

IN GOOD HEALTH

SUMMER 2017

EXPANDING CARE IN THE COMMUNITY

FROM
GROUNDBREAKING
TO GRAND OPENING

ADVANCEMENTS IN
WOMEN'S HEALTH

**MULTI-
GENERATIONAL**
PHYSICIANS
AT CMMC

PAIN-FREE
KNEES

MEET OUR NEW
**FELLOWSHIP-TRAINED
BREAST CANCER SPECIALIST**

CHANGE YOU CAN COUNT ON

To Our Community,

A popular quote states, "Change is inevitable, but progress is optional." Although dates on the calendar, seasons and the healthcare landscape are subject to change, there is a constant at Clara Maass Medical Center: You can count on us!



Our progress and commitment to patients, families, faith and community-based organizations in neighborhoods remains steadfast. This Spring, a Grand Opening Celebration welcomed patients and visitors into a new entrance at the Medical Center. This completion of another phase of the campus construction represents a milestone for Clara Maass.

Now that we've gone from groundbreaking to Grand Opening, we will build on the strengths and successes of our rich history. In this issue, I invite you to read more about this state-of-the-art on-campus expansion project. Renovations include a new four-story, 87,000-square-foot building featuring a private 32-bed Intensive Care Unit, two levels of Medical Office Building space, a new Main Lobby, an Admitting and Registration Department as well as a fifth-level addition to the parking garage.

The renovation also includes plans to expand the Emergency Department with a new Pediatric and Adult Observation Unit. We are transforming the way healthcare is delivered throughout this region.

While the new building is a refreshing, cutting-edge landmark, people are the hallmark of patient care. The health professionals at Clara Maass are the cornerstone of our success. The pages that follow showcase excellent care delivery, advances in medicine, and the high-quality services we offer. Clara Maass is the place to not only get treatment but also have all of your preventive care questions be answered. We are here to heal and serve each member and future generations of your family. We exist to care for you.

In Good Health,

Mary Ellen Clyne, Ph.D.

Mary Ellen Clyne, Ph.D.
President and Chief Executive Officer
Clara Maass Medical Center



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**Clara Maass
Medical Center**

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HEALTH**
Let's be healthy together.

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Fellowship-Trained Breast Cancer Specialist

chooses Clara Maass Medical Center

RACHELLE LEONG, M.D., JOINS THE CENTER FOR BREAST HEALTH AND DISEASE MANAGEMENT.

EVEN BEFORE SHE ENROLLED IN MEDICAL SCHOOL, RACHELLE LEONG, M.D., KNEW SHE wanted to help patients with cancer. "There's a long history of cancer in my family," she says, "so this field is important to me from that perspective."

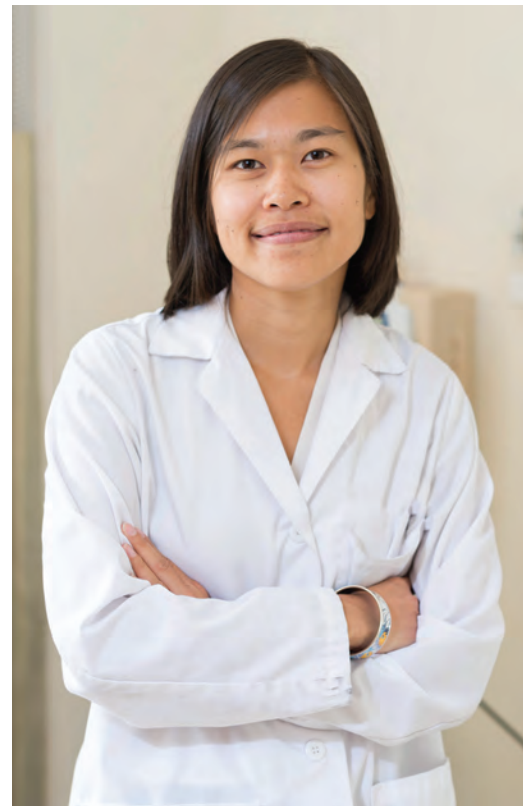
Within the field of cancer care, she had many specialty areas from which to choose, from treatment to research. But after a Residency in General Surgery, her decision was clear. "I like working directly with cancer patients," she says. "I decided to specialize in Breast Cancer Surgery after seeing how encouraging the results of these treatments can be for my patients."

After completing Medical School, she spent five years in a General Surgery Residency, including a year as Administrative Chief Resident and Clinical Instructor. She then entered a one-year advanced training Breast Fellowship, which she completed in June, 2016.

Through these years of training and study, Dr. Leong has grown to appreciate the importance of working with a range of Specialists, as well as helping patients understand their options for care. "Patients need the information and support to be comfortable with the decisions they make about their treatment," she says. "Physicians at Clara Maass Medical Center understand that."

So she's excited to be joining the Medical Staff. "This a very comfortable place to work," she says. "It's the team environment I was looking for. I'm excited about joining such a cohesive team."

» To schedule an appointment with Dr. Leong, call 973.844.4161.



You only
eat organic.

You still need
a mammogram.



To schedule a mammogram,
please call **973-450-2045**
or visit rwjbh.org/mammo

**Clara Maass
Medical Center**

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HEALTH



From Groundbreaking to GRAND OPENING

THE FIRST MAJOR EXPANSION IN OVER A DECADE ENHANCES CARE AND COMFORT FOR PATIENTS AND THEIR FAMILIES.

PATIENTS, VISITORS AND RESIDENTS can now cross the threshold into an extraordinary new Main Lobby at Clara Maass Medical Center, which was officially unveiled during a Grand Opening Celebration on March 27. This transformation marks a significant milestone of the first major construction expansion project in more than one decade.

“We’re thrilled to open the doors to welcome patients and families into this modern, state-of-the-art facility,” says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. “We broke ground on this new building in 2015 as part of our commitment toward transforming healthcare in this region.”

The exterior of this distinctive, ultra-modern brick and glass façade faces picturesque Branch Brook Park, site of the world-famous Cherry Blossom Festival. The building sits on the corner of Clara Maass

Drive and Franklin Avenue in Belleville. This \$23 million four-story, 87,000-square-foot building features a private 32-bed Intensive Care Unit (ICU), two levels of Medical Office Building space for Physician practices, a Retail Pharmacy, Main Lobby, Admitting and Registration Department, and the future home for our expanded Emergency Department. The covered patient drop-off area is a short distance from an expanded parking garage that now includes a fifth level.

“As a flagship healthcare provider, we’re proud to have the latest technology and our Board Certified Intensivists, who treat our



most critically ill patients,” says Clyne. “We’re continuing to put our patients first. Rooms in the Intensive Care Unit provide ample space for family to comfortably remain with the patient, even overnight. Research shows that one-on-one contact with loved ones helps both the patient and the family.”



Care closer to home



Dolly Razdan, M.D.,
Radiation Oncologist

CANCER SPECIALISTS BRING TWO NEW ADVANCED RADIATION TECHNOLOGIES TO OUR COMMUNITIES.

WHEN CANCER THERAPY IS ADVANCED, THAT'S a win for patients and their loved ones. Now, this treatment is closer to home and faster than ever before. With our new Linear Accelerator and Computed Tomography Imager (CT) on board at The Cancer Center at Clara Maass Medical Center, patients now have access to some of the most advanced Radiation Therapy equipment available anywhere in the region.

"The innovative new equipment gives us the ability to reduce some patients' treatment time from 20 minutes to two to three minutes," says Dolly Razdan, M.D., a Radiation Oncologist at Clara Maass. "For others, we can make the course of treatment much shorter. And it allows us to deliver more sophisticated care to patients with many types of cancer."

The computer-aided Linear Accelerator is called the Elekta Versa HD. With it, Radiation Oncologists can actually change the shape of a powerful beam of radiation to match the shape of the cancer tissue. This allows them to target cancer and avoid healthy tissue around it. So physicians can more safely reach cancer on the delicate tissues of the brain and spine, as well as the prostate, lungs, pancreas and liver.

Also new at Clara Maass is an important companion device that creates a four-dimensional image of the targeted tissue. The special CT imager, a

Philips-brand Wide-Bore 4D CT, even adjusts to the movement of patients as they breathe.

Together, these tools enable Radiation Oncologists at Clara Maass to expand services to include stereotactic radiosurgery and stereotactic body radiosurgery to reach cancers in difficult locations. "Radiosurgery" is using high-power radiation to attack cancer cells. "Stereotactic" refers to a way of precisely aiming those beams.

"To get the best cancer care from the most advanced equipment and expert team, a lot of people think they need to go to a big city hospital," Dr. Razdan says. But traveling long distances to a city, especially when you're not feeling well, is not easy, she says. It's expensive in both time and energy—and it's not necessary.

"With the recent state-of-the-art equipment in radiation oncology for cancer care at Clara Maass, patients in our communities can be assured we provide the most precise treatment available anywhere, but with much greater convenience and much less stress," says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. "It's all part of our goal to give patients a high quality of life."

» To schedule an appointment at the Radiation Oncology Department, call 973.450.2270.

For women at ALL STAGES AND AGES

WHETHER YOU'RE A YOUNG PROFESSIONAL OR A GRANDMOTHER, THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY PROVIDES THE BEST CARE FOR YOU.

THROUGHOUT THEIR LIFETIME, MANY WOMEN

have an ever-changing set of healthcare needs, from general medical care to conditions unique to females, planning a family and having a baby. For all these stages, the Obstetrics and Gynecology Specialists at Clara Maass Medical Center make sure their equipment and expert skills remain state of the art and up to date.

"We use the latest advances when gynecological surgery is indicated so we can offer women a variety of options for care," says Michael Straker, M.D., Director of the Department of Obstetrics and Gynecology at Clara Maass. This includes high-tech robot-assisted equipment and "minimally invasive" techniques, using tiny tools and cameras that allow for smaller incisions (cuts), even to reach deep inside the body. "This leads to faster recovery, so our patients can return to their normal life sooner than with traditional techniques."

For some women with heavy menstrual bleeding, for example, Clara Maass Physicians offer advanced procedures to help delay or even avoid the need for hysterectomy. Our OB-GYN Physicians can remove painful fibroids and uterine polyps using technology that is not available everywhere. For example, the state-of-the-art da Vinci robotic surgical system can be used for hysterectomies and the removal of ovarian cysts.

The Health and Wellness Center at Clara Maass offers a variety of screenings and services in the following areas: genetic counseling, osteoporosis (or brittle bones) and incontinence (when urine leaks).

For women starting a family, our experts include Physicians who specialize in Obstetrics, in high-risk pregnancies (Perinatology) and in newborn care. For babies born early or who need advanced medical care, experienced nurses staff our Level II Special Care Nursery.

"No matter what your stage of life, we keep up with the most current advances to reduce your downtime so you can return to your busy life," Dr. Straker says.



MICHAEL STRAKER
M.D., Director,
Department of
Obstetrics and
Gynecology

» GROWING YOUR FAMILY.

In addition to our Obstetrics and Gynecology services, Clara Maass Medical Center has OB-GYN Physicians and Pediatric Hospitalists on site 24/7, as well as available neonatologists. Our specialists and experts hold a variety of childbirth and parenting classes for women and their families every month. The following are our regular classes. Unless noted, each is offered once a month. We also offer special classes on parenting of infants

through teens. Find out more by visiting barnabashealth.org/Clara-Maass-Medical-Center/Events or call **888.724.7123, ext. 4**

- Saturday Maternity Tour and Tea, with an overview of services.
- Prepared Childbirth, three-day class.

- Weekend Childbirth Series, two-day class.
- Breast Feeding for expectant mothers.
- Welcome Baby! for preschool and young school-aged children.
- "Baby Shower" Infant Care for families.

It's not about losing weight overnight.

It's about staying healthy over time.

Bariatric surgery at Clara Maass Medical Center

At Clara Maass Medical Center, instead of emphasizing short-term goals like reducing the size of your waist, we focus on long-term benefits like reducing your risk of diabetes, sleep apnea and hypertension. Beginning with a nurse navigator, every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice. Attend one of our life-changing seminars to learn more.

Presented by Dr. Naveen Ballem, Board Certified Surgeon and Medical Director of Bariatric Surgery at Clara Maass Medical Center.

**Clara Maass Medical Center, The Learning Center
One Clara Maass Drive, Belleville, NJ**

For more information about monthly seminars and support group sessions, call 973.450.2476. Registration is not required.

Parking garage tickets will be validated in The Learning Center following each session.

**Clara Maass
Medical Center**

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HEALTH**

rwjbh.org/weightloss



HEALTHY at home

A SUCCESSFUL, LONG-RUNNING PROGRAM HELPS SENIORS REMAIN HEALTHY, INDEPENDENT, AND OUT OF THE HOSPITAL.

HUNDREDS OF ADULTS OVER AGE 65 FEEL LUCKY TO BE able to live on their own, in independent housing designed just for them. But, if they don't have transportation to appointments or understand how to care for their medical condition(s), staying healthy can be a major challenge.

"Our Emergency Department staff was seeing residents of senior housing buildings in the area come in for care time and time again," says Fran Monteleone, R.N., Director of Physician Services and Community Outreach at Clara Maass Medical Center. "They neglected their health, and over time, their medical condition(s) was not well controlled. We realized if we could bring health services to the seniors, right where they live, we could help them stay healthier and avoid hospital stays."

With that mission and the help of a three-year grant from The Healthcare Foundation of New Jersey, the Clara Cares program was born. The program involves regular visits to residents of senior living buildings by a Primary Care Physician, a Nurse Practitioner, a Medical Assistant and a local Pharmacist. Their goal is to address health issues early, before they become larger concerns. Because of its success, the Henry and Marilyn Taub Foundation recently reached out to this team in order to bring the program to Lyndhurst. Now in its eighth year and in nine locations, Clara Cares serves more than 500 seniors in Essex, Hudson and Bergen counties.

The results of the Clara Cares program are impressive. For example, one resident received a life-saving Internal Cardiac Defibrillator (an implanted device that automatically corrects an irregular heart rhythm) after her Clara Cares Physician referred her to a Cardiologist—before she even knew she had a heart condition. Staff are also alert to patients who have problems with balance, and give them education and therapy—before they have a fall.

The benefits of health promotion and wellness care are proven, according to a recent study. Of seniors who needed emergency care in four senior buildings, only 8 percent were part of the Clara Cares program. Of residents who required a hospital admission, none of those who were part of Clara Cares had to be readmitted 30 days after being discharged from the hospital. Nationally, as many as one in five seniors are readmitted during this time frame.

Related, the program has a huge financial impact. For example, the average hospital stay for a single patient with Congestive Heart Failure (CHF) is more than \$6,000. With this program, staff can address the subtle signs of worsening CHF early, when it's easier to treat. That's a direct cost savings that is repeated over and over with many different health conditions. And those savings have helped the program pay for itself.

"We've been thrilled with the results," Monteleone says. "Getting the right care early completely changes the health outcome for these seniors."



Back row, left to right: Fran Monteleone, R.N., Director of Physician Services and Community Health; Jillian Gingerelli-Becker, M.D., Clara Cares Physician; Clarissa Soto, Medical Assistant; Faith Fajarito, N.P., Nurse Practitioner; front: Martha Toliver, Clara Cares Patient from Orange Senior Building in Orange.

CARE AND COMMUNICATION

TWO NOVEL PROGRAMS HELP OLDER PATIENTS WITH THE CHALLENGES OF A HOSPITAL STAY.

Outcomes of the Hospital Elder Life Program at Clara Maass Medical Center
Fabiana Carlotto Alvarez, BSN, RN, GRN Dhyana Velez, BSN, RN, GRN

BACKGROUND
The United States population of older adults is expected to increase from 12% to 21% by 2030. In preparation for the anticipated growth, Clara Maass Medical Center implemented the Hospital Elder Life Program (HELP) to provide extra attention and care to senior citizens admitted to the hospital. HELP provides patients ages 70 and older with interventions that address a broad scope of geriatric issues in order to prevent cognitive and functional decline. Statistics indicate that, 20% to 40% of older adults experience functional decline during hospitalization.

OBJECTIVE
To maintain the patient's cognitive and physical functioning and promote independence throughout hospitalization.

METHODOLOGY
Patients ages 70 and older admitted into medical-surgical units were assessed for their risk of cognitive/physical decline utilizing evidence-based screening tools. Tools included the Confusion Assessment Method, Short Portable Mental Status Questionnaire, Activities of Daily Living Screening, mobility screening, assessment of vision and hearing, nutrition and dehydration status. Patients were enrolled based on screening scores and voluntary participation. Individualized interventions were selected and implemented daily by volunteers and coordinators. Interventions included cognitive orientation, therapeutic activities (board games, relaxation & music therapy), early mobilization and range of motion exercises, utilization of hearing and vision aids, feeding assistance and fluid repletion. To conclude, a reassessment was completed prior to discharge in order to compare initial scores and determine outcomes of the interventions.

RESULTS
HELP Outcomes
Patients screened 1,379
Patients enrolled 577 (41.8%)

| Outcome | Percentage |
|--------------|------------|
| Improved | 45% |
| Maintained | 7% |
| Deteriorated | 48% |

70 years & older readmission rates
April 2014 – June 2016

| Program | Readmissions |
|---------------|--------------|
| Hospital Wide | 14.6% |
| HELP | 7.6% |

CONCLUSION
The interventions provided by the Hospital Elder Life Program assisted in either maintaining or improving the majority of the enrolled patients' cognitive and physical functioning. Additionally, the readmission rate in patients enrolled in HELP was less compared to the admission rate of the patients 70 and older hospital wide.

HELP was funded by the Healthcare Foundation of New Jersey

ONE ELDERLY PATIENT WAS TOO SICK TO SAFELY TAKE the medicines he wanted and needed. But he refused the treatments that would improve his health. So his nurses at Clara Maass Medical Center approached him in a special way, and he agreed to the care and an individualized treatment plan. Why did he change his mind?

It is a program called NICHE—Nurses Improving Care for Health-system Elders. The goal is to help nurses learn the best way to speak and interact with their older patients. “At times, patients can get confused, especially after being in the hospital a few days,” says Dhyana Velez, R.N., a Geriatric Coordinator for the Elder Life Program at Clara Maass. “We are better able to help patients understand why they are here and what care they need.”

In addition to communication, nurses are also completing a NICHE educational program to help them identify a broad range of projects that can help this population.

Another effort aligns our dedicated volunteers to help seniors during their stay. It is called the Hospital Elder Life Program, or HELP, for short. “Two out of five older patients have a decline in cognitive function—how well they think and understand—while in

the hospital,” Velez says. “But with some special attention from our volunteers, we help the patients remain as alert and involved in their care as possible.”

Clara Maass launched HELP through a grant from The Healthcare Foundation of New Jersey. The HELP team is a diverse group of about 20 volunteers, a mix of high school, medical and nursing students, as well as retirees. Staffers give them extensive training in how to assist older patients. Some volunteers bring special skills to their work, such as playing the keyboard or violin. Others will engage in conversation with seniors, read the newspaper to them or accompany them during walks.

“Our HELP volunteers really make a difference in our patients’ lives,” Velez says.

“NICHE and HELP are part of a comprehensive focus on older adults, and we’re proud of our work in this area,” says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. “The two novel programs are great examples of the various ways we’re improving healthcare for our older patients.”

To be a HELP volunteer, contact our Geriatric Coordinator Fabiana Alvarez, R.N., at 973.450.2631 or fabiana.alvarez@rwjbh.org.



BACK ON TRACK

NEW KNEE JOINTS PUT LOCAL CAR RACER BACK IN THE DRIVER'S SEAT.

“KNOWING WHEN TO SLOW DOWN IS THE hard part,” says Bernie Spirock, 71, of Rockaway. He was speaking of drag racing his classic 1967 Acapulco-blue Mustang. But he might have been talking about joint pain too. Over the years, arthritis pain slowed him down greatly, which meant spending less time alongside his “pit crew”—his son and grandson—at Island Dragway in Great Meadows. “Besides racing, I would always walk up and down the track to take pictures and say hello to friends,” he says. “But I found I just couldn’t do it anymore. The pain in both knees was too great.”

To get back on the track, he turned to the experts at The Joint and Spine Institute at Clara Maass Medical Center. He first had a partial replacement of one knee, then a full replacement of the other. “Clara Maass Physicians, Nurses and Physical Therapists were the only choice for me,” Spirock says. “They’re all excellent at what they do.”

That’s a key message when it comes to successful joint replacement.

“When you choose your treatment team, think first about the who,” says Frank Femino, M.D., Medical Director of The Joint and Spine Institute at Clara Maass. “Look for a team with experience in joint replacement. That starts with the Surgeon, but it includes all the other specialists in the Operating Room plus the Registered Nurses on the patient floor and Physical Therapists who help you recover. We have that experienced team here.”

Sometimes, surgery is not the best first choice. “We try other options first,” Dr. Femino says. These might include diet, exercise, weight loss and physical therapy. When surgery is the choice, The Joint and Spine Institute—recipient of the Gold Seal of Approval from The Joint Commission—can offer many options.

For Bernie, having two good knees again means returning to the driver’s seat, speeding down the track at up to 96.5 mph! And off the racetrack, he’s much more agile getting to various other sports venues to see his three grandchildren.

“I really enjoy being able to do these things more easily again,” he says. “And doing them pain-free.”



FRANK FEMINO,
M.D., Medical Director
of The Joint and Spine
Institute

THE BEST AND THE BRIGHTEST

PATIENTS AND FAMILIES OFTEN TELL US HOW EXCELLENT OUR STAFF AND PHYSICIANS ARE. IT SEEMS WORD HAS GOTTEN OUT—OUTSIDE ORGANIZATIONS HAVE HONORED OUR TEAM WITH AWARDS AND APPOINTMENTS.

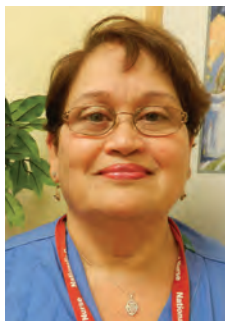


HUMANISM IN HEALTHCARE AWARD

Each year, The Healthcare Foundation of NJ honors a select group of healthcare professionals with the Annual Lester Z. Lieberman Awards for Humanism in Healthcare. Clara Maass Medical Center is proud that two of our nurses were among the select group. Congratulations to honorees Maria Colon-Bloschock, R.N., of the Operating Room, and Marisa Dizon, R.N., of the Oncology Department. Both were nominated by their peers as models of selflessness, empathy and cultural sensitivity.

In her 32 years of nursing, Maria has earned a reputation for combining excellence in clinical care with a passionate concern for her patients. Even away from work, her passion is strong. She regularly travels to South America on “medical mission” trips, as part of a team helping underserved children who need surgery. She says this work inspires and reenergizes her to return to serve patients in our community.

Colleagues describe Marisa as being the “heart and soul” for the Oncology unit. For more than 35 years, she has been known for how she builds a rapport with



MARIA COLON-BLOSCHOCK, R.N.



MARISA DIZON, R.N.

patients, their families, staff and physicians. Colleagues admire the grace she exhibits as she cares for patients as though they were members of her own family.

Congratulations go to both of these professionals. You make us all proud.

MEDICAL SOCIETY LEADERSHIP

Several physicians on our medical staff have been installed as officers of the Essex County Medical Society.

- **President:** John V. Kelly Jr., M.D., Department of Medicine
- **1st Vice President:** Anu Adlakha, M.D., Department of Medicine
- **2nd Vice President:** Andrea Barbier, D.O., Department of Medicine
- **Treasurer:** Roderick J. Clemente, M.D., Department of Surgery
- **Secretary:** Naveen Ballem, M.D., Department of Surgery

PRESIDENT & CHIEF EXECUTIVE OFFICER IS NAMED DISTINGUISHED ALUM

Seton Hall University College of Nursing and Alumni Relations has honored Clara Maass President and CEO Mary Ellen Clyne, Ph.D., as a 2016 Distinguished Alumnus. Dr. Clyne was the first person to earn her Bachelor's, Master's and Doctoral degrees in Nursing all from Seton Hall University College of Nursing. Award announcements noted her fierce dedication to the nursing profession and service as an Adjunct Professor at the school. She was previously inducted into the College of Nursing's Hall of Honor.



MARY ELLEN CLYNE, Ph.D.

Multigenerational Physicians

THESE MEDICAL PROFESSIONALS HAVE A SPECIAL PARTNERSHIP.

William Chenitz, M.D., and Kara Chenitz, M.D.

William Chenitz, M.D., of Livingston, has been a physician for more than 40 years. Three years ago, when he brought in a new colleague who had just completed training, he found the working relationship to be everything he had hoped for—and more. That special coworker is his daughter, Kara Chenitz, M.D., of Millburn. Together, they care for patients with kidney disease at Clara Maass Medical Center and from the office they share in Newark.

“This was a great opportunity for me,” “Dr. Kara” says. “I have strong ties to northern New Jersey—it’s where my parents raised our family, and it’s where my family and I live.” Returning to the area to begin her practice alongside her father was no small draw, either.

“Dr. William” brings to their practice a great depth of experience that Dr. Kara appreciates. And she brings new training and knowledge, gained from her experience at large medical centers during her residency and fellowship.

“We each bring a different perspective to how we care for our patients,” she says. For example, Dr. William cared for some of the first patients who used a kidney machine, or dialysis. This life-saving process cleans the blood when the kidneys cannot. “In the

1960s, a lot of what we did was revolutionary,” he says. “Advances in technology and new medicines since then have been tremendous for our patients.”

In medical school, Dr. Kara studied the historical advances that her father witnessed firsthand. “In the earlier years, dialysis, for example, was only available to those who had kidney damage from trauma or an accident,” he says. But today, many of their dialysis patients are in their 60s and 70s, something unheard of when it was first offered, Dr. William recalls.

As for the challenges of working so closely with a parent, or a daughter, both doctors find it difficult to find a downside.

“Sharing holidays together can be tricky, just because of scheduling,” Dr. Kara notes. But living and working near each other makes visiting easy—and it gives Dr. William a chance to babysit his granddaughter, Dr. Kara’s 1 year old. “It’s a wonderful way to spend a weekend,” he says with a broad smile.

Whether at work or visiting each other’s homes, they see how their special relationship is rewarding to each, as well as a benefit to their patients.

Kara Chenitz, M.D., and William Chenitz, M.D.



Left to right: Keshav Shivashankar, M.D., Roger Keshav, M.D., and Gayithri Keshav, M.D.



Keshav Shivashankar, M.D., Gayithri Keshav, M.D., Roger Keshav, M.D.

“When it comes to family life and a career in medicine, know that it can be hard. But if you love it, you should go for it.” That’s a life message that Gayithri Keshav, M.D., lives and shares with her family.

She and her husband know the truth of these words. She is a nephrologist at Clara Maass Medical Center and was inspired to go into medicine by her grandmother, who once worked as a village “doctor” in India. Her husband is also a physician at Clara Maass, cardiologist Keshav Shivashankar (“Dr. Shiva” for short). He’s from a long line of relatives who are physicians. So for each, family has played an important role in their lives.

After both finished medical school, they started their family. They still had years of residency training and fellowships ahead of them, but neither wanted to put their two sons in daycare.

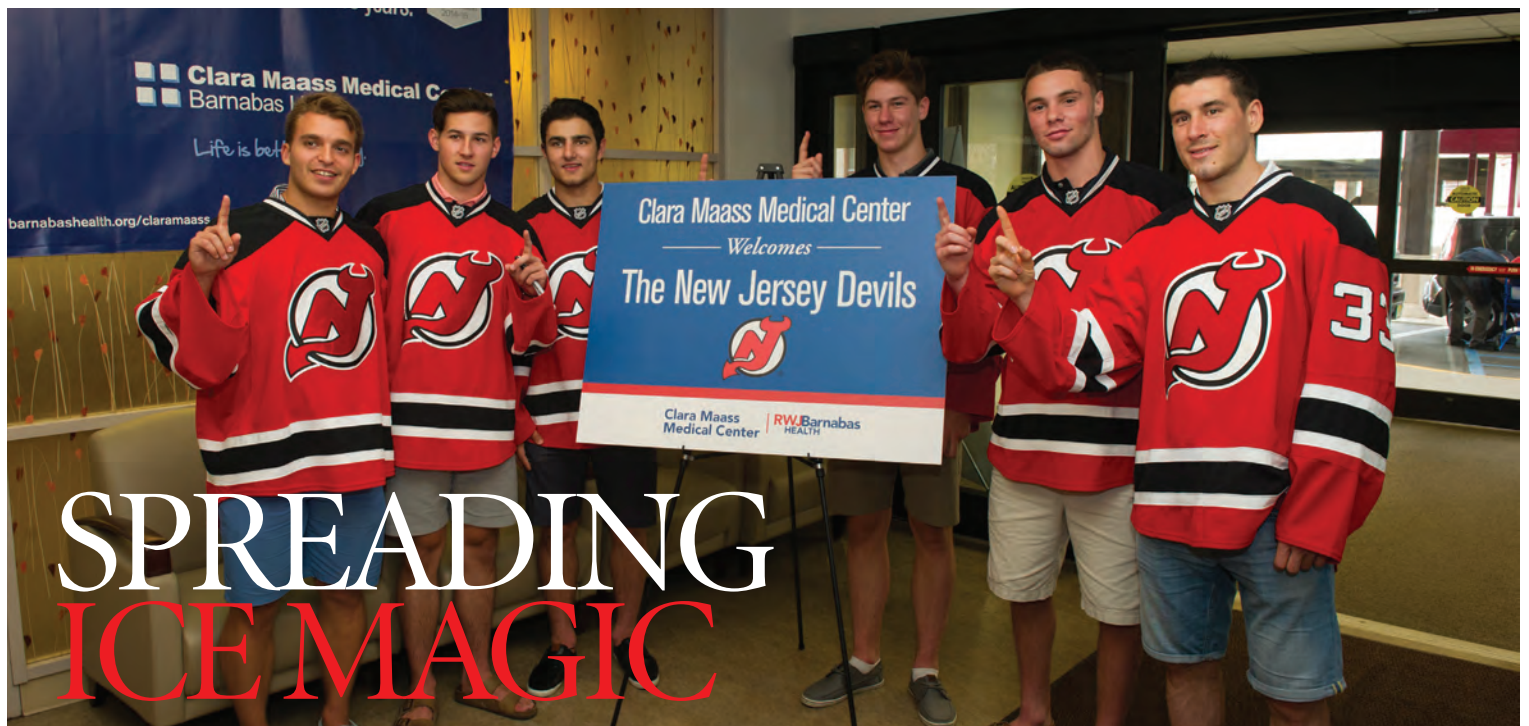
“So Gayithri put our family first and decided to stay at home with them,” Dr. Shiva said. “It was a sacrifice, but she also enjoyed those early years.” He continued his training, which involved 12-hour days, seven days a week. In time, when the boys started school, Dr. Keshav resumed her path toward completing her residency.

Today, family is as important as ever—even at work. Dr. Shiva and Dr. Keshav share office space, and about a year ago, their son Roger joined them after completing his medical training as a nephrologist. Their younger son, Vinny, is also a physician, an ophthalmologist completing his training in Boston.

“It’s a pleasure working with my son,” Dr. Gayithri Keshav says. “He’s bringing new techniques and ideas to help our patients, and we’re able to teach him certain kinds of healing that you can only learn through experience.”

“As a kid,” Dr. Roger Keshav recalls, “I used to come to Clara Maass while my parents made rounds, and at home I saw how hard they worked. But when I joined the practice, I was still surprised by how hard they work. It’s inspiring to see how devoted they are to their patients, and to see firsthand how much their patients appreciate what they do for them. It makes me want to be a better physician.”

“We’re having a good ride,” Dr. Shiva says of his time with family, and now their shared profession. “When I go to the office, it doesn’t seem like work. Our patients and our family make it wonderful.”



SPREADING ICE MAGIC

A GROUP OF PLAYERS AND

prospects from the New Jersey Devils visited Clara Maass Medical Center several times throughout the year. The professional athletes came by with physicians and volunteers to bring cheer to patients, visitors and employees. They smiled for pictures, signed hockey pucks and gave away T-shirts while visiting patients from Pediatrics, Emergency Department, Same Day Surgery, the Children's Eye Center of New Jersey and the Newark Eye and Ear Infirmary. RWJBarnabas Health is the official health care provider of the New Jersey Devils and the Prudential Center in Newark.



HIT THE GREENS

FORMER NEW YORK GIANTS PLAYERS DAVID Diehl, Zak DeOssie and Billy Ard were among many individuals who participated in this spring's Clara Maass Medical Center (CMMC) Golf Invitational at the Montclair Golf Club. Diehl served as the invitational's honorary chairman.

Clockwise from top, right: David Diehl, Robert Gamba, CMMC Foundation Board Chairman, and Robert Gaccione, Chairman of CMMC Hospital Board of Trustees; Billy Ard, David Diehl and Zak DeOssie; David Diehl tees off; David Diehl; Joe Maurillo, CMMC Foundation Board member; Tina Cervasio, Golf Committee member, and Robert Gamba.



MARKS OF EXCELLENCE

THERE WAS A TIME when a hospital's reputation relied mostly on word of mouth, but that time is gone. Today there are reputable independent organizations that appraise the performance of a medical facility by strict standards in several areas. Their verdict on **Clara Maass Medical Center** is suggested by these recent accolades:



- * Awarded Gold Level Recognition by the U.S. Department of Health and Human Services and the Sharing Network for efforts to increase organ and tissue donor enrollment and awareness.
- * Gold Seal of Approval from The Joint Commission with Disease-Specific Care Certification in Acute Coronary Syndrome, Cardiac Rehabilitation, Congestive Heart Failure, and Total Knee and Total Hip Replacement.
- * Recipient of the Maternity Care Excellence Award from Healthgrades for three consecutive years.

A portrait of John V. Kelly, M.D., a middle-aged man with grey hair, wearing a dark pinstriped suit, a white shirt, and a red patterned tie. He is looking directly at the camera with a slight smile. The background is a plain, light grey.

**Create a healthier
tomorrow,
by leaving a
lasting legacy
*today.***

John V. Kelly, M.D.
Clara Maass Medical Center

“ I grew up in this community, hence, I have known Clara Maass Medical Center since I was a child. Clara Maass is not only important to me because of my patients, but also because my own friends and other family members use the hospital. My six children and first grandchild were all born here.

Clara Maass Medical Center is a vital part of this community and that is why I have included a planned gift in my will to support and strengthen it for the future. I want to see Clara Maass continue to thrive and remain an active, important healthcare asset for generations to come. ”

Invest in the future of healthcare by designating Clara Maass Medical Center as a beneficiary of your estate. Your gift will endure beyond your lifetime for the benefit of others.

For more information, contact Christopher Coyne, Vice President, Foundation at **973.450.2277** or by email **Christopher.Coyne@rwjbh.org**.

**Clara Maass Medical Center
Foundation**

www.estate.gifts/claramaass

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