

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

MONMOUTH

health & life

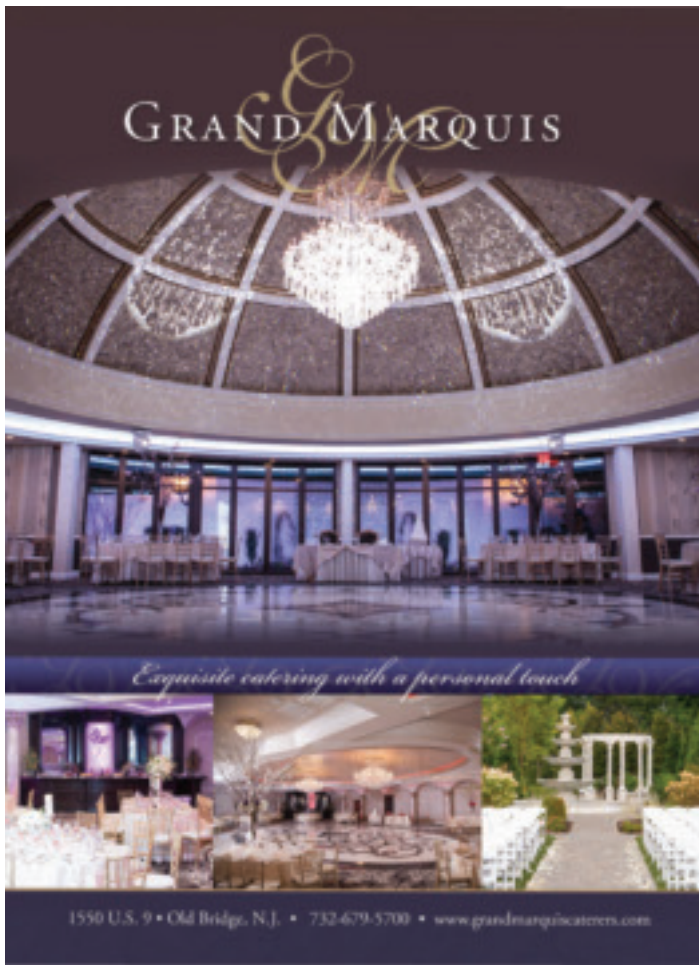
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THE FOOD ISSUE

KIMCHI: ONE
COOL CABBAGE

WOK THIS WAY: THREE
STIRRING RECIPES

GLOBAL GOODIES
GALORE



WELCOME LETTER

THE NEW STANDARD IN MAMMOGRAPHY SCREENING

IN THIS OCTOBER ISSUE OF *MONMOUTH HEALTH & LIFE*, we spotlight our Jacqueline M. Wilentz Comprehensive Breast Center.

October is Breast Cancer Awareness month, which provides a great opportunity to draw attention to the fact that mammography saves lives, as 75 percent of women diagnosed with breast cancer have no family history of the disease.

Since opening in 1994, the Wilentz center has offered the most comprehensive array of services in the region and is committed to offering the most state-of-the-art breast imaging equipment for the early detection of breast cancer. In this issue you also can read about Monmouth Medical Center's third annual Swing Pink Event, which raised money to purchase a highly advanced mammography unit that sets the new standard in mammography screening.

Monmouth Medical Center is truly leading the way in quality breast care for the RWJBarnabas Health Southern Region. I am proud to announce that board-certified radiologist Cynthia A. Barone, D.O., formerly lead mammographer for the Wilentz Center, now serves as Regional Medical Director of Breast Imaging for Monmouth Medical Center, Monmouth Medical Center Southern Campus in Lakewood, and Community Medical Center in Toms River.

In her new role, Dr. Barone is responsible for the overall clinical quality provided at all affiliated breast imaging locations which, in addition to Monmouth Medical Center, Monmouth Medical Center, Southern Campus and Community Medical Center, includes satellite Wilentz locations in Colts Neck and Holmdel. In addition, she will collaborate with physician and administrative leadership to develop new programs that improve access to breast imaging services for the communities we serve.

To learn more about the programs and services of the Jacqueline M. Wilentz Comprehensive Breast Center, visit monmouthwilentzbreastcenter.com.

Sincerely,

BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND THE
UNTERBERG CHILDREN'S HOSPITAL



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MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

SWING ON BY

FROM DOCTORS TO FRIENDS, THE SUPPORT SYSTEM AT THE JACQUELINE M. WILENTZ BREAST CENTER HELPS PATIENTS LIVE LIFE TO THE FULLEST.

From left, Susan Olson, Stephanie Flynn, Terry Ingram, Anna Howie Grace, Diana Kennedy, Rose Jones, Kim Giblin, Stephanie Cupps, Laura McGuire, Meredith Barber, Melissa Ginsberg, Debbie Memmott, Kara Short and Jen Cavise



ALMOST 200 PEOPLE—MANY OF WHOM DONNED PINK ATTIRE— joined together at the Navesink Country Club in Middletown for the third annual Swing Pink event on Sept. 25 to benefit the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center.

The program, which sold out each of its activities, raised more than \$60,000 to help purchase a highly advanced mammography unit, which provides patients with a low-dose digital exposure and excellent quality images.

Swing Pink, led by co-chairs Debbie Memmott and Kara Short and supported by the Women of Wilentz, was a day filled with activity, lunch and celebration. The morning started with participation in tennis, paddle, golf or pickle ball, followed by a celebratory luncheon, underwritten by Sickles Market.

Bill Arnold, president and CEO of Monmouth Medical Center, opened the luncheon with welcoming remarks. "Because of the generosity of our community and the dedication of supporters like the Women of Wilentz, our Breast Center is able to offer the highest level of care to our patients," Arnold says. "We are truly leading the way in quality breast care for our community."

Guest speaker Lisa Becker, who was diagnosed at age 15 with the autoimmune disease Crohn's, shared her health story with the attendees, detailing the fears and concerns many people deal with in living with chronic illness. She noted that after going through many years of challenges and surgeries, she ultimately was left with an overwhelming sense of gratitude for life as well as for the support of family, friends and a great medical team of doctors and nurses.

"Having these special relationships with your medical team will enhance your outcome, so always speak out, ask questions and listen," she said, urging the audience to take charge and be the "CEO" of their health. "You can't control everything but you can control your actions and attitude. Everyone in this room will either experience a major medical event or have to deal with a loved one



Co-Chairs Kara Short and Debbie Memmott

who is going through one, and we all need to be prepared."

That gratitude fueled her with a desire to want to give back, a sense of wanting to help others. Becker not only started a company that did just that, she continues to provide hope for others who are going through difficult medical challenges. Becker, who continues to speak and share her story of survival and path to gratitude, is happily married with two children.

The Jacqueline M. Wilentz Breast Center meets the needs of all women. Since opening in 1994, the breast center has offered the most comprehensive array of breast health services in the region. Because of the generosity of community supporters, the breast center offers state-of-the-art breast imaging equipment for the early detection of breast cancer.

MMC NAMES NEW REGIONAL MEDICAL DIRECTOR

Board-certified radiologist Cynthia A. Barone, D.O., has been named regional medical director of Breast Imaging for Monmouth Medical Center (MMC), Monmouth Medical Center, Southern Campus (MMCSC) and Community Medical Center (CMC). In her new role, Dr. Barone is responsible for the overall clinical quality provided at all affiliated breast imaging locations, which in addition to MMC, MMCSC and CMC, include satellite locations in Colts Neck and Holmdel. In addition, she will collaborate with physician and administrative leadership to develop new programs that improve access to breast imaging services for the communities MMC serves.



Cynthia A. Barone, D.O.

Dr. Barone joined the breast imaging team at the Jacqueline M. Wilentz Comprehensive Breast Center in 2010. She previously served as the center's lead mammographer. The center recently

achieved status as a certified quality breast center of excellence—which is the highest certification level offered by the National Quality Measures for Breast Centers (NQMBC). An optimal level of care is offered through the latest technology and services, including: a Breast Cancer High Risk Assessment Program with access to genetic testing, whole-breast screening ultrasound and 3D mammography.

After earning her medical degree from the University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine, Dr. Barone completed her residency in diagnostic radiology at the Pennsylvania Hospital. She then went on to complete her fellowship in body imaging at the Hospital of the University of Pennsylvania. "Dr. Barone's education, work experience and clinical expertise make her highly qualified for this critical role within the Jacqueline M. Wilentz Comprehensive Breast Center," says Monmouth Medical Center President and CEO Bill Arnold.

To learn more about the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, call 732.923.7700 or visit monmouthwilentzbreastcenter.com.

FOR MORE INFORMATION ABOUT THE JACQUELINE M. WILENTZ BREAST CENTER AT MONMOUTH MEDICAL CENTER, CALL 732.923.7700 OR VISIT BARNABASHEALTH.ORG/MONMOUTH.

TO SHARE THIS ARTICLE ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.



A LASTING LEGACY

DON SUMMA IS GIVING BACK TO THE HOSPITAL THAT SAVED HIS LIFE.

DON J. SUMMA IS A MAN WHO HAS A CHALLENGE FOR everyone. After you have lived a long life, as Don has, you've earned the right to tell it like it is. For instance, the way Don talks about his commitment to Monmouth Medical Center (MMC) through a planned gift in memory of his late wife, Helen.

As Don remembers so vividly, the doctors at MMC saved his life after a nearly fatal glider accident. As a result, he established a significant bequest to the hospital to repay the dedication of the medical staff that didn't give up. During Don's recovery, the doctors told Don how they had said to one another during the surgery, "He's gone." Don added, "If they had put down their instruments, no one would have criticized them for giving up, but I wouldn't be alive today. What made them keep going? Dedication. And how do you compensate dedication? Through philanthropy." Don hopes his planned gift will encourage and inspire young aspirants to the medical profession to become residents in internal medicine, which he believes is one of the most important areas of medicine.

Believing that "life is about doing things" and in simple yet eloquent terms, Don describes why it is important to "do something" to support MMC during life and, if one is fortunate enough, also

through a planned gift. As the former chairman of the Monmouth Medical Center Foundation (MMCF) board of directors, Don has participated firsthand in the fundraising efforts to support the professional medical staff and services that saved his life. "The only way that MMC can continue into the future is to get donations from people who believe in our mission," Don says. "We would love to have the money now, but a legacy gift is a different matter since it doesn't affect your current income, forces the government to rebalance your estate taxes based on your charitable donations, and benefits your heirs."

MAKING HIS DECISION

On the subject of leaving money to charity in addition to his family, Don—a retired CPA and widower with two sons and two grandsons—speaks passionately about the fact that he did not *ask* his kids for permission to leave a major bequest to MMC, he *told* them. For Don, his decision was made after weighing his responsibility to society against his responsibility to family: "We are all beneficiaries of living in a caring community, and we have a debt to repay to society."

Don considered a planned gift as soon as he recovered from his accident, but it wasn't until the staff of MMCF approached him for a gift to create the Medical President's Wall that he decided to actually establish and document his planned gift. In doing so, he became a member of the Cranmer Legacy Society. According to Don, if he hadn't been asked, he probably would still be thinking about it. "One of the things that has impressed me in my life is how many things are done for us in which we have no control and by people we don't know," he says. "The people who patched me up after my glider accident were anonymous helpers whom I will never be able to pay back individually, but I can pay them back institutionally—by supporting the medical center where they work, through a planned gift."

ALWAYS ON THE WALL

The President's Wall at MMC recognizes the hospital's great medical team, and Don challenges others to come forward to do the same for the dental and nursing staffs. A planned gift is one that anyone can make and it's easier to do than one might think, he says. One will reap the benefits for the rest of his or her life, in ways never imagined—as Don has. (At age 90, there seems to be no stopping him.)

Don and his fellow members of the Cranmer Legacy Society had the foresight, vision and generosity in establishing their planned gifts for MMC. They are honored each year at a special gathering for Legacy Society members and receive other member benefits. Their names will appear on the newly unveiled Legacy Society sculpture in the hospital's main lobby.

For more information on how to plan a legacy gift, visit estate.gifts/monmouth.



Helen and Don Summa

TO LEARN ABOUT ESTABLISHING A LEGACY GIFT FOR MONMOUTH MEDICAL CENTER, CALL ANNE DEMESA AT 732.322.4292. **TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE,** VISIT MONMOUTHHEALTHANDLIFE.COM.



It takes a village

DONATIONS FROM THE COMMUNITY PROVIDE SUPPORT FOR MONMOUTH MEDICAL CENTER SERVICES.

MONMOUTH MEDICAL CENTER IS KNOWN FOR PROVIDING SAFE, EVIDENCE-BASED HEALTH CARE, BUT IT'S ALSO FREQUENTLY recognized for the staff's compassionate care and support for all patients. The hospital was recently the recipient of two gifts that will help it provide the best for families of the youngest patients.

THE LEVIS

For parents, parting with a stillborn baby is the first step in a long and difficult grieving process. Thanks to the generosity of Jennifer and Matt Levi, who suffered the loss of two newborns in six months, that journey has been made a bit easier for parents coping with a stillborn.

The Tinton Falls couple recently donated a Cuddle Cot to Monmouth Medical Center in honor of their daughter Helen Rose, who was delivered at the hospital this past April at 16 weeks gestation. The special cooling device preserves a stillborn baby's body in a bassinet or crib, giving grieving parents extra time to spend with their infant. About 24,000 babies are delivered stillborn in the United States every year. When not kept cold, stillborn babies' bodies quickly begin to deteriorate after delivery.

Developed in the U.K., the Cuddle Cot was brought to the U.S in 2013 and has been recognized as significantly helping parents who suffer the loss of a baby by giving the family the option of spending time with the infant. Extra time is internationally encouraged by midwives, bereavement practitioners, stillbirth/neonatal charities and academics, as it allows the family to form an important bond with their baby.

"By donating this Cuddle Cot to Monmouth Medical Center in honor of Helen Rose, we hope that it will ease the pain of families grieving the loss of a baby," said Jennifer, who also had a full-term stillborn son, Connor, in October at another area hospital. "This unit will give parents the gift of time in the best way possible before having to give their babies that last hug and kiss goodbye."

A silver plaque has been affixed to Monmouth Medical Center's device. An inscription engraved on the plaque reads: "There is no footprint so small that it cannot leave an imprint on this world."

Sheryl Dwyer, the bereavement support nurse for Labor and Delivery at Monmouth Medical Center, thanked the Levis for their generosity, strength and resilience, noting that their gift will absolutely help future grieving parents and families.



Members of the Newark chapter of Clipped Wings gather with Monmouth Medical Center administrators including Susan Dulzak (seated at right), clinical director and pediatric nurse practitioner for the Valerie Center and Pediatric Medical Day Stay at Monmouth; Eric Carney (standing at right), Monmouth Medical Center chief operating officer; and Margaret Fisher, M.D. (standing third from right), chair of Pediatrics and medical director of The Unterberg Children's Hospital at Monmouth.

CLIPPED WINGS

Monmouth Medical Center recently hosted a dedication ceremony for a new "First-Class Lounge" for patients and their families. The space was designed and funded by the local chapter of Clipped Wings, a national organization formed in Chicago in 1941 by a former flight attendant as a way to maintain airline friendships and to support various charities. The organization's Newark chapter raises money for the Valerie Fund Children's Center for Cancer and Blood Disorders at Monmouth Medical Center's Unterberg Children's Hospital. Money raised through its annual Comedy Night was used to create the lounge.

"The area is truly first class, as the space is designed like the first class section of a luxury jetliner to allow children and their parents to relax and take a break while spending time at the Valerie Center," says Eric Carney, chief operating officer for Monmouth Medical Center. "It is really clever and so fitting coming from an organization comprised of retired airline attendants."

The room features a dramatic window screen that simulates the controls of an airplane cockpit, allowing patients to take a break from treatment to watch a movie or play a game while their parents enjoy a cup of coffee and snack. The organization will continue to stock the refreshments and other supplies. Flooring for the lounge was donated by Fromkin Brothers, a family-owned architectural finishing company with a history of support for Monmouth Medical Center oncology patients.

"We often say it takes a village to meet the needs of the children of our community, and this is a perfect example of that," Carney says.

To learn more about supporting The Valerie Fund Children's Center, call 732.923.6886.



Jennifer and Matt Levi (far right) recently donated the Cuddle Cot cooling system to Monmouth Medical Center. Also pictured, at left: Suzanne Sernal, clinical director of Obstetric Services at MMC, and Sheryl Dwyer, bereavement support nurse for Labor and Delivery.

FOR MORE INFORMATION ABOUT MONMOUTH MEDICAL CENTER, CALL AT 732.222.5200.

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Send a Mammo-Gram to someone you love.

Send one to your mother or your grandma, your aunt, your cousin, your sister, your colleagues, your wife or your best friend. Tell her how much she means to you and ask her to do one small thing. Ask her to get her annual mammogram. Because the first step to breast cancer prevention is early detection. Send a Mammo-Gram today. It's easy!

Visit rwjbh.org/mammo to send your Mammo-Gram.

P.S. - Don't forget to make your own mammography appointment. Call 732-923-7700 to schedule one at a Jacqueline M. Wilentz Breast Center location near you.

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