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WELCOME LETTER

INVESTING IN A HEALTHFUL FUTURE

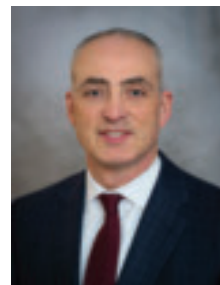
IT IS APPROPRIATE THAT WE ARE SPOTLIGHTING the largest charitable commitment in Monmouth Medical Center's 130-year history, and one of the largest in the history of RWJBarnabas Health, in the June/July issue of *Monmouth Health & Life*. The annual Shore Issue focuses on life at the Jersey Shore, and our In Good Health section features the incredibly generous philanthropic investment in Monmouth Medical Center by Anne and Sheldon Vogel, who grew up in Long Branch and whose families were devoted to serving their local Jersey Shore community.

The Vogels have deep ties to the city of Long Branch, which remained an integral part of the couple's life together. Vogel's Department Store was a fixture in Long Branch for many years, and Anne's father, Joseph Purcell, served the Long Branch Police Department for more than 34 years, ending his career as the chief of police.

The long-time Shore community residents believe in the incredible care that this hospital, our physicians and staff provide. They are devoted benefactors who previously donated \$1.5 million to designate the Vogel Geriatric Emergency Department at Monmouth Medical Center. Their incredibly generous new gift will benefit the development of our new state-of-the-art health campus in Tinton Falls.

Anne and Sheldon Vogels' dedication to our Shore community here in Monmouth County is an inspiration to us all. We are incredibly thankful for this extraordinary gift, which will help ensure that Monmouth Medical Center remains on the cutting edge of technology and a vital resource for the communities we serve.

ERIC CARNEY
CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND
THE UNTERBERG CHILDREN'S HOSPITAL



FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT RWJBH.ORG/MONMOUTH.

IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

LEADING THE PACK

MONMOUTH MEDICAL CENTER EARNS A SPOT ALONGSIDE TOP-PERFORMING HOSPITALS IN THE COUNTRY.

MONMOUTH MEDICAL CENTER IS THE only New Jersey hospital to be named one of the nation's 100 Top Hospitals by IBM Watson Health. The study spotlights the top-performing hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational and patient satisfaction metrics and data.

The Watson Health 100 Top Hospitals study uses independent and objective research to analyze hospital and health

system performance in 10 clinical and operational areas addressing: risk-adjusted inpatient mortality index, risk-adjusted complications index, mean health-care-associated infection index, mean 30-day risk-adjusted mortality rate, mean 30-day risk-adjusted readmission rate, severity-adjusted length of stay, mean emergency department throughout, case mix- and wage-adjusted inpatient expense per discharge, adjusted operating profit margin and HCAHPS score (patient rating of overall hospital performance). The analysis has been conducted annually since 1993.

"This award is a testament to the commitment of our physicians, nurses and staff to ensure the highest quality, safest patient care," says Eric Carney, CEO for Monmouth Medical Center, which was recognized in the teaching hospital cat-

egory. "We understand that what matters most to our patients is safe, effective care, and as the head of the hospital, it is very gratifying to be recognized for our commitment to quality by a business unit of IBM that is dedicated to the development and implementation of cognitive and data-driven technologies to advance health."

Based on the results of this year's study, IBM Watson Health estimates that if all Medicare inpatients received the same level of care as those treated in the award-winning facilities:

- more than 103,000 additional lives could be saved;
- more than 38,000 additional patients could be complication-free;
- more than \$8.2 billion in inpatient costs could be saved; and
- approximately 155,000 fewer discharged patients would be readmitted within 30 days.

"At a time when research shows that the U.S. spends nearly twice as much on health care as other high-income countries, yet still has poorer population health outcomes, the 100 Top Hospitals are bucking the trend by delivering consistently better care at a lower cost," says Ekta Punwani, 100 Top Hospitals program leader at IBM Watson Health. "The hospitals on this list represent the current vanguard in value-based care, and we applaud their commitment to quality."

The winning hospitals were announced in the March 4 edition of *Modern Healthcare* magazine. For more information, visit 100tophospitals.com.

Watson Health.
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A LASTING LEGACY

ANNE AND SHELDON VOGEL HAVE GIVEN A MOST GENEROUS GIFT TO MONMOUTH MEDICAL CENTER.

WHEN ASKED ABOUT THEIR MEMORIES of growing up in Long Branch, Anne and Sheldon Vogel often refer to Monmouth Medical Center (MMC) as “Monmouth Memorial Hospital,” where they were born. Sheldon’s uncles were the owners of Vogel’s Department Store on Broadway, where families shopped for everything from appliances to clothes for decades. When Anne recalls her fondest childhood memories, she always includes a story about her father, Police Chief Joseph Purcell, who served Long Branch for more than 30 years. The community has been an integral part of the couple’s life together.

Sheldon was a longtime financial executive and chief financial officer of Atlantic Records. He was often on the road for business travel, and Anne loved accompanying him when she was able. Over the years, Anne came to know MMC’s Foundation through her leadership and involvement in events at the hospital, now a regional healthcare facility. Since her involvement, she and Sheldon have supported MMC with many generous gifts, including the naming of the Anne Vogel Geriatrics Emergency Medicine Unit in 2017.

When the Vogels heard about plans to develop a new, state-of-the-art outpatient health campus in Tinton Falls, they wanted to become part of this transformational time. They’ve committed the largest eight-figure gift in the history of MMC. “For us, it’s important to make sure that everyone in this community is able to receive great care,” says Sheldon. “We hope this investment continues the hospital’s ability to deliver to every patient the level of care that we have been able to receive.” It’s also a way for the Vogels to continue a family tradition. “Growing up with a father and family so entrenched and respected in Long Branch, we are honored to carry on the legacy of serving this community,” says Anne.

The Vogels hope their donation will inspire others to give.



Top row, from left: Barry H. Ostrowsky, president and CEO, RWJBarnabas Health, and longtime MMC supporters Ann and Tom Unterberg. Bottom row, from left: Bill Arnold, president of the Southern Region for RWJBarnabas Health, and Sheldon and Anne Vogel.

“The financial investment that the Vogels have made in the future of Monmouth Medical Center is a testament to the power of philanthropy,” says Tara Kelly, vice president of development. “With the generous commitment of the Vogels and donors like them, we can now expedite this pivotal moment in healthcare and redesign how MMC provides exceptional care to the next generation.”

Working alongside Sheldon and Anne has been an honor for the entire leadership team at MMC. “I feel so privileged to have met such genuine people who really care about giving back to their community,” says Bill Arnold, president of the Southern Region for RWJBarnabas Health. “This incredible personal commitment will absolutely lead the way for creating a paradigm-changing approach to care in this community.”

As the time for groundbreaking on the expansive new Tinton Falls campus nears, Sheldon says, “Let’s rock and roll!”

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CLEAR PICTURE

3D MAMMOGRAPHY DEBUTS
AT JACQUELINE M. WILENTZ
BREAST CENTER AT COLTS NECK.

THE JACQUELINE M. WILENTZ

Comprehensive Breast Center at Monmouth Medical Center is furthering the fight against breast cancer by introducing advanced 3D breast imaging known as tomosynthesis at its Colts Neck satellite location.

Tomosynthesis produces a 3D image of the breast by using several low dose X-rays obtained at different angles. The 3D imaging provides doctors with a clearer view, helping to identify potential abnormalities in the breast, even in dense tissue. Tomosynthesis improves the radiologists' ability to detect potential breast cancers by eliminating overlapping breast tissue.

Breast cancer is the second leading cause of cancer death among women, exceeded only by lung cancer. Statistics indicate that one in eight women will develop breast cancer in her lifetime. The stage at which breast cancer is detected influences a woman's chance of survival; if detected early, the five-year survival rate is close to 100 percent.

With tomosynthesis, the breast is positioned and compressed in the same way as a conventional mammogram, but the X-ray tube moves in a circular arc around the breast. Tomosynthesis takes images from multiple angles and uses computer processing to build these "slices" into a 3D image that a radiologist can manipulate, examining each slice individually. By comparison, a

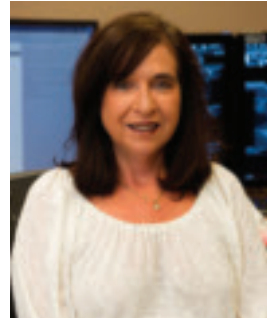
conventional mammography images the entire breast in one exposure, which can result in abnormalities remaining hidden by overlapping tissue, explains Cynthia Barone, D.O., regional director of breast imaging for Monmouth Medical Center, Monmouth Medical Center Southern Campus and Community Medical Center.

This technology can help radiologists distinguish harmless structures from tumors, leading to fewer call-back examinations and less anxiety for patients.

By offering women this latest technology in mammography, the Jacqueline M. Wilentz Comprehensive Breast Center hopes to increase the number of women who will be routinely screened. The American College of Radiology continues to recommend yearly annual mammograms beginning at age 40.

The patient experience for tomosynthesis, including time for the procedure, is similar to a traditional mammogram. Both types of images can be obtained together with one compression examination, eliminating the additional discomfort to the patient for obtaining more views.

Tomosynthesis is the latest addition to the state-of-the-art imaging technology offered at the Colts Neck center. The Jacqueline M. Wilentz Breast Center at Colts Neck



Cynthia Barone, D.O.

offers Monmouth County residents convenient access to Monmouth Medical Center's renowned breast health services, including screening mammography, bone density and whole breast screening ultrasound services in a comfortable and compassionate setting.

The Jacqueline M. Wilentz Breast Center at Colts Neck is located next to Delicious Orchards on Route 34 South—it offers ample free parking. Appointments are preferred but not required. All imaging exams conducted at the satellite location are performed by experienced breast-certified technologists and interpreted by Monmouth Medical Center's dedicated breast imagers.



TO LEARN MORE ABOUT THE JACQUELINE M. WILENTZ BREAST CENTER AT COLTS NECK, VISIT MONMOUTHWILENTZBREASTCENTER.COM OR CALL 732.923.7700. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.

CARE BEYOND MEDICINE

A CARING COMMUNITY BRINGS GIFTS OF COMFORT AND CHEER TO MMC ONCOLOGY PATIENTS.

ALREADY RECEIVING THE BEST MEDICAL CARE, oncology patients at Monmouth Medical Center (MMC) also benefit from the support of the community. That support can come in the form of care packages and gifts, which are assembled and prepared especially for patients with cancer. The following are examples of the generosity seen at MMC.

RETURNING TO MMC WITH COMFORT IN TOTE

Heather Zrebiec, director of Thirty-One Gifts, an organization founded in 2003 that has become one of America's fastest-growing direct-selling companies, recently returned to MMC to deliver 200 "comfort" totes to benefit the hospital's adult and pediatric oncology patients.

"Heather hosts fundraisers where a \$25 donation purchases a tote from Thirty-One Gifts and then she uses her commissions and stuffs the bags with comfort items for patients," says MMC oncology social worker Gabrielle Alvarez. "This is the third consecutive year that Heather has hosted this fundraiser for our infusion patients—through her first visit she brought more than 60 comfort bags for our patients, and her latest fundraiser reached 200 totes."

Heather delivered 40 bags for children receiving chemotherapy at the Valerie Fund Children's Center for Cancer and Blood Disorders. Each bag contained lotion, lip gloss, glow sticks, toys and crafts, a book, a blanket and candy. For adult infusion patients at Vantage Point and the hospital's infusion unit on BBR4, she brought 160 bags containing items such as blankets, books, Sudoku puzzles, a deck of cards, candy, tissues, hand sanitizer, lotion, a pen and notepad, tea, lip balm and a nail file. They also



Howell resident Shannon Shoenemann recently visited Monmouth Medical Center's Outpatient Infusion Center and donated two bags of cozy knitted fleece blankets. Shannon volunteers for **Jill's Blankets**, a nonprofit based out of Virginia that began in 2014 in memory of Jill Ward, who underwent chemotherapy for pancreatic cancer. Jill was given a fleece blanket during her treatment and decided to pay it forward. She began making fleece blankets to hand out to other patients during her treatment. After Jill passed in 2013, Jill's Blankets was created to continue her legacy of giving to others. To date, Jill's Blankets has donated more than 2,300 blankets to infusion centers. To learn more, visit jillsblankets.org.



From left: Samantha Campanella, oncology social worker, outpatient infusion; patient Bernice Demichael of West Long Branch; Heather Zrebiec, senior independent consultant, Thirty-One Gifts; and Gabrielle Alvarez, oncology social worker, Vantage Point Satellite Infusion Center.

each had a unique, handmade card from a local Girl Scout troop.

Thirty-One Gifts is committed to helping women celebrate, encourage and reward themselves through running their own business as Thirty-One consultants and offering unique gift products to their customers.

To learn more, visit mythirtyone.com.



Anne Ferreira, volunteer coordinator of Operation Bling

GIVING PATIENTS A 'CINDERELLA' MOMENT

Operation Bling is an innovative program designed to bring cheer to patients along their cancer journey, one piece of jewelry at a time.

MMC introduced Operation Bling in 2014 to provide gifts of jewelry commemorating treatment milestones for oncology patients. For every piece of jewelry sold, a gift of "bling" is given to a cancer patient at Monmouth Medical Center.

Currently, Operation Bling works with 11 hospitals in New Jersey, including Monmouth Medical Center, and has gifted items to more than 18,000 cancer patients. There are "bling angels" at each hospital to facilitate the "blinging" process. These angels are nurses, social workers and patient navigators who volunteer their time to help.

"When I explain the program to our patients, there's almost a disbelief that someone gives them a beautiful piece of jewelry," says Alvarez. "It's like every patient is a kid in a candy shop."

Patients may be approached at any point in their treatment. Often after completion of their treatment, MMC oncology social workers or navigators surprise them with several cases of jewelry and accessory options to congratulate them. Women may choose from myriad rings, earrings, pendants and bracelets; men select from watches, key rings and money clips.

"The more patients that we bling the better," Alvarez explains. "They are just so overwhelmed when presented with bling, as choosing is such a pleasurable decision for them."

To learn more, visit operationblingfoundation.org.

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BACK IN ACTION

A CROSSFIT ENTHUSIAST RETURNS TO HIS ACTIVE LIFESTYLE AFTER KNEE REPLACEMENT SURGERY.

TWENTY YEARS AGO, BILLY HARMER

was sledding with his kids in Vermont when he lost control and slammed into a parked car. The impact fractured his left tibial plateau, the top of the leg bone that creates the knee joint. He had that injury surgically repaired and needed three more operations over the next two decades to remove torn cartilage caused by his incredibly active lifestyle that included half-marathons and Tough Mudders, mountain climbing and a variety of sports. He also was a regular at CrossFit competitions.

By last fall, though, there was no cartilage left to prevent the bones in his knees from rubbing together. The pain and swelling caused by arthritis and bone-on-bone contact became too much for him to bear. "In October, I said, 'I can't do this anymore,'" says Harmer, 55, of Wall Township. "My right leg was compensating, and my back was thrown out of whack." His orthopedic surgeon, Christopher Spagnuolo, M.D., recommended total knee replacement. "I was fully on board. I said, 'Let's do it,'" recalls Harmer, a facilities manager of Boutique and Outlet Services at LVMH Watch & Jewelry USA in Springfield.

Dr. Spagnuolo performed the surgery at Monmouth Medical Center (MMC) in November. It was a bit more complicated than other knee replacements, he says, because of Harmer's previous surgeries. "I had to remove the screws from the earlier surgery, and there was some tough scar tissue to get through," he says. But the surgery was a success. "The goal is for him to get back to being active, not just decrease pain," Dr. Spagnuolo says. "His lifestyle was altered, and we wanted to return him to his natural state."

Wall resident Billy Harmer returned to his active lifestyle, lifting weights and playing certain sports, following total knee replacement surgery performed at Monmouth Medical Center.



Christopher Spagnuolo, M.D.

Treatment at MMC was top-notch, Harmer says. "From preregistration to the end, the staff at Monmouth Medical Center took care of me. I didn't want for anything. And their in-house therapy was aggressive, which I loved." Harmer admits that the recovery was challenging.

"It was definitely painful. They push you more than they did when I had my first surgery 20 years earlier. I was walking a few hours after surgery," he says. But as an athlete he knew that "you get out of it what you put into it." Sometimes, in fact, he put too much into it. "Some days, my physical therapist said I had to scale it back, take a couple days off and recover. He said, 'This is a year-long recovery. You can't do it in two months.'"

Harmer was back to work by mid-February, and he re-enrolled in CrossFit later



that month. He says he is about 80 percent fully recovered. "I do physical work, and I am more sore at the end of the day," he says. There is still some slight pain, which he tolerates, "knowing it will go away in few months."

But he also realizes that some of his previous activities may be behind him. "We want to get him as close to what he was doing before as possible," Dr. Spagnuolo says. "Running—he might not be able to do that." Anything with jumping or quick cutting, like basketball, is also out. He can, however, play doubles tennis, lift weights, bicycle and even compete in modified CrossFit events.

"That's fine," Harmer says. "You make adjustments."

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