

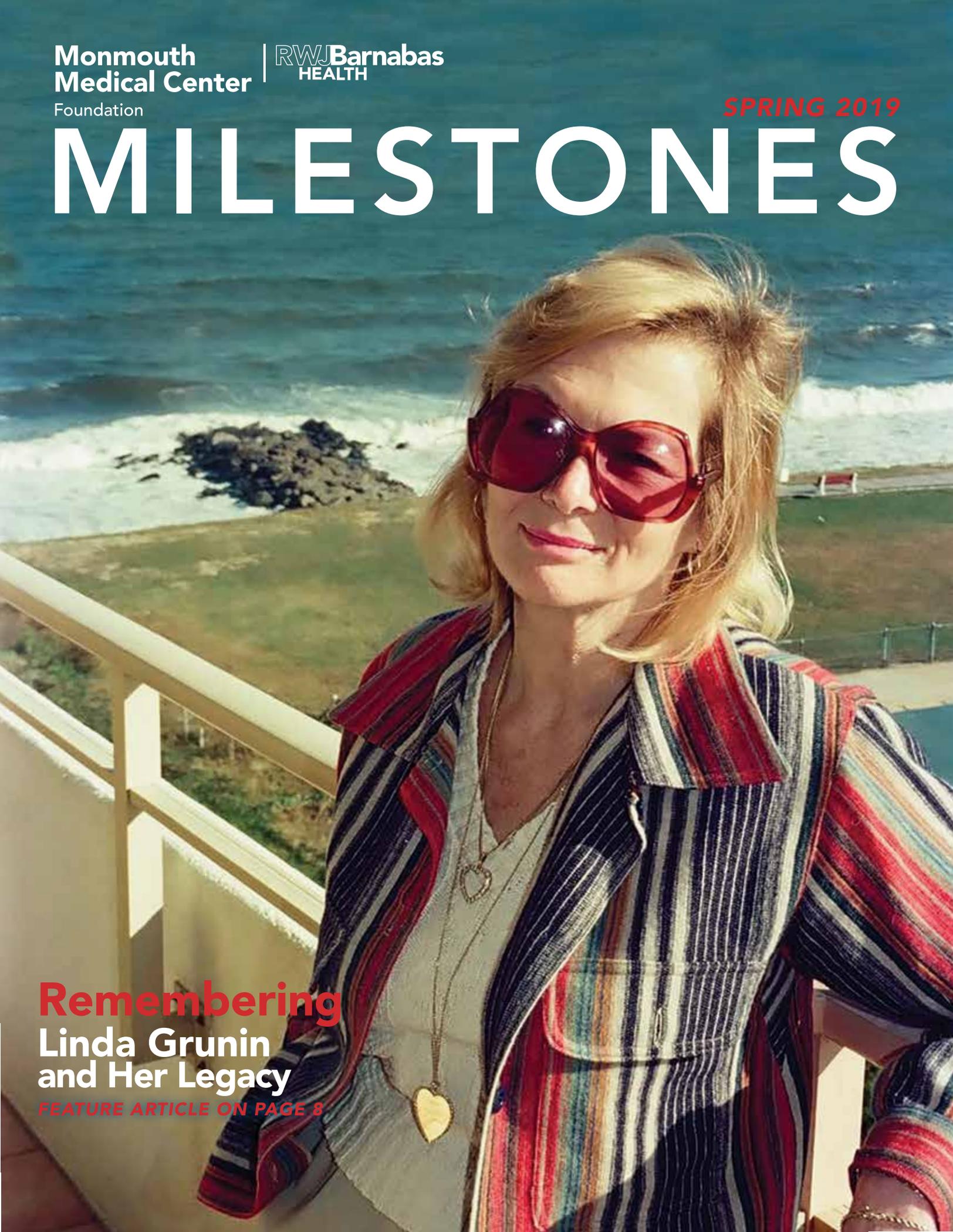
Monmouth  
Medical Center

Foundation

RWJBarnabas  
HEALTH

SPRING 2019

# MILESTONES



**Remembering  
Linda Grunin  
and Her Legacy**

FEATURE ARTICLE ON PAGE 8

## Contents

|   |         |
|---|---------|
| Message from President and CEO                          | 4       |
| Message from Foundation Leadership                      | 6       |
| Remembering Linda Grunin                                | 8       |
| Teaming Up Against Cancer                               | 10      |
| Invitational Golf Classic & Tennis Tournament           | 12      |
| Swing Pink  | 13      |
| The Power of Thank You                                  | 14-19   |
| WhatsUP   | 20      |
| Big Steps for Little Feet                               | 21      |
| Cranmer Legacy Society                                  | 22      |
| Our Impact  | 24 - 31 |
| Nursing Excellence at MMC                               | 32      |
| Employee and Physician<br>2019 Charitable Gift Campaign | 34      |
| Power of Pink   | 35      |
| 2019 Foundation Special Events Save the Dates           | BACK    |

## Mission

As an RWJBarnabas Health facility, Monmouth Medical Center Foundation is a leader in identifying, cultivating and soliciting charitable gifts in support of Monmouth Medical Center's mission to deliver quality-driven, efficient and responsive healthcare services to the community.

## Vision

Monmouth Medical Center Foundation, a charitable organization dedicated to supporting Monmouth Medical Center and its programs and services, has a fivefold mission:

- To **develop and implement foundation programs** that provide charitable financial support to MMC
- To **demonstrate** to the public at large how philanthropy benefits donors, patients and the community served by MMC
- To **increase public awareness** and enhance the community's positive perception of MMC by being an advocate of the center's commitment to the community
- To **serve responsibly** as the steward of contributed funds to MMC
- To **develop candidates** for leadership positions for MMCF and MMC

## MMC Foundation is Proud to WELCOME OUR NEWEST TRUSTEE Andrea Aikins



Andrea Aikins is currently an Employment Counselor for Monmouth County Workforce Development, assisting people with reemployment and helping them obtain a credentialed skill leading to employment. She has a long career in Special Education; teaching and coordinating programs for children and adults with developmental disabilities. Andrea has also worked with organizations such as Harbor School and LADACIN Network. She is a graduate of Mary Baldwin College and holds a Master's degree in education from Monmouth University.

Andrea's service in the community has included volunteering with organizations such as LADACIN Network, Habitat for Humanity in Monmouth County and most recently, Monmouth County Historical Association. Her commitment to the community and Monmouth Medical Center builds upon the legacy of her father, Dr. Charles L. Zukaukas, a former Chief of Surgery and healthcare provider for over 30 years to many Long Branch area residents. Andrea and her sister Mimi Tashjian are continuing the family's long tradition of giving back to the community. The Foundation will benefit immensely from Andrea's involvement and commitment to the Monmouth County Community.

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## Leadership Message

For Monmouth Medical Center, 2019 is off to an exciting start. In March, Monmouth was very proud to be the only hospital in New Jersey named one of the nation's 100 Top Hospitals by IBM Watson Health, which uses independent research to analyze hospital and health system performances. MMC was among just 25 recognized in the teaching hospital category, and this recognition is truly a credit to our culture of excellence and the true metrics that we have used internally for decades to define our quality.

As you know, MMC delivers more babies than any other hospital in Monmouth and Ocean counties and was the first in New Jersey to dedicate a Center for Perinatal Mood and Anxiety Disorders. Our very busy PMAD Center has fulfilled a great need in the community and MMC recently became the first hospital in the country to earn platinum status from the Bloom Foundation. This Colorado-based foundation is the accrediting body and national authority for the Maternal Mental Health Friendly Initiative in the United States.

The shared commitment of Monmouth Medical Center's physicians, nurses and staff have resulted in other recent impressive quality achievements, including status as one of only 53 hospitals recognized by Leapfrog as a Top Teaching Hospital, which is widely acknowledged as one of the most competitive honors American hospitals can receive.

Monmouth is the only hospital in Monmouth and Ocean counties to receive an "A" Hospital Safety Score for eight consecutive rating periods by The Leapfrog Group, the nation's leading experts on patient safety.

In 2019, we continue to expand our geographic footprint through our investment in primary and specialty care physician practices, such as the very successful Monmouth Heart Specialists on Route 35 in Eatontown. This year we will be adding to our Barnabas Health Medical Group locations in Ocean, Tinton Falls and Eatontown with new primary care hubs opening in Neptune and Howell, in partnership with our southern campus. Additionally, the former Fort Monmouth Myers complex, known by many as the hexagon building, has been demolished as we move forward with plans to build a state-of-the-art Health Campus in Tinton Falls. This campus will include an ambulatory care center and a new and expansive cancer center in partnership with the Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute (NCI)-designated Comprehensive Cancer Center.

Philanthropic support from our generous community continues to help us usher in the future of medicine in Monmouth County, and we are truly grateful to our family of donors for your dedication to Monmouth Medical Center.

– Bill Arnold and Eric Carney



**Eric Carney**  
CHIEF EXECUTIVE OFFICER  
MONMOUTH MEDICAL CENTER AND  
THE UNTERBERG CHILDREN'S HOSPITAL

### LEADING MMC INTO THE FUTURE

In February, RWJBarnabas Health announced several leadership changes to support our efforts to improve the health of our communities in a dynamically changing healthcare environment. Eric Carney, most recently Chief Operating Officer of Monmouth Medical Center, is now Chief Executive Officer (CEO) of MMC. Bill Arnold, the former President and CEO of MMC, is now President of the Southern Region. He has operational, philanthropic and strategic responsibilities for Community Medical Center in Toms River, MMC in Long Branch, Monmouth Medical Center Southern Campus in Lakewood and all other healthcare ventures in Ocean and Monmouth counties.

## Monmouth Medical Center in Top 100 Hospitals of Nation

Monmouth Medical Center is the only New Jersey hospital to be named one of the nation's 100 Top Hospitals by IBM Watson Health®. The study spotlights the top-performing hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational and patient satisfaction metrics and data.

The Watson Health 100 Top Hospitals® study uses independent and objective research to analyze hospital and health system performance in 10 clinical and operational areas addressing: risk-adjusted inpatient mortality index, risk-adjusted complications index, mean healthcare-associated infection index, mean 30-day risk-adjusted mortality rate, mean 30-day risk-adjusted readmission rate, severity-adjusted length of stay, mean emergency department throughput, case mix- and wage-adjusted inpatient expense per discharge, adjusted operating profit margin, and HCAHPS score (patient rating of overall hospital performance). The study has been conducted annually since 1993.

"This award is a testament to the commitment of our physicians, nurses and staff to ensure the highest quality, safest patient care," said Eric Carney, CEO for Monmouth Medical Center, which was recognized in the teaching hospital category. "We understand that what matters most to our patients is safe, effective care, and as the head of the hospital, it is very gratifying to be recognized for our commitment to quality by a business unit of IBM that is dedicated to the development and implementation of cognitive and data-driven technologies to advance health."

The winning hospitals were announced in the March 4th edition of *Modern Healthcare* magazine.





## Message from the Foundation Leadership

Dear Friends,

Monmouth Medical Center Foundation is overjoyed to share with you that 2018 was a banner year at the Foundation, raising over \$20 million dollars for Monmouth Medical Center, thanks to the philanthropic efforts of our donors. We recognize that through the generosity and support from our donors, we can provide comprehensive, patient-centered care to our friends and neighbors.

We truly appreciate the legacy of philanthropic support from our community throughout the years. In the pages ahead, you will read how these donations have enhanced the services that we provide to the communities we serve and allowed us to purchase state-of-the-art equipment.

Monmouth Medical Center has embarked on many exciting projects that will develop in the next few years including a new campus in Tinton Falls as well as several satellite centers devoted to primary and ambulatory care. We will continue to build relationships and raise awareness to support all of the initiatives and programs at Monmouth Medical Center.

We look forward to working with you and educating the community; sharing the pride and comfort, knowing we have helped those most in need of health care in our area.

As we celebrate 2018, we are excited about 2019 has in store for us and the future of Monmouth Medical Center.

Claire Knopf  
BOARD CHAIR  
MONMOUTH MEDICAL CENTER FOUNDATION

Tara Kelly  
VICE PRESIDENT OF DEVELOPMENT  
MONMOUTH MEDICAL CENTER FOUNDATION

**To make a donation or to learn more about the ways you can be involved, please contact us at 732.923.6886 or go to [www.monmouthgiving.org](http://www.monmouthgiving.org)**

## Remembering Linda Grunin and Her Legacy

Monmouth Medical Center is proud to announce a \$3 million charitable gift from the Jay and Linda Grunin Foundation, a private family philanthropic foundation, in memory of Linda Grunin, who passed away suddenly on April 10, 2018.

Linda was raised in Long Branch and was a proud graduate of Long Branch High School, where she was the editor-in-chief of her high school yearbook during her senior year. Linda went on to Smith College in Northampton, Massachusetts, where she graduated with honors. From there, she received her juris doctorate degree from NYU School of Law, where she was one of only 10 females in a class of 300. While at New York University, she met the love of her life and true partner, Jay, in 1966. After graduating, Linda still made time for her Long Branch roots. In 1968, she returned to Long Branch High School to speak to the student council on "Law and its Place in Society." A year later, Linda and Jay married and moved to Toms River to eventually open their own law firm. Shortly after, Jeremy, their only son, was born.

In the early 1990s, Linda and Jay retired from their day-to-day law practice to concentrate full time on their two greatest passions – investing and philanthropy. While Linda and Jay were always quietly philanthropic, it wasn't until 2013 that they began to formalize their philanthropy through their Foundation.

Based in Toms River, the Foundation was started by Jay and Linda with the help of their son Jeremy, who is now the Foundation's President, to improve the quality of life and economic health of the Central Jersey Shore through root-cause focused investments in healthcare, education and the Arts.

A proactive grant maker, the Jay and Linda Grunin Foundation identifies and invests in organizations that will help the Foundation attain its programmatic goals of promoting economic development. It collaborates with and invests in innovative projects that have measurable impact and create meaningful, transformative change for the Central Jersey Shore.

"This gift honors the life of Linda Grunin and the work she and her family have done in the community," says Tara Kelly, Vice President, MMC Foundation. "We are grateful to Jay and his son Jeremy for making this donation."



Linda and Jay Grunin

Through this gift, the Jay and Linda Grunin Foundation will support the establishment of The Linda Grunin Sim Lab, a Simulation Learning Lab at Monmouth Corporate Park in West Long Branch in partnership with Monmouth University. Simulation-based medical education has the potential to decrease the numbers and effects of medical errors, to facilitate open exchange in training situations and to decrease the reliance on vulnerable patients for training.

Monmouth Medical Center has been dedicated to training tomorrow's physicians since the establishment of New Jersey's first Orthopaedic Surgery Residency Program in 1945. As a High Reliability Organization, Monmouth is committed to a zero-harm culture, reduction of medical errors, and outcomes-based education, and this gift will help the hospital enhance both medical education and patient safety.

"We are incredibly thankful to the Jay and Linda Grunin Foundation for their generous gift to fund this innovative educational facility and program" said Monmouth Medical Center Chief Executive Officer Eric Carney. "The Linda Grunin Sim Lab, which will open in December, will provide state-of-the-art training to our resident physicians and medical students, and will provide a valuable resource to the community for training first responders, including local EMTs and firefighters."

Offering hands-on learning in a simulation environment using high-tech mannequins and scenarios, Monmouth will continue to educate its medical staff in the most state-of-the-art environment. "With the combination of rapidly advancing medical, safety and quality standards, mastery of skills prior to working with patients is crucial," Eric says.

Jay said, "With Linda spending her formative years in Long Branch and most of her adult life at the Jersey Shore, it is particularly significant to note that one of the last grants we discussed together was something appropriate for her hometown. This project is one that she would have been extremely proud to be part of."



Linda and Jay Grunin

**"We are incredibly thankful to the Jay and Linda Grunin Foundation for their generous gift to fund this innovative educational facility and program."**

**– Eric Carney, CEO, MMC**

## Teaming Up Against Cancer

### Multi-Disciplinary Team Helps Nobel Prize Recipient

There's never a good time to be diagnosed with cancer, but for Arthur Ashkin, PhD, of Rumson the timing was particularly inconvenient. Dr. Ashkin, received the call that he had won the Nobel Prize in Physics in early October. Two weeks later, he found a lump on his neck, below his ear. Dr. Ashkin, who at 96, became the oldest person to win the Nobel Prize, was unable to attend the awards ceremony in December of 2018 in Stockholm Sweden because he was in the midst of radiation treatments for lymphoma, a cancer of the immune system.

After making an appointment with his internist, Kenneth M. Granet, MD, Chairman of the Department of Medicine at Monmouth Medical Center and a member of the Barnabas Health Medical Group. Dr. Granet's associate, Pranthi Mandadi, MD, ordered a CAT Scan of Dr. Ashkin's neck, which showed a mass in the parotid gland, which produces saliva. In November, a biopsy revealed an aggressive lymphoma.

Dr. Granet referred Dr. Ashkin to David J. Sharon, MD, Chief of Oncology and Medical Director at the Leon Hess Cancer Center at MMC, and a member of Barnabas Health Medical Group. "Why go to New York when we have great doctors in New Jersey?" says Dr. Ashkin. "All of my family's doctors are here at MMC," he says. "I've been seeing Dr. Granet for years."

Dr. Sharon consulted with Roger Strair, MD, renowned lymphoma specialist, Chief of Blood Disorders and a medical oncologist at Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center. Also involved in his treatment were MMC radiation oncologists Sang E. Sim, MD and Mitchell F. Weiss, MD, Chief of Radiation Oncology, members of the Barnabas Health Medical Group.

Together, the physicians decided the best course of treatment. Dr. Ashkin underwent radiation at the Leon Hess Cancer Center in December and has been taking systemic medication. So far, the results have been favorable. The lump in Dr. Ashkin's neck has disappeared and his white blood cell count is now in the normal range. "I feel great," he says. "I'll be in seventh heaven if I stay like this."

It's too early to know if Dr. Ashkin is in remission, but Dr. Sharon is hoping for good news. "We are hoping this treatment puts him into a long-lasting remission," says Dr. Sharon. Dr. Ashkin came through the first part of treatment like a champ, and his quality of life has improved." Dr. Ashkin concurs, "I've had no side effects from the treatment."

**"Leon Hess Cancer Center is a great place. My medical team has been very thorough. I'm lucky to be treated there."**  
– Arthur Ashkin, PhD

Dr. Ashkin continues to be hard at work, maybe even winning another Nobel Prize in his future.



Nobel Prize recipient Arthur Ashkin, PhD, center with his wife, Aline, and healthcare team at Monmouth Medical Center. FROM LEFT: Sang E. Sim, MD, radiation oncologist; Kenneth M. Granet, MD, Chairman of the Department of Medicine; and David J. Sharon, MD, Chief of Oncology and Medical Director of the Leon Hess Cancer Center.

# SAVE THE DATE

MONMOUTH MEDICAL CENTER FOUNDATION'S

## 2019 INVITATIONAL GOLF CLASSIC & TENNIS TOURNAMENT



### GOLF

|                    |  |
|--------------------|--|
| 7:00 am            | 1st Round Registration & Continental Breakfast |
| 8:00 am            | 1st Round Shotgun Start                        |
| 11:00 am           | 2nd Round Registration                         |
| 12:00 pm - 2:00 pm | Buffet Lunch                                   |
| 1:00 pm            | 2nd Round Shot Gun                             |
| 6:00 pm            | Cocktail Buffet Reception                      |
| 7:30 pm            | Awards Ceremony                                |

### TENNIS

#### AM PLAY

|                     |                          |
|---------------------|--------------------------|
| 9:30 am             | Registration & Breakfast |
| 10:00 am - 12:00 pm | Play                     |
| 12:00 pm            | Lunch & Award Ceremony   |

#### PM PLAY

|                   |                                 |
|-------------------|---------------------------------|
| 3:00 pm           | Registration                    |
| 3:30 pm - 5:30 pm | Tennis Play                     |
| 6:00 pm           | Cocktail Party & Award Ceremony |

DOUBLES ROUND ROBIN FORMAT  
TENNIS WHITES REQUIRED

#### GOLF SPONSORSHIPS INCLUDE

PLAYER'S GIFT • CART, GREENS FEES • FORECADDIE • PRIZES  
BREAKFAST • LUNCH • EVENING COCKTAIL PARTY

#### THE CALAWAY SYSTEM

WILL BE USED TO DETERMINE THE PRIZES

#### 2019 LAND ROVER

SE DISCOVERY SPORT CAR RAFFLE TICKETS  
ARE AVAILABLE FOR \$100 EACH

732.923.6886

[www.rwjbh.org/golfandtennisclassic](http://www.rwjbh.org/golfandtennisclassic)

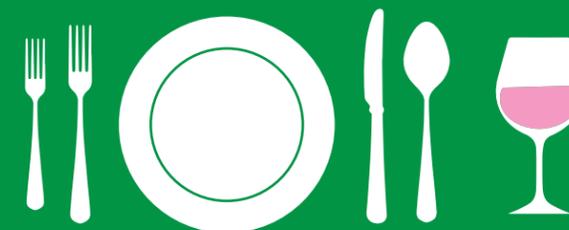
[www.rwjbh.org/swingpink](http://www.rwjbh.org/swingpink)

The Leon Hess Cancer Center Council  
cordially invites you to

—PLAY—



—LUNCH—



—LEARN—



Swing  
PINK

SAVE THE DATE  
9.23.19

Navesink Country Club

THURSDAY, JUNE 13

RAIN DATE: THURSDAY, JUNE 20  
HOLLYWOOD GOLF CLUB, DEAL, NEW JERSEY

“He truly is a remarkable surgeon with a kindred spirit. He has given me a second chance to live and enjoy my life, and for that, I will always be grateful. I am walking for miles, swinging a golf club and enjoying my granddaughter immensely. What more could I possibly ask for?”

– Theresa Lowy



FROM LEFT: Theresa Lowy and David Estin, MD

## The Power of Thank You

### Grateful Patient Theresa Lowy Back to Living to the Fullest

Theresa Lowy had been dealing with lower back pain for over 10 years. In the beginning she didn't think much of it and just pushed through it, enjoying walking the boardwalk, playing tennis and golf, and spending endless hours gardening. She thought that these activities were the cause of her pain and started to slow down a bit. She stopped playing tennis first and then eventually golf because it was too painful.

In order to get through the pain, she started her journey along the path to diagnosis and treatment. She had chiropractic treatments, deep tissue massages and travelled to New York City for over two years getting steroid injections and radiofrequency ablations. She finally made the decision to get a second opinion locally.

An orthopedic surgeon diagnosed her with stenosis and told her that, though she is only in her 50's, she had the spine of a 75-year old, and surgery was the only option, leaving her shocked and overwhelmed.

Her back was progressively getting worse. She couldn't stand straight without pain and found herself constantly leaning forward. "It was painful to walk any distance. No matter what I was doing, I was always looking for a place to sit down. As challenging as it was, I accepted this as part of my life and it became my normal." Theresa said.

Last winter, one of her doctors suggested that she see a neurosurgeon. She met with Dr. David Estin, MMC Neurosurgeon, Neurosurgical Associates of New Jersey, and he spent over an hour discussing her back and her procedural options. He was the only doctor that to address the instability of her spine along with the stenosis. Dr. Estin recommended a minimally invasive approach to decompress the spine and computer-assisted navigation for placement of screws to restore stability. She knew surgery was inevitable. All the research and referrals advised her Dr. Estin was a brilliant surgeon and she left his office confident that he could help her. She scheduled surgery that day.

Her family was very supportive of her decision, especially her daughter. She was going to be a grandmother that fall and she knew without surgery she probably wouldn't be able to pick up the baby. The thought of that was heart wrenching.

She had a lumbar spinal fusion on June 11, 2018. Dr. Estin was amazing and assured her that the surgery was a success. Theresa says, "The doctors and staff at Monmouth Medical Center were wonderful, caring and attentive to all of my needs. I had the best care possible. I followed Dr. Estin's post-operative instructions implicitly... no bending, no lifting, and no twisting for three months and I believe that is why I healed so well."

Ten months later, and Theresa is living pain free and thanks Dr. Estin for that.

To make a gift to the Grateful Patient Program, visit [monmouthgiving.org](http://monmouthgiving.org)

## Grateful Patient Bette Lynne Corio

Neurosurgeon Jonathan Lustgarten, MD, FAANS

Bette Lynne Corio was diagnosed with Metastatic HER2-positive breast cancer. She was told by doctors that one in eight women receive this diagnosis and that the tumors generally grow rapidly and are extremely aggressive. "I represent a lot of women," Bette Lynne says. Although, she was able to control the cancer with consistent chemotherapy treatments, it unfortunately spread to her brain. Before having invasive surgery, Bette Lynne first tried CyberKnife treatment, which has been known for being highly effective on patients. CyberKnife, unfortunately did not work and Betty Lynn was forced to turn to surgery.

On November 26, 2014 at 7:00 am, Bette Lynne Corio was admitted to Monmouth Medical Center (MMC). It was on Thanksgiving Eve, that Dr. Jonathan Lustgarten, MD, FAANS, Chief Division of Neurosurgery, Neurosurgical Associates of New Jersey, performed immediate neurosurgery on Bette Lynne. "I did not have a lot of hope before I met Dr. Lustgarten; I am a walking miracle!" After performing a craniotomy Dr. Lustgarten, was able to successfully remove the cancer from Bette Lynne's brain. Today Bette Lynne is happy to say that Dr. Lustgarten saved her life. Among the numerous kind things that she has to say about Dr. Lustgarten, she says that, "He made it easy to go through such a terrible time. He was so thorough and made me feel comfortable about the entire process and he immediately knew what was wrong when we met."

Bette Lynne was also impressed with how the hospital staff not only took care of her, but her children as well. "Everyone made my kids feel comfortable. MMC accommodated them. My kids and sister were there a lot. My sister asked a lot of questions and the staff was more than happy to answer all of them."

"Monmouth Medical Center went above and beyond; I received extraordinary care from the staff, who were very compassionate. You can feel the positivity and the energy there; you need that because as patients we go in so compromised, so you need that positive energy." Now five years later, Bette Lynne is still radiant with positivity, and so thankful that Dr. Lustgarten and MMC gave her hope again.

**To make a gift to the Grateful Patient Program, visit [monmouthgiving.org](http://monmouthgiving.org)**

OPPOSITE PAGE FROM LEFT: Bette Lynne Corio, and Jonathan Lustgarten, MD, FAANS



# The Power of Thank You

## Grateful Patient Christine Schulz Gregory Fedorcik, MD

After severely slicing her thumb open on an aluminum can lid, Christine Schulz rushed to the emergency room for treatment of her laceration. A situation she initially thought would easily be fixed soon turned out to be much more complicated when she realized that she could not bend her thumb and she had no feeling. Doctors in the emergency room closed her wound with stitches and referred her to a hand surgeon, Dr. Gregory Fedorcik, of Central Jersey Hand Surgery for follow up.

Christine went to see Dr. Fedorcik, who after examining Christine knew exactly what was wrong and that she required surgery. Christine had lacerated her thumb down to the bone, cutting through the flexor tendon that bends the thumb and digital nerves. On November 20, 2018, Christine was admitted to MMC, where Dr. Fedorcik completed his surgery residency prior to his Hand, Wrist and Microvascular Fellowship at Duke University, for a complex three-hour surgery that required repair of her tendon and microsurgical repair of her digital nerves with the use of two cadaver nerve allografts. According to Dr. Fedorcik, "If Christine did not have surgery she would have permanent disability of her thumb and hand". He also explained, "The tendon repair was so close to the bone insertion that it required a reinforcing suture that was tied over a "button" that was on top of Christine's thumb nail for 6 weeks." Christine had to do daily wound care around the button while she recovered from surgery and attended occupational hand therapy three days a week for several months.

Christine works as a registered nurse, so she respected the fact that Dr. Fedorcik was so straight forward and honest with her from the start. "It was important to him for me to know what to expect as a patient. He took the time to explain what was going to happen and what needed to be done. He told me that I needed to listen to him," Christine added, "He really looked out for me, and never made me feel false hope." Christine wanted to recognize the pre and post-operative care staff at MMC's Cranmer Ambulatory Surgery Center, "They were very informative and attentive and made sure I was fully recovered and feeling well before I went home," she said. Christine has returned to full duty work as a nurse and continues to improve with use of her thumb and hand function.

**To make a gift to the Grateful Patient Program, visit [monmouthgiving.org](http://monmouthgiving.org)**

OPPOSITE PAGE FROM LEFT: Gregory Fedorcik, MD and patient Christine Schulz



# WHAT SUP

A PADDLEBOARD RACE ON THE NAVESINK RIVER  
BENEFITTING THE UNTERBERG CHILDREN'S HOSPITAL

**JULY 27, 2019**

VICTORY PARK, RUMSON, NJ

**7AM CHECK IN / 9AM RACES START**

DIVISIONS INCLUDE

MEN'S 5 MILE, WOMEN'S 5 MILE, PRONE, COED 1 MILE

**\$65 ENTRY FEE**

REGISTER  [PADDLEGURU.com](http://PADDLEGURU.com)

RAIN DATE: SUNDAY, JULY 28

The Unterberg Children's Hospital  
at Monmouth Medical Center

Monmouth Medical Center |  RWJ Barnabas  
HEALTH



# BIG STEPS FOR Little FEET

**SAVE THE DATE**  
**9.15.19**

Promenade Beach Front North, Long Branch, NJ

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

## Cranmer Legacy Society

### Terry Ingram

Terry Ingram has been involved with Monmouth Medical Center for over 35 years. Terry decided to volunteer her time at MMC after her two sons were born here. She was so impressed with the excellent care of the doctors and staff that she wanted to give back.

In 1980 Terry was Chair of the Stanley Nichols Pediatric Auxiliary. She later moved on to be Chair of the Two Rivers Antiques Show and Garden Tour, Swing Pink and recently Co-Chair of The Leon Hess Cancer Council, raising funds for all cancers.

Terry still feels after all these years that she is grateful to have quality care from doctors to nurses in her own backyard without the need to travel out of Monmouth County. This is why she has decided to leave a legacy gift to MMC. Terry said "This means I can continue to play a valuable role in healthcare for many years into the future."

"Terry's generosity will continue her legacy, said Tara Kelly, Vice President of Development, MMCF. This estate gift epitomizes Terry in that she is always thinking of others."

**"These generous gifts truly make a difference and ensure the ability to fulfill our mission of improving the health and quality of life for individuals, families and the communities we serve."**  
– Tara Kelly, VP of Development, MMCF

**Invest in the future of health care by making Monmouth Medical Center a part of your legacy. By designating Monmouth Medical Center as a partial beneficiary of your will or retirement account, you can help ensure that the next generation has access to extraordinary health care. For more information, please call 732-923-6886 or email [tara.kelly@rwjbh.org](mailto:tara.kelly@rwjbh.org)**



OPPOSITE PAGE: Terry Ingram

## Joel Opatut Cardiopulmonary Rehabilitation Program at Monmouth Medical Center

The Joel Opatut Cardiopulmonary Program at Monmouth Medical Center is designated for individuals recovering from heart and lung disease and is the first program in Monmouth County to be certified for both cardiac and pulmonary rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

A national, multidisciplinary association, the AACVPR is dedicated to the improvement of clinical practice, promotion of scientific inquiry and advancement of education for the benefit of cardiovascular and pulmonary rehabilitation professionals and the patients they serve. Certification recognizes that program reviewed by the national AACVPR board meet the highest standards of care, including a therapeutic plan, intervention and evaluations, certification of staff, preparedness for medical emergencies and physician involvement.

The Joel Opatut Cardiopulmonary Center is located in the Maysie Strock Pavilion at MMC and now features brand new state-of-the-art fitness equipment thanks to a very generous donation from Pam and Zelig Steinberg.

**To make a donation or to learn more about the ways you can be involved, please contact us at 732.923.6886 or go to [www.monmouthgiving.org](http://www.monmouthgiving.org)**



FROM LEFT TO RIGHT: Sharon Holden, AVP Cardiopulmonary, Critical Care, Emergency and Renal Services  
Dr. Kenneth Granet, M.D. FACP, Chairman of the Department of Medicine, Dr. Ajay Shah, M.D. Medical Director,  
Cardiac Rehabilitation, Dr. Isaac Tawfik, M.D., Chief, Cardiology



## **AlightRT Technology**

### **Surface Guided Radiation Therapy**

AlightRT Technology, aids in radiation therapy setup and treatment accuracy. It can be used for a wide range of conditions including breast, brain, lung, liver, sarcoma, head and neck and other cancers.

AlightRT Technology is a system that tracks a patient's position before and during radiation therapy, to aid in setup and treatment accuracy. Using 3D stereo camera units, AlightRT Technology tracks the skin surface, and compares it to the ideal treatment position. AlightRT Technology can automatically signal for the treatment delivery system to pause radiation if the patient moves out of the desired position, and there is no need for additional radiation. Specifically for breast patients, Deep Inspiration Breath Hold (DIBH) is used to move the heart away from the breast during therapy. Patients breathe in different ways at different times and may arch their back to simulate a deep breath in. These different movements can appear similar to a patient's true breath hold, but do not necessarily separate the heart from the breast.

**To make a donation or to learn more about the ways you can be involved, please contact us at 732.923.6886 or go to [www.monmouthgiving.org](http://www.monmouthgiving.org)**

## The Panda Warmer Nurses Balance Human Touch with Medical Equipment

Through the support of the annual Big Steps Walk, held every September, proceeds have helped fund a panda warmer at the Hirair and Anna Hovnavian Foundation Neonatal Intensive Care Unit (NICU) at The Unterberg Children's Hospital at Monmouth Medical Center.

The panda warmer is an open surface warmer with a scale that allows babies to be weighed without moving to a separate scale. Blended oxygen and pulse oximetry monitoring can also be directly delivered through the warmer. Many full-term infants also need the warmer/open bed functionality for procedures, monitoring after the operating room and outside the delivery room.

In 2018, 5,823 infants were delivered at Monmouth Medical Center. **The Panda Warmer** is utilized on a daily basis in the delivery room for initial stabilization of all babies.

**To make a donation or to learn more about the ways you can be involved, please contact us at 732.923.6886 or go to [www.monmouthgiving.org](http://www.monmouthgiving.org)**



## **The Fireflies Council for Behavioral Health**

The new Fireflies Council was formed with the goal to “Break the Stigma” and educate the public about steps to get on the road to better mental health. The Council will be planning various events in support of behavioral health at Monmouth Medical Center.

Dr. Carolyn DeForte, the Council Chair, has always had a strong passion to shine a light on mental health, and to break away from the stigma that surrounds it. Dr. DeForte and The Fireflies Council plan to “Light the Pathway to Mental Wellness” by changing attitudes toward mental health. The Council wants to show people that mental illness is just like any other disease, such as cardiovascular disease or diabetes. Once people understand this, the stigma will end and those who suffer will seek treatment. The hope is that addictions will decrease when self-medicating ends.

The Fireflies will help raise funds to revitalize the outdoor space that is used for behavioral health patients. The outdoor space will be enclosed in ivy, and the garden will feature many beautiful flowers and plants to give patients a breath of fresh air throughout the day. It will also include inspirational quotes, and provide space for various outdoor activities.

In addition to the outdoor space, The Fireflies will focus on educating the local community about services offered at the hospital and how to access these services. The public needs to know that Monmouth Medical Center has the largest and most comprehensive behavioral health program in Monmouth County. Treatment is provided to children, adolescents and adults diagnosed with psychiatric and dual disorders.

**“Every person has the power to make a difference. Break the stigma and build hope for the community.”**  
– Carolyn DeForte, DMD



## Nursing Excellence at Monmouth Medical Center Nurses at MMC Shine Brightly

NICU Clinical Director Bonny Adler MS, RNC-NIC envisioned a special way to honor the newborns and their families of The Hirair and Anna Hovnanian Foundation Neonatal Intensive Care Unit (NICU) at The Unterberg Children's Hospital while providing inspiration and hope to the families currently dealing with the stressful uncertainty of having a newborn or newborns admitted to the NICU. Nurse Kaila Wiarda, BSN, RN, CBC, took this idea to heart and spent days envisioning the "Wall of Hope," working with Bonny Adler and the nursing leadership and others to present a unique way to feature the "graduates" of the NICU and their families. The Wall showcases how hope and love can be exemplified, even in the most difficult times in a patient's life and the miracles that happen every day at MMC to help support and inspire our patients' families.

Through our partnership with Rutgers, Nicholas LaCorte, MSW, BSN, RN, LCSW and Lisa Turner, BSN, RN, are clinical nurses working in the MMC Emergency Department and are also enrolled in the Rutgers Nurse Leadership program. This year-long program consisting of didactic and experiential learning strategies allow frontline nurses with one year or less work experience to prepare for succession into a leadership role. The Rutgers Nurse Leadership program offers the enrolled nurses credits towards a master's-level program at Rutgers. As one of the components of this program, nurses are required to complete a Transforming Care at the Bedside (TCAB) project. Nicholas and Lisa were able to transform their TCAB project into a poster presentation, which they presented at the 41st Annual NJENA Emergency Care Conference in Atlantic City, New Jersey on March 20, 2019. This was the first time either of these nurses had presented at a national conference and they were awarded honorable mention in the Performance Improvement/Evidence Based Practice category.

FROM LEFT TO RIGHT: Kaila Wiarda, BSN, RN, CBC, Bonny Adler, Clinical Director, MS, RNC-NIC



Nicholas LaCorte, MSW, BSN, RN, LCSW



Lisa Turner, BSN, RN



Sharmine Brassington, MSN, RN, Director of Patient Care in our Cline-Donofrio Emergency Department is passionate about furthering her education and being a role model for all of her staff. In April 2019, Sharmine received confirmation she was accepted into the Rutgers Ph.D. program.



## Did You Know?

**MORE THAN \$140,000**

Raised to support the Employee Emergency Fund, the Employee Scholarship Fund, and the Patient Comfort Fund

**75**

Employees received Financial Support from the Employee Emergency Assistance Fund in 2018

**119**

Departments Participated

**100%**

Participation in 20 Departments

**791**

Employees Contributed

## Employee and Physician 2019 Charitable Gift Campaign

Employees Helping Employees

Each year, the Employee Emergency Assistance Fund is funded by contributions made by MMC employees. It is thanks to YOU, that our very own have the support they need in times of crisis.

*"I was fortunate enough to benefit from our employee campaign when my mother passed away. MMC was able to provide me with assistance to help pay for some of my mother's funeral costs. It was a tough time for my family and me. MMC and the employee campaign were there when I needed them."*

*- MMC Staff Member*

The Leon Hess Cancer Center Council

PRESENTS

**POWER**  
*of pink*  
**7.18.19**

THE HOME OF MICHELLE AND MICHAEL KUTSAK  
27 NORTH WARD AVE, RUMSON, NJ



*Honoree*  
**LOUIS ZINTERHOFER, M.D.**



*Celebrity Speaker*  
**BOBBI BROWN**

For more information contact Evelyn Nitis at 732-923-7525 or [Evelyn.Nitis@rwjbh.org](mailto:Evelyn.Nitis@rwjbh.org)  
Proceeds will go toward the Deep Inhalation Breathing Hold equipment at the Leon Hess Cancer Center

[www.rwjbh.org/POP](http://www.rwjbh.org/POP)

# 2019 FOUNDATION SPECIAL EVENTS SAVE THE DATES

## JUNE

### Golf & Tennis Tournaments

Thursday • June 13

Benefitting Monmouth Medical Center

## JULY

### Power of Pink

Thursday • July 18

Benefitting The Leon Hess Cancer  
Center Council

## WhatSUP

Sunday • July 28

Benefitting  
The Unterberg Children's Hospital

## SEPTEMBER

### Big Steps for Little Feet

Sunday • September 15

Benefitting The Hirair and Anna  
Hovnanian Foundation Regional  
Newborn Center

## Swing Pink

Monday • September 23

Benefitting The Jacqueline M. Wilentz  
Comprehensive Breast Cancer

## OCTOBER

### A Toast to Children's Health

Date TBD

Benefitting The Unterberg Children's  
Hospital

## YUMI

Date TBD

Benefitting The Valerie Fund  
Children's Center

## DECEMBER

### Pollak Holiday Luncheon

Thursday • December 12

Benefitting The Pollak Clinic

Monmouth Medical Center | RWJBarnabas  
HEALTH

Foundation

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# WIN!

## 2019

### LAND ROVER SE DISCOVERY SPORT



**\$100  
PER TICKET**



**CAR RAFFLE**  
COLOR: Loire Blue  
**WEDNESDAY  
DECEMBER 18  
2:00 PM**

Only 1,500 tickets will be sold.

Drawing to be held at Monmouth Medical Center

Tickets available for purchase in the Gift Shop, or mail in flyer.

**CALL FOUNDATION OFFICE FOR MORE INFORMATION**

**732.923.6886**

**Monmouth  
Medical Center**  
Foundation

**RWJBarnabas  
HEALTH**