hug Dr. Rojer,” he said.

Mr. Murrell spent two days in the hospital working with physical therapists on mobility and range of motion and with occupational therapists on building the skills to perform daily activities independently.

“Mr. Murrell was extraordinary,” says Betty Llamas-Riccio, OTR/L, Occupational Therapist at RWJ Rahway. “He always had a positive attitude. We knew he was independent in his own environment, and our goal was to get him back to that level of functioning. Instead of visually demonstrating skills, as we do with most patients, we catered to his other senses to coach him through various tasks.”

Mr. Murrell appreciated the extra care the therapists took, whether it was telling him which way to steer his walker or allowing him to put hands on them to better understand certain steps.

“When Ms. Llamas-Riccio let me touch her head and shoulder so I could understand how to get in and out of a car, that meant more to me than a million bucks,” Mr. Murrell says. “She knew that’s how I needed to learn.”

BACK IN STRIDE

Mr. Murrell did so well in outpatient physical therapy at the Joint Replacement Center that he finished in just four weeks. He can cook for himself once again and enjoys spending time with his wife, Marie, five children, 11 grandchildren, and one great-grandchild. His hip no longer bothers him, and he’s back to the exercises he enjoyed before pain slowed him down.

“I have the utmost respect for the hospital, and I would highly recommend it,” Mr. Murrell says. “I will always be thankful for everyone who helped me along this journey because it gave me back what I never thought I’d have again.”



Centered Around You

Everything we do at the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway is intended to help patients get back to the activities they love as quickly as possible. From keeping blood transfusion and dislocation rates in single digits to using a variety of methods to manage pain—including intra-operative injections that allow patients to wake up with minimal discomfort. This philosophy is grounded in innovation, and a perfect example is patient George Murrell’s hip replacement surgery. Mr. Murrell underwent a hybrid procedure called the direct lateral approach.

“In the past, surgeons accessed the hip from the front or the back, but with the direct lateral approach, we make an incision in the side,” says David Rojer, MD, orthopedic surgeon at Union County Orthopaedic Group and RWJ Rahway. “We don’t need to cut any of the muscles in the back of the hip to get to the joint itself. This helps us to decrease the risk of complications, such as nerve damage and femoral fracture, and allows patients to sleep without a pillow in between their legs.”

The Joint Replacement Center at RWJ Rahway can help make crippling knee or hip pain part of your past, not your future. For more information about the program that more than 90 percent of patients would recommend, visit www.rwjahr.com/jointcenter.htm.

Scotch Plains

FALL 2017


PROGRAMS

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




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


SEPTEMBER

12  **Nutrition Labeling: What Does It Mean? (Lecture)**
11:30 a.m. | Christina Frescki, MBA, RD


12 **Pelvic Floor Therapy (Lecture)**
11:30 a.m. | Ilene Rosenthal-Schulman, PT. Do you leak when you cough? Have pelvic pain? Pelvic floor therapy—a noninvasive, nondrug approach to incontinence and pain—can help.

12  **Ask the Urologist**
6 p.m. | Franklin Morrow, MD

19 **Probiotic Foods (Lecture)**
11:30 a.m. | Christina Frescki, MBA, RD


19  **Diabetes-friendly Meals***
7 p.m. | Diane Weeks, RDN, CDE

26 **NAMI Union County Public Meeting: How to Handle Grief and Depression**
7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness for a meeting featuring Norma Bowe, PhD, Professor, Kean University. Call (908) 233-1628 or email namiunioncounty@yahoo.com to reserve your seat.

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

OCTOBER


3  **Antioxidants for Cancer Prevention and Healing (Lecture)**
6 p.m. | Christina Frescki, MBA, RD

3  **Eat More Plants!***
7 p.m. | Diane Weeks, RDN, CDE

10 **Sugar—Friend or Foe? (Lecture)**
11:30 a.m. | Christina Frescki, MBA, RD

10 **Active Shooter: Do You Know What to Do? (Lecture)**
6 p.m. | Roland James, Manager, Security, RWJ Rahway


17 **What's for Lunch?***
7 p.m. | Diane Weeks, RDN, CDE


23  **Why Are You Dizzy? Dizziness and Vertigo (Lecture)**
6 p.m. | Richard Schaller, MD, Workplace Medicine, Emergency Medicine


24 **NAMI Union County Public Meeting: Family Dynamics Before the Holidays & Fostering Positive Relationships**
7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness for a meeting featuring the New Jersey Mental Health Players. Please call (908) 233-1628 or email namiunioncounty@yahoo.com to reserve your seat.

30  **Peripheral Neuropathy: Causes and Treatment (Lecture)**
6 p.m. | Paul Abend, DO, Physical Medicine, Rehab

NOVEMBER

7  **Fat Facts (Lecture)**
11:30 a.m. | Christina Frescki, MBA, RD

7  **Ask the Cardiologist**
6 p.m. | Paul Schackman, MD, Cardiology

7  **Low Salt? Use Herbs, Spices***
7 p.m. | Diane Weeks, RDN, CDE

9 **DVTs Won't Get Me. Clots and How to Prevent Them. (Lecture)**
6 p.m. | Thomas Kowalenko, DO, Family Medicine

14 **IBS: There's a Diet Therapy for That!***
6 to 8:30 p.m. | Dietitians Christina Frescki, MBA, RD, and Diane Weeks, RDN, CDE, team up to discuss which foods help prevent and control irritable bowel syndrome (IBS). Lecture is followed by a cooking demonstration at 7 p.m. using these foods to create delicious meals.

21 **Healthy Holiday Desserts***
7 p.m. | Diane Weeks, RDN, CDE

28 **NAMI Union County Public Meeting: Caring for the Caregiver**
7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness for a meeting featuring Robin Eubanks, PhD. Please call (908) 233-1628 or email namiunioncounty@yahoo.com to reserve your seat.

FALL 2017

Program cancellations or changes occur. Please call ahead to make sure the program you want is taking place. (732) 499 6193. For a complete listing, check www.rwjuhr.com.

DECEMBER

5



Celiac Disease/ Gluten-free Eating (Lecture)

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

12

Anti-inflammatory Foods*

6 to 8:30 p.m. | Dietitians Christina Frescki, MBA, RD, and Diane Weeks, RDN, CDE, team up to cover anti-inflammatory foods and their importance for good health and disease prevention. Lecture is followed by a cooking demonstration at 7 p.m. using these foods to create delicious meals.

SPOUSAL BEREAVEMENT SUPPORT GROUP

For those who have lost a spouse, our professionally run spousal bereavement support group begins Wednesday, Sept. 20, from 10:30 a.m. to noon at the RWJ Rahway Fitness & Wellness Center, Scotch Plains. The group meets each Wednesday until Nov. 8. For more information, please call Jane Dowling, RN, at (732) 247-7490.

ANNUAL MEETING

The hospital annual meeting will be held Thursday, Sept. 14 at 6 p.m. at Robert Wood Johnson University Hospital Rahway, 865 Stone St. The program features President and CEO Kirk C. Tice. New programs and services, hospital financials, and current healthcare trends will be on the agenda.

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



Connect with Robert Wood Johnson University Hospital Rahway on Facebook at www.facebook.com/RWJRahway.

Carteret

PROGRAMS



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

SEPTEMBER

14



Weight-loss Surgery: Is It Right for You?

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



PELVIC FLOOR THERAPY

The pelvic floor muscles provide support for abdominal organs and maintain urinary and fecal continence and sexual function. The RWJ Rahway Fitness & Wellness Center in Carteret has physical therapists Linda Bernot, PT, OCS, CLT, and Nora Grillo PT, DPT, who are specially trained to address pelvic floor concerns. **Call (732) 969-8030 for specific appointment times. A prescription is required.**



Healthy Cooking demonstrations feature Registered Dietitian and Certified Diabetes Educator Diane Weeks. Our popular cooking programs are open to everyone interested in healthy cooking, but space is limited. Please call ahead to secure a spot **(732) 499-6193**.

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

If you'd like a calendar of events delivered to your inbox each month, email donna.mancuso@rwjbh.org.

Check our website for speaker topics by visiting www.rwjuhr.com and clicking on "Patient Services" and then "Community Information."

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



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

Support Groups

FALL 2017

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

OCTOBER

4 Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.

4 Breast Cancer Support Group
5:30 p.m. (for current members) Those interested in joining should check back for openings in a few months.

4 Care for the Caregiver
7 to 8:30 p.m. (for current members) Those interested in joining should check back for openings in a few months.

5 Fibromyalgia Support Groups
5:30 to 7 p.m. (for current members)
7 to 8:30 p.m. (new members welcome!)
Discussions will focus on ways members can become more active in their own self-care to achieve positive health outcomes.

26 Bariatric Support Group
5:30 to 6:30 p.m. | The group is run by a dietitian and will include speakers and topics of interest.

NOVEMBER

1 Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.

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DECEMBER

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

3 Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

11 Parkinson's Support Group
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.

7 Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

8 Parkinson's Support Group
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.

5 Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

13 Parkinson's Support Group
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.