

A Publication of
COMMUNITY MEDICAL CENTER

Summer 2022

healthy *together*



**SOLUTIONS FOR
SWIMMER'S EAR**

**FAST ACTION
STOPS A STROKE**

**GOODBYE,
NECK PAIN:
ONE MAN'S
JOURNEY**

**HEALING HEARTS:
IT TAKES A TEAM**

MESSAGES FROM LEADERSHIP



“The newly opened RWJBarnabas Health Field of Dreams in Toms River, a recreational complex for people of all ages and abilities, is emblematic of our mission: to help the people who live in our communities feel healthier and enjoy their lives to the fullest.”

BARRY H. OSTROWSKY | Chief Executive Officer, RWJBarnabas Health



“I am deeply moved by the commitment my outstanding RWJBarnabas Health colleagues have to our mission and to serving everyone in our communities with inclusiveness for all, regardless of race, age, gender, background and ability.”

MARK E. MANIGAN | President, RWJBarnabas Health



“The Community Medical Center team is proud to provide high-quality, inclusive care to all of Ocean County. We are constantly expanding our knowledge and services to better serve our local communities and to ensure everyone feels safe and welcomed at our facilities.”

PATRICK AHEARN | Chief Executive Officer, Community Medical Center

Community Medical Center | **RWJBarnabas HEALTH**

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HEALTH NEWS



SEE YOURSELF AT CMC
Community Medical Center is hiring, and we want you to be a part of our team! Explore our current available positions at www.rwjbh.org/careers or call our Human Resources Department at **732.557.8030** today.



LEADING IN LGBTQ-PLUS HEALTHCARE EQUALITY
Community Medical Center (CMC) has once again received designation as an LGBTQ-plus

Healthcare Equality Leader on the Human Rights Campaign Foundation's 2022 Healthcare Equality Index. Of 906 healthcare facilities that participated in the foundation's 2022 survey, only 496 earned a perfect score and Leader designation.

The distinguished honor is based on an annual comprehensive assessment identifying healthcare institutions that are leaders in efforts to offer equitable care to LGBTQ-plus patients. The assessment evaluates inclusive policies and practices related to LGBTQ-plus patients, visitors and employees. Community Medical Center has maintained the designation since 2019, the first year CMC participated in the survey.



Richard Lazzaro, MD, speaks at a recent Toms River Rotary meeting.

BRINGING HEALTH EXPERTS TO THE COMMUNITY

Community Medical Center physicians and clinical experts have been visiting organizations and communities throughout Ocean County to provide lectures and answer healthcare questions. Richard Lazzaro, MD, a board-certified thoracic surgeon and Southern Region Chief of Thoracic Surgery for RWJBarnabas Health, was a recent guest speaker at a Toms River Rotary meeting, where he discussed the future of thoracic and robotic surgery.

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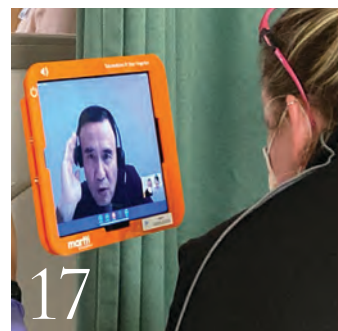
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Slurring words when she tried talking to her dogs, Blue and Fionah, helped Kathy Campbell realize she was having a stroke and needed to call 911.



‘TIME IS OF THE ESSENCE’

HOW QUICK ACTION AND TELEMEDICINE STOPPED A WOMAN’S STROKE IN ITS TRACKS

Kathy Campbell gives credit to her two chihuahuas—and 20 years of experience working as a medical assistant in a doctor’s office—for helping her realize she was having a stroke.



DAKSHESH PATEL, MD

She woke the morning of September 28, 2021, with an unusually fast heartbeat and a fluttering feeling in her chest. At

first, she thought she was experiencing symptoms of cardiac arrhythmia, a heart condition she’d had for years and had recently begun treating. But when she sat down to take her pulse, she couldn’t feel her left hand. “That’s when it dawned on me, ‘Oh my goodness, something else is wrong here,’” says the 60-year-old Toms River retiree.

Her chihuahuas came into the picture when Campbell tried to speak to them. She noticed she slurred her words—a common symptom of stroke, or loss of blood flow to the brain, often due to a blood clot. One glance in the bathroom mirror confirmed another symptom: The left side of her face was drooping.

When the symptoms didn’t pass after several minutes, Campbell dashed off a text to her cousin, who lives with her and works as a nurse. “All of a sudden, I see her flying by the front windows of

BE FAST TO RECOGNIZE SIGNS OF STROKE

Stroke risks increase with age, but strokes can occur at any age—even among young people. Prompt treatment of a stroke is critical. The acronym BE FAST can help you remember red flags that may indicate you're having one.

B



BALANCE

Are you having issues such as dizziness, unsteadiness or poor coordination?

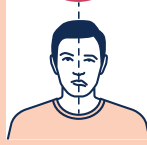
E



EYESIGHT

Do you suddenly have double vision, vision loss or other visual problems?

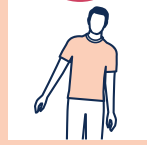
F



FACE

Does it droop or seem uneven when you smile?

A



ARMS

Are one or both of your arms or legs suddenly numb, paralyzed or weak?

S



SPEECH

Are you slurring words, not comprehending or having other difficulty communicating?

T



TIME— TO CALL 911

Don't take your own vehicle to the hospital: Ambulances can call ahead and make sure a team is prepared to meet and treat you right away.



To learn more about neurological care at Community Medical Center, call 888.724.7123 or visit www.rwjbh.org/neuro.

my home," says Campbell, who can laugh at the memory today. "She got the text!"

Her cousin called an ambulance, and first responders rushed Campbell to the Primary Stroke Center at Community Medical Center (CMC). "Time is of the essence when you're having a stroke," Campbell says. To save her life and minimize potentially devastating effects, doctors needed to diagnose Campbell and approve treatment right away.

ACTING FAST

At CMC, neurologists with stroke expertise always stand ready. Even if one isn't physically present, on-call doctors known as teleneurologists can quickly evaluate, diagnose and prescribe treatment for stroke patients over video conference, says Dakshesh Patel, MD, a neurologist at CMC.

As soon as Campbell arrived, nurses rolled a screen into her room with a teleneurologist who asked Campbell questions about her medical history and symptoms. When the exam confirmed Campbell was having a stroke, the on-site CMC medical team gave her a powerful medication called tissue plasminogen activator, or tPA.

"This drug breaks up the clot and allows oxygen and nutrients back to the affected part of the brain," Dr. Patel says.

Administering tPA soon after the onset of stroke symptoms, especially within the first 45 to 60 minutes, can often reduce a stroke's long-term effects. Efficient and fast treatment "offers the best chance for stroke patients to recover," Dr. Patel says.

The medication completely dissolved the clot causing Campbell's stroke. Within hours, she was admitted to the intensive care unit for observation. During a three-day hospital stay, a team of doctors and nurses monitored her for any complications and gave her medications to reduce the likelihood of future strokes.

By the time Campbell left CMC, only minor side effects from the stroke remained, including limited mobility in her left hand. Her doctor gave her a list of exercises she could do at home to help recovery. "Since my symptoms were minor, the doctor was confident that they would completely resolve in time," Campbell says.

A REMARKABLE RECOVERY

Campbell continued to attend follow-up appointments at CMC, as well as physical, occupational and speech therapy sessions to improve her muscle memory and speaking ability. In just two weeks, she could grip and hold things with her left hand again. Aside from some numbness in her fingertips and the left side of her face, Campbell has made a remarkable recovery.

"This could have been a devastating stroke with a large clot that might have damaged nearly the entire right side of her brain," Dr. Patel says. "But due to intervention and breaking up the clot in a timely manner, only a very small area of injury occurred in the brain. The smaller the area of injury, the better the prognosis for recovery."

These days, Campbell enjoys walking on the beach with her dogs and spending more time with her husband and two adult daughters. She's also joined a Facebook group for stroke patients. Less than one year since her stroke, Campbell feels grateful to return to a regular routine. "I am very, very lucky," she says. "I'm living a pretty good life."

To learn more about the Primary Stroke Center at Community Medical Center, visit www.rwjbh.org/community.



'A PREMIER HEALTHCARE DESTINATION'

A NEW BUILDING WILL EXPAND ACCESS TO OUTPATIENT SERVICES FOR ADULTS AND CHILDREN.

The event was both a milestone and a celebration. Executives from Community Medical Center (CMC), Children's Specialized Hospital (CSH), and RWJBarnabas Health Medical Group, together with local officials, gathered February 9 to celebrate the groundbreaking for a new 86,000-square-foot medical hub located at 171 Saint Catherine Boulevard in Toms River.

Once complete, the three-story medical building will be shared by CMC and CSH, with an opening anticipated for early 2023.

A NEW CMC HUB

Designed to serve as a hub for patients in western Toms River, CMC's space in the new medical office building will encompass 37,594 square feet offering a range of outpatient services including imaging, ambulatory surgery, pre-admission testing and physical and occupational therapy.

RWJBarnabas Health Medical Group's primary care and orthopedic physicians will also have offices on-site.

"Our new medical hub will serve as a premier healthcare destination for Toms River and the surrounding

areas, enabling us to transform how we deliver care by bringing a range of services directly to the community," said Patrick Ahearn, Chief Executive Officer, CMC. "We are excited to break ground on this project and look forward to its completion so we can continue to provide our patients with improved access to the world-class care they have come to expect."

PEDIATRIC COMMITMENT

Further expanding and enhancing access to specialized outpatient services for children, CSH will bring services



currently offered in its Lakehurst Road and Stevens Road offices into the remaining 48,406 square feet of the new building, providing care in one convenient location. These services include developmental and behavioral pediatrics; neurology; physical medicine and rehabilitation; psychiatry and psychology; and occupational, physical and speech therapy.

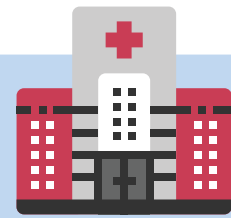
“Children’s Specialized Hospital has a longstanding commitment to children

Taking part in a groundbreaking celebration for the new Toms River West medical hub are (from left) Ed McKenna, Children’s Specialized Hospital (CSH) Foundation Board of Trustees, Campaign Co-Chair; Mark Montenero, CSH Foundation Board of Trustees, Campaign Co-Chair, Community Medical Center (CMC) Board of Trustees; Patrick Ahearn, Chief Executive Officer, CMC; Charles Chianese, Vice President and Chief Operating Officer, CSH; Phil Salerno, President and Chief Development Officer, CSH Foundation; Matthew B. McDonald III, MD, President and Chief Executive Officer, CSH; Todd Frazier with wife Jackie and son Grant, CSH Foundation Capital Campaign Honorary Chairs; Neil Bryant, Vice President, Operations and Chief Operating Officer, CMC; Donald E. Jump, Chair, Board of Trustees, CMC; and Maurice Hill, Mayor, Toms River Township.

and youth with special healthcare needs,” said Matthew B. McDonald III, MD, President and Chief Executive Officer, CSH. “Today is a remarkable milestone on their behalf where we will have the opportunity to better serve those kids in this community. Thanks to the teamwork of CSH, Community Medical Center and RWJBarnabas Health, we are ensuring every child has access to the programs and services they need to reach their full potential.”

Children’s Specialized Hospital Foundation is in the midst of the largest fundraising campaign in its 35-year history, with a goal of \$45 million to support the hospital’s expansion into new communities—including this new site in Toms River. As part of this effort, Todd Frazier, Major League Baseball All-Star and Olympian, and his wife, Jackie, have signed on as honorary co-chairs of this Transforming Lives 2.0 campaign that has secured over \$34 million to date.

“We are so excited to see this new facility brought to our community to uplift Toms River and hopefully change a lot of children’s lives,” said Todd and Jackie Frazier. “It was really a simple decision for us to support this campaign—an easy home run, as we say in baseball. We can’t wait to see all the children whose lives will be impacted in



EXPANDING TO BETTER SERVE THE COMMUNITY

Establishing new primary care outpatient facilities is part of a larger effort to transform Community Medical Center (see page 22). Other steps include:

- A medical education program launched in 2021
- A renovation to the Emergency Department currently under way
- A planned new main hospital building
- Improved facilities for parking and utilities

such positive ways, and hope we can put a smile on some of their faces.”

Additional New Jersey community leaders who have pledged their support to the Transforming Lives 2.0 campaign include Mark Montenero, CSH Foundation Board of Trustees, Campaign Co-Chair, CMC Board of Trustees, and President of Autoland Toyota, Chrysler, Jeep and RAM Trucks; and Ed McKenna, CSH Foundation Board of Trustees, Campaign Co-Chair, Senior Partner at McKenna, Dupont, Stone & Washburne and former mayor of Red Bank.

“Our goal is to make quality care more accessible in the communities we serve,” said Andy Anderson, MD, President and Chief Executive Officer, RWJBarnabas Health Medical Group. “This new healthcare hub demonstrates our commitment to that goal and increases our ability to foster enhanced health and wellness for individuals and families in Ocean County.”

To learn more about Community Medical Center, visit www.rwjbh.org/community. To learn more about Children’s Specialized Hospital, visit www.rwjbh.org/childrensspecialized.



SOLUTIONS FOR SWIMMER'S EAR

SWIMMING ISN'T ALWAYS THE CAUSE OF THIS PAINFUL CONDITION.

With water beckoning at the shore, lakes, rivers, pools and water parks, hot summer months are prime time for swimmer's ear—a condition that's common but sometimes misunderstood.

Christina Gillespie, MD, a pediatric and adult otolaryngologist and an RWJBarnabas Health Medical Group provider affiliated with Community Medical Center, explains what causes the painful ailment and how to avoid it.

What is swimmer's ear?

It's an infection of the outer ear canal, which runs from the eardrum to outside the head. It occurs in all age groups, from babies to older adults, and common symptoms include pain, a feeling of fullness in the ear and fluid drainage. Some people complain of hearing loss. Often, patients feel like they have water, a foreign body or sand trapped in the ear.

Why does it happen?

Swimmer's ear is often caused by exposure to bacteria-contaminated water or by moisture that sits in the ear for extended periods, possibly because something obstructs the ear canal and prevents water from draining properly.

But you don't have to swim to get swimmer's ear. It can be caused by anything that creates an environment where bacteria can thrive, including sweat, high humidity or an abrasion or break in the ear's skin that gives bacteria an entry to the body and makes you more susceptible to an infection. Use of hearing aids or earbuds can increase risks. Other people



Christina Gillespie, MD, a pediatric and adult otolaryngologist and an RWJBarnabas Health Medical Group provider affiliated with Community Medical Center (right), treats a range of ear, nose and throat issues, including problems involving eating and swallowing; hearing and balance; and allergies and sinuses.

at risk include those who have an underlying skin condition such as dermatitis or eczema.

How is it treated?

Swimmer's ear is best treated with antibiotic eardrops. Occasionally, if the infection is severe, a person may also need oral antibiotics. We don't recommend using over-the-counter treatments like hydrogen peroxide or drying drops, because they can aggravate conditions in the ears. If you develop pain or redness in your ears, you're best off having a physician check you out.

How can you prevent swimmer's ear?

Don't swim in water with posted high bacterial counts. Avoid inserting potentially damaging objects like cotton-tipped swabs into ears. If you develop an infection associated with hearing aid use, allow time during the day to let ears air out. If it's associated with a dermatologic problem, work to manage your skin condition better and keep ears clean. If it's associated with inserting earbuds, try to use them less.

For more information or to make an appointment with Dr. Gillespie, call **848.287.6032**. To learn more about Community Medical Center, visit www.rwjbh.org/community.



HEALING HEARTS

A TEAM APPROACH TO CORONARY ARTERY DISEASE



Coronary artery disease (CAD)—when major arteries to the heart are damaged and blood flow is partially or totally blocked—is the most common type of heart disease in the U.S.

However, new technology, along with a team-based approach to treatment, have greatly improved patient outcomes, says interventional cardiologist Bruce Haik, MD, Chief of the Division of Cardiology and Director of the Cardiac Catheterization Lab at Cooperman Barnabas Medical Center (CBMC), who is also a member of RWJBarnabas Health Medical Group.

“Treating CAD sometimes involves a complex decision tree requiring a Heart Team consultation,” says Dr. Haik. “When a patient and family have input from cardiac specialists with a wide array of expertise, they can feel confident in making a decision about treatment.”



BRUCE HAIK, MD

MEMBERS OF THE TEAM

CAD can be diagnosed in a variety of ways, including cardiac stress tests, which show how the heart works during physical activity; a

coronary CT scan, a specialized, ultra-fast imaging test that can provide a calcium score and also provide noninvasive information about the arteries; and an angiogram, an X-ray that can accurately detect blockages. These tests are often ordered by a **cardiologist**, a doctor trained in finding, treating and preventing cardiac disease.

The noninvasive cardiologist may refer the patient to an **interventional cardiologist**. “This is a specialist in the nonsurgical opening of arteries,” says Dr. Haik. A procedure done by an interventional cardiologist is angioplasty, also known as percutaneous coronary intervention (PCI). In this procedure, a soft, flexible guide wire and various balloon catheters and devices are inserted into a narrowed blood vessel in order to open the artery with stents. The process is sometimes aided by imaging from within the blood vessel utilizing specialized imaging systems.

The interventional cardiologist will consult with a **cardiac surgeon**, whose specialty is open heart surgery, in which an incision is made in the chest in order to perform coronary artery bypass graft surgery, sometimes combined with valve repair or replacement.

Both of those doctors will rely on the information provided by a **cardiac**

imaging specialist, who uses sophisticated technology to provide detailed images of a heart’s chambers, valves, walls and blood vessels. “It’s important to know the severity, location and extent of the narrowing, but also to understand whether the blockage is rigid and calcified, or is more consistent with soft plaque,” says Dr. Haik.

MAKING THE CALL

The Heart Team approaches each patient’s individual treatment plan by considering many clinical factors, including age, frailty and coexisting medical conditions like diabetes in order to achieve the best possible outcomes.

“The cardiology field has evolved so that we now have many effective ways of treating CAD and related conditions,” says Dr. Haik. “For example, the Shockwave balloon utilizes ultrasound waves to break up calcified plaque before placing a stent, allowing for more complete expansion.

“All of these options are weighed along with the particular patient’s risk profile,” he explains. “A major benefit of the Heart Team process is that sometimes a hybrid approach using both catheter-based procedures and surgery turns out to be the safest and most effective means of treatment.”

RWJBarnabas Health supports the largest-volume elective and emergent angioplasty program in New Jersey. To connect with a top cardiovascular specialist at RWJBarnabas Health, call **888.724.7123** or visit **www.rwjbh.org/heart**.



NEW WAYS TO TREAT SKIN CANCER

RWJBarnabas Health, together with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provides close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

OUR PATIENTS HAVE THE BENEFIT OF ADVANCED TREATMENT OPTIONS, CLINICAL TRIALS AND GREATER ACCESS TO EXPERT CARE.

“Over the years, there’s been a revolution in the way we treat skin cancers, especially melanoma,” says Sarah Weiss, MD, Director, Melanoma/Cutaneous



ADAM BERGER, MD



SARAH WEISS, MD

Oncology Program at Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center. “The important thing to know is that with skin cancer, even if it’s advanced, there are now a number of potentially effective therapies available.”

“A diagnosis of skin cancer can be scary,” says Adam Berger, MD, FACS, Chief, Melanoma and Soft Tissue Surgical Oncology at Rutgers Cancer Institute, “but when you’re treated by a multidisciplinary team, the chances of a good outcome are excellent.”



MELANOMA: WHAT TO KNOW

Melanoma is a type of skin cancer that develops when melanocytes (the cells that give the skin its tan or brown color) start to grow out of control. It's more likely than other skin cancers to spread to other parts of the body if not treated early.

"I advise patients to see a dermatologist for a skin check regularly, and if there's any change in a mole, to be seen right away," says Adam Berger, MD, FACS, Chief, Melanoma and Soft Tissue Surgical Oncology at Rutgers Cancer Institute.

The most important warning sign of melanoma is a new spot on the skin or a spot that is changing in size, shape or color. Be on the lookout for spots that have any of the following features:

A

A IS FOR ASYMMETRY:

One half of a mole or birthmark does not match the other.



B

B IS FOR BORDER:

The edges are irregular, ragged, notched or blurred.



C

C IS FOR COLOR:

The color is not the same all over and may include different shades of brown or black, or sometimes patches of pink, red, white or blue.



D

D IS FOR DIAMETER:

The spot is larger than 6 millimeters across (about ¼ inch—the size of a pencil eraser), although melanomas can sometimes be smaller than this.



E

E IS FOR EVOLVING:

The mole is changing in size, shape or color.



Source: American Cancer Society

ADVANCED TREATMENTS

Although melanoma accounts for only 1 percent of skin cancers, it causes the majority of skin cancer deaths. "Physicians at Rutgers Cancer Institute and RWJBarnabas Health treat all types of skin cancers, but we worry about melanoma because it has the highest chance of spreading in the body," says Dr. Weiss.

"The majority of patients we see will have surgery to remove the melanoma, and that will be the only treatment they'll need," explains Dr. Berger. However, if a lymph node biopsy reveals that the cancer has spread, systemic treatment may be given. This may include targeted therapy or immunotherapy.

"The FDA has approved many new therapies over the past 10 years, including several new ones just this year, that enable us to harness a patient's immune system to fight melanoma as well as other skin cancers," says Dr. Weiss.

Patients may be eligible for one of

a number of clinical trials available at Rutgers Cancer Institute or one of the RWJBarnabas Health (RWJBH) hospitals. "Our goal is to offer clinical trials in every setting of the disease, for patients who've never had treatment to patients who've had prior treatments but are in need of new therapies," says Dr. Weiss.

MANY MINDS

Multidisciplinary care means that patients at RWJBH hospitals and Rutgers Cancer Institute benefit from the expertise of a dedicated team of specialists, including surgical oncologists, radiation oncologists, medical oncologists, radiologists, dermatologists, pathologists, nurses, nurse navigators and social workers.

"We meet on a weekly basis to discuss each patient's case," says Dr. Berger. "We put our heads together to create a personalized plan of care for each individual."

Physicians throughout Rutgers

Cancer Institute and RWJBH coordinate care across the state at RWJBH hospitals. Their mission, says Dr. Berger, is to make top-level cutaneous oncology (skin cancer) care available for patients close to home.

Franz O. Smith, MD, MACM, MMM, FACS, Northern Lead, Melanoma and Soft Tissue Oncology Program, RWJBarnabas Health, and Medical Director, The Melanoma Center at Cooperman Barnabas Medical Center, collaborates with the cutaneous oncology team at Rutgers Cancer Institute, attends the weekly multidisciplinary tumor board meetings and offers patients access to clinical trials. He also sees patients at Clara Maass Medical Center in Belleville.

The cutaneous oncology team at Rutgers Cancer Institute also works closely with surgical oncologist Victor Gall, MD, who treats melanoma and skin cancer patients at Community Medical Center in Toms River, Monmouth Medical Center in Long Branch and Monmouth Medical Center Southern Campus in Lakewood.

To learn more about treatment for skin cancers at RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, call **844.CANCERNJ** or visit **www.rwjbh.org/beatcancer**.





A PLACE WHERE EVERYONE CAN PLAY





At the ribbon cutting for the RWJBarnabas Health Field of Dreams, opposite page, from left: Maurice Hill, Mayor, Toms River; Mitchell Little, Police Chief, Toms River; Barry Ostrowsky, CEO, RWJBarnabas Health; Christian, Gavin and Mary Kane; Michael Ritacco, Board President, Field of Dreams; Michelle Minnelli, Kane family friend; and Todd Frazier, former Major League Baseball All-Star and supporter of Children's Specialized Hospital.

THE RWJBARNABAS HEALTH FIELD OF DREAMS IS OPEN TO KIDS OF ALL ABILITIES.

“Gavin has no place to go. He used to have places to go, but a beer truck changed all that. And that can happen to you or someone you love in the blink of an eye.”

That's how Christian Kane explained the need for a recreational complex for people with disabilities to potential donors. In 2012, the car Christian was driving was hit by a truck, leaving his son, Gavin, just 19 months old, with a fractured skull and severe disabilities.

Since then, Kane and his wife, Mary, who also have four other children, have spared no effort to help Gavin have as normal a childhood as possible. That's how they learned that even “inclusive” playgrounds—“with some rubber flooring and a big red swing chair”—can create an environment in which disabled children feel unwelcome. And that's why they decided it was necessary to build a comprehensive recreational facility where children of all abilities, and their caretakers, would feel at home.

So Kane, a math teacher at Toms River North High School, became the chief organizer, fundraiser and salesperson for their dream. “To sell teenagers on the idea that math is cool, you have to know how to sell,” he says with a laugh.

Five years and one month from the day the couple had the idea, the RWJBarnabas Health Field of Dreams opened in Toms River. It features a basketball court, baseball field, nine-hole miniature golf course and a playground

area specially designed for wheelchairs and adaptive equipment. The complex has a “quiet corner” pavilion for children with autism, strategically placed outlets for recharging wheelchairs and more. There's nothing like it anywhere in the country.

“The Kanes' passion project aligned perfectly with RWJBarnabas Health's commitment to health equity and supporting community-based initiatives,” says Barry Ostrowsky, Chief Executive Officer of RWJBarnabas Health (RWJBH).

OUTSIDE THE BOX

The Kanes already had a connection with RWJBH through Children's Specialized Hospital in Toms River, an RWJBH facility, where Gavin has been receiving physical and occupational therapy since the accident.

“Mind you, most of the doctors we were seeing early on told us to put Gavin in a home because he would amount to nothing,” says Kane. “We said, we'll take him to *our* home, and we found help for Gavin at Children's Specialized. The physical and occupational therapists there have basically treated Gavin like their own child. They're always thinking outside the box, trying new things—

anything to help him get better.”

Gavin is now in fourth grade in the Toms River public school system. “Through the use of a tablet, he's able to communicate and learn,” says Kane. “Through the use of my body and my wife's body, he's able to walk around. He's come a long way, but he's still not where we want him to be. That's our number one project.”

After that priority comes Field of Dreams, which now needs to be maintained and to grow. Adults with disabilities—who often have limited options after they age out of support provided by the public school system—will make up a large part of the staff. Sports leagues are being formed. Since the complex is a private entity and doesn't get state funding, fundraising will be a constant need.

“This project is immensely important to individuals with special healthcare needs,” says Matthew McDonald III, MD, Chief Executive Officer of Children's Specialized Hospital. “It gives folks an opportunity to socialize and exercise. We are so looking forward to packing this place.”

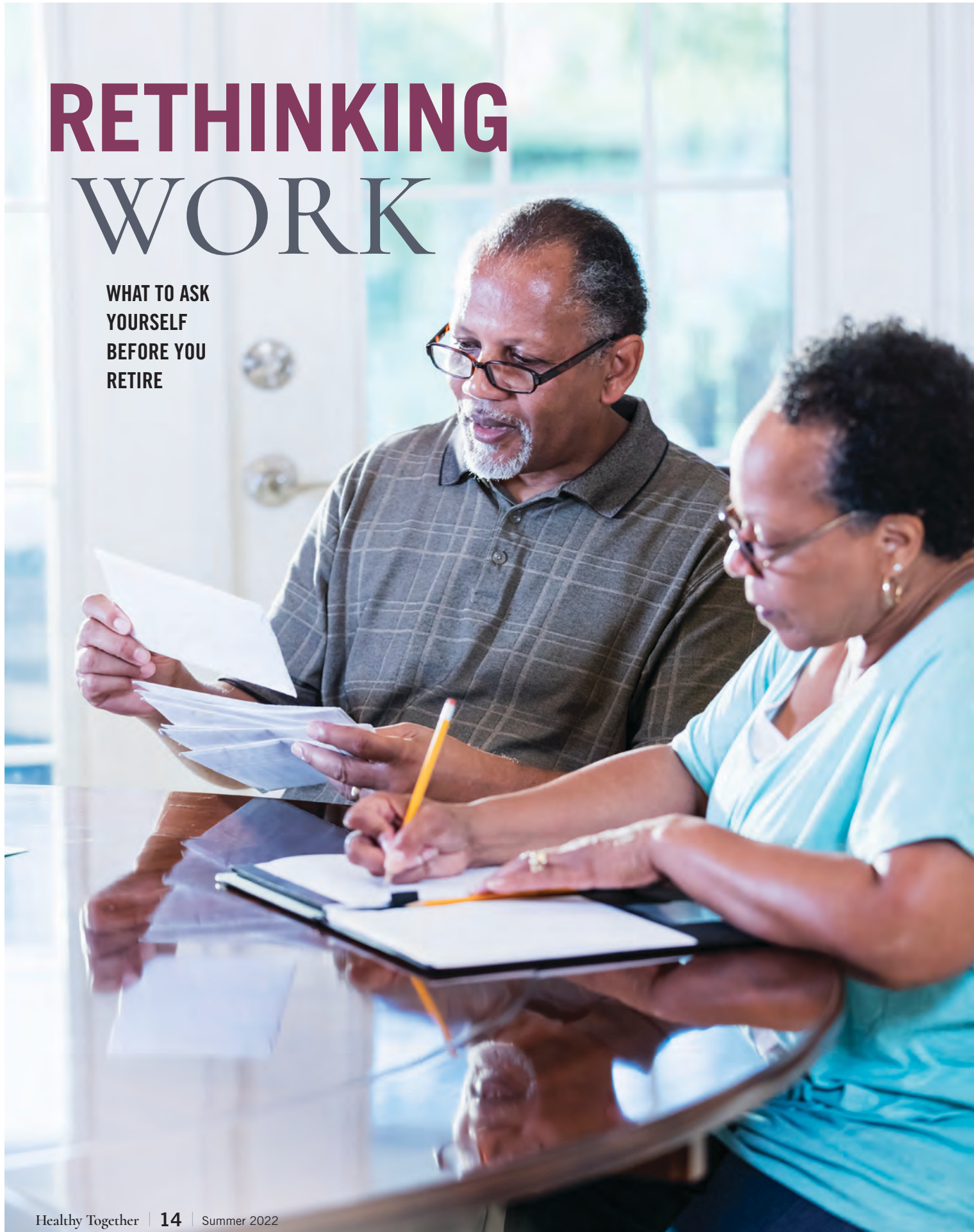
“Gavin is extremely excited,” says Kane. “Now he can play with his friends and meet new people.”

To learn more, visit
www.rwjbhfieldofdreams.com.



RETHINKING WORK

WHAT TO ASK
YOURSELF
BEFORE YOU
RETIRE



For most of the past 20 years, retirement rates in the U.S. were declining. People were staying in jobs longer, experts speculated, because of factors such as increased life expectancy, higher education levels and the rise in the minimum age to collect full Social Security benefits.

In the past two years, that trend began to reverse: Beginning with the pandemic-related economic shutdown, a significant number of U.S. adults who hadn't necessarily planned to retire did so. It's estimated that two and a half million "excess" retirements took place between March 2020 and the second quarter of 2021.

"What we've been seeing is a wave of people who have rethought the contract between themselves and the world of work," says Frank A. Ghinassi, PhD, Senior Vice President of Behavioral Health and Addictions at RWJBarnabas Health and President and CEO of Rutgers University Behavioral Health Care. "The question is whether they made the choice with a complete understanding of what the consequences would be."

REASONS TO LEAVE

Fear was a motivator for many, Dr. Ghinassi says. "Early in the pandemic, before we had vaccinations and better medications, lots of people were dying," he says. "People began to ask themselves, is going into work worth my personal risk? You saw this in people who couldn't work from home, such as environmental services workers, first responders and healthcare workers.

"Also, many individuals began to experience symptoms of anxiety and depression. Surveys indicate that's been true for an increasing number of people in the past two years. "Then, as the



FRANK A. GHINASSI, PHD

pandemic ground on, making decisions about vaccination and risks and new variants have all begun to weigh on people," Dr. Ghinassi explains. "Older adults started thinking about how they wanted to spend the rest of their lives. A lot of employees began to examine whether they could make retirement work earlier than previously planned."

For a fortunate subset of people, personal wealth grew during this time period due to a heated housing market and booming stock market. With more money came more options.

AND THEN WHAT?

"Some people have a good plan for retirement and have really thought out the budget and what they'll do," says Dr. Ghinassi. "But often, people have a fantasy of retirement life that's based on their vacations: You don't have the stress of work, you go somewhere nice and spend more money than you usually do. The reality of retirement is that you have to create a lifestyle that can fit your budget, 52 weeks a year for the next 25 to 30 years."

Retirees also need to be prepared to find new ways of being with their families, he says. "Americans tend to be very hardworking. That means you were away from your family 45, 55, sometimes more hours a week," he says.

"When you retire, your family members are going to see you infinitely more than they have before and that's a big change, even in happy, well-adjusted families," he says. "Now you have to find structured ways not only to be together, but to be apart. People deal with issues like, how do you get your alone time when your spouse is always around?"

Selling a house and downsizing to a smaller space can present challenges as well. "You're not only spending way more time together, but now you're doing it in a smaller space," Dr. Ghinassi says. "That's not necessarily good or bad, but it does require renegotiation. Ideally, retirement is based on a realistic plan."

If it turns out that full-time retirement doesn't suit, the current

8 QUESTIONS TO ASK

"It's important to walk through the actual realities of retirement as thoroughly as you can before you take that step," says behavioral health specialist Frank A. Ghinassi, PhD.



- How are you going to cover medical costs?



- What is your debt situation? How much of your nest egg is tied to the stock market? Finances can be a source of significant stress.



- Are your friends retired and if not, how will that affect your social life?



- How will you structure a typical day, from the time you get up until the time you go to bed? What will a typical week look like? A month?



- What are your hobbies, and how will they help provide structure for your time?



- Have you talked to people you know well and asked them what retirement has meant for them?



- If you've decided to move away from where you've lived, how will you make new friends?



- If your partner is also retired or not working, how will you negotiate daily life now that you're together for a greater part of the day?

shortage of employees in the U.S. offers opportunities to return to the workforce. "Some people," says Dr. Ghinassi, "decide to rejoin the workforce in a totally different profession and become reinvigorated about work."

To learn about mental health services at RWJBarnabas Health, call the Behavioral Health Access Center, which is open 24 hours a day, at **800.300.0628**.





Opportunity Project now provides a combination of hybrid and virtual support to adults with brain injuries.

THE VIRTUAL CLUBHOUSE

A UNIQUE PROGRAM INNOVATES TO HELP ADULTS RECOVER FROM BRAIN INJURY.

When lockdowns created by the pandemic began, the staff at Opportunity Project, a program for adults with brain injury, knew they had to pivot quickly. Members of the Opportunity Project Clubhouse were relying on them as they worked to rebuild their life skills—and they were used to meeting in person at the Millburn-based facility.

“People were in a panic,” says Jacqueline Marino Rizzi, Cognitive and Community Integration Skills Counselor. “We had to think fast. Right away, we created a Facebook private group for members. But we knew our members varied greatly in technology know-how and access.”

The staff learned how to create meetings that members could join by either video or phone. They helped those without an internet connection get one. Members left their iPads out on their porches so a staffer could download the apps needed for virtual meetings. Soon, just about everyone had the appropriate technology to participate in video calls.

“Then we made sure to keep our programs very consistent, because our members are routine-oriented,” Marino Rizzi says. “We held the groups at the same times and we provided reminders to make sure people would stay engaged.”

A NEW MODEL

Now there’s a range of new services, including Mental Health Mondays, Grief Counseling Tuesdays, Wellness Wednesdays, Team-Building Fridays and an Adjustment Counseling Group on Saturdays. There’s virtual cognitive retraining, adaptive chair yoga, music therapy, team building, stress relief and more. The OP Resilience Squad, where members provide peer-to-peer support, was launched, as was the OP Caregiver Support Group.



Similarly, Melissa Moyer, Nutrition Counselor, adapted her wellness groups to the virtual world. Fitness classes became videos that groups watched together, following along at home. Opportunity Project teamed with the SPIRIT Club to connect with its online database of inclusive fitness classes. Healthy cooking classes were livestreamed from the Clubhouse.

In individual and group sessions, members discussed ways to overcome limitations related to their brain injury that hinder them from meeting their health and wellness goals.

Now, as COVID-19 health protocols permit, the Opportunity Project Clubhouse has transitioned to a hybrid model, with limited in-person activities. Counselors say, however, that a virtual component is here to stay.

“Sometimes members had transportation barriers to coming to our in-person programs,” Moyer says. “Others struggled with the amount of preparation it takes to get out of the house. The fact that they can participate from their living rooms has been a great thing for them.”

“We’ve evolved and been able to keep providing positive support,” says Marino Rizzi. “Our members are continuing to make progress!”

Children’s Specialized Hospital partners with Opportunity Project to ensure that children in its brain injury programs can continue to have the support they need throughout adulthood. To learn more, visit www.opportunityproject.org. For more information about Children’s Specialized Hospital, call **888.244.5373** or visit www.rwjbh.org/childrensspecialized.

At Children’s Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Monmouth, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.



CARE IN ANY LANGUAGE

A VIDEO-BASED INTERPRETATION SYSTEM HELPS PATIENTS AND FAMILIES COMMUNICATE ACROSS RWJBARNABAS HEALTH.

A new technology has been implemented across RWJBarnabas Health (RWJBH) that breaks down language barriers, eases communication between patients, families and providers, and furthers the health system's mission to overcome health disparities.

Known as MARTTI (My Accessible Real-Time Trusted Interpreter), the technology provides patients at Community Medical Center (CMC) with 24/7 access to medical interpreters in more than 250 languages. MARTTI devices resemble IV carts with 12-inch tablets attached and are easily wheeled anywhere they are needed—from the registration desk or triage area to the bedside or physical therapy session.

At any point of care, limited English-proficient (LEP) patients and families can feel confident they will understand key information about a condition, a treatment or ongoing medical needs, and have the ability to speak up and accurately communicate.

“The MARTTI system helps create a comfort zone for the patient and

family, and ultimately improves the patient experience,” says Jill Anderson, MBA, Vice President, Patient Experience at RWJBH.

“We want to make sure LEP community members feel connected with our staff and feel the compassion we bring to patient care,” Anderson continues. “Improving communication has numerous benefits for our limited English-proficient patients and families, including increased patient safety.”

A GROWING NEED

Trends indicate increased need for interpretation services across RWJBH. About one-third of New Jersey residents speak a language other than English at home. Nearly 4 million interpretation minutes—a measure of demand for interpretation services—were used across the RWJBH system in 2020, an increase of more than 22 percent from

The MARTTI video system helps providers, patients and families communicate in the patient's own language using a live interpreter.



the previous year. About 100 languages have been interpreted, with Spanish the most frequently used.

MARTTI can help LEP patients and families as soon as they enter RWJBH inpatient and outpatient facilities. The patient or a family member can point out their country of origin on the MARTTI screen and choose from a list of languages. An on-screen medical interpreter will then converse with them in the patient's native language.

Requests for MARTTI carts at RWJBH have exceeded expectations. Initial estimates were for between 200 and 250 devices, but by the start of 2022, more than twice that many had already rolled out.

Patient response has been enthusiastic. “Patients love it, and the staff has raved about it from both a clinical and safety perspective,” Anderson says.

“Having MARTTI available for use is a tremendous asset to both our patients and staff,” says Carol Hayes, Assistant Vice President of Quality at CMC. “It allows our staff to effectively communicate to our patients in their primary language, making them feel more comfortable during some of their most difficult times. MARTTI also helps drive the high-quality care that we provide on a daily basis to everyone here at CMC.”

To learn more about Community Medical Center, visit www.rwjbh.org/community.





Left: Working to address food insecurity in the community are (from left) Debbie Patti, Director, Human Resources, Community Medical Center (CMC); Danielle Salvo, Dietetic Intern, Rutgers University; Patricia Donaghue, Founder, President and Chief Executive Officer, Inspire-NJ; Gerald Barbato, Officer, Security Department, and Thomas Yanisko, Administrative Director, Hospitality Services, CMC.

NOURISHING HUNGRY NEIGHBORS

AN INNOVATIVE CMC PROGRAM DELIVERS FOOD WHERE IT'S NEEDED MOST.

For Community Medical Center (CMC), serving area residents means more than providing trusted, state-of-the-art medical care. It also means offering nutritious meals that ease hunger among fixed-income seniors and others each week in a warm, friendly environment.

Adding to CMC's annual food drives and other health promotion efforts, the hospital launched a new weekly meal donation service in October 2021. It plates up repurposed food from the hospital for more than 50 area residents facing food insecurity. Teams of CMC

volunteers distribute the bounty every Wednesday afternoon at The Barn in Whiting.

The nonprofit Inspire-NJ, which formed after Superstorm Sandy in 2012 to bring needed services to Ocean County, uses The Barn as a meal pickup site, restaurant, food pantry and training ground to prepare developmentally disabled adults for jobs in the area.

"What's fundamental here is our mission to give back to the community where we live and work," says Thomas Yanisko, CMC's Administrative Director

of Hospitality Services, who spearheaded and oversees the meal program. "I believe if we have the capacity to do something, we have the responsibility to do it." CMC's access to equipment, facilities and food presents opportunities "to pay it forward," says Yanisko, who has worked at the hospital for 33 years.

EAGER RECIPIENTS

The new meal program was born out of Yanisko's desire to use uneaten food that healthcare facilities inevitably produce for patients and cafeterias. "We can't always make the exact number of meals



people eat,” says Yanisko, who also has been executive chef at CMC.

On Wednesdays, Yanisko joins CMC dietary staff members to gather unused food such as homemade soups, protein-based entrées, vegetables and carbohydrate-based side dishes. They plate the food into dozens of healthy low-sodium, reduced-fat meals using single-serving, microwaveable containers. The night before, Yanisko also heads to the grocery store and uses donated gift cards to stock up on fresh fruit and dessert items that round out meals.

“We can do this without costing the hospital,” Yanisko says. “We’re using resources that otherwise would have gone to waste.”

Volunteers from various CMC departments who join Yanisko each week at The Barn, located about 25 minutes from the hospital, often find a line of eager recipients waiting to bring meals home. Many residents take three or four meals to give homebound neighbors who otherwise might also go hungry.

“It’s an awakening for many of our volunteers to see people show up and patiently wait to get a meal,” Yanisko says. “Most of us have never been hungry

a day in our lives, but these folks don’t have enough food. It’s sobering. There’s such a great need, and this program supports what we at CMC are trying to do—support health and well-being in our community any way we can.”

PROMOTING COMMUNITY HEALTH

The Whiting area is home to large numbers of underserved seniors and veterans, and CMC’s food programs show that the hospital “recognizes the need,” says Patricia Donaghue, Founder, President and Chief Executive Officer of Inspire-NJ. “Within a six-mile radius are over 19,000 seniors who could benefit from these services.”

CMC provided The Barn with 225 meals last Thanksgiving. And for 15 years, Yanisko has overseen a CMC staff food drive that collects tens of thousands of pounds of food annually, benefiting organizations such as The People’s Pantry in Toms River and

CMC’s in-house food pantry for staffers who may need assistance.

Volunteers serving at The Barn often have opportunities to make residents aware of important CMC healthcare services such as physical therapy and diabetes care. “This program can be a gateway to other benefits the hospital is able to share with the community,” Yanisko says. “We’re working as a facility to expand services into our area, and reaching out to grassroots organizations like The Barn and Inspire-NJ is a good way to get the word out on what’s available.”

Donaghue praises not just CMC’s food efforts, but also the hospital’s positive influence on community health. “For some people, the meal they get through this program is their only meal of the day,” she says. “What better organization to help us feed them than CMC? We know the food is healthy and addresses people’s needs. It’s just a wonderful collaboration.”

To learn more about giving at Community Medical Center, visit www.rwjbh.org/community-medical-center/giving.



HELP FOR SEVERE NECK PAIN

MINIMALLY INVASIVE SURGERY
TAKES PRESSURE OFF NERVES
IN A MAN'S SPINE.



Rocky Volpe of Freehold is the first to admit that he's put his body through a lot over his 76 years.

"I've picked up all sorts of jobs that require heavy lifting," he says. "Over time, the strain on my back and vertebrae has taken its toll." He's had several operations across the decades at a variety of hospitals.



CHANAKYA JANDHYALA, MD

Most recently, he found himself suffering from intense neck pain that radiated down his shoulders, along with numbness in the fingers of his left hand and gait instability that made everyday activities such as walking a significant challenge.

An orthopedic surgeon who had performed rotator cuff surgery on Volpe years before thought the problem was a pinched nerve in the cervical spine of Volpe's neck. If true, Volpe would need additional surgery. The doctor had a recommendation: Volpe should

seek the care of Chanakya ("Sean") Jandhyala, MD, an orthopedic surgeon at Community Medical Center (CMC) who excels in spine surgery.

At his first consultation with Dr. Jandhyala, Volpe underwent an MRI scan of his cervical spine to make a firm diagnosis. The scan determined that Volpe indeed was experiencing spinal cord compression, or cervical myelopathy—a degenerative condition that typically triggers neck, arm and instability symptoms like Volpe's.

"Cervical myelopathy can be due



WHAT IS SPINAL COMPRESSION?

The spine consists of bones called vertebrae that are stacked on top of each other with flexible, cushioning discs in between. Seven vertebrae (numbered C1 to C7) that run from the base of the skull to the base of the neck comprise the cervical spine. Running through the spine is the spinal cord, which carries nerve signals from the brain to the body.

A variety of conditions including injury and age-related degeneration of discs can cause bony material of the vertebrae to squeeze or compress the spinal cord and its nerves. This can interfere with nerve transmission and trigger symptoms such as neck pain; loss of balance, coordination and dexterity; and weakness or numbness in hands or arms.

discs of concern, which, in Mr. Volpe's case, were C5 and C6," Dr. Jandhyala says. "We remove those discs to relieve compression on the spinal cord and replace them with a metal cage." A small plate and screws installed with the help of a surgical microscope hold the implant in place.

"The whole surgery takes about an hour and a half, and most patients have the option of going home the same day," Dr. Jandhyala says. The small incision, measuring 2 to 3 cm wide, heals relatively quickly.

In the case of Volpe's February 28 surgery for severe spinal cord compression, Dr. Jandhyala advised an overnight hospital stay to ensure Volpe's recovery was on track before discharge.

Volpe appreciated the extra time, remembering that he'd experienced pain after every major procedure he's undergone. The moment his eyes opened after surgery, he found a CMC nurse standing by his side waiting to gauge his pain and provide him with immediate relief. "The pain quickly subsided, and this nurse continued to check on me every 15 minutes," Volpe says. "If I needed anything, she was there ready to help in any way before I even put the buzzer down—exceptional and professional service."

to trauma such as injury from a car accident or as a result of arthritis, which was the cause in this case," Dr. Jandhyala says. The MRI confirmed that the best course of treatment would be surgery—a procedure called anterior cervical discectomy and fusion.

DELETING DAMAGE

Any spine surgery sounds daunting, but Dr. Jandhyala performs anterior cervical discectomy using minimally invasive techniques. "We make a small incision in the front of the neck to reach the

STEADY PROGRESS

Dr. Jandhyala was pleased to see Volpe's neck symptoms improve over the following weeks as Volpe recovered with support from his wife of 56 years, Joanne. "Improvement is gradual, but a major purpose of surgery is to make sure the condition doesn't continue to get worse," Dr. Jandhyala says. "The goal was to prevent progression of slow-moving paralysis, with the hope of reversing it, and to keep him from going from a walker into a wheelchair and not being able to walk at all."

Volpe is pleased with his progress as well. Four weeks after surgery, he could move his neck with ease and no longer tripped over his own feet. He also began physical therapy to build strength in his arms, which promised to help with gait instability and balance issues.

Dr. Jandhyala will track Volpe's progress every two to three months for at least a year as Volpe continues to recover and improve. "It's possible he may develop further issues down the road that we can help with," Dr. Jandhyala says. "But if he's like most patients who undergo anterior cervical discectomy, he'll continue to do significantly better."

Minimally invasive surgery and support from his wife, Joanne, have helped relieve Rocky Volpe of neck pain, hand numbness and instability.

For more information or to make an appointment with Dr. Jandhyala, call **732.349.0988**.





At the recent Spring Gala, Jennifer Shufan, Vice President, Community Medical Center (CMC) Foundation (far left) and Patrick Ahearn, Chief Executive Officer, CMC (far right), congratulate (center, from left) Scott Beck, DC, DICCP, and Francis Kelly, MD, with leadership awards. The event supported an ongoing transformation of CMC that includes major new projects such as the renovation of the Emergency Department.

A TRANSFORMING VISION

PROJECTS UNDER WAY ARE OPENING A NEW ERA AT COMMUNITY MEDICAL CENTER.



What does the transformation of Community Medical Center (CMC) look like? On April 29, it took the form of the Spring Gala, where CMC celebrated the achievements and contributions of two leading supporters who have steered the hospital toward a brighter future (see sidebar).

But the Gala was just part of a

larger, longer-term effort to bring the hospital into a new era of its 60-year history. The Gala supports the Campaign to Transform CMC, which funds the hospital's multimillion-dollar master facility plan creating critical infrastructure and program changes that will improve the patient experience and help ensure delivery of

the highest quality of care throughout the community.

“This strategic initiative will not only transform CMC’s physical plant and facilities, but also attract top doctors and other medical professionals,” says Patrick Ahearn, Community Medical Center Chief Executive Officer. “Patients in our area are increasingly finding

that the medical services and expertise they need are right here in their own community at CMC.”

MAJOR BENCHMARKS

The master facility plan and supporting transformational campaign began in 2019 and are expected to roll out over 7 to 10 years with support from RWJBarnabas Health and community contributions from private donors. A number of major milestones already have been achieved. Key components of the ambitious project include:

- **A world-class medical education program:** In 2021, CMC became an academic medical center, welcoming its first residents—physicians who have graduated from medical school and are now developing more specialized knowledge and experience in a variety of disciplines. The program benefits from a partnership with Rutgers Robert Wood Johnson Medical School and brings to CMC both new medical professionals and seasoned physicians and specialists.

- **Emergency Department renovation:** CMC is renovating the Hirair and Anna Hovnanian Emergency Pavilion (ED) to ensure emergency patients receive prompt, exceptional care. Highlights include a triage area for walk-in and ambulance patients; radiology services such as CT scans right in the ED; dedicated areas for specialized care such as behavioral health; and design features that make the space more calming, efficient and convenient.

- **A new building that will become the face of the hospital:** Plans are under way to construct a 300,000-square-foot main hospital building that will include new operating rooms, inpatient beds and outpatient services.

- **Primary care hubs:** CMC will continue establishing new outpatient facilities such as the recently opened Lab and Women’s Imaging Center in Barnegat that reach beyond hospital walls and provide access to healthcare services throughout the community.

- **A master plan for improved facilities:** Major upgrades planned for the CMC campus include a new central utility plant and a new 600-space parking garage.

MODELS OF LEADERSHIP

A highlight of the Community Medical Center (CMC) Spring Gala held April 29 at The Ocean Club in Seaside Heights was the presentation of awards to two key hospital leaders and supporters. With a signature sponsorship from the Grunin Foundation, the event raised more than \$140,000.

“These honorees not only are beloved local citizens, but also recognize that a strong hospital is essential to a strong and healthy community,” says Jennifer Shufan, Vice President, Community Medical Center Foundation. “Their contributions are helping to drive CMC’s transformation from a small, local hospital to a world-class medical institution delivering top-notch healthcare throughout our region.”

The honorees were:

FRANCIS KELLY, MD PHYSICIAN OF DISTINCTION AWARD

Dr. Kelly began his CMC tenure in 1981 and has been an integral member of the hospital’s medical staff. A graduate of Hunter University in 1966 and the University of Rome Medical School in 1976, he began his career at Jersey City Medical Center as a surgical resident and later moved to private practice in Toms River. From 2010 to 2019, he practiced at Atlantic Shore Surgical Associates.

He has held significant positions at CMC, including Chief and Vice Chief of Surgery. In 2019, he left his practice and took a role as Vice President for Special Projects. Dr. Kelly was integral in projects such as transforming the ICU Step-Down Unit; raising Leapfrog safety ratings; improving the cardiac program; and marshaling the hospital’s response to the COVID-19 pandemic.

Dr. Kelly and his wife, Marlene, have four children and four grandchildren.

SCOTT BECK, DC, DICCP EMERGING LEADER AWARD

A lifelong resident of Toms River before moving to Barnegat last year, Dr. Beck has deep roots in the local community and has long worked to make it a better place to live and raise a family. As a teen, he protected beachgoers as a lifeguard and volunteered with the Pleasant Plains First Aid Squad, later becoming an EMT. In college, he pursued a career in healthcare. For 17 years, he has served the community as a chiropractor specializing in pediatric and family care, and has built Beck Wellness Center into a premier local health and wellness facility.

Dr. Beck serves as Co-Chair of CMC’s Council of Emerging Leaders. He also chairs the Barnegat Township School District’s Community Advisory Committee and has supported the Ocean County Library Foundation, Ocean County YMCA and other local charities and organizations.

Dr. Beck and his wife, Kathleen, have two children.



TEE UP SUPPORT

Mark your calendars for August 29: That’s when the Community Medical Center Foundation holds its annual Robert H. Ogle Golf Invitational at the Metedeconk National Golf Club. Proceeds benefit community outreach and education. Registration begins at 9:30 a.m., with shotgun start at 11:30 a.m. and cocktails immediately following play. For information, call **732.557.8131**.

To learn more about giving at Community Medical Center, visit www.rwjbh.org/community-medical-center/giving.



Whoever your heart beats for, our hearts beat for you.

Comprehensive cardiac care for all.

Community Medical Center has a passion for heart health. We've invested in state-of-the-art catheterization equipment and technology to provide comprehensive care for both elective and emergency cardiovascular needs. In partnership with Rutgers Health, we offer convenient access to surgical care, research and clinical trials through the RWJBarnabas Health network of heart centers. And, we provide cardiac rehabilitation, prevention and wellness programs, with a growing network of specialists in non-invasive diagnostic and imaging, including stress testing. It's all part of our dedication to every heart in our community.

[Learn more at rwjbh.org/heart](http://rwjbh.org/heart)

Community Medical Center

RWJBarnabas
HEALTH

Let's be healthy together.

