

FEATURING "IN GOOD HEALTH" FROM MONMOUTH MEDICAL CENTER

Monmouth

HEALTH & LIFE

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SEA BRIGHT REDO IS BEACHY KEEN



FIXER-UPPER
GETS MODERN
INDUSTRIAL VIBE

LONG BRANCH
SUMMER HOUSE
GOES YEAR ROUND

+ TOP REAL ESTATE AGENTS

Bringing world-class care to more of Monmouth County.

At Monmouth Medical Center, we're building more specialized care facilities and expanding our reach to create even better experiences for patients all across the county, like our Anne Vogel Family Care and Wellness Center. That means greater access to services such as maternal and perinatal care, innovative nutrition programs and the region's only specialized pediatric care. And by investing in our people, new experts will be joining the doctors, nurses and staff you know and trust. Learn more at rwjbh.org/avfamilycare

**Monmouth
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.



{ WELCOME LETTER }

Proud To Be Your Partner For Good Health

Throughout the last 130 years, Monmouth Medical Center has partnered with our communities to transform care for every person who calls Monmouth County home. From our new Anne Vogel Family Care & Wellness Center at the Monmouth Mall in Eatontown to our ongoing partnership with the City of Long Branch, we continue to advance our vision for the future of healthcare in our region.

In this issue of *Monmouth Health & Life*, we celebrate our official purchase of the former Fort Monmouth property in Tinton Falls, which will be the home of our Vogel Medical Campus. Construction of the state-of-the-art medical campus, which will begin this year, was made possible by a historic \$50 million gift from local philanthropists Sheldon and the late Anne Vogel.

The development of this new campus is part of our mission to create an integrated outpatient network that helps patients maintain wellness and meet their care needs today and in the future. The cornerstone of the initial phase of the new Vogel Medical Campus will be a comprehensive cancer center in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center.

This important partnership provides close-to-home access to the latest treatment options for cancer patients like Long Branch resident Jeff Prusan, who you will meet in our In Good Health pages. Mr. Prusan was kind enough to share his patient journey, and credits Monmouth Medical Center with providing not just advanced care, but comforting care that ensured he never felt alone in his cancer battle.

Our Vogel Medical Campus will leverage the latest medical space planning and technology advancements, making our world-class care more accessible to patients and their families. Most importantly, we will look to the Monmouth County community for feedback and insight as we move forward.

We are proud of the confidence placed in us to transform healthcare in Monmouth County. It is an honor to be on this journey with you.

ERIC CARNEY
President and Chief Executive Officer
MONMOUTH MEDICAL CENTER
AND MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS



{ IN GOOD HEALTH }



President and CEO Eric Carney, shown at right holding a poster promoting MMC's second consecutive *Newsweek* recognition as a World's Best Hospital, gathers with team members from throughout the hospital to mark the achievement.

WORLD-CLASS CARE

Monmouth Medical Center named to *Newsweek's* World's Best Hospitals list.

Monmouth Medical Center (MMC) has been named to the 2023 *Newsweek* list of World's Best Hospitals for the second consecutive year. MMC is one of just 414 U.S. hospitals on the list, which recognizes the best medical institutions across 27 countries. This prestigious award is presented by *Newsweek* and Statista Inc., the world-leading statistics portal and industry ranking provider.

Developed using a complex methodology to ensure quality and validity, the *Newsweek* recognition provides a guide for patients and their families. Three data sources included recommendations from an international online survey sent to more than 80,000 doctors, hospital managers and healthcare professionals; patient satisfaction surveys; and key indicators, including patient safety, hygiene measures and quality of treatment. Additionally, the 2023 list was scored using a new category regarding the implementation status of Patient-Reported Outcome Measures that are compiled using standardized and validated questionnaires that evaluate how patients feel about their health.

In announcing the 2023 list, *Newsweek* said that institutions

on the list all share the quality of consistency—consistently attracting the best people, providing the best patient outcomes and implementing the most important new therapies and research. *Newsweek* notes that of all the hospitals in the world, relatively few can do all of these things year in and year out.

"Public recognitions such as this, and our standing as the region's only hospital to consistently earn Leapfrog A's for patient safety, truly reflect the hard work and unwavering commitment of the entire Monmouth Medical Center team," says MMC and Monmouth Medical Center Southern Campus President and CEO Eric Carney. "We are so proud to be listed among the world's best hospitals and hope this designation is helpful to patients and families seeking the best care for themselves and loved ones."

To see *Newsweek's* list of the World's Best Hospitals, visit [newsweek.com/rankings/worlds-best-hospitals-2023/united-states](https://www.newsweek.com/rankings/worlds-best-hospitals-2023/united-states).



To learn more about Monmouth Medical Center, visit [rwjbh.org/Monmouth](https://www.rwjbh.org/Monmouth).



Sea Girt resident Adela Beecher, middle, is undergoing treatment at Monmouth Medical Center for stage 4 pancreatic cancer. Pictured are her family members, from left: husband Jeff, daughters Skylar and Chelsea and sister Annette Andrew.



 **RWJBarnabas** Health and Monmouth Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the most advanced treatment options. To find out more, call 844.CANCERNJ or visit rwjbh.org/beatcancer.

A NEW HOPE

Thanks to a clinical trial for pancreatic cancer at Monmouth Medical Center, a Sea Girt woman has improved health — and a renewed quality of life.

Adela Beecher is an active senior. The 72-year-old Sea Girt resident goes out to dinner with family and regularly meets up with friends. When she has time, she'll even ride a stationary bike at home and do some light weightlifting.

You'd never guess that she's also battling stage 4 pancreatic cancer.

Life was completely different in summer 2022, when Beecher was rapidly losing weight and suffering from jaundice. She was barely eating and lacked any drive to get out of bed.

"I was turning yellow, and my primary doctor said it wasn't looking good," recalls Beecher.

That's when Beecher's daughter Chelsea, who works with Susan G. Komen, helped her get an appointment at Monmouth Medical Center with Seth Cohen, M.D., Regional Director of Oncology Services. A biopsy confirmed Beecher had stage 4 pancreatic cancer as well as two lesions on her liver.

"It was serious stage 4, and I felt like I didn't have any options or a hopeful outlook," she says. "I had that 'woe-is-me' feeling and was having a pity party."

Because symptoms of pancreatic cancer rarely show themselves in early, more treatable stages, diagnoses are often made when the cancer has already spread. For the 52 percent of Americans who are diagnosed after the cancer has spread to a distant part of the body, the five-year survival rate is only 3 percent.

"It's a frustrating disease because it's

much more difficult to diagnose than other cancers, and we don't have easier targets," says Dr. Cohen.

But based on his patient's condition, the doctor knew Beecher would be a good candidate for a clinical trial, so he discussed the option with her. Dr. Cohen, who has conducted more than 30 different clinical trials, outlined an aggressive treatment program using two different types of chemotherapy agents. By August, Beecher became the first local patient to enroll in this particular trial, ALTPANC: an alternating schedule of Folfirinox, a powerful chemo regimen used to target the cancer that has spread to other parts of the body, and the "less intense" gem Abraxane (gemcitabine plus nab-paclitaxel), which helps to shrink tumors and ease advanced pancreatic cancer symptoms.

Treatment doesn't come without side effects, especially the "heavy chemo," Beecher notes. It often leaves her feeling sick, sore and fatigued. But "she understands where she is," says Dr. Cohen, who's shared "wonderment" of his patient's positive attitude throughout the process. Perhaps better than Beecher's positivity is her improved physical health.

"She's done miraculously from Day 1," he says, "and we started seeing a change between two and four weeks after start-

ing treatment. She started putting on weight. She's hitting the ball out of the park, and her blood levels are normal for now." Initial tumor markers were 29,630 before therapy; the number had dwindled down to 39 after just seven months into the trial, Dr. Cohen says. By mid-March 2023, a CT scan revealed tumors had shrunk by 46 percent, Beecher adds.

"I was extremely lucky that my daughter helped me see Dr. Cohen, and he's been a godsend ever since," says

Beecher, who also had the support of her husband, Jeffrey, her other grown daughter, Skylar, and her sister, Annette Andrew. She also recognizes the impact that Mary Danish, R.N., Clinical Research Nurse, as well as other MMC staff, nurses, dietitians and lab personnel had in her healthful turnaround.

"Mary always helps me have a positive attitude. Once you have hope and a good attitude, everything changes."

Beecher is still undergoing treatment and will likely continue with it for the long term—but her quality of life has returned.

"Even if I have to live with this, the treatment and Dr. Cohen have extended my life," she says. "Today, I went to the supermarket, and I go out with friends. And I'm going to keep my future plans; I'll go to my daughter's wedding this fall and I will meet my grandchildren."



Seth Cohen, M.D.

{ IN GOOD HEALTH }

A PLACE JUST FOR KIDS

Children's Specialized Hospital's new facility at the Anne Vogel Family Care and Wellness Center provides the gold standard of outpatient pediatric rehab services.

Children's Specialized Hospital (CSH), part of the Children's Health Network at RWJBarnabas Health, has opened its newest outpatient center at the Anne Vogel Family Care and Wellness Center in Eatontown. The state-of-the-art facility is the first CSH location in Monmouth County and enhances access for local children and families.

As the gold standard of outpatient pediatric rehabilitation services, the Monmouth County outpatient center offers the latest technology and a full suite of therapy and physician services, including Audiology, Occupational Therapy, Physical Therapy, Psychology, Speech and Language Therapy, Developmental and Behavioral Pediatrics and Physiatry.

"The opening of this outpatient facility in Monmouth County reinforces our commitment to improving the quality of care for children with special healthcare needs across New Jersey," says Matthew B. McDonald III, M.D., President and Chief Executive Officer of Children's Specialized Hospital. "At CSH, we recognize the rising incidence of special healthcare needs in children. This facility offers a comprehensive range of services focused on their unique needs and will provide children and families in the region a supportive environment to receive expert, family-centered care. Our vision has always been a world where all children can reach their full potential—the development of this site is another step towards making that vision a reality."

The opening of the new outpatient center is also an important milestone in the CSH Foundation's \$45 million Transforming Lives 2.0 capital campaign, as it is the second of four new outpatient centers brought to fruition by the generosity of donors.

"As a resident of Monmouth County, I am thrilled about the opening of this new facility and the impact it will have for children in Eatontown and surrounding areas," says capital campaign co-chair Ed McKenna, Senior Partner at McKenna, Dupont, Stone



Colbie Durborow, who has cerebral palsy, visits Children's Specialized Hospital for physical therapy. Her mother Amanda reports that Colbie loves the atmosphere of the therapy gym, where other kids are working on their own goals at the same time.



To schedule an appointment or to learn more, visit rwjbh.org/cshmonmouth or call 888.244.5373.

Children's Specialized Hospital recently opened its newest outpatient center at the Anne Vogel Family Care and Wellness Center in Eatontown.



& Washburne and former mayor of Red Bank. "Every time I walk into a Children's Specialized Hospital facility, I see miracles—and now I will be able to see them happening for children in my own community."

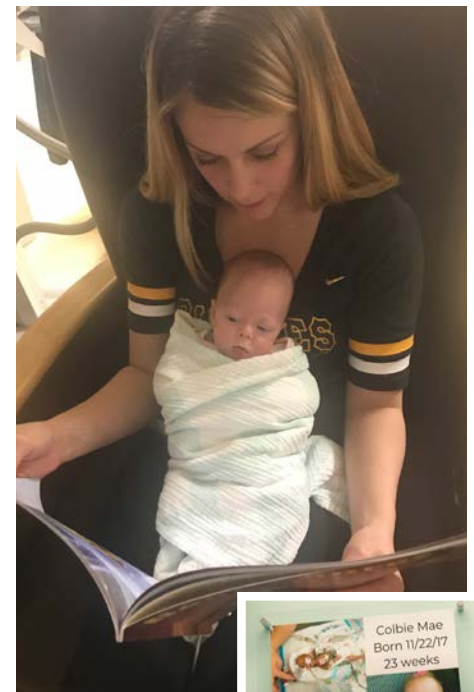
The center, located at the Monmouth Mall, also offers medical group services provided by Monmouth Medical Center, RWJBarnabas Health and Rutgers Health. Additionally, it provides the region with convenient access to comprehensive women's services, pediatric specialty services, wellness

education and nutrition resources, specialty surgical services, a blood drawing station and an Urgent Care Center.

"Being part of the RWJBarnabas Health Children's Health network and the Anne Vogel Family Care and Wellness Center not only allows us to enhance availability to our specialized services for children and families that need us, but also provides local families with access to a variety of medical services for their entire family in one convenient location," adds Dr. McDonald.

ABOUT CHILDREN'S SPECIALIZED HOSPITAL

Children's Specialized Hospital, an RWJBarnabas Health facility, is the nation's leading provider of inpatient and outpatient care for children and young adults from birth to 21 years of age facing special healthcare challenges—from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. At 14 different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective so each child can reach their full potential. For more information, visit rwjbh.org/childrensspecialized.



A MESSAGE OF HOPE

At just 23 weeks pregnant on Nov. 22, 2017, Amanda Durborow went into premature labor and delivered twins Colbie Mae and Bennett Mark, each weighing just over 1 pound, at Monmouth Medical Center (MMC). Unfortunately, Bennett died two days after his birth. Though Colbie survived, she spent her first five months in the Neonatal Intensive Care Unit (NICU) and survived bilateral brain bleeds, several shunt revisions to remove fluid in her brain, six brain surgeries and one eye surgery.

Today, however, Colbie is 5 years old and blossoming. Amanda credits MMC for her daughter's early development—specifically the care received at the NICU at The Hirair and Anna Hovnanian Foundation Regional Newborn Center (RNC) at The Unterberg Children's Hospital. Though she was diagnosed with cerebral palsy, Colbie enjoys going to physical therapy at Children's Specialized Hospital and is as sharp as a tack, proud mom says.

At MMC, Colbie's story is shared as a message of hope for other parents of fragile newborns through the hospital's Hall of Hope, which leads from Labor and Delivery to the NICU. As new parents walk down the corridor, they can read messages of encouragement from parents whose babies, like Colbie, have survived and are now thriving.

Amanda also made a lasting impact at the NICU when she launched The NICU Book Club, providing books for parents to read aloud to their children during their stay just as she and her husband did nightly during Colbie's stay.