

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

# MONMOUTH

**health & life**

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## THE HOLIDAY ISSUE

**DECORATING  
BEYOND  
THE TREE**

**5 PERFECT  
PRESENTS**

**FESTIVE  
FASHIONS  
FOR LADIES  
AND GENTS**



**GINGER  
GOODNESS**  
p. 48





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## WELCOME LETTER

### GIVING THE BEST CARE

THESE DAYS, MOST OF US CAN'T NAVIGATE THE BUSY HOLIDAY season without a list. Whether it's baking ingredients, gifts to purchase, or card recipients—we all rely on lists to ensure that our holidays are special.

At Monmouth Medical Center (MMC), we have a very important list that drives the work of the entire team—24 hours a day, 365 days a year. It's the list of key components of high-quality health care as defined by the Institute of Medicine. This list clearly details six domains of quality health care—safe, effective, patient-centered, timely, efficient and equitable. What's not as well defined is how to achieve all aspects of every domain, all the time, with every patient, as a diverse care team. At MMC, we've long been committed to quality, so every day we collaborate, examine protocols, refine procedures and set up programs to ensure that we are providing the best care possible and that every member of the team is part of the process. As part of this effort, MMC was chosen as one of only 10 acute-care hospitals to participate in the New Jersey High Reliability Organization Collaborative, which will help us keep quality and safety at the forefront of everything we do.

While we will never stop striving for more, I'm proud to say that in 2017, MMC earned recognition for our consistent effort to bring patients the very best care possible.

- Recognized as a Top Teaching Hospital by The Leapfrog Group, which is widely acknowledged as one of the most competitive honors an American hospital can receive and underscoring the highest commitment to patient safety and quality. Among thousands of hospitals in the country, MMC and its sister hospitals, Jersey City Medical Center and Saint Barnabas Medical Center, are three of 36 Top Teaching Hospitals.

- MMC is the only hospital in Monmouth and Ocean counties to receive an "A" Hospital Safety Score by The Leapfrog Group, the nation's leading experts on patient safety, for six consecutive rating periods. MMC is also the only area hospital to fully meet Leapfrog safety standards in all areas of maternity care.

- The Leon Hess Cancer Center at MMC attained American College of Surgeons—Commission on Cancer Accreditation with silver commendation and the Jacqueline M. Wilentz Comprehensive Breast Center received the Women's Choice Award as One of America's Best Breast Centers for the fourth year in a row.

As a hospital and a system, the New Year is bright. Through our partnership with the Rutgers Cancer Institute of New Jersey, we're providing access to the latest advances in cancer genomic analysis and cancer research. A partnership between RWJBarnabas Health and Rutgers University is creating the state's largest academic health care system providing high-quality patient care, leading-edge research and world-class health and medical education. In July, MMC will change its academic affiliation to Rutgers New Jersey Medical School.

We thank all of you who turn to us for your health care needs. To all of our readers, I offer best wishes for a joyful holiday season, and a healthy and rewarding New Year.

**BILL ARNOLD**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
MONMOUTH MEDICAL CENTER AND THE  
UNTERBERG CHILDREN'S HOSPITAL



FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT [BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER](http://BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER).





# INGOODHEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER



Internal medicine residents at Monmouth Medical Center with members of the teaching faculty for the Department of Medicine

## MAKING THE GRADE

### MONMOUTH MEDICAL CENTER EARNS TOP TEACHING HOSPITAL HONOR FROM THE LEAPFROG GROUP.

**MONMOUTH MEDICAL CENTER (MMC)** HAS been recognized as a Top Teaching Hospital in 2017 by The Leapfrog Group. Widely acknowledged as one of the most competitive honors an American hospital can receive, the recognition underscores an academic medical center's commitment to patient safety and quality.

Among thousands of hospitals in the country, MMC and its sister hospitals Jersey City Medical Center and Saint Barnabas Medical Center are three of just 36 Top Teaching Hospitals recognized nationally and are among only nine hospitals recognized in New Jersey.

Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates, maternity care and the hospital's capacity to prevent medication errors. The rigorous standards are defined in each year's Top Hospital Methodology.

"This tremendous achievement is a testa-

ment to the dedication of our highly skilled physicians, nurses and care teams and their commitment to providing the highest quality patient-centered care in the safest environment," says Bill Arnold, president and CEO of MMC. "Monmouth Medical Center's reputation as a university-level medical center attracts the best physicians to our Medical staff. And our resident physicians and medical students are an integral part of this collaborative approach to safety and quality."

"We are proud to recognize three RWJBarnabas Health facilities as 2017 Leapfrog Top Hospitals. This demonstrates extraordinary dedication to patients and the local community. The entire staff and board deserve praise for putting quality first and achieving results," says Leah Binder, president and CEO of Leapfrog, a national nonprofit organization founded in 2000 by large employers and other purchasers. The Leapfrog Group is driving a movement for

giant leaps forward in the quality and safety of American health care.

To qualify for the Top Hospitals distinction, hospitals must submit a Leapfrog Hospital Survey. The selection of Top Hospitals 2017 is based on surveys from nearly 1,900 hospitals. Monmouth Medical Center also is the only hospital in Monmouth and Ocean counties to receive an "A" Hospital Safety Score by The Leapfrog Group, an independent national nonprofit organization of employer purchasers of health care and the nation's leading experts on patient safety, for six consecutive rating periods.

The "A" score was awarded in the latest update to the Hospital Safety Score<sup>SM</sup>, which are assigned to U.S. hospitals every six months based on preventable medical errors, injuries accidents and infections. Monmouth was also the only area hospital to fully meet Leapfrog safety standards in all areas of maternity care.

TO LEARN MORE ABOUT THE PROGRAMS AND SERVICES OF MONMOUTH MEDICAL CENTER, VISIT [RWJBH.ORG/MONMOUTH](http://RWJBH.ORG/MONMOUTH). TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT [MONMOUTHHEALTHANDLIFE.COM](http://MONMOUTHHEALTHANDLIFE.COM).



# CELEBRATING LIFE

DINNER AND FASHION SHOW RAISES MORE THAN \$50K FOR MONMOUTH'S CANCER SUPPORT COMMUNITY.

**THE CANCER SUPPORT COMMUNITY (CSC) AT MONMOUTH** Medical Center (MMC) hosted its Celebration of Life Dinner and Fashion Show. The event raised more than \$50,000 for CSC programming and featured fashions modeled by cancer survivors, on Nov. 2 at the Ocean Place Resort and Spa in Long Branch.

Frank J. Vozos, M.D., FACS, chief executive for Monmouth Medical Center, Southern Campus (MMCSC) and executive vice president for RWJBarnabas Health, introduced the honoree for the 10th annual Celebration of Life, Ilene Winters, a longtime advocate for cancer patients, survivors, their families and friends in Monmouth and Ocean counties. Dr. Vozos recognized Ilene's dedication to helping MMC and MMCSC expand their mission and vision to serve these individuals.

"When she approached me three years ago and asked me to

consider taking on her Cancer Support Community affiliate as a hospital-based program, I never could have imagined what it would grow into," says Dr. Vozos. "Today, we offer more than 60 free programs a month and we're serving more than 7,000 individuals affected by cancer annually between both campuses."

MMC has partnered with CSC to carry on CSC's mission to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. This international non-profit group offers a menu of personalized services centered around support groups, cancer education, nutrition and healthy cooking, exercise and movement, meditation and relaxation and social activities. These support services are available through a network of professionally led community-based centers and hospitals, including MMC's main campus in Long Branch and its southern campus in Lakewood.

Monmouth Medical Center Chief of Plastic and Reconstructive Surgery Gregory Greco, D.O., and breast surgeon Manpreet Kohli, M.D., with cancer survivor model Danielle Smith



FOR MORE INFORMATION ON THE CANCER SUPPORT COMMUNITY AT MONMOUTH MEDICAL CENTER, CALL 732.923.6090 OR VISIT [RWJBH.ORG/MONMOUTH](http://RWJBH.ORG/MONMOUTH).

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# SANTA'S LITTLE HELPERS

MOTORCYCLISTS JOIN ST. NICK TO DELIVER GIFTS TO PEDIATRIC PATIENTS DURING ANNUAL TOY RUN.



**SANTA FOUND A FEW EXTRA HELPERS FOR THE HOLIDAYS TO USHER IN** the season of giving, as motorcycle riders from around the region participated in the fifth Annual Toy Run, sponsored by the Blue Knights, New Jersey Chapter XV (BKNJXV), and the Harley Davidson JS-HOG. Riders and volunteers delivered funds and other gifts to brighten the holidays for patients at The Unterberg Children's Hospital at Monmouth Medical Center, as well as the Madonna House in Neptune.

The motorcyclists accompanied Santa and his elves, traveling from Atlantic Highlands to Long Branch to deliver hundreds of gifts to the hospital for distribution to pediatric patients during the holiday season.

The BKNJXV first organized this event in 2013, with just a few riders participating. This year, they partnered with the Harley Davidson JS-HOG to bring together the largest toy run to date: The Nov. 12 event featured more than 300 riders.

Each rider's \$10 donation was directed to the Comprehensive Cystic Fibrosis Center at The Unterberg Children's Hospital. A total of \$1,000 was donated to the center and presented to Margaret Fisher, M.D., medical director of The Unterberg Children's Hospital and chair of pediatrics at Monmouth Medical Center. At the center, a multidisciplinary team of clinicians provide patient care while offering clinical trials of the newest therapies for cystic fibrosis.



From top: Front and center is Margaret Fisher, M.D., medical director of The Unterberg Children's Hospital and chair of pediatrics at Monmouth Medical Center; 17-year-old Maddie Somers of Monmouth Beach is pictured with former NFL player Rasheed Simmons, whose restaurant Simply Southern in Belmar held a fund-raising event and served as a drop-off location for the toy drive; Dr. Fisher also is pictured with Robert Zanni, M.D., chief of pediatric pulmonology at Monmouth, and Meagan Enriquez, mother of 14-year-old Cystic Fibrosis Center patient Chloe.

**TO LEARN MORE** ABOUT SUPPORTING THE UNTERBERG CHILDREN'S HOSPITAL AT MONMOUTH MEDICAL CENTER, CALL [732.923.6886](tel:732.923.6886). TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT [MONMOUTHHEALTHANDLIFE.COM](http://MONMOUTHHEALTHANDLIFE.COM).

# Achieving excellence together

One of 36 teaching hospitals to  
earn national distinction for quality  
and safety.



Monmouth Medical Center has been named a Top Teaching Hospital by The Leapfrog Group for 2017.

Monmouth Medical Center was selected from thousands of hospitals surveyed nationally, and is among only 36 to be named to this year's Top Teaching Hospital list. Monmouth Medical Center earned the coveted Top Teaching Hospital distinction for demonstrating an extraordinary commitment to delivering safe, high-quality patient care.

Congratulations to the entire Monmouth Medical Center family on this remarkable achievement.

**Monmouth  
Medical Center**

**RWJBarnabas  
HEALTH**

Let's be healthy together.

[rwjbh.org/monmouth](http://rwjbh.org/monmouth)

# I'm fighting cancer, but I'm not fighting alone.

**With world-class care in your corner, the odds are stacked in your favor.**

The Leon Hess Cancer Center at Monmouth Medical Center, part of RWJBarnabas Health, is a leader in cancer research and treatment. Together with the Rutgers Cancer Institute of New Jersey, the state's only NCI-designated Comprehensive Cancer Center, we're bringing the fight to cancer with endless resolve - right alongside you and your family, right in your backyard, with:

- The region's only Gamma Knife, a proven alternative to invasive brain surgery
- The only facility in the area designated as an Academic Comprehensive Cancer Program by the American College of Surgeons
- A comprehensive breast center that is a Certified Quality Breast Center of Excellence — the highest certification level offered by the NCBC (National Consortium of Breast Centers) and National Quality Measures for Breast Centers Program (NQMBC)
- The first hospital in central New Jersey to offer real-time dynamic computer-assisted planning for individuals with early-stage prostate cancer

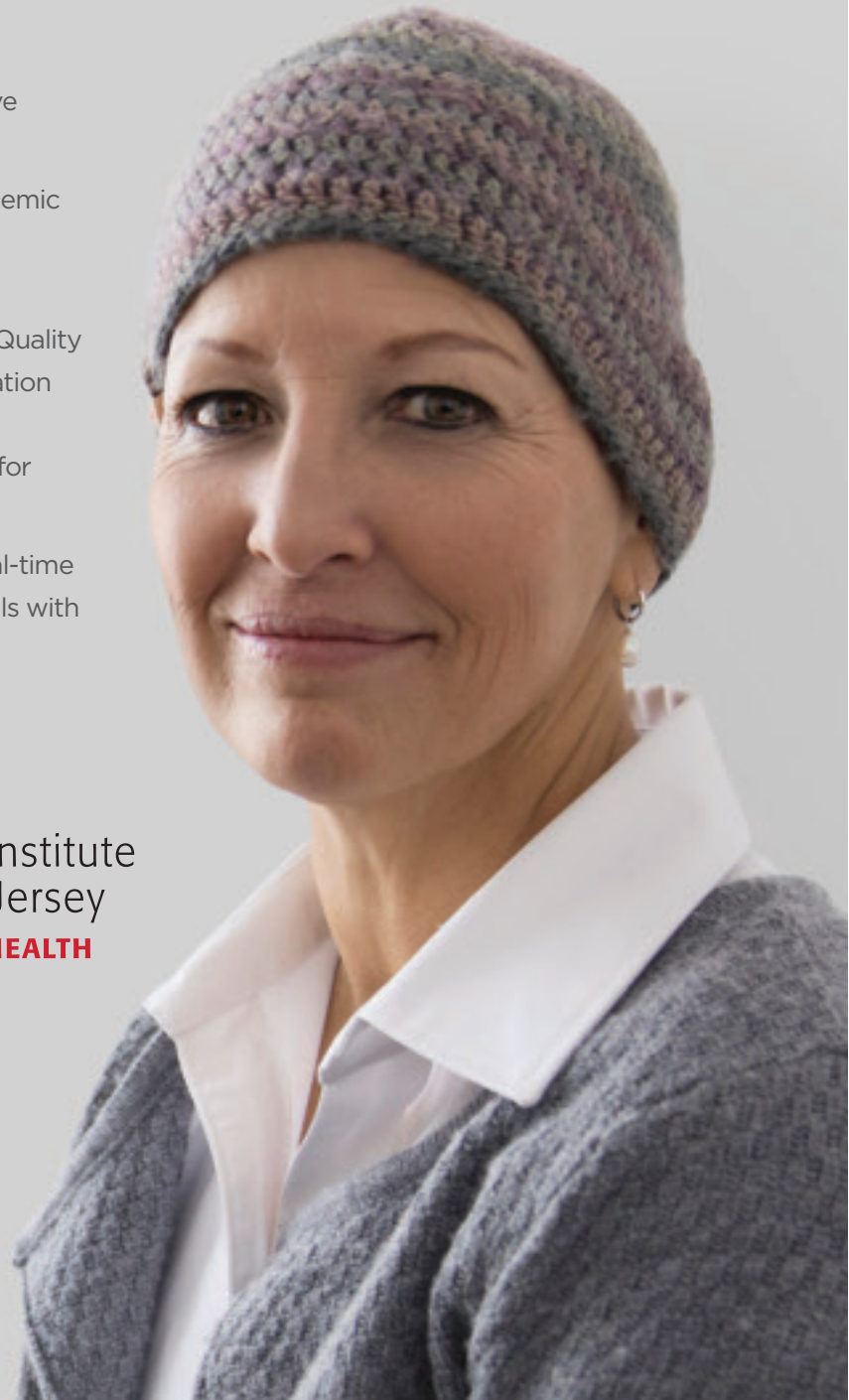
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of New Jersey  
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**Let's beat cancer together.**

[rwjbh.org/beatcancer](http://rwjbh.org/beatcancer)







# HIGHLIGHTING BREAST HEALTH AWARENESS

**DURING BEST OF MONMOUTH**, Monmouth Medical Center's Jacqueline M. Wilentz Comprehensive Breast Center Director Diane Ciricillo, and Rosemary Roberts, Lead Technologist, answered attendees' questions about breast health and breast cancer.

One in eight women in the U.S. will develop breast cancer during her lifetime. The Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center was established in 1994 to provide patients with clinically excellent and compassionate care in a supportive and comfortable setting that provides the very best in breast cancer detection and treatment. In 2010, the Wilentz Breast Center became the state's first Certified Quality Comprehensive Breast Center of Excellence.

In 2017, The Wilentz Center received the coveted Women's Choice Award as one of America's best breast centers for the fourth



consecutive year. The Women's Choice Award helps women and their families by providing recommendations they can trust when making health care choices.

The Wilentz Breast Center, which has satellite locations in Colts Neck, Howell and Lakewood, earned the Women's Choice Award by having met the National Accreditation Program for Breast Centers (NAPBC) standards from the American College of Surgeons. As one of America's Best Breast Centers, the Wilentz Breast Center also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence, and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures.

## MONMOUTH MEDICAL CENTER

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# THERE'S NOTHING LIKE A POOL TO BRING FAMILY AND FRIENDS TOGETHER

**ATTENDEES AT BEST OF MONMOUTH** pinning for warmer weather were treated to pool construction and design information with the experts at Nicholas Pools. The company, run by Sotiris and Theodora Sergiou after purchasing the business from her parents who founded the company in 1969, has grown into one of Monmouth County's largest backyard retailers specializing in vinyl liner in-ground swimming pools, pool restoration, hot tubs, maintenance and service. Nicholas Pools has also won numerous awards for its custom in-ground pools and spas that have created tropical paradises right here in Monmouth County. Visit the showroom to find various spas on display, including Dimension One



spas. Nicholas Pool provides pool openings and closings, in-ground pool services and inspections and the retail spot carrying large parts inventory and all pool and spa chemicals and accessories. Nicholas Pools builds your dreams so you can build your memories.

## NICHOLAS POOLS

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