

In Good Health

A publication of

**Community
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.





A handwritten signature in black ink that reads "Barry H. Ostrowsky".

Barry H. Ostrowsky
President and CEO
RWJBarnabas Health



A handwritten signature in black ink that reads "Michael Mimoso".

Michael Mimoso, MHSA, FACHE
President and CEO
Community Medical Center

Dear Friends,

Caring for our community gives Community Medical Center the opportunity to touch lives, from newborns to elders, and treat all with high quality care and the utmost respect and dignity.

In this issue of In Good Health, you will read about our work with local youth to introduce them to career opportunities within healthcare, as well as a program that recognizes the accomplishments of older Americans in our community. You will also read about new robotic surgical technology that is transforming the way surgery is performed at Community Medical Center and the national accreditations the hospital has earned for providing high quality care.

Community Medical Center and RWJBarnabas Health are committed to you - through every stage of life - by providing health and wellness programs, cutting-edge technology and comprehensive services.

Together we are building a healthier Ocean County.

Stay Connected with Community Medical Center

Main Number **732.557.8000**

Emergency Department **732.557.8080**

Physician Referral Service **888.724.7123**

Community Outreach **732.557.3273**

[facebook.com/CommunityMedical](https://www.facebook.com/CommunityMedical)

rwjbh.org/community

For up-to-date information on our latest news, education programs, services and events, like us on Facebook. Visit [facebook.com/CommunityMedical](https://www.facebook.com/CommunityMedical)

Your heart doesn't beat just for you.

Get it checked.



Over 2,000 Years of Life Experiences Celebrated



***Elaine Brown**, who volunteers as a Lobby Ambassador at Community Medical Center, joined nearly 80 guests for the Older Americans Luncheon. Mrs. Brown began volunteering at the hospital in 2000 and has given over 3,500 hours of service.*

Over 40 people, ages 95 to 102 who are living independently, celebrated Older American's Month in May at Community Medical Center. Their combined years of life experience provided animated conversation as they reminisced while watching videos on fashion, hair style, food and car trends throughout the decades.

Older American's Month is a national observance to learn about, support and recognize the country's older citizens.

The invited guests were volunteers at Community Medical Center or individuals who receive services from Caregiver Volunteers of Central Jersey (CVCJ), a nonprofit that enables individuals to remain independent and live with dignity and joy. CVCJ provides services in Ocean and Monmouth counties.

"I did some quick math, and among our special guests, there are more than 2,000 years of life experiences in this room," said Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center, told the audience. "You have been a part of historic moments, seen the world change and accomplished incredible things. I know there's a lot of wisdom and great stories you can share with us, and one another."

At the luncheon, Lynette Whiteman, CVCJ's Executive Director, acknowledged the important role of the caregiver and volunteers who brought special guests to the luncheon and spend countless hours taking them to

doctor's appointments, shopping or just being good company.

Community Medical Center is dedicated to ensuring that our community, at all ages, is able to maintain a healthy life. To meet the unique needs and ensure the comfort of our older patients, Community Medical Center has achieved NICHE (Nurses Improving Care for Healthsystem Elders) designation. NICHE designated hospitals have created a sensitive, patient/family-centered environment for patients 65 and over with an evidence-based approach to care.

For information on Caregiver Volunteers of Central Jersey, call 732.505.2273 or visit caregivervolunteers.org

To learn about volunteer opportunities at Community Medical Center, call 732.557.8129



Innovative Robotic Technology Allows Surgeons to Personalize Joint Replacement Procedures

Community Medical Center is the first hospital in Ocean County to offer robotic-arm assisted total knee, partial knee and total hip replacements with Stryker's Mako System. This highly advanced robotic technology transforms the way joint replacement surgery is performed, enabling surgeons to have a more predictable surgical experience with increased accuracy.

"As baby boomers continue to age, the demand for joint replacements is expected to rise in the next decade," said Christopher Passariello, MD, orthopedic surgeon.

"With Mako, we can provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy," said Dr. Passariello. "Using a virtual 3D model, Mako allows surgeons to create each patient's surgical plan pre-operatively

before entering the operating room. During surgery, we can validate that plan and make any necessary adjustments while guiding the robotic-arm to execute that plan. It's exciting to be able to offer this transformative technology across the joint replacement service line to perform total knee, total hip and partial knee replacements."

The Mako Total Knee application is a knee replacement treatment option designed to relieve the pain caused

by joint degeneration due to osteoarthritis. Through CT-based 3D modeling of bone anatomy, surgeons can use the Mako System to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique anatomy.

The Mako Partial Knee application is a treatment option designed to relieve the pain caused by joint degeneration due to osteoarthritis that has not yet progressed to all three compartments of the knee. Following the personalized pre-operative plan, the surgeon guides the robotic-arm during bone preparation to execute the pre-determined surgical plan and position the implant. By selectively targeting only the part of the knee damaged by osteoarthritis, surgeons can resurface the diseased portion of the knee, while helping to spare the healthy bone and ligaments surrounding the knee joint.

The Mako Total Hip application is a treatment option for adults who suffer from degenerative joint disease of the hip. During surgery, the surgeon guides the robotic-arm during bone preparation to prepare the hip socket and position the implant according to the pre-determined surgical plan.

"We are proud to be the first hospital to offer this highly advanced robotic technology in our area," said Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center. "We are committed to bringing cutting edge technology, not typically found at a community hospital, to our community. The Mako system joins other sophisticated technology available at Community Medical Center including the da Vinci Xi robotic surgical platform, CyberKnife for treating inoperable tumors and a 3Tesla MRI. The addition of Mako to our orthopedic service line further demonstrates our commitment to provide state-of-the-art care."

For a referral to an orthopedic surgeon who performs joint replacement surgery, please call 1.888.724.7123 or visit rwjbh.org/ortho.



Physicians who utilize the Mako System for Joint Replacement Surgery



Munir Ahmed, MD
Orthopedic surgeon



Jess Alcid, MD
Orthopedic surgeon



Mark Kasper, MD
Orthopedic surgeon



Christopher Passariello, MD
Orthopedic surgeon

Connecting with Our Community

Taking Part in the Martin Luther King Jr. Week of Service

RWJBarnabas Health partnered with Jersey Cares for the 2018 MLK Week of Service, volunteering with organizations that help to address the social determinants of health in the communities we serve.

Community Medical Center employees partnered with members of Unity Pride, a community-based organization which helps to educate and nurture confidence in area children. Students spent time at the hospital learning about the wide variety of occupations available in health care, as well as the educational paths required for those careers. Students toured the hospital and met staff members from several departments to learn more about their roles in patient care.



Community Medical Center's Annual Food Drive collected more than 20,000 pounds of food





Teaming Up for Beach Clean Up

Members of the Community Medical Center team took part in the Clean Ocean Action “Beach Sweep,” cleaning up garbage in Island Beach State Park in honor of Earth Day. Nearly 25 staff and family members collected and catalogued items ranging from a 15’ telescoping pole to countless Mylar balloons and beverage cans.

Dancing for Heart Health

Hundreds of people took part in this year’s Dancing for Heart Health event at the Ocean County Mall. Staff from Community Medical Center provided blood pressure and blood sugar screenings, as well as heart health information. Dancers from local groups, from toddlers to seniors, took to the stage throughout the day, demonstrating that dancing is an excellent way to exercise and achieve a heart healthy lifestyle.



NJ Pride Parade

On June 3, representatives from Community Medical Center and other RWJBarnabas Health facilities took part in the 27th Annual Jersey Pride Festival and Parade, held in Asbury Park, providing health screenings to attendees. Community Medical Center supports RWJBarnabas Health’s commitment to treating everyone with respect and dignity while appreciating and embracing the differences as well as the similarities that exist among us.



Community Medical Center Achieves Center of Excellence in Robotic Surgery Accreditation

**One of Only Three
Programs to Achieve
This Distinction in
New Jersey**

Community Medical Center has achieved accreditation as a Center of Excellence in Robotic Surgery by Surgical Review Corporation (SRC). A Center of Excellence in Robotic Surgery accreditation distinguishes Community Medical Center from other facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation.



“Receiving this designation as a Center of Excellence is a testament to the highly skilled surgeons who perform robotic surgery at Community Medical Center”

Status as an accredited organization means Community Medical Center has met nationally recognized standards. Not all health care organizations seek accreditation and not all that undergo the rigorous on-site inspection process are granted accreditation.

Community Medical Center’s Robotic Surgery program was the first of its kind in the region and is staffed by highly skilled surgeons with over a decade of experience in robotic surgery procedures. Surgeons use robotic surgery for gynecology, gyn/oncology, urology, general, colorectal and thoracic surgical procedures.

“Receiving this designation as a Center of Excellence is a testament to the highly skilled surgeons who perform robotic surgery at Community Medical Center,” said Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center. “Through their commitment to patient safety and quality, the program has grown substantially and reflects their commitment to providing our patients with cutting edge technology to improve the care of patients requiring surgery.”

Community Medical Center features two da Vinci Robotic Surgical platforms, including the latest generation da Vinci Xi. The robotic surgery team includes 16 board certified surgeons and highly specialized nurses and operating room technicians.

“I am extremely proud that the Robotic Surgery Program at Community Medical Center has earned this national recognition for the care provided,” said Steven Lowry, MD, Program Director, Robotic Surgery Program, Community Medical Center. “Undergoing this extremely rigorous survey process validates the exceptional care being provided by our surgeons and robotic surgery team. Patients can feel comfortable seeking care at Community Medical Center knowing it is one of only three programs in New Jersey to have achieved this accreditation.”

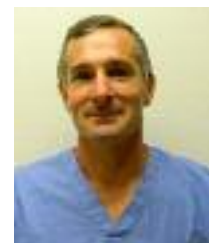
Robotic surgery is minimally invasive surgery where a computer is positioned between the

surgeon’s hands and the tips of microinstruments, giving surgeons the control, range of motion and 3-D visualization characteristic of open surgery. The technology allows the surgeon to operate through several small incisions about the size of a dime. Patients undergoing a robotic surgery procedure experience significantly less pain, less loss of blood, fewer side effects, less scarring, shorter recovery period and a faster return to normal activities.

The robot cannot be programmed, nor can it make decisions on its own. It relies on the expertise of a skilled surgeon, requiring that every surgical maneuver be performed with direction from the surgeon.

For a referral to a surgeon who specializes in robotic surgery, please call 1.888.724.7123.

Steven Lowry, MD
Program Director,
Robotic Surgery Program



NewsBriefs

Recognized for Joint Replacement and Stroke Care Excellence

CMC's Joint Replacement and Stroke Programs each successfully completed Joint Commission Disease Specific Recertification surveys and received Gold Seals of Approval.

Seeking and maintaining Disease Specific Certification demonstrates CMC's dedication to providing high quality care. The two rigorous surveys included on-site reviews by The Joint Commission who evaluated compliance with consensus-based national standards; effective use of evidence-based clinical practice guidelines to manage and optimize care; and an organized approach to performance measurement and improvement activities.

RWJBarnabas Health Named to '150 Top Places to Work in Healthcare' List

RWJBarnabas Health has been named to Becker's Healthcare's 2018 '150 Top Places to Work in Healthcare' list, which highlights hospitals, health systems and health care companies that promote diversity within the workforce, employee engagement and professional growth. RWJBarnabas Health is listed among other organizations that offer benefits and opportunities for employees to build successful careers above and beyond the average health care provider or company, and encourage professional development and promote leadership from within.

2018 Physician of Distinction Award recipient Omar Tamimi, MD, (center left) and Nicholas Pagano, recipient of the Rosanne L. Citta Community Impact Award (center right), join Peter Van Dyke, Esq., Chairman, CMC Foundation Board of Trustees (far left), and Michael Mimoso, MHSA, FACHE, President and CEO (far right), at the CMC Foundation Ball.

Foundation Gala Raises Funds for Medical Technology

At the CMC Foundation's annual ball, over \$60,000 was raised by generous sponsors and supporters to enhance medical technology at the hospital.

A highlight of this year's event was the presentation of the 2018 Physician of Distinction Award and the first Rosanne L. Citta Community Impact Award.

Omar Tamimi, MD, Department of Gastroenterology, received the 2018 Physician of Distinction Award and was honored for his over 25 years of service to CMC and his outstanding dedication to the hospital, his patients and colleagues.

Nicholas Pagano, Foundation Board of Trustee member, received the first Rosanne L. Citta Community Impact Award. The Community Impact Award recognizes an individual who has demonstrated a strong commitment of giving back and active involvement in the community. It honors the legacy of Rosanne Citta, former Board of Trustee member, philanthropist and friend of CMC.



CMC Volunteer Impacts Cardiac Care

Early last year the Community Medical Center Foundation received notice that long-time volunteer, Ann Wurster, had remembered the hospital in her estate plans. At the time, little did they realize that the gift would significantly impact, possibly even transform, the future of cardiac care at Community Medical Center.

Mrs. Wurster passed away in May of 2016 after a full life balanced with a career and community service. Born in Rutherford, NJ, Ann and her late husband Joseph Wurster were long time summer residents of Pine Beach before becoming permanent residents later in life. Active in many social and civic causes, Ann devoted her later years to passionately serving as a Community Medical Center volunteer.

“Ann began volunteering in 2000 after the death of her husband. Her dedication and commitment to our patients resulted in her giving over 7,000 volunteer hours throughout her tenure as a volunteer,” said Gladys Zakar, Manager, Volunteer Department and Pastoral Care Services. Ann worked primarily at the Information Desk and frequently offered to work holidays. “Ann never minded filling in when we needed her. We could always count on her to help. She is truly missed,” said Zakar.

As is often the case, Mrs. Wurster’s estate took nearly a year to settle but the results were extraordinary. Because of her thoughtful planning and generosity, she designated more than \$2 million to support cardiac and respiratory services at Community Medical Center. “Quite honestly, I was astounded,” said Rick Pallamary, Vice President, Development, CMC Foundation. “I knew Ann well and at some point over the years she mentioned wanting to remember the hospital in her plans. Never did I anticipate a gift of this magnitude.”

A recognized leader in cardiac care, Community Medical Center is dedicated to reducing the impact of heart disease and improving quality of life by offering

a continuum of care that includes cardiovascular disease prevention, diagnosis, treatment and rehabilitation. As one of the busiest Emergency Departments in the state, Community Medical Center is at the center of cardiac care in Ocean County and treats more patients with cardiac disease than any other hospital in New Jersey without a cardiac surgery program. Mrs. Wurster’s generosity will impact the immediate and future delivery of cardiac care by making funds available for expanded services, capital improvements, and clinical and patient education.

“Aside from being one of the largest gifts in Community Medical Center’s history, it was also inspirational,” says Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer. “Ann not only gave tirelessly of her time as a volunteer, but had the vision to look forward and make a meaningful commitment to an organization she held dear. I know all of our physicians, clinicians, staff and most importantly, our patients, join me in expressing sincere gratitude.”

For information on the CMC Foundation and to learn how you can help create a living legacy in support of the hospital, call 732.557.8131 or visit cmcgiving.org.



PREPARING FOR





If it's time to start preparing for your baby's arrival, getting started now will help you feel more confident once labor starts. Every woman has different expectations for their childbirth experience and through education and support, you can be better prepared to welcome baby.

Classes and tours are offered for parents and coaches and siblings, including:

Prepared Childbirth - Join us for an overview of the labor process, options for labor support, comfort measures, and more.

Infant Care Class - We'll talk about all there is to know, from birth to the first few weeks of life. This class is perfect for grandparents as well!

Breastfeeding Class - Learn techniques to help you have a successful breastfeeding experience.

Prepared Brothers and Sisters - Becoming a big brother or sister is exciting. Let's involve them in the process!

Childbirth Refresher Class - This is an individualized class for those who have previously given birth.

Maternity Services Guided Tours - Visit the First Moments Maternity Unit to see where you will welcome your newest family member and meet with the staff who will be there to assist you every step of the way.

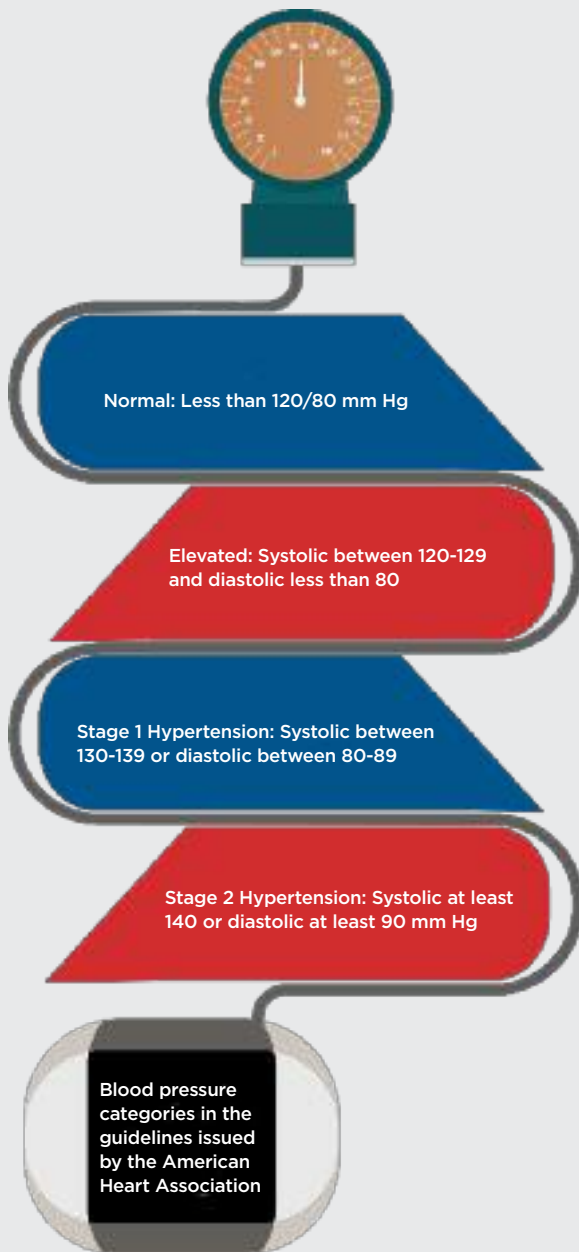
To register for a class or tour, call 732.557.8034. For a referral to an Obstetrician, call 1.888.724.7123.



Here's Why Moms and Their Physicians Choose CMC:

- 19 Board Certified Obstetricians and 7 Certified Nurse Midwives
- Laborist coverage - a Board Certified Obstetrician is available to assist in times of emergency or provide immediate care until your physician or midwife arrives
- 24/7 Anesthesia services
- 24/7 Neonatologists - highly trained physicians specializing in care for infants needing special care
- Fully equipped Operating Rooms for caesarean births or high-risk deliveries
- A Newborn Nursery and Level 2 Special Care Nursery for babies requiring special attention
- Exceptionally caring and compassionate nurses who specialize in mother and baby care
- Private Labor, Delivery and Recovery Rooms complete with Jacuzzis and a comfortable and home-like environment
- Beautiful Mother-Baby Unit featuring private rooms and showers and many other amenities

Understanding Blood Pressure Guidelines



The American Heart Association released new guidelines surrounding blood pressure - a condition that typically has no symptoms, but is the second leading cause of preventable death in the United States, behind cigarette smoking. The heart care specialists at Community Medical Center encourage you to partner with your physician to know your blood pressure numbers and proactively address any concerns surrounding your readings.

What is blood pressure?

Blood pressure is the force of your blood pushing against your artery walls. The force is generated with each heartbeat as blood is pumped from the heart into the blood vessels. Each time your heart beats (contracts and relaxes), pressure is created inside the arteries. The pressure is greatest when blood is pumped out of the heart into the arteries or systole. When the heart relaxes between beats (blood is not moving out of the heart), the pressure falls in the arteries or diastole.

Two numbers are recorded when measuring blood pressure. The top number, or systolic pressure, refers to the pressure inside the artery when the heart contracts and pumps blood through the body. The bottom number, or diastolic pressure, refers to the pressure inside the artery when the heart is at rest and is filling with blood.

How does high blood pressure impact the risk for cardiovascular disease?

High blood pressure, or hypertension, directly increases the risk of coronary heart disease (heart attack) and stroke (brain attack). With high blood pressure, the arteries may have an increased resistance against the flow of blood, causing the heart to pump harder to circulate the blood. You can know if your blood pressure is high by having it checked regularly by your health care provider.

Get an accurate reading

To get an accurate blood pressure reading, your health care provider should take your reading when you are at rest and in a sitting position. It should be checked three times during the encounter to ensure you are receiving a proper reading.

Your heart doesn't beat just for you. Get it checked. To request an appointment with a Community Medical Center heart specialist, visit rwjbh.org/heart or call 888.724.7123.

How heavy is **TOO HEAVY** for your child's backpack?

It is almost the start of another school year, and children all around the region are preparing to head back to the books. Backpacks are a popular way for children to carry all their necessities to and from school. However backpacks worn incorrectly or are too heavy can cause injury to children and teens.

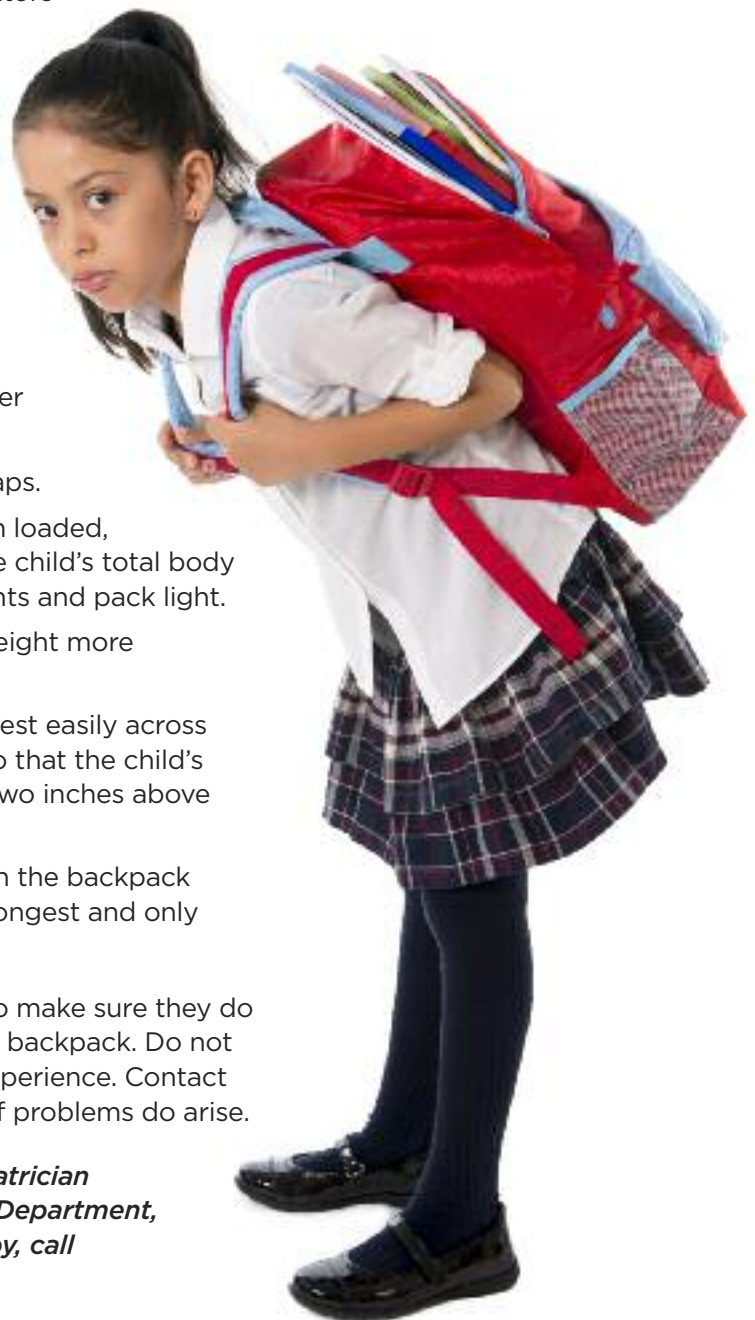
In recent years, parents, teachers, school administrators and health care professionals have become increasingly concerned about backpack safety, as a backpack that is too heavy or worn improperly can cause injury to a child's growing bones and joints. Injury can occur when a child uses unnatural postures such as leaning to one side, bending over or arching the back to carry a heavy backpack. This can result in improper spine alignment, spine stress and fatigue.

Ray Howard, PT, DPT, OCS, Regional Director of Rehabilitation Services at Community Medical Center offers the following back-to-school backpack tips:

- Select backpacks with wide, padded shoulder straps.
- Match the size of the backpack to the child—when loaded, backpacks should not weigh more than 15% of the child's total body weight, so use all available backpack compartments and pack light.
- Wear both shoulder straps—this distributes the weight more proportionately.
- Fit the backpack properly—the backpack should rest easily across the middle of the back with the straps adjusted so that the child's arms can move freely. The backpack should rest two inches above the child's waist.
- Pack as light as possible—put the heaviest items in the backpack closest to the back where the muscles are the strongest and only carry what's necessary.

Parents should check with their children regularly to make sure they do not have any back strain or pain from carrying their backpack. Do not ignore any discomfort or problems your children experience. Contact your pediatrician or other health care professional if problems do arise.

For a referral to a Community Medical Center pediatrician and information about our Rehabilitation Services Department, including physical, occupational and speech therapy, call 1.888.724.7123.



rwjbh.org/community

6983-08/18

It's not about losing weight overnight... It's about staying healthy over time.

Join us for a free information session on bariatric surgery on the first Monday of each month at 6 pm in the Community Medical Center Auditorium.

Seating is limited and pre-registration is required. Call 1.888.724.7123 today to reserve your seat.

The Center for Bariatrics
732.557.8966 | rwjbh.org/weightloss

**Community
Medical Center**

**RWJBarnabas
HEALTH**

