

**RWJ**  
RAHWAY

SPRING 2016

*The*  
**Rose**

JUMP IN AND  
**HEAL FASTER**

PAGE 5

SPRING KITCHEN  
**MAKEOVER**

PAGE 10

**STOP**  
**GASPING FOR AIR!**  
Pulmonary Rehab is here to help.



**RWJ** UNIVERSITY HOSPITAL  
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM

## Dear Friends,

In 2017, Robert Wood Johnson University Hospital Rahway will mark 100 years of serving the community. The year-long celebration begins at the Foundation's 2016 Rose Ball on Saturday, April 16th.

Over 100 years, this hospital survived epidemics and pandemics, two world wars, the Great Depression, changes in healthcare policy, and the Great Recession. This hospital thrived because of strong community support and by adapting and meeting ever-changing healthcare needs.

Consider that 30 years ago, a heart attack patient spent two weeks in the hospital; today, it's about two days. The trend today is short hospital stays and keeping people out of hospitals with services that help them get better and stay better. To that end, we offer extensive outpatient services, including wound care and hyperbaric medicine, advanced same-day procedures and comprehensive rehabilitation.

We've increased our efforts in vascular and stroke care, always with the eye toward quality, safety, and timeliness. And we've incorporated wellness with programs on diabetes management, neuropathy treatment, pulmonary rehabilitation, and an affiliation with fitness centers and wellness centers.

Since 2003, we've been part of the Robert Wood Johnson Health System, providing our patients access to the highly specialized services of academic medical centers. Over the next year, we expect to be part of the new RWJ Barnabas Health System, which will be the state's largest healthcare system with 15 hospitals, a behavioral health center, ambulatory care centers, and five fitness and wellness centers.

### IN THE BEGINNING

But our roots as a community hospital were planted during World War I with the creation of General Hospital No. 3 in Colonia, an Army facility treating soldiers needing prostheses and rehabilitation. Orthopedic surgeon Col. Fred Albee, MD, saw the need for a civilian hospital between Elizabeth and Perth Amboy, and together with 13 other doctors, formed an association to purchase, maintain, and operate a hospital in Rahway. The group

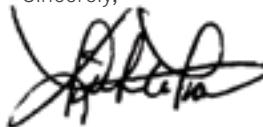
raised \$25,000 by selling stock and bought property at the corner of Jaques and West Hazelwood avenues. There stood a 10-bed, self-supporting hospital governed by a citizens advisory board and a consulting board of physicians. A women's auxiliary was formed to raise money: One of its first fundraising projects was the sale of locally grown roses.

The Rahway Hospital opening was held June 16, 1917. A year later, heart disease would be eclipsed as the nation's leading killer by pneumonia and influenza due to the Influenza Pandemic. The hospital operated at the Jaques and West Hazelwood location until 1928, the year penicillin was discovered. A bigger hospital was built on donated land on Stone Street, bounded by Madison Avenue and Jefferson Street. That facility was dedicated on October 26, 1929, just before the start of the Great Depression. (See "Picturing Our Past," page 4.)

We are a community hospital with a proud heritage and a strong purpose. The secret of our longevity lies in our mission: to deliver comprehensive, quality, cost-effective care that meets your needs with dignity and respect.

We thank our community—patients, doctors, nurses, employees, volunteers, board members, auxiliaries, and donors—for your help in allowing us to serve our mission. With each issue of *The Rose*—a nod to the flowers sold by the auxiliary to build this community hospital—you'll learn about our past and our evolution as a community hospital dedicated to quality, safety, and compassion.

Sincerely,



Kirk C. Tice  
President and CEO



### Good Guys Finish Last

Hospitals are held accountable for the quality of care provided as part of ObamaCare. They are penalized on such things as hospital-acquired infections, falls, pressure ulcers, and medical errors.

Did you know that RWJ Rahway ranked best in state for preventing infections and errors? Of the 63 New Jersey hospitals, 21 were docked a percentage of their Medicare payments because of poor performance. RWJ Rahway had the lowest score of all the state's hospitals in terms of errors and infections. And, in this case, lowest is best, according to the Centers for Medicare & Medicaid Services.

RWJ Rahway patients and their families should be confident of the quality of care provided based on these results and other quality measures, such as our sixth "A" rating by The Leapfrog Group.

To see how RWJ Rahway's scores compare nationally and locally, visit [www.hospitalsafetyscore.org](http://www.hospitalsafetyscore.org).

*The Rose* is published quarterly by RWJ Rahway. All rights reserved. The contents of this publication may not be reproduced in whole or in part without written permission from the publisher. For more information about topics in *The Rose* or if you would like to be added to or removed from this mailing list, contact: Donna Mancuso, Public Affairs, 865 Stone St., Rahway, NJ 07065, (732) 499-6118, or email [dmancuso@rwjuhr.com](mailto:dmancuso@rwjuhr.com).

Robert Wood Johnson University Hospital [rwjuhr.edu](http://rwjuhr.edu) • Robert Wood Johnson University Hospital Hamilton [rwjhamilton.org](http://rwjhamilton.org) • Robert Wood Johnson University Hospital Rahway [rwjuhr.com](http://rwjuhr.com)  
Children's Specialized Hospital [childrens-specialized.org](http://childrens-specialized.org) • Bristol-Myers Squibb Children's Hospital [bmsch.org](http://bmsch.org)  
Robert Wood Johnson University Hospital Somerset [rwjuhr.edu](http://rwjuhr.edu)

**RWJ** UNIVERSITY HOSPITAL  
RAHWAY  
ROBERT WOOD JOHNSON HEALTH SYSTEM

Kirk C. Tice  
PRESIDENT AND CEO  
Stephen A. Timoni  
CHAIRMAN OF THE BOARD OF GOVERNORS

**The Rose**  
EXECUTIVE EDITOR Donna Mancuso  
MANAGING EDITOR Gabrielle Fernandez  
DESIGNER Rosie Fitzgerald  
ACCOUNT MANAGER Agnes Richmond

# A COMBAT VET *Breathes Better*

Vietnam veteran and accomplished businessman William V. Larsen reclaims his quality of life through Pulmonary Rehabilitation at Robert Wood Johnson University Hospital Rahway.

**THE SHORTNESS OF** breath began in 1968, a possible side effect from one year of exposure to Agent Orange and napalm during the Vietnam War.

As a member of the 101st Airborne Division, William V. Larsen had spent many evenings sleeping on the ground during his year of combat in the jungles and mountains of Southeast Asia from 1965 to 1966. Two years later, he started to feel the effects.

"I would lose my breath playing basketball," Mr. Larsen says. "But it didn't interfere with my day-to-day activities until several years later."

Mr. Larsen spent years managing businesses and traveling the world, but his health challenges finally caught up with him in 2006.

"My wife, Ginny, found me in the living room unable to breathe," says Mr. Larsen, who was transferred to a local hospital for emergency treatment. "I spent 19 days in a medically induced coma and woke up with a tube in my throat, which remained for two weeks. It was one of the most frightening experiences of my life."

## WORKING TO HEAL

Mr. Larsen spent the next several years battling a variety of health conditions in addition to the breathing problems, which were indicative of chronic obstructive pulmonary disease, otherwise known as COPD.

After surviving heart disease and lung difficulties, Mr. Larsen was left fatigued and reliant on the use of a wheelchair, unable to take 10 steps without experiencing pulmonary distress. So he decided to take action.

Mr. Larsen enrolled in the Pulmonary Rehabilitation program at RWJ Rahway in February 2015 and has been thrilled with the results he has seen since collaborating with registered respiratory therapist Paula Erickson, RRT.

"My wife found the program online, and it was a great fit," Mr. Larsen says. "Paula is an angel, and my quality of life has improved immensely. She has taught me breathing techniques and control that have virtually changed the quality of my life for the better. I've lost weight and a ton of depression, and gained strength and self-confidence."

"He has come out of his comfort zone and is so motivated," Ms. Erickson says. "He is a wonderful example of what people can achieve through the Pulmonary Rehabilitation program. We have solutions to help you or your loved one breathe better."

---

If you are recovering from lung cancer, Pulmonary Rehab can help. For more information, visit [rwjuhr.com](http://rwjuhr.com) and enter "Pulmonary Rehabilitation" in the search bar, or call (732) 499-6190.



Bill Larsen works with Respiratory Therapist Paula Erickson.

## Suite of Pulmonary Services

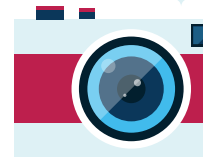
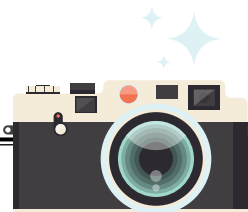
People experiencing difficulty breathing as a result of conditions such as asthma, chronic bronchitis, emphysema, and pulmonary fibrosis may be candidates for the Pulmonary Rehabilitation program at Robert Wood Johnson University Hospital Rahway.

Patients participating in the program will work with pulmonary professionals to improve breathing and overall health by following a therapy program designed to meet individual needs. Patients will learn valuable tips regarding exercise, nutrition, and proper use of medical equipment.

---

If you have COPD or are recovering from lung cancer, call (732) 499-6190.



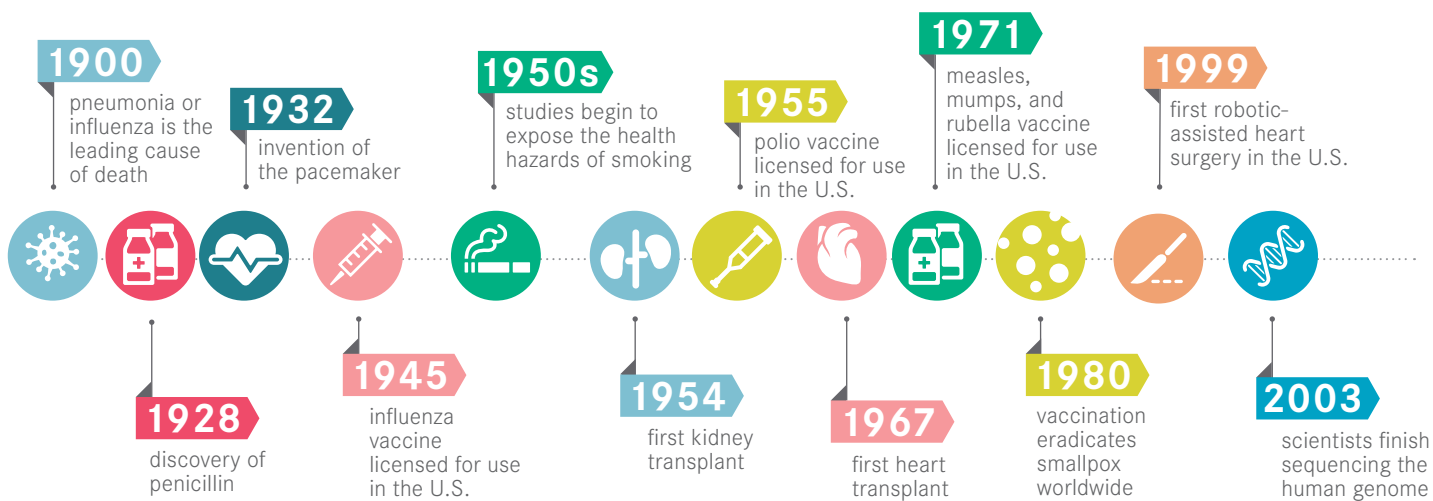


# PICTURING *our* PAST

As part of a yearlong commemoration of Robert Wood Johnson University Hospital Rahway's 100th anniversary, The Rose will explore how RWJ Rahway and the field of medicine have changed and evolved in the century since the hospital's founding. The next five issues will focus on major events and discoveries in each decade since 1917. For now, let's take a broad look at the past 100 years.

## HEALTH HIGHLIGHTS

A comprehensive list in a century would fill a book, but here are 12 breakthroughs worth noting.



## HOW WELL DO YOU KNOW YOUR HOSPITAL?

Check out these seven little-known facts from RWJ Rahway's rich history:

**For more than 40 years,**

from 1920 to the early 1960s, the Women's Auxiliary held an annual

**JELLY DAY**

event to stock the hospital with food.

Construction of Rahway Memorial Hospital began in 1928. The hospital opened on October 26, 1929. Three days later, the stock market crashed, signaling the start of **the Great Depression.**



In 1988, the hospital flipped its management hierarchy for 24 hours and allowed staff members to be "kings." The event evolved into the annual Employee Appreciation Day.



**In 1958,**

the hospital partnered with the new Seton Hall Medical School to offer the area's first post-graduate medical education course.

In the 1930s, it was common for private duty nurses to **call the hospital daily** looking for work as they struggled to make ends meet during the Great Depression.



Nurses sold sheet music for the song



**"DADDY LONG LEGS"**

at the 1919 Fourth of July parade in Rahway to help fund the construction of a new hospital to be dedicated to fallen World War I soldiers.

**On Christmas Day 1967,** hospital patients watched a pre-recorded broadcast of midnight Mass at a local church—likely the first time an American hospital produced and aired a program on its own closed-circuit TV system.





# STAYING *Afloat* WITH AQUATIC THERAPY

When 19-year-old college freshman Grace Gottlick isn't studying or volunteering, she's spending her free time at the pool—but not swimming leisurely laps.

**AT AGE 12**, Ms. Gottlick's hip began hurting. The pain intensified and prompted multiple surgeries, which failed to alleviate her symptoms, including a proclivity to fall, bruise easily and heal slowly. A visit to a geneticist changed her diagnosis and her life.

## GENES AND JOINTS

Ehlers-Danlos syndrome—a genetic connective tissue disease which causes severe joint pain—answered doctors' questions about why Ms. Gottlick's delicate skin, aching hips, and intestinal issues proved nearly debilitating.

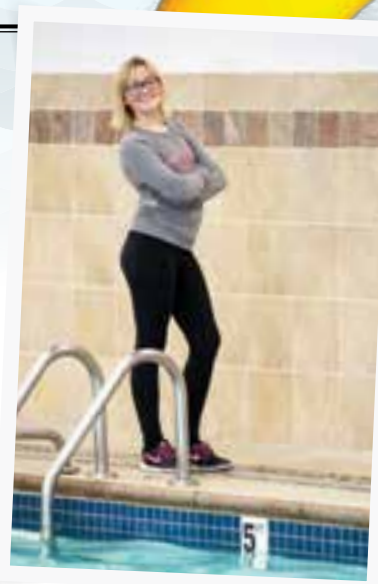
"Because my joints were so weak, I fell down often," Ms. Gottlick says. "Doctors discovered my loose hips were a result of hip dysplasia and partially reconstructed my right hip in September 2015 and plan to repeat the process to my left hip."

As part of her recovery process, Ms. Gottlick started her individualized physical therapy plan to restore function to her hips.

## REGAINING MOVEMENT FLUENCY

"When Grace came to see me, she was completely nonweightbearing, and she had nerve pain and

Grace Gottlick poses by the heated therapy pool at RWJ Rahway Fitness & Wellness in Scotch Plains, where she worked with Physical Therapist Claudine Gimblette.



swelling," says Claudine Gimblette, a Physical Therapist at Robert Wood Johnson University Rahway Physical Therapy in Scotch Plains. "I chose aquatics to help reduce the edema and allow her to move more freely with less pain. I used aquatics in conjunction with land-based therapy to strengthen her core and lower extremities to get her back on her feet quicker.

"In the beginning, I had to be creative with exercises, so we started by lifting her with an assist chair into the deep end of our heated saltwater pool. She worked on gait exercises while the buoyancy mitigated the pain."

Though doctors suggested it would take six months to walk again, Ms. Gimblette's aquatic therapy prescription sped up the process.

"The heated saltwater reduced swelling," Ms. Gottlick says. "It's been four months, and I can now jog outside. Aquatic therapy is giving me back my independence."

Ms. Gottlick aspires to share her story of hope by becoming a pediatric surgeon herself.

To learn more about the aquatic therapy program at RWJ Rahway Fitness & Wellness Center at Scotch Plains, call (908) 389-5400.



## Aquatic Therapy at Its Core

Aquatic therapy is an extension of land-based exercises within a pool setting for increased mobility, balance, coordination, and flexibility.

"The aquatic therapy program at RWJ Rahway Fitness & Wellness Center incorporates the BackHab course to restore

function to the back, neck, hip, and knee," says Claudine Gimblette, Physical Therapist at Robert Wood Johnson Rahway Physical Therapy in Scotch Plains. "The slower you move, the harder it is and the more it builds your core muscles."

Aquatic therapy is expansive and includes exercises for Ai Chi—yoga-inspired movements for chronic pain—among cardio workouts and gait exercises.

Questions about physical therapy? Call (908) 389-5400.

NEED A PHYSICIAN? CALL 1-888-MD-RWJUH (637-9584) TO FIND AN RWJ MD IN YOUR AREA.



# YOUR..... POLST ..... PRIMER .....

To view a blank Practitioner Orders for Life-Sustaining Treatment form, visit [www.nj.gov/health/advancedirective](http://www.nj.gov/health/advancedirective) and click "Practitioner Orders for Life-Sustaining Treatment."

The Practitioner Orders for Life-Sustaining Treatment (POLST) form may be one of the most important documents you have.

**WHEN YOU ARE MANAGING A** life-limiting illness or are at the end of life, there may come a time when you are not able to communicate your wishes to your medical team. The POLST form provides a reference for your preferred healthcare decisions.

"POLST is a document with actionable medical orders that must be followed by all healthcare personnel," says Aline Holmes, DNP, MSN, RN, Senior Vice President of Clinical Affairs, New Jersey Hospital Association. "It supports the patient's goals of care and preferences for end-of-life care after discussion with their physician or advance practice nurse."

## **DIRECT AND IMPORTANT**

Unlike a living will or durable power of attorney, the POLST form contains explicit instructions for your medical team and is a set of actionable medical orders, which is effective immediately. The form has several sections, including:

- **Artificial nutrition.** You can specify long-term, short-term, or no artificial nutrition based on your conversation with the healthcare provider helping you complete the form.
- **Designated surrogate.** You can name someone to modify or replace your POLST form, if you are unable to at a later time.
- **Goals of care.** This outlines the end goal of any medical treatments. Maybe you want to live long enough to attend a wedding or graduation, limit the amount of pain you feel, or strive toward remission or a cure. You can also discuss any personal or religious considerations for your medical care.
- **Medical interventions.** Whether it's full medical and surgical treatment, treatments limited to noninvasive options, or palliative care that only addresses symptom relief, you can choose your preference.
- **Resuscitation.** Do you wish to be resuscitated with CPR, intubation, or oxygen?

"Choice becomes especially important at the end of life," says Angela DeCillis, RN, DNP, NE-BC, Nurse Manager at Robert Wood Johnson University Hospital Rahway. "The POLST form allows you to decide what care you do and do not want, and ensures that those treating you will respect your wishes."

Start the POLST conversation with your primary care provider today. To find a provider near you, visit [www.rwjhr.com](http://www.rwjhr.com).

## **What Comes Next**

Once you complete the Practitioner Orders for Life-Sustaining Treatment (POLST) form, the original should stay with you at all times. When at home, keep the original by the bedside, on the refrigerator, or another visible location that will make it easy to find.

When you're in the hospital or in a long-term care facility, the original should be kept in your medical record. It's also a good idea to give a copy to your primary care physician and any specialists who may be responsible for your care.

RWJ RAHWAY  
FITNESS & WELLNESS  
CENTER IN

# SCOTCH PLAINS

## Healthy Resolutions

### This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193 or visit [www.rwjahr.com](http://www.rwjahr.com) and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

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

### SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

**Breast Cancer Support Group** meets the first Wednesday of each month at 5:30 p.m.

**Adult Bereavement** meets the first Wednesday of each month from 1:30 to 3 p.m.

**Bariatric Support Group**, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email [firstsaturdaysupport@gmail.com](mailto:firstsaturdaysupport@gmail.com).

**Cancer Support Group**, meets the first Thursday of each month, 7 to 8:30 p.m. Professionally run group provides a comfortable setting to explore and discuss shared experiences, expectations, concerns, and fears as well as resources and education to assist coping and recovery. Those newly diagnosed are welcome.

**Fibromyalgia Support Group**, a professionally facilitated group, meets the first Thursday of each month from 5:30 p.m. Those newly diagnosed are welcome.

**Overeaters Anonymous** is a peer-to-peer group for compulsive eating disorders that uses a 12-step program. The group meets Fridays at 7 p.m. and Sundays at 11 a.m. in the RWJ Rahway Fitness & Wellness Center Conference Room.

**Spousal Bereavement Group** sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

## MARCH



7

**You've Successfully Treated Your Cancer, Now What?**—6 p.m., Paul Abend, DO, FAAPMR, Physical Medicine and Rehabilitation. A patient-specific post treatment plan for cancer survivorship.



8

**Flexitarian Meals: The Benefits of Marrying Flexible with Vegetarian**—7 p.m., Diane Weeks, RD, Chef\* You can eat meat occasionally, but there are other protein options as well.

9

**Hypnotism for Health**—6 p.m., Lloyd Rejevich, Reiki Master, Hypnotist



16

**Travel Medicine: Zika, Chikungunya, Malaria, and More**—6 p.m., Juan Baez, MD, Infectious Disease

## APRIL



5

**Foods for Cancer Survival**—7 p.m., Diane Weeks, RD, Chef\*

14

**Hands-only CPR: You Can Save a Life**—6 p.m., Jennifer Green, Paramedic, Mobile Intensive Care and EMS Educator



15

**Burnout and Your Health**—6 p.m., Juan Baez, MD, Infectious Disease

## MAY



9

**You've Successfully Treated Your Cancer, Now What?**—6 p.m., Paul Abend, DO, FAAPMR, Physical Medicine and Rehabilitation. A patient-specific post treatment plan for cancer survivorship.



10

**Spring Vegetables**—7 p.m., Diane Weeks, RD, Chef\*

17

**Enlarged Prostate: Symptoms, Diagnosis, Treatment Options**—6 p.m., Franklin Morrow, MD, Urology

## JUNE

16

**Weight-Loss Surgery: What You Need to Know**—6 p.m., Anish Nihalani, MD, Bariatric Surgeon. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn more about the latest procedures by attending this free seminar. Registration is required. Call (732) 499-6193 to reserve a seat.





Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, are free and open to all, but space is limited. Call (732) 499-6193 to tell us you are coming.

Health Education programs are free and open to the community. Non-members of the Fitness Center are welcome to attend. Please call (732) 499-6193 to let us know you are coming.

- 17** **Weight-Loss Surgery: What You Need to Know—** 6 p.m., Anish Nihalani, MD, Bariatric Surgeon. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn more about the latest procedures by attending this free seminar. Registration is required. Call (732) 499-6193 to reserve a seat.
- 22** **Foods of Umbria (Sorry, wine not included.)—** 7 p.m., Diane Weeks, RDN, Chef\*
- 23** **The Mouth Is the Body's Window: The Impact of Oral Disease on Your Heart and Other Organs—**6:30 p.m., Richard Kelner, DMD, Dentistry, Periodontics
- 24** **Pulmonary Fibrosis: Pathology and Treatment Options—**6 p.m., Carlos Remolina, MD, Pulmonology

- 19** **Weight-Loss Surgery: What You Need to Know—** 6 p.m., Anish Nihalani, MD, Bariatric Surgeon. Take the first step to a healthier you by finding out if you're a candidate for weight loss surgery. Learn more about the latest procedures by attending this free seminar. Registration is required. Call (732) 499-6193 to reserve a seat.

- 26** **Vegan Cooking—**7 p.m., Diane Weeks, RDN, Chef\*

- 19** **Weight-Loss Surgery: What You Need to Know—** 6 p.m., Anish Nihalani, MD, Bariatric Surgeon. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn more about the latest procedures by attending this free seminar. Registration is required. Call (732) 499-6193 to reserve a seat.

- 24** **Meals to Prevent High Blood Pressure—**7 p.m., Diane Weeks, RD, Chef\*



- 26** **Most Common Foot Problems and Their Treatment—**7 p.m., Jason Galante, DPM, Podiatry

- 28** **COPD: Diagnosis & Treatment—**6 p.m., Carlos Remolina, MD, Pulmonology

## Join the Auxiliary

The Auxiliary at Robert Wood Johnson University Hospital Rahway is a volunteer organization concerned with the health and welfare of RWJ Rahway hospital patients and the community. The Auxiliary sponsors the Bedside Harp® program and TV services for patients. It runs the Rose Tree Gift Shop and the Shop-on-Wheels for patients. Each year, the Auxiliary provides scholarships to area students pursuing careers in the health field.

Membership is open to any interested adult. To become a member of this active group, call (732) 499-6068.

## New for Neuropathy

Have peripheral neuropathy? Tingling, numbness, pain in hands or feet.

Our physical therapy department may help with neuropathy treatment. Call (732) 499-6012.

## Nourishing Wisdom: A Mindful Approach to Eating & Finding Satiety

May 16 and 17 at 6:30 p.m. at the RWJ Rahway Fitness & Wellness Center, Scotch Plains This two-day program features a talk about mindful eating, plus a dinner on the second day that utilizes mindful eating techniques.

The program costs \$10 for the two day program, including meal on May 17. Program features Certified Holistic Nurse Paula Rovinsky, MA, RN, HNB-BC.

Registration is required. Please register by calling (732) 499-6193.



Health Education programs are free and open to the community. Non-members of the Fitness Center are welcome to attend. Please call (732) 499-6193 to let us know you are coming.

THE ROSE [WWW.RWJUHR.COM](http://WWW.RWJUHR.COM)

# CARTERET

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


## Healthy Resolutions

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

### This is just a sample!

For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193 or visit [www.rwjuhr.com](http://www.rwjuhr.com) and click on "News & Events."

Connect with Robert Wood Johnson University Hospital Rahway on Facebook at

 [www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway).

For more information or to arrange a tour of the Carteret facility, call (732) 541-2333.

Visit our website at [www.RWJFitnessCarteret.com](http://www.RWJFitnessCarteret.com).

## Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., Rahway. For more information, call (732) 499-6109. Free.

## Parkinson's Support Group

Meets the second Wednesday of each month from 1 to 3 p.m. in Conference Room #3, RWJ Rahway, 865 Stone St., Rahway. For more information, call (732) 499-6193. Free.

## All Together Better

Now Accepting Horizon Blue Cross Blue Shield of New Jersey

 Horizon



Horizon Blue Cross Blue Shield of New Jersey

## MARCH

**2** **The Goal Is Control**—6 p.m., Lobby. Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, non-fasting glucose test. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

**15** **Want to Reduce Your Blood Sugar? Ask Me How**—6:30 p.m., Learn how to keep diabetes from becoming your destiny, Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator

## APRIL

**6** **The Goal Is Control**—6 p.m., Lobby. Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

**12** **Tools for Managing Stress**—6:30 p.m., Talk, tips, and techniques to help manage stress, featuring Holistic Nurse Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator. Ms. Rovinsky brings her popular stress program to RWJ Rahway Fitness at Carteret small group training room. Call to register: (732) 499.6193. Free.

## MAY

**4** **The Goal Is Control**—6 p.m., Lobby. Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, non-fasting glucose test. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

**10** **Tools for Managing Stress**—6:30 p.m., Talk, tips, and techniques to help manage stress, featuring Holistic Nurse Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator. Ms. Rovinsky brings her popular stress program to RWJ Rahway Fitness at Carteret small group training room. Call to register: (732) 499.6193. Free.



The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, Robert Wood Johnson University Hospital Somerset, and Children's Specialized Hospital.

# Tuna Salad *WITH A Twist*

Make the most of this healthy pantry staple by adding fresh fruit and vegetables.



## INGREDIENTS

- 1 can, or 6 ounces, water-packed albacore tuna
- 3/4 cup finely chopped Honeycrisp apple
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped scallions
- 2 tablespoons fresh lemon juice
- 1 tablespoon canola oil
- 1/3 cup chopped fresh dill
- 2 teaspoons grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices English cucumber
- 2 lightly packed watercress sprigs
- salt and ground black pepper to taste

## INSTRUCTIONS

- Flake tuna with a fork and mix in apple, green pepper, and scallions.
- Add lemon juice, salt and pepper, and toss to combine. Mix in canola oil.
- When ready to serve, add dill and lemon zest and mix well.
- Line two salad plates with two lettuce leaves, and add two cucumber slices.
- Mound half of the tuna salad on each plate. Surround with watercress and serve.

**Serves 2**  
Calories: 220  
Total Fat: 10g  
Saturated Fat: 1g  
Carbohydrates: 12g  
Protein: 22g  
Dietary Fiber: 3g  
Sodium: 55mg

NUTRITIONAL  
INFORMATION  
(PER SERVING)

## SPRING CLEAN YOUR KITCHEN



Give your kitchen a fresh start this spring with a healthy makeover.

Tackle your kitchen to spring clean your diet and improve your healthy meal planning.

“Start with your cupboards and get rid of anything that is outdated or full of sodium,” says Diane Weeks, RDN, Registered Dietitian and Nutritionist at Robert Wood Johnson University Hospital Rahway.

“When reorganizing, keep staples such as beans, whole grains, and canned fish on hand for quick and healthy meals.”

### IN THE FRIDGE

“In the refrigerator, whatever is easiest to find is what you’re going to eat,” Ms. Weeks says. “Make produce accessible and wash and cut it when you buy it. Keep healthy ingredients such as fruits, vegetables, and lean protein easily accessible for quick

meal preparation.” If you find you’re rushed in the afternoons or evenings, invest in a slow cooker to have meals waiting for you at the end of the day. Another useful change is reducing your plate size when serving to prevent overeating.

Interested in nutritional counseling services at RWJ Rahway? Visit [www.rwjuhr.com](http://www.rwjuhr.com) and select “Nutrition Counseling” under “Healthcare Services,” or call (732) 499-6210.