

# BARNABAS TODAY

KIMBALL MEDICAL CENTER

## AFTER THE STORM: OUR REGION STANDS STRONG



Childbirth  
After Cesarean  
Page 4



The Jacqueline M.  
Wilentz Breast Center  
is Now at Kimball  
Medical Center  
Page 12



Kimball Earns  
Accreditation  
by the Joint  
Commission  
Page 18

To Our Community,

While the New Year is traditionally a time to look forward, it's also a time to reflect. As we look back at the challenges we faced and conquered together throughout the year, including Superstorm Sandy, we applaud our staff at Kimball Medical Center for their commitment to our patients, despite their own personal circumstances. While Sandy's magnitude was unprecedented, Barnabas Health's aggressive emergency planning and preparedness allowed all system hospitals, including Kimball, to operate efficiently and provide the highest level of care to our patients.

With the New Year underway, we look forward to rebuilding and working together, with you. This issue of Barnabas Today highlights Kimball's programs and services that are meeting the needs of the local community. You'll also read personal stories about local Barnabas Health employees who were impacted by Sandy but continued to come to work and care for Ocean County residents. Kimball Medical Center alone had 38 employees who lost their homes or couldn't return to them.

As a dedicated healthcare provider, we feel privileged to serve the Ocean County community and look forward to helping you thrive in good health in 2013 and beyond.

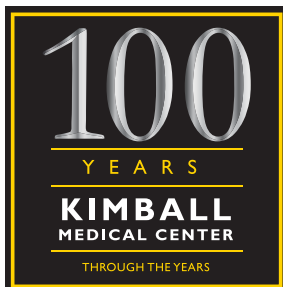
Sincerely,



**Barry H. Ostrowsky**  
President and Chief Executive Officer  
Barnabas Health




**Michael Mimoso, FACHE**  
President and Chief Executive Officer  
Kimball Medical Center



## BARNABAS HEALTH HELPS FAMILIES AND PATIENTS REBUILD POST-SANDY

As we continue rebuilding following Superstorm Sandy's devastating impact on thousands of people in Ocean and Monmouth Counties, Barnabas Health acknowledges the incredible team effort that enabled us all to prevail.

Although the storm posed serious challenges, we're pleased to report that all Barnabas Health facilities continued to operate and provide quality care to patients – both during Superstorm Sandy and in its aftermath. The Emergency Departments in every Barnabas Health facility, including hard-hit area hospitals such as Community Medical Center, Kimball Medical Center and Monmouth Medical Center, were operational during the storm, with some of our facilities operating on generators for an entire week in order to continue providing patient care during the widespread power outages.

Many of our employees took extraordinary measures to travel to work to ensure the health and well being of patients despite their own storm-related damages. Due to the commitment, strength, compassion and resilience exhibited by Barnabas Health's dedicated employees, we have been able to continue focusing on our main priority – to care for the people in our communities.

Barnabas Health's financial support to employees who suffered damage to their homes and vehicles during the storm reinforces the system's commitment not only to its employees, but also patients who depend on them for care. This support helped employees move forward with their personal matters, enabling them to continue caring for patients.

It is this level of dedication that is so captivating. Approximately 325 employees' homes, cars and personal belongings were destroyed during the storm. These employees are heroic not only for what they endured, but also because they understood what our patients were going through firsthand. Our employees knew they were needed – to administer CPR, provide chemotherapy treatments, hold a patient's hand, and to be the steadfast beacon of hope that patients needed – no matter the weather or situation. These are the people that care for you, each and every day.

Here are a few of their stories.

## Maryellen McIninch, RN Kimball Medical Center

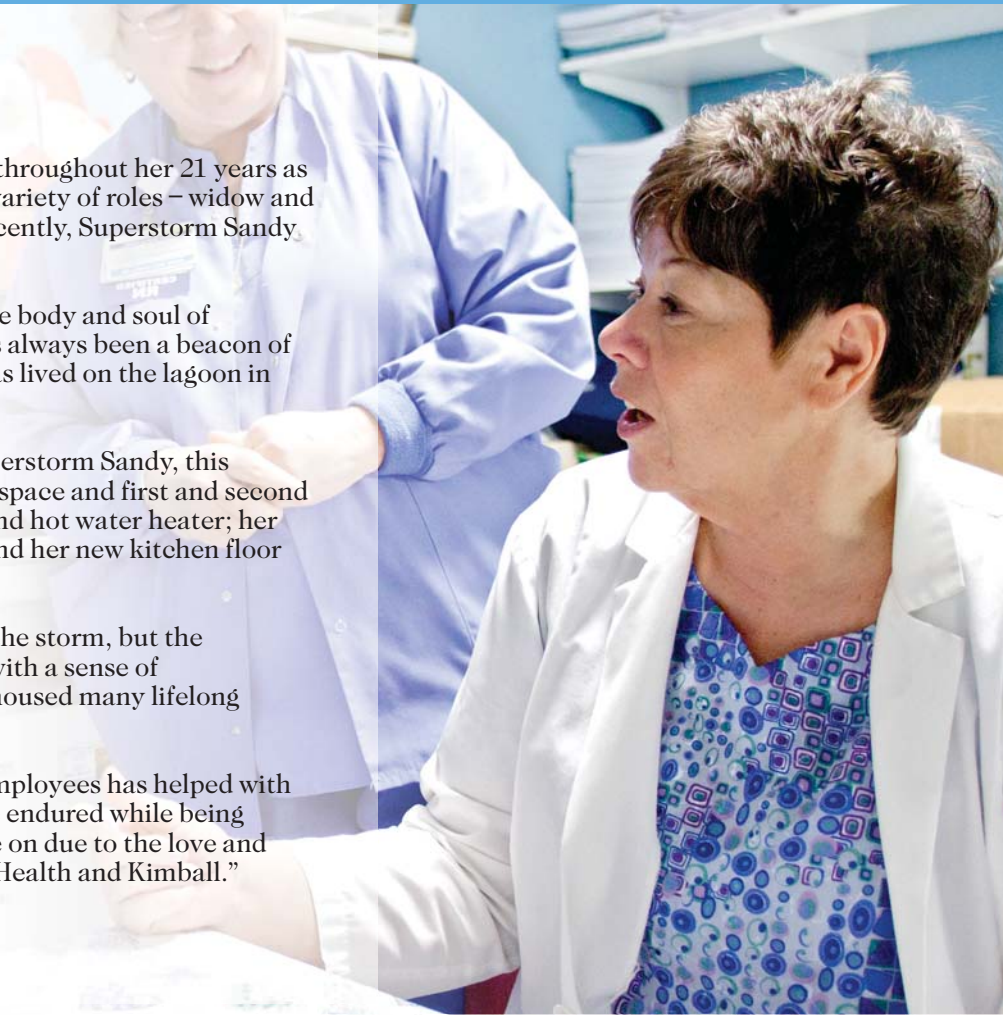
Maryellen has faced several personal challenges throughout her 21 years as an RN at Kimball Medical Center, adjusting to a variety of roles – widow and single parent, breast cancer patient and, most recently, Superstorm Sandy victim.

“Kindness and caring from the people who are the body and soul of Barnabas Health and Kimball Medical Center has always been a beacon of light and hope in my life,” said Maryellen, who has lived on the lagoon in Brick for 34 years.

While she never experienced flooding before Superstorm Sandy, this record-breaking storm flooded her home’s crawl space and first and second floors – destroying the furnace, air conditioner and hot water heater; her washer and dryer, den furniture and television; and her new kitchen floor and cabinets, refrigerator, dishwasher and stove.

“I’m fortunate that I had no physical harm from the storm, but the emotional harm can be overwhelming. I am left with a sense of vulnerability, along with the loss of a home that housed many lifelong memories,” she said.

“Knowing I work for a system that supports its employees has helped with the emotional distress. As with other trials I have endured while being employed at KMC, I know I will survive and move on due to the love and kindness of the people and patients of Barnabas Health and Kimball.”



## Maryann Dzubela, RN-BC, MSN, OCN Community Medical Center

Despite its close proximity to the barrier islands, the Toms River home of Maryann, an oncology nurse at Community Medical Center, and her husband Dave was not declared a mandatory evacuation zone during Superstorm Sandy, so they stayed.

“Around midnight, a wave hit the sliding glass door and water suddenly gushed into our home. We acted quickly to transport whatever we could to the second floor,” said Maryann. The water destroyed everything in its path – including all appliances and furniture on the first floor, the kitchen and bathroom cabinets and the well-pump and hot water heater – and caused structural and insulation damage.

“Community Medical Center is a very family-oriented, close-knit hospital, so the day after the storm, my coworkers checked-in on me and let me know about the assistance offered by Barnabas Health,” said Maryann.

Within a day, as black mold crept up the walls of her home and inside her and her husband’s cars – both of which were lost during Sandy – Maryann received confirmation that she would receive financial support from Barnabas Health.

“Because of Barnabas Health I was able to immediately start the process of cleaning up and finding a dry, warm place to stay and a car to rent so I could get back to work and care for my patients. I’m overwhelmed with gratitude that Barnabas Health supported me. Their response was above and beyond, and I’m so proud to be part of a system that values its employees and patients.”



## Carole Ball, RN Monmouth Medical Center

Carole, a nurse case manager at Monmouth, watched Superstorm Sandy's flood waters fill her Brick home while she and her family waited for emergency personnel to help them escape. It would be five weeks before her family was able to spend the night there again.

"The Tuesday after the storm, we were rescued from our home around 4 a.m. That morning was the first time in 40 years that I was a 'no call, no show' to work," said Carole, who was unable to use a landline or cell. "I'm thankful for the continuous support and compassion shown by the administration at Monmouth Medical Center throughout this entire ordeal."

"The entire neighborhood looks like a war zone," said Carole, whose family lost three cars and a motorcycle during the storm, plus the significant damage done to their home. "I cry just thinking about how grateful I am for all the help we received from God and our community – our church, our friends and family, our neighbors, Monmouth and the system."

"It's a mess, but it's our mess. Together, we'll rebuild and move on – we're from Jersey."



## Daniel "Danny" Rebelo Barnabas Health Behavioral Health Center

Danny decided to weather Superstorm Sandy in his Toms River home with his family – including his mother- and father-in-law, wife and stepchild. What he didn't expect, however, was that he would eventually wade through torso-high water, using a boat he found floating down the street to pull his family – and three other people he found along the way – to safety.

At that point, like many others who faced Superstorm Sandy head-on, Danny's main concern was ensuring his family's wellbeing. Afterwards, the emotional trauma he experienced began to set in, especially knowing that he lost six vehicles and the entire first floor of his home during the storm.

"Part of getting through this is talking to other people who can relate," said Danny, who has found solace and comfort in the staff at the Behavioral Health Center, where he has been employed for 17 years.

"Barnabas Health did a wonderful job anticipating what their employees would need – and when they would need it. The storm hit, many people lost their homes and vehicles, and Barnabas Health stepped in right away to help us regain some of what we lost and get back to work to care for the community," said Danny.





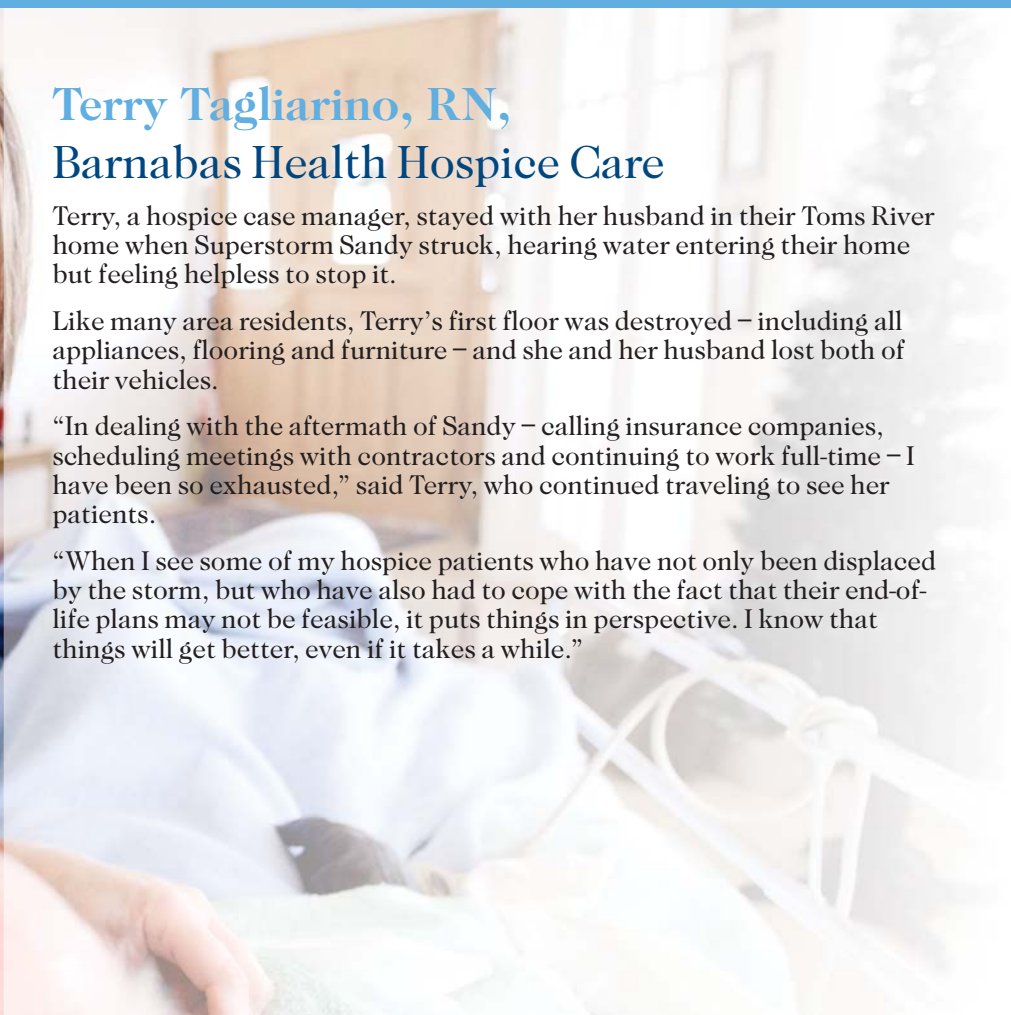
## Terry Tagliarino, RN, Barnabas Health Hospice Care

Terry, a hospice case manager, stayed with her husband in their Toms River home when Superstorm Sandy struck, hearing water entering their home but feeling helpless to stop it.

Like many area residents, Terry's first floor was destroyed – including all appliances, flooring and furniture – and she and her husband lost both of their vehicles.

“In dealing with the aftermath of Sandy – calling insurance companies, scheduling meetings with contractors and continuing to work full-time – I have been so exhausted,” said Terry, who continued traveling to see her patients.

“When I see some of my hospice patients who have not only been displaced by the storm, but who have also had to cope with the fact that their end-of-life plans may not be feasible, it puts things in perspective. I know that things will get better, even if it takes a while.”

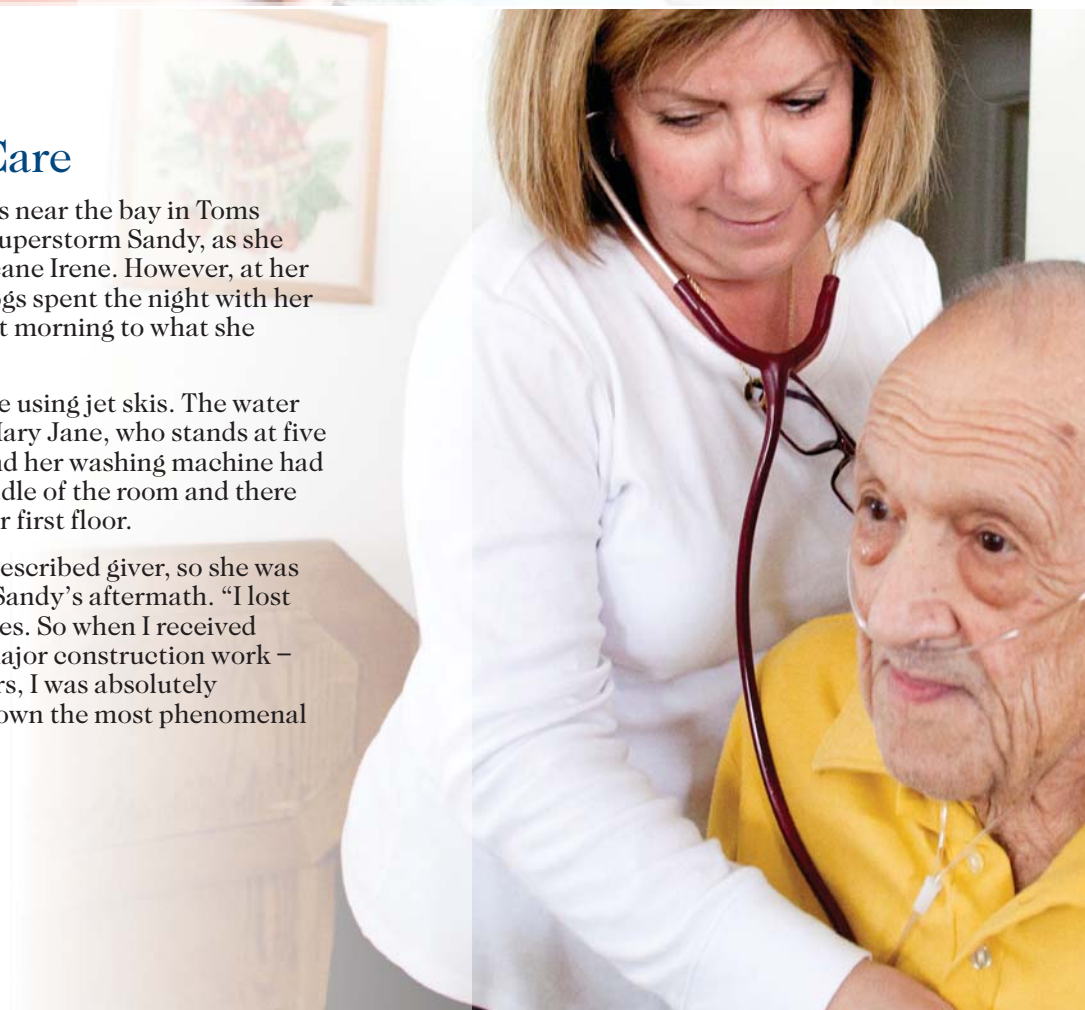


## Mary Jane Lizer, RN Barnabas Health Home Care

Mary Jane, who works at Holiday City, lives near the bay in Toms River with her two dogs. She did not fear Superstorm Sandy, as she hadn't been impacted by last year's Hurricane Irene. However, at her two sons' insistence, Mary Jane and her dogs spent the night with her sons in Forked River. She returned the next morning to what she describes as a disaster area.

“My street was inaccessible, so people were using jet skis. The water level in the yard was five-feet deep,” said Mary Jane, who stands at five feet, two inches. Inside her home, she found her washing machine had been overturned, the couch was in the middle of the room and there was around three feet of water covering her first floor.

As a home care nurse, Mary Jane is a self-described giver, so she was not expecting the support she received in Sandy's aftermath. “I lost everything; I didn't even have a pair of shoes. So when I received Barnabas Health's gift – which I used for major construction work – plus help from my coworkers and neighbors, I was absolutely humbled. The system's support is hands-down the most phenomenal thing anyone has ever done for me.”





The Fargo Family of Toms River

# CHILDBIRTH AFTER CESAREAN:

## *VBAC an Option for Expectant Moms*

Contrary to popular belief, vaginal birth after cesarean (VBAC) is a safe option for many women. Prior to 1980, it was common for women who had a C-section during their first childbirth experience to have a planned, repeat C-section for subsequent births due to the fear of the uterus rupturing along the prior Cesarean scar. The adage in those days was “Once a Cesarean... always a Cesarean.” In the 1980s and ‘90s, as the risks of C-section and repeated C-sections became apparent, many health professionals, advocates, expectant women and researchers encouraged VBAC, and VBAC was determined to be safe.

In the last decade, however, there’s been renewed interest in routine repeat C-sections. “We’ve turned into an instant gratification society in which scheduling a C-section may be a matter of convenience for some mothers and physicians as well as less of a malpractice risk for obstetricians,” said Eric Lehnes, MD, a physician at Ocean Gynecological and Obstetrical Associates (OGO) and former chairman of the department of Ob/Gyn at Kimball Medical Center, as well as former president of the hospital’s medical staff. “The key is for women to arm themselves with the options and work with an obstetrical team and hospital that are open to VBAC if that’s the route they choose to take.”

Tanya Fargo, 37, a Toms River mother of four, can attest to just that. In 1997, Tanya was in labor at Kimball Medical Center for 23 hours with her first child. While the physicians and midwives of what is now OGOA made every attempt to

deliver the baby vaginally, it was determined that an emergency C-section was needed to ensure the health and well being of her baby.

While she was thrilled with the healthy arrival of her first child, Tanya did not want to have additional C-sections to deliver future children due to the invasive nature of the surgery and longer recovery time. Tanya also didn't want to "miss the whole birthing experience" as she did with her first delivery.

Luckily, she didn't have to worry. With help from the skilled professionals from OGOA and Kimball Medical Center, Tanya has since had three successful VBAC deliveries, most recently in 2011.

"For my three recent deliveries, I never felt rushed or pushed into a C-section," said Tanya. "Dr. Lehnes and the entire team, from the physicians and midwives, took excellent care of me and catered to my needs. They made me feel so comfortable and treated me like family."

*"Kimball Medical Center has the highest successful VBAC rate in the state and one of the highest in the country. Many women prefer a vaginal delivery vs. C-section, as the healing is quicker and easier and they attribute vaginal childbirth with part of being a woman," said Dr. Lehnes.*



**Eric Lehnes, MD**  
Obstetrician/Gynecologist  
at Kimball Medical Center

## Meet The Physicians and Midwives at OGOA

**Kenneth Cahill, DO**  
Medical School: DO  
New York College of  
Osteopathic Medicine  
Residency:  
Winthrop University Hospital

**Frank Cocco, MD**  
Medical School: MD  
University of Bologna, Italy  
Residency:  
Beth Israel Medical Center

**Steven Culbert, MD**  
Medical School: MD  
Tufts University School  
of Medicine  
Residency:  
Saint Barnabas Medical Center,  
chief resident

**Robert Fabricant, MD**  
Medical School: MD  
New York Medical College  
Residency:  
Metropolitan Hospital

**Eric Lehnes, MD**  
Medical School: MD  
UMDNJ - New Jersey Medical School  
Residency:  
North Shore University Hospital

**A. Michael Molina, MD**  
Medical School: MD  
Universidad Autonoma  
de Guadalajara, Mexico  
Residency:  
St. Michaels Medical Center

**Adam Repole, MD**  
Medical School: MD  
SUNY - Health Science  
Center at Brooklyn,  
College of Medicine  
Residency:  
Lenox Hill Hospital

The midwives at Ocean Gynecological and Obstetrical Associates, all of whom are board-certified by the American Midwifery Certification Board and members of the American College of Nurse Midwives, work in partnership with physicians to provide expectant families with healthy pregnancies and positive birth experiences. As advanced practice nurses, the midwives specialize in low-risk, normal care and work in conjunction with our physicians in case complications arise. Each nurse midwife is trained to offer comprehensive care, including annual gynecological care, contraception counseling, pre-natal care, labor and delivery and care through menopause.

**Mary Breitwieser, CNM**  
**Karen Carola, CNM,**  
Director of Midwifery  
**Katie Connelly, CNM**  
**Andrea Lindstrom, CNM**  
**Lori Sherman, CNM, MPH, APN**



[www.oceangynob.com](http://www.oceangynob.com)

475 Route 70, Lakewood **732.364.8000**  
4013 Route 9 North, Howell **732.942.4442**  
368 Lakehurst Road, Toms River **732.349.0485**

# KNOWLEDGE IS POWER

ONE WOMAN TAKES CONTROL OF HER HEALTH  
WITH HELP FROM KIMBALL'S PROGRAMS



**D**olores Thierfelder, 74, who lives in the Leisure Knoll adult community in Manchester, regularly attends a caretaker support group offered through Kimball Medical Center's Center for Healthy Living. As her husband's primary caretaker, Dolores finds the group helps her cope with the added pressures of caring for someone full-time. Through the group, Dolores learned about the Center for Healthy Aging's fall prevention workshops and balance screenings, and it piqued her interest.

"I didn't feel great about the way I was walking, and I was very concerned about falling. My husband walks with a walker and sometimes uses a wheelchair, and though he does well, you always worry that falls could happen," said Dolores. "I knew that no matter what, it would be good for me to go because I could get an education about ways to avoid falls in the house."

During the workshop, Dolores participated in the balance screening, but she felt uncomfortable without being able to hold onto something for support. Dolores attributes her balance issues to neuropathy, a result of diabetes, and wearing a hearing aid.

"I spoke with the health coaches after the workshop about what could be causing the problem," said Dolores.

The health coaches provided Dolores with several suggestions, including the name of a Kimball physician who could help her. Dolores took action and made an appointment.

"One of the things the doctor suggested was physical therapy to help me with my balance, which I found extremely helpful. I feel a lot easier about walking now. Before, when I walked without a banister, I didn't feel comfortable, but I can do that now. For me, that's a wonderful thing," said Dolores, who underwent six weeks of physical therapy to work on strength and balance.

"My physical therapist said when I walked, I leaned forward instead of standing up straight, which is probably why I had so much trouble on stairs without a banister. The therapist stood me in front of a mirror so I could see and understand what was going on and showed me techniques to help with my posture and walking," she said. "They even sent me home with homework – now I do kicks using a resistance band, and it's helped a lot."

Dolores credits the fall prevention workshop with teaching her how to take a proactive approach to her health. Now, she even goes to yoga at the Center for Healthy Living to further improve her balance and relieve stress.

Dolores also continues to participate in the caretakers support group, saying that she is grateful for the support and guidance the group offers. "By taking their suggestions and hiring aides to care for my husband a few times a week, I'm able to spend more time doing the things I enjoy, like gardening or spending time with friends" she said.

"Everyone at Kimball Medical Center has helped me tremendously. The best thing I ever did was go to the caretakers support group and the fall prevention workshop and balance screening," she said, adding that those groups opened the door to a new outlook on her health.

"Through Kimball's programs, I found people to listen to me and help remind me that I'm smart enough to know that I need to learn about my own health and take control," said Dolores, who added that she looks forward to participating in more and more programs through Kimball.

For further information about the Center for Healthy Aging call  
**732.961.1401.**



## Kimball Medical Center Welcomes New Physicians to the Medical Staff:

**Sara Axelrod-Malagold, MD**

▶ Allergy & Immunology  
1673 Route 88 West, Brick  
732.458.2000

**Farida Hassan, MD**

▶ Internal Medicine  
201 North County Line Road, Jackson  
732.901.8880

**Jacqueline Hernandez, DO**

▶ Pediatrics  
Ocean Health Initiatives  
101 Second Street, Lakewood  
732.363.6655

**Narinder Kaur, MD**

▶ Family Medicine  
51 Kent Road, Village Square  
Shopping Center, Howell  
732.886.7503

**Dalibor Kurepa, MD**

▶ Neonatology  
Kimball Special Care Nursery  
600 River Avenue, Lakewood  
732.886.4535

**Gregory Lesser, MD**

▶ Gastroenterology  
477 Lakehurst Road, Toms River  
732.349.4422

**Vaishali Moghe, MD**

▶ Obstetrics & Gynecology  
101 Second Street, Lakewood  
732.363.6655

**Althea O'Shaughnessy, MD**

▶ Reproductive Endocrinology  
234 Industrial Way West, Eatontown  
732.918.2500

**Nina Paonessa, DO**

▶ Colorectal and General Surgery  
67 Route 37 West, Toms River  
732.557.2153

**John Parron, MD**

▶ Orthopedic Surgery  
101 Prospect Street, Suite 214, Lakewood  
732.901.8604

**Sreedar Raja, MD**

▶ Emergency Medicine  
600 River Avenue, Lakewood  
732.886.4525

**Patricia Rogers, APN**

▶ Psychiatry  
Barnabas Health Behavioral Health  
1691 Route 9 North, Toms River  
732.914.3820

**Kailash C. Singhvi, MD**

▶ Gastroenterology  
167 Highway 33, Manalapan  
732.253.0662

**Ethan J. Wasserman, MD**

▶ Hematology/Oncology  
Regional Cancer Care Associates  
4632 Route 9 North, Howell  
732.367.1535

**Daniel Will, MD**

▶ Ophthalmology  
1 Route 70, Lakewood  
732.905.5600

**Mariusz Wysoczanski, MD**

▶ Cardiology  
1530 Route 88 West, Brick  
732.840.0600



# CONTROLLING DIABETES



Today, nearly 25.8 million Americans – 8 percent of the population – have diabetes. November is American Diabetes Month, and is a good time to recognize the causes of diabetes and most importantly, how to control the disease and live an active, healthy life.

“Diabetes is a disease caused by problems with insulin, a hormone produced in the pancreas that helps the body turn the foods we eat into energy,” says Irene Spinelli, MSN, RN, WCC, CDE, Manager of Kimball Medical Center’s Center for Healthy Living.

According to Spinelli, who helps coordinate the Center’s Diabetes Education program, diabetes is a result of two factors: how much insulin the body produces, and how efficiently the body uses the insulin already produced. Problems with one or the other, or a combination of the two, can cause glucose, or sugar, to build up in the bloodstream.

While there are different types of diabetes, the most common form of diabetes is Type 2. “In Type 2 diabetes, the body either does not produce enough insulin or the cells are not able to utilize the insulin that is produced,” she explains. Type 2 diabetes is more common as people age, and occurs more frequently in those who are overweight.

According to Spinelli, when we eat, the body breaks down all of the sugars and starches in food into glucose, which is the basic fuel for the cells in the body. “Insulin is necessary for the body to be able to use that glucose for energy. It’s like a key that unlocks the cells of the body, allowing glucose to enter and fuel the cells,” she explains. In people with Type 2 diabetes, according to Spinelli, glucose builds up in the bloodstream instead of going into the cells. “This starves your cells of energy,” she said, “In long term, high blood glucose levels can cause major organ damage, leading to kidney failure, heart and circulatory

*“While there is no cure, diabetes – and its complications – can be controlled by modifying one’s diet, increasing exercise and often through the use of medication.”*



problems, blindness, amputation and premature death. But people with diabetes can take steps to control the disease, and lower the risk of complications,” she adds.

In fact, according to the CDC, the risk for death among people with diabetes is about twice that of people without diabetes of similar age. It is currently the sixth-leading cause of death by disease in this country.

“There are several different types of oral diabetes medications, all of which help in lowering blood glucose levels in a variety of ways.” “There are medications that stimulate the pancreas to produce more insulin.” “Other medications can reduce the production of excess glucose in the liver, slow the absorption of carbohydrates, or increase the body’s ability to utilize the insulin it produces,” she explains.

According to Spinelli, the varying types of oral medications may be prescribed individually, in combination or be taken with insulin, depending on each patient’s condition and goals for blood sugar control.

Regularly monitoring blood sugar levels, and making adjustments in medication, if necessary, is an important component of controlling diabetes, she notes. “Many people find that the more often they check their blood sugar, the greater control they’re able to maintain,” she says. Also key to control, according to Spinelli, are lifestyle changes including a healthier diet and regular exercise.

“People with diabetes can eat the same foods their family or friends enjoy,” says Spinelli. Healthy eating, according to Spinelli, should include a wide variety of foods such as vegetables, whole grains, fruits, non-fat dairy products, beans, lean meats, poultry and fish. “The key is to include a variety of different foods while being mindful of portion sizes. And, choose foods that are high in vitamins, minerals and fiber, instead of processed foods that often contain added sugar and salt,” she adds.

“It’s not difficult to eat well and still control your blood sugar,” she says. “It just takes a little more planning to make sure you’re getting the proper amount of nutrition while limiting the amount of sugar and carbohydrates in your diet. It’s a matter of finding the right balance,” she adds.

Incorporating regular exercise is also a key component to help control diabetes. “Exercise impacts the way our bodies react to insulin, so increasing our activity level can be very helpful,” says Spinelli. In general, 30 to 60 minutes of moderate intensity exercise is recommended daily .

To find out more about diabetes or other programming available at Kimball Medical Center’s Center for Healthy Living, or for a referral to a physician who specializes in diabetes, please call the Barnabas Health Link at **1.888.724.7123**.

# TOOLS OF THE TRADE

*Kimball orthopaedic surgeon swaps a table saw for a bone saw*

**J**ohn Parron, MD, has worked with his hands since entering the construction industry during high school. Now, 20-some years and hundreds of college credits later, Dr. Parron continues to work with his hands – as an orthopaedic surgeon.

After high school, Dr. Parron worked as a commercial carpenter in New York City and surrounding areas and, at age 20, was sent to work on the library at Bergen Community College.

Dr. Parron performed construction duties at the college all day and decided to take architecture and engineering courses at night. He continued taking classes part-time for eight years, earning 200 credits – which, based on average requirements, qualified him for three separate associate degrees or just over one and a half bachelor's degrees. At one point, he held three jobs and still attended his classes, while concurrently building an addition at his mom's house.

"I got bored with architecture and engineering and moved on to anatomy and physiology. I fell in love with those classes," said Dr. Parron, adding that he earned an associate degree in biology.

His teacher talked him into being a physician's assistant, but his academic advisor advised him against it. This "advice" only pushed him harder. Dr. Parron quit all of his jobs and enrolled as a full-time student at Rutgers University where he earned a bachelor's degree in biology. Dr. Parron's organic chemistry professor talked him into going to medical school.

While he was applying to medical school, he worked at a lab and conducted research.

After passing the MCAT exam, Dr. Parron applied to medical school and was accepted to Robert Wood Johnson Medical School at the University of Medicine and Dentistry of New Jersey.

## The Kimball Institute for Rehabilitative and Occupational Health Services



The Institute for Rehabilitative and Occupational Health Services offers comprehensive outpatient rehabilitation services at the Institute for Rehabilitative and Occupational Health Services. The facility, conveniently located on the hospital's campus at 500 River Avenue in Lakewood, offers a continuum of rehabilitative care that crosses a multitude of specialties including post-orthopedic care, sports injury rehabilitation, post-stroke care, balance and dizziness therapy, language and audiology services and a corporate health and workers compensation program.

"The Institute provides area residents with convenient access to some of the region's most specialized physicians, nurses, therapists and support staff all under one roof," says Raymond Howard, Director of Rehabilitative Services at

*“Being accepted to medical school was absolutely the best day of my life,” said Dr. Parron.*

“Coming from construction, I knew I wanted to become an orthopedist. I’m accustomed to using my hands and I’m a perfectionist,” he said. “I’m certainly familiar with hospitals as I broke so many bones over the years riding Motorcross.”

After completing an internship and residency at Temple University’s Department of Surgery and Department of Orthopaedics and Sports Medicine, Dr. Parron completed an orthopaedic fellowship in sports medicine at the University of Pennsylvania in Philadelphia.

He is currently undergoing board certification from the American Board of Orthopedic Surgery.

“When I’m in surgery, patients trust me to do what’s best for them. I’m able to do that because I care about what I do and I’ve certainly been a patient enough times to understand where they’re coming from,” said Dr. Parron.

To schedule an appointment with Dr. Parron in his Lakewood office, please call **732.901.8604**.



**John Parron, MD**  
Orthopedic Surgeon  
at Kimball Medical Center

Kimball Medical Center. “Our state-of-the-art facility offers a full array of services for people of all ages and abilities,” he notes. Restoring each patient’s ability to achieve their individual daily life routines is once again the sole focus of each of the facility’s team members, according to Howard. “Whether the goal of therapy is to increase mobility after surgery, relieve chronic pain, walk unassisted, run a marathon or return to work, each program is designed with the individual in mind,” he adds.

“The Institute has the capability to incorporate state-of-the-art balance training, comprehensive assessment tools, using simulated home-making areas, and other exercise, therapeutic and diagnostic equipment in conjunction with our team of highly-skilled therapists to prevent further injury, improve function, promote healing and the maintenance of good health,” explains Howard.

By offering a continuum of care, customized therapy and access to the latest advances in diagnostic and therapeutic modalities, Kimball Medical Center’s team stands ready to help every patient return to their optimal level of function and good health. “We offer exceptional outpatient rehabilitation services and programs,” says Howard. “Our staff is highly skilled and dedicated to instilling hope, a sense of achievement and ensuring success as they work together with our patients to restore their highest functional ability,” he adds.

For more information about the Kimball Institute for Rehabilitative and Occupational Health Services, please call **732.942.5900**.

# THE BEST BREAST CARE

IN NEW JERSEY IS NOW  
AT KIMBALL MEDICAL CENTER

The Jacqueline M. Wilentz Breast Center  
at Kimball Medical Center

The Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center has expanded and recently opened a state-of-the-art satellite breast center at Kimball Medical Center. The new Jacqueline M. Wilentz Breast Center at Kimball Medical Center offers Ocean County residents convenient access to Monmouth Medical Center's renowned breast health services. The new satellite facility offers screening mammography services in a comfortable and compassionate setting located just 250 yards north of Kimball Medical Center on the southbound side of Route 9 in the beautiful 500 River Avenue building.

All imaging exams conducted at the satellite location are performed by experienced certified mammography technologists and interpreted by Monmouth Medical Center's dedicated breast imagers. Physician referral is not required for screening mammography services.

Current American Cancer Society guidelines call for a baseline mammography at age 40, followed by mammograms every one to two years for women ages 40 to 49, depending on previous findings, and then mammograms annually for women over age 50.

Nearly 80 percent of breast abnormalities are benign. While great strides have been made in the treatment of breast cancer, for the remaining 20 percent or so – early detection is critical.

According to **Jorge Pardes, MD**, Director of Breast Imaging for the Jacqueline M. Wilentz Breast Centers, women who perform monthly breast self-exams, are diligent about having mammograms at recommended intervals and see their doctor for clinical breast exams on a regular basis are doing everything they can to improve the chances of detecting breast cancer early.

“The earlier breast cancer is detected, the more treatment options are available and the better the chances that treatment will be successful,” says Dr. Pardes. “In fact, research shows that mortality rates are declining by about two percent each year, in large part because of early detection and treatment,” he explains.

To schedule an appointment at the new Jacqueline M. Wilentz Breast Center at Kimball Medical Center, please call **732.942.5925**.

The Jacqueline M. Wilentz Breast Center  
at Kimball Medical Center  
500 River Avenue, Suite 200, Lakewood, New Jersey



**Jorge Pardes, MD**  
Director of Breast Imaging  
for the Jacqueline M. Wilentz Breast Centers



## SERVICES OFFERED AT THE NEW JACQUELINE M. WILENTZ BREAST CENTER AT KIMBALL MEDICAL CENTER:

The new state-of-the-art facility at Kimball offers the latest in medical imaging technology and electronic image archiving.

### Screening Mammography

For patients with no abnormal breast symptoms, a screening mammogram offers the best opportunity for early detection of breast cancer. Once a baseline is established, future mammograms are compared to detect changes through the aging process. The procedure takes approximately 15 minutes.

### Breast Cancer High Risk Program

At registration, patients use a tablet-style computer to check off answers to questions related to breast and family cancer history. Based on guidelines published by the National Comprehensive Cancer Network, the data gathered helps estimate each patient's risk for developing breast cancer. Risk assessment reports are then provided to both the patient and their physician and follow-up services are available.

### Bone Density (Dexa Scan) Testing

Bone density testing is a safe, quick, non-invasive, painless procedure that detects osteoporosis at its earliest stages, when treatment is most effective. The testing is performed with a DEXA (Dual Energy X-Ray Absorptiometry) scanner, the most advanced densitometry equipment available. Recognized for its accuracy, low radiation exposure and ability to measure both hip and spine, DEXA scans are considered the gold standard of bone density measurements.

# Medical Mystery Led to Life as a Physician for Area Doctor

**Narinder Kaur, MD**, knows a thing or two about medical mysteries.

Her older brother was born with half an arm. Although he lives a normal life today, growing up with a handicap wasn't always easy – especially when physicians could not provide an explanation for Dr. Kaur's brother's ailment when he was an otherwise normal, healthy child.

The shroud of mystery that hung over her life created the path that eventually led Dr. Kaur to pursue her medical degree and become the first physician in her family.

"I never could find an answer," said Dr. Kaur, a family practitioner at Barnabas Health Medical Group, which has offices in Howell and Lakewood. "But today, I want to do what I can to help families understand whatever medical concerns they may have and to educate them on the powers of preventative medicine."

Dr. Kaur is one of the newest members of the recently formed Barnabas Health Medical Group, a multi-specialty physician practice affiliated with Kimball Medical Center, a Barnabas Health facility.

Physicians rarely take the extra time to sit, listen to and educate patients – they have too many other responsibilities. Dr. Kaur is the exception.

"I got into medicine to provide answers – no matter how long it may take," she said. "I enjoy building relationships with my patients and taking advantage of our time together to help them."

Previously, Dr. Kaur worked in both private-practice and hospital settings. She is board certified in family medicine by the American Board of Family Practice and is exceptionally well-trained.

Dr. Kaur earned a B.S. in biology from York College at the City University in New York. She earned a medical degree from Ross University School of Medicine in Dominica, West Indies and completed a family practice residency at Southern Regional Area Health Education Center, an affiliate of Duke University in Fayetteville, N.C. Dr. Kaur is a member of numerous medical associations, including the American Medical Association and the American Academy of Family Physicians.

To schedule an appointment with Dr. Kaur in her Howell office, please call **732.886.7503**.



**Narinder Kaur, MD**  
Family Practitioner  
at Barnabas Health Medical Group



# FOUNDATION NEWS BRIEFS

## Kimball Golf Classic

The Ninth Annual Kimball Medical Center Golf Classic hit a hole-in-one for patient care with the golf outing fundraiser held at Metedeconk National Golf Club in Jackson, N.J.

Golfers enjoyed a beautiful, sun-filled day of activities, food, fun, silent auction and prizes, but the true winners were the patients and community members who will benefit from the proceeds of this event. This year's outing raised over \$40,000 for Kimball Medical Center's Mother-Infant Pavilion.

## Kimball Humanitarian Gala

Kimball Medical Center supporters, staff and physicians recently gathered at the Eagle Oaks Golf & Country Club for the Kimball Medical Center Foundation's annual gala, which featured auction items, dinner and dancing. This year's gala raised approximately \$60,000 for the new Jacqueline M. Wilentz Breast Center at Kimball Medical Center.



This year, the Foundation presented Humanitarian Awards to several physicians, a local resident and the Lakewood Police Department to recognize their charitable efforts and leadership in the hospital and community. **Howard Geller, MD, Suresh Giri, MD** and **Barry Zimmerman, DO**, each received the Caring For and About People Award. Longstanding Board Member Fred Van Looy was honored with the Good Health Ambassador Award, and the Lakewood Township Police Department was recognized with the H. George Buckwald Humanitarian Award. In addition, the Kimball Foundation recognized long-time Board members Robert Fabricant, MD and Senator Robert Singer with the Kimball Cares Award as a tribute to their years of service.

*The Kimball Foundation continuously raises funds to support Kimball Medical Center's programs and services in its mission to improve the health of residents of Lakewood and its surrounding communities. For further information about making a donation, please call the Kimball Medical Center Foundation at 732.886.4438.*

## Kimball Medical Center Foundation Welcomes New Board Members



Assemblyman Sean T. Kean



Robert Gazic

Kimball Medical Center Foundation recently announced that Assemblyman Sean T. Kean (R-30) and Robert Gazic, MBA, Assistant Vice President and Branch Manager of Investors Bank, have joined its Board of Trustees.

As board members, Kean and Gazic will be actively involved in the Foundation's initiatives to raise funds to expand hospital services, develop new hospital programs and bring leading-edge technology and care to the Kimball Medical Center community.

Kean served in the General Assembly from 2002-2007 where he was re-elected twice and served as Assistant Republican Whip from 2004-2007. In 2007, he was elected to the New Jersey Senate, where he served the citizens of the 11th Legislative District from 2009 through 2011.

In 2011, after the decennial re-districting of the New Jersey legislative map, he was elected to serve the citizens of the 30th Legislative District as a member of the General Assembly. He was sworn in to the Assembly on January 10, 2012, making him only the 8th legislator in New Jersey history to return to the Assembly after serving in the Senate.

A seasoned financial professional, Gazic has held leadership positions at a number of leading banks across the region.

With a strong history of community involvement, Gazic has served as a member of the Freehold Township Independent Fire Company #1 as a Class A (Structural Firefighter) and as Treasurer, as well as Executive Board Member of The Strand Theater and Board Member of the Lakewood Chamber of Commerce.

## UPCOMING EVENTS

### May 1, 2013

100th Anniversary Celebration at Kimball Medical Center's campus

### June 1, 2013

Centennial Gala at Eagle Oaks in Farmingdale

### July 15, 2013

Kimball's Golf Classic at Metedeconk National Golf Club in Jackson

### November 14, 2013

Bon Appetite  
Flavors of the Jersey Shore  
Wine and Food Tasting Event  
Location - TBD

**For more detailed information, please call the KMC Foundation at 732.886.GIFT**



# Superstorm Sandy's Mental Impact:

*Barnabas Health Experts Provide Tips for Adults, Teens and Children*

While Monmouth and Ocean counties continue to deal with the physical damage of Superstorm Sandy, mental health professionals stress the importance of identifying emotional and psychiatric issues related to the disaster.

“We’ve seen a full gamut of psychiatric issues as people are still in a state of shock and trying to recuperate,” said **Arshad Siddiqui, MD**, a psychiatrist and Medical Director of the Stepping Stones Intensive Outpatient Program at Barnabas Health Behavioral Health Center in Toms River, noting that many of the patients seen in the weeks following the disaster showed signs of acute stress disorders.

Like post-traumatic stress disorder (PTSD), the symptoms of acute stress disorders include flashbacks or nightmares and anxiety related to a stimulus – in this case, Super Storm Sandy. Acute stress disorders occur within the first four weeks of exposure to the incident, whereas PTSD manifests after four weeks.

“People who have been uprooted from their homes are dealing with a great level of anxiety and depression,” said Dr. Siddiqui. He advises people in this kind of situation to try to return to a normal routine, including keeping close contact with family and friends, getting enough sleep and maintaining a healthy, regular diet. In addition, those who take medication – psychiatric or otherwise – should maintain their normal prescribed dosage at the indicated times.

Adults aren’t the only victims of Superstorm Sandy. Children and teens who have been displaced or affected by the storm are also at risk for a variety of psychiatric issues, including depression and anxiety.

According to **Christine Tintorer, MD**, a child and adolescent psychiatrist at Monmouth Medical Center in Long Branch, N.J., the main indicators of depression or anxiety parents should look for include changes in children’s general function, including sleeping and eating

patterns and energy levels. Younger children may regress to wetting the bed, and teens may become more irritable. Both children and teens may exhibit clinginess to parents and hesitation to leave their home, as well as a fear of someone close to them being injured in their absence.

“The first step in recovery is to talk to kids about what they are experiencing. Parents should tell their children it’s normal to feel anxious or sad when a traumatic event happens and that it’s okay to be upset,” said Dr. Tintorer, who reiterated Dr. Siddiqui’s advice in returning to a normal routine.

“It’s also important to be very realistic and honest with kids about what happened and what to expect. Let them know if and when you can go back home – don’t give kids unrealistic expectations or false hopes. Instead, focus on the positives and what needs to happen,” said Dr. Tintorer. She advises parents to talk to their children about preparations they can make in the future, as well as focusing on the positives such as how people have helped during this tough time.

“Part of getting back to normalcy is accepting that this is a new normal – things aren’t going to be the same as before. Accepting that there is a change and adjusting to that change is a major step in successfully dealing with traumatic incidents,” said Dr. Siddiqui. “Talking with your family or others about what has happened is one of the best ways to accept those changes and begin to move forward.”

According to Drs. Siddiqui and Tintorer, signs and symptoms that may indicate a need for professional psychiatric assistance following a disaster such as Superstorm Sandy may include:

### Acute stress disorders or PTSD:

- ▶ Repeated flashbacks/nightmares following exposure to a traumatic incident
- ▶ Having an adverse reaction to stimuli that were previously innate (e.g., hearing trickling water could be a trigger for Superstorm Sandy victims)
- ▶ Feelings of impending doom
- ▶ Constant feeling of detachment

### Depression:

- ▶ Feelings of helplessness and/or hopelessness
- ▶ Poor sleeping patterns, including trouble falling asleep, staying asleep or waking up too early
- ▶ Poor appetite and focus
- ▶ Disinterest in previously enjoyable activities
- ▶ Feelings of guilt or feeling overwhelmed or anxious

### Anxiety:

- ▶ Constant nervousness
- ▶ Panic attacks (racing heart, sweating or feeling of paralysis)



If children are having persistent problems adjusting, Dr. Tintorer suggests reaching out to Monmouth Medical Center’s designated child clinicians, who can visit a child in their own home, school or shelter to provide counseling and support. North Jersey residents are urged to seek similar child psychiatric services offered through Newark Beth Israel Medical Center.

Dr. Siddiqui recommends that anyone experiencing emotional trauma following Superstorm Sandy seek help through Barnabas Health’s Psychiatric Emergency Screening Services, with locations at Kimball, Community and Monmouth Medical Centers. He also recommends looking into the outpatient resources available, including group therapy, and taking advantage of Barnabas Health Behavioral Health Center’s free monthly mental health screenings.



**Arshad Siddiqui, MD**  
Psychiatrist and Medical Director  
of the Stepping Stones Intensive  
Outpatient Program  
at Barnabas Health  
Behavioral Health Center



**Christine Tintorer, MD**  
Child and adolescent psychiatrist  
at Monmouth Medical Center

For more information, contact: Monmouth County PESS at **732.923.6999**; Ocean County PESS at **732.886.4474**. The Barnabas Health Behavioral Health Network, which provides inpatient and outpatient care and services, integrates behavioral health care and medical services, resulting in outstanding continuity of care. For more information about Barnabas Health Behavioral Health Network or its programs, please call **1.800.300.0628**.



## KIMBALL MEDICAL CENTER EARNS FULL ACCREDITATION FROM THE JOINT COMMISSION

This fall, Kimball Medical Center, successfully completed a four-day survey by The Joint Commission and earned full accreditation.

As the nation's leading evaluator of safety and quality in health care organizations, The Joint Commission is an independent, not-for-profit organization that accredits and certifies more than 19,000 healthcare organizations and programs in the U.S., with the mission to continuously improve health care for the public. To receive and maintain accreditation, hospitals must adhere to standards for quality and safety of care, treatment and services.

"Kimball's ability to meet the high standards set by The Joint Commission survey speaks to the standards that are expected for the safety and quality of care for patients," said Dottie Perez, RN, MSN, Administrative Director of Quality, Licensing and Accreditation, Kimball Medical Center. "We are fully committed to providing exceptional patient care and are pleased that The Joint Commission has, once again, acknowledged the safety and quality of Kimball Medical Center."

The on-site survey process was developed by The Joint Commission as a data-driven, patient-centered evaluation of actual care processes. The survey also serves to provide education and guidance to help hospital staff continually improve the organization's performance.

The Joint Commission has more than 30 years of experience in promoting safe, high-quality care for patients seeking care at more than 50 types of outpatient settings. The program includes accreditation for ambulatory health sites, surgery centers, office-based surgery practices, imaging centers, sleep centers and urgent care centers.

Kimball Medical Center also received top scores for quality measures according to the 2011 Hospital Performance Report, released by the State Department of Health and Senior Services. The report utilized data from 2010 and provides hospital-specific data on a number of performance indicators in heart attack, pneumonia and congestive heart failure treatment and surgical infection prevention. Kimball received a perfect score in two of the four recommended care measures: heart attack and pneumonia and was the highest ranking hospital in N.J. for pneumonia care. Kimball received a score of 97 percent for surgical care improvement and heart failure.

For further information about Kimball Medical Center, please visit [www.barnabashealth.org/kimball](http://www.barnabashealth.org/kimball).



# The Center Cleans the Air

Barnabas Health Institute for Prevention Helps The Center Reach Smoke-Free Milestone

Smoking is the nation's number one cause of preventable death, yet quitting is one of the most challenging journeys an individual will take for their health. When leaders at The Center in Asbury Park realized the toll nicotine addiction was taking on its clients, Center House residents, employees and volunteers, they made a commitment to invest in their health. They contacted the Tobacco Treatment Specialists at Barnabas Health Institute for Prevention (IFP).

Center House, a supportive housing project located within The Center in Asbury Park, has a primary mission of helping previously homeless individuals achieve needed residential stability.

"We worked with the Barnabas Health Tobacco Treatment Program in the past," explained Fr. Bob Kaeding, Executive Director, The Center in Asbury Park, "but knew this time we had to take a stronger approach and not only offer tobacco cessation treatment, but also embark on an initiative to make our campus smoke free."

Helene Long and Dennis Lee, Tobacco Treatment Specialists at IFP, embarked on a five month journey with Fr. Kaeding and his team in preparation for the smoke-free launch. The Barnabas Health Institute for Prevention Tobacco Treatment Specialists have also worked with several organizations to assist with cessation initiatives, including the Ocean County Health Department, Healthsouth Rehabilitation Hospital, Southern Ocean County Hospital, Manchester Municipality, Causeway Family of Dealerships, Knipper Company, Church and Dwight, SS White Burrs and the New Jersey Hospital Association.

"With the Institute's help, we formed a Clean Air Task Force and reached out to include every segment of The Center in Asbury Park and Center House to strategize and develop clean

air policy and procedures," said Steve Albert, Director of Resident Services. "Our goal was to engage as many stakeholders as possible in the process to help ensure success."

Four months ago, The Center in Asbury Park and Center House became smoke-free with a week-long celebration that included power washing the gazebo where smokers previously gathered, hanging baskets of fresh flowers around campus, raking discarded cigarettes from the lawn and a healthy walk around the block.

"For so long we witnessed our staff, clients and volunteers struggle with nicotine addiction," added Clark Shannon, The Center in Asbury Park's Director of Operations. "Helene and Dennis gave us every tool we needed to do so and now we can all truly take a breath of fresh air thanks to Barnabas Health Institute for Prevention."

"We are proud to be a resource to community organizations," says Connie Greene, MA, CAS, CSW, CPS, Vice President, Barnabas Health Institute for Prevention. "Tobacco cessation allows us to share the true health and wellness benefits of a smoke-free environment that Barnabas Health has experienced for more than four years."

If you are ready to quit, or simply thinking about it, Barnabas Health Institute for Prevention will provide you with the support and tools you need to succeed. For more information about the Tobacco Dependence Treatment Program offered by the Institute for Prevention, please visit [www.instituteforprevention.com](http://www.instituteforprevention.com).

## BARNABAS HEALTH HOSPICE AND HOME CARE ANNOUNCE NAME CHANGES

**Barnabas Health Hospice and Palliative Care Centers and Home Care locations have announced that five of their eight locations will adopt new names effective January 1, 2013.**

For more than 30 years, Barnabas Health's Hospice and Home Care agencies have provided extraordinary care to patients and families throughout New Jersey. This legacy of excellence will continue as the five agency names change to more clearly reflect their affiliation with Barnabas Health – a name synonymous with the highest quality care throughout New Jersey and the region.

### THE CHANGES ARE AS FOLLOWS.

#### OCEAN COUNTY

- ▶ Barnabas Health Home Care – Ocean  
(Formerly Community Medical Center Home Health)
- ▶ Barnabas Health Home Care (Formerly Community Kare)
- ▶ Barnabas Health Van Dyke Hospice and Palliative Care Center at Community Medical Center  
(Formerly Van Dyke Hospice and Palliative Care Center)

#### NORTHERN NEW JERSEY

- ▶ Barnabas Health Home Care – Essex (Formerly JerseyCare)
- ▶ Barnabas Health Home Care  
(Formerly Medical Center Health Care Services, Inc.)

#### Remaining unchanged in Monmouth County and Northern New Jersey

- ▶ Barnabas Health Hospice and Palliative Care Center at Monmouth Medical Center
- ▶ Barnabas Health Hospice and Palliative Care Center in West Orange
- ▶ Barnabas Health Hospice and Palliative Care Center at Newark Beth Israel Medical Center

For more information, please visit [www.barnabashealthhospice.org](http://www.barnabashealthhospice.org).

#### About Barnabas Health Home Care

For more information, please visit [www.homehealthnj.com](http://www.homehealthnj.com).



# 2013

## COMMUNITY EDUCATION PROGRAMS

### KIMBALL OFFERS COMMUNITY EDUCATION AND SUPPORT

The following groups will be held at The Center for Healthy Living, located at 198 Prospect Street in Lakewood, NJ unless otherwise noted.

**To register or for more information, please call 1.888.724.7123.**

## MONTHLY SUPPORT GROUPS AND PROGRAMS

### BEREAVEMENT SUPPORT GROUP

*Tuesdays from 4:30 to 5:30 p.m.*

This free group is facilitated by a licensed medical social worker, who will offer support and education about the grieving process.

For more information, call  
Kathleen Holahan, MSW, LCSW at 732.730.9112.

### CAREGIVERS SUPPORT GROUP

*Tuesdays from 12:30 to 2:30 p.m.*

*OR Wednesdays from 11:45 a.m. to 1:30 p.m.*

This free, ongoing weekly support group is sponsored by Kimball Medical Center and the Ocean County Office of Senior Services. The group is open to anyone who is caring for a person living in Ocean County who is 60 years old or older.

For more information, call  
Kathleen Holahan, MSW, LCSW at 732.730.9112.

### DIABETES SUPPORT GROUP

*Third Thursday of each month from 1:30 to 3 p.m.*

This free group offers support for people living with diabetes. Sponsored by Kimball Medical Center and the Ocean County Office of Senior Services, this group is facilitated by a registered nurse and a registered dietitian, both of whom are Certified Diabetes Educators.

Registration is required by calling 1.888.724.7123, prompt #4.

### GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

*Wednesdays from 10:30 a.m. to 12:30 p.m.*

This free group offers ongoing support for grandparents in Ocean and Monmouth Counties and helps address the unique challenges faced by “grandfamilies.”

For more information, call  
Kathleen Holahan, MSW, LCSW at 732.730.9112.

### WELLNESS AND EDUCATION PROGRAMS Classic or Gentle Yoga

*Friday mornings: 9 to 10:15 a.m. (Classic)*

*OR 10:30 to 11:45 a.m. (Gentle)*

The Center for Healthy Living presents yoga classes for people of all ages who would like to enjoy the benefits of increased flexibility, range of motion, energy and relaxation. The course fee is \$5.00 per class and space is limited; pre-registration is required.



### SELF-DEFENSE AND EXERCISE

*For Men & Women of All Ages: Second and Fourth Monday of each month from 7 to 8 p.m.*

*For Older Adults: Second and Fourth Thursday of each month from 12:15 to 1:15 p.m.*

Taught by a black belt instructor, these programs teach participants how to protect themselves through exercise, balance and strength training. This class teaches self-defense techniques using leverage, balance and willpower. Cost is \$15 for five one-hour classes.

To register, call 1.888.724.7123, prompt #4.

### AARP DRIVING SAFETY PROGRAM

*Monday, January 14 from 10 a.m. to 4:30 p.m.*

During the nation's first and largest refresher course geared especially to your needs, you'll learn defensive driving techniques, new traffic laws and the rules of the road. Cost is \$12 for AARP members and \$14 for non-members.

Registration is required.



### CHILDBIRTH EDUCATION CLASSES (3 SESSIONS)

*January 15, 17 and 24 or March 12, 14 and 21*

Learn about the process of labor, birth and delivery and postpartum by attending this three-session program. You'll learn to master relaxation techniques and breathing methods to help you progress through each stage of labor and birth. Free tours of the maternity unit are also available. This three-session program, which will be held at Kimball Medical Center, 600 River Ave. in Lakewood, costs \$75 per couple. \*Class includes a tour of the unit and will begin at 5:30 p.m.

Pre-registration is required.

### GO RED HEART DAY

*Friday, February 1 to 3 p.m. at Kimball Medical Center*

Come learn about heart disease prevention, the warning signs of a heart attack, risk factors for heart disease and dietary planning.

Registration is required.

### DRIVE DEFENSIVELY

*Monday, February 4 or May 13 from 8:30 a.m. to 5 p.m.*

This one-session National Safety Council refresher course is for drivers of all ages who need to sharpen their skills. Presented by the Ocean County Department of Safety, completion of this workshop will eliminate two points from the participant's NJ state driving record. Cost for the basic course is \$8, and those seeking point reductions should bring an additional \$10.

### WEIGHT LOSS SURGERY INFORMATION SESSION

*Thursday, February 22 or April 18 from 5:30 to 7:30 p.m.*

Michael Bilof, MD, and Basil Yurcisin, MD, both from Kimball's Center of Excellence Bariatric Program, will discuss the benefits of gastric bypass and gastric band surgeries, as well as offer appropriate referrals and instruction. Registration is required.

**DIRECTORY** ▶ Kimball Medical Center – Main Number: 732.363.1900

|   |  |  |
|---|--|--|
| Admitting . . . . .732.886.4424                 | Foundation . . . . .732.886.4438             | Patient Accounts / Billing . . . . .800.810.0384 |
| Behavioral Health . . . . .800.300.0628         | Human Resources . . . . .732.886.4407        | Patient Information . . . . .732.886.4400        |
| Cardiac Catheterization . . . . .732.942.5684   | Hyperbaric Oxygen . . . . .732.886.4100      | Patient Satisfaction . . . . .732.886.4600       |
| Cardiac Rehabilitation . . . . .732.886.4428    | Therapy                                      | Physician Referral . . . . .888.724.7123         |
| Cardiology Services . . . . .732.886.4426       | Jacqueline M. Wilentz                        | Pulmonary Rehabilitation . . . . .732.886.4426   |
| Case Management . . . . .732.886.4436           | Breast Center . . . . .732.942.5925          | Radiology . . . . .732.886.4447                  |
| Center for Healthy Aging . . . . .732.961.1401  | Kimball Radiation . . . . .732.363.2699      | Rehabilitation Services                          |
| Center for Healthy Living . . . . .732.886.4731 | Oncology                                     | -Inpatient . . . . .732.886.4531                 |
| Corporate Care/ . . . . .732.942.5900           | Laboratory Services . . . . .732.886.4452    | -Outpatient . . . . .732.942.5900                |
| Occupational Health                             | Medical Records . . . . .732.942.9634        | Respiratory Care . . . . .732.886.4426           |
| Education/Literacy Program . .732.886.4555      | Neurodiagnostics (EEG) . . . . .732.886.4426 | Volunteer Resource Center . .732.886.4523        |
| Emergency Department . . . . .732.886.4525      | Outpatient Infusion . . . . .732.886.4833    | Wound Care Center . . . . .732.942.5900          |