

A PUBLICATION FROM MONMOUTH MEDICAL CENTER, SOUTHERN CAMPUS

HEALTHY AGING

SPRING 2018

HELPFUL HANDS

GRANDPARENTS
RAISING
GRANDKIDS

HIGH-TECH
CARDIAC CARE

TO DRINK
OR NOT TO
DRINK



GET PERSONAL
WITH MICHAEL
JARONCZYK, M.D.



MEET THE PHYSICIAN

MICHAEL JARONCZYK, M.D., COMBINES TECHNOLOGY AND PEOPLE SKILLS.

Back in high school, Michael Jaronczyk, M.D., was advised he should become a scientist or doctor—his chemistry teacher told him it would be a loss to the world if his star pupil pursued a different career path.

Strong words indeed, and they hit their mark.

Meet Dr. Jaronczyk, 34, one of the newest additions to Barnabas Health Medical Group, a vast network of primary care and specialty providers in Monmouth County and throughout New Jersey.

He embraced a career as a surgeon because, besides excelling in math and science, he's a "hands-on type of guy"—so much so that, "surgery just came natural to me," he says.

Although laparoscopic and robotic surgery are among his specialties, Dr. Jaronczyk realizes that technology can never replace a good rapport with patients. That's why Dr. Jaronczyk looks at every patient as a new friend.

"Anyone who goes to medical school knows the patient will tell you what the problem is if you just listen," says Dr. Jaronczyk.

Peek inside Dr. Jaronczyk's office at 101 Prospect St. in Lakewood, and you'll find staff members listening carefully to patients' concerns in a polite, courteous atmosphere, all paving the groundwork for mutual trust.

"We're very welcoming and warm when they come to see us. We take our time and get to know them and make sure we understand all their problems, not just the ones they're seeing us for that particular day," Dr. Jaronczyk says.

When it comes time to develop a treatment plan, this is something he works on together with his patients for the best possible outcome.

And if surgery is the recommended course, the mutual trust forged between Dr. Jaronczyk and patient will go a long way.

Of course, his technology skills are also in demand—people are asking for robotics, and with good reason, says Dr. Jaronczyk.

"The more technology we have, the better the outcome," he says, because tiny incisions and greater precision mean faster recovery, reduced scarring and other benefits as well.

A Monmouth County resident and father of three, Dr. Jaronczyk went to St. John's University on a full academic scholarship. He then went on to attend St. George's University in Grenada, where he was inducted into the Iota Epsilon Alpha Honor Society, before completing his residency training at Monmouth Medical Center in Long Branch. Dr. Jaronczyk completed his fellowship at St. Francis Hospital and Medical Center in Hartford where he operated on over 600 patients in a single year.

At Barnabas Health Medical Group, he works to enhance patient care and surgical techniques, and his clinical interest is hernia, foregut and colorectal surgeries.



RECENT ACCOLADES FOR MICHAEL JARONCZYK, M.D.

- Society for Laparoendoscopic Resident Achievement Award
- Winner of the Ellen M. Cosgrove, M.D., House Staff Paper Competition
- Gold Medal recipient at the inaugural New Jersey Surgical Resident Robotic Olympics
- Presenter to the Academic Surgical Congress and National Surgical Quality Improvement Program Conference
- Top Scholar Award at the Fellows in Minimally Invasive Surgery Program

To schedule an appointment with Michael Jaronczyk, M.D., call 732.901.8604.



CARDIAC HEALTH— THERE'S AN APP FOR THAT

HEART CARE AT MMCS
GOES HIGH-TECH WITH
BLUETOOTH ENABLED
PACEMAKER.

When your heart's in distress, seconds count. That's one of the reasons for all the excitement over a heart-healthy milestone recently announced at Monmouth Medical Center, Southern Campus (MMCS).

The medical center is breaking ground with the first successful implant of a Bluetooth-enabled pacemaker in Ocean County—one of the initial within the RWJBarnabas Health System.

This MRI compatible pacemaker uses secure, encrypted wireless technology to remotely monitor a patient's heart rhythm at all times via their smart phone, explains Dr. Rajesh Mohan, who performed the procedure as MMCS's chief medical officer.

With this technology, the patient's physician is immediately alerted of any abnormalities—so, they can

determine if there's an emergency and advise the patient what to do next.

Other perks to this pacemaker: It's MRI compatible and has a 25-percent longer battery life, lasting up to 16 years.

Frank J. Vozos, M.D., FACS, executive vice president of RWJBarnabas Health and chief executive of MMCS, sees this technology benefiting both the patient and the physician.

"The convenience of cutting down on in-person visits and allowing patients to transmit pacemaker data from their phones to their physician from any location is hard to beat," he says.

For more information or to schedule an appointment with Dr. Mohan, call 1.888.724.7123.



A GRAND PLAN

GRANDPARENTS RAISING GRANDKIDS GET THE HELP THEY NEED FROM MONMOUTH MEDICAL CENTER, SOUTHERN CAMPUS.

Think raising children can be tough these days? Try doing it as a grandparent, when your “resources”—physical, financial, even emotional—are dwindling.

Well, thanks to Monmouth Medical Center, South Campus (MMCSC), no grandparent has to go it alone: There’s a free support group—Grandparents Raising Grandchildren Support Group—that has gone miles beyond sharing concerns and bonding with those in the same situation. In fact, it provides wrap-around service addressing a host of issues a senior might encounter: housing, medical care, school assistance, and even scholarships—none of this is beyond the reach of the program.

“We pretty much do everything,” says Kathy Holahan, a social worker, who founded the support group in 2009 with colleague Janis Marler, another social worker. The brainchild of Caryl Russo, the women brought her ideas to life.

Of course, seniors can still share experiences and be encouraged by each other, but they don’t go home wondering how to get health care for themselves or their grandkids, where to find affordable housing or even how to access computerized report cards.

“Kathy has gone to school meetings with some of us and helped us in our dealings with the child study team,” reports 74-year-old Leona of Toms River.

But even better than navigating the mysterious cyber landscape that is today’s education system, the group applies for, receives and distributes scholarships to such schools as Red Bank Catholic High School and Asbury Park’s Sisters Academy of New Jersey.

For 68-year-old Julian, who is raising three granddaughters and one great-grandson, the multiple scholarships have opened the door to a Catholic school education, ending problems with bullying in public schools.



Perhaps more important is health care for both the children and their grandparents. At least 50 percent of the group’s grandparents now receive medical care through MMCSC’s James and Sharon Maida Geriatrics Institute. “They (the seniors) have their own medical issues,” Holahan says, and being charged with grandkids to raise means, “You can’t get sick.”

Holahan doesn’t mind being so busy helping the grandparents in the many ways the wrap-around service—made possible through the support of The Brookdale Foundation Group, Wells Fargo, Gannett Foundation and others—requires, because to her these grandparents are the “real heroes.” After all, they are stepping up to the plate for one of the toughest jobs there is—parenting—and they’re sacrificing their own plans to do so.

“They put aside everything—even their dreams—to take care of their grandchildren,” she says. Pleasures one might take for granted like travel and dinners out must take a backseat to school meetings, homework help and the tumult of the teen years, she adds.

Leona imagined she’d be spending a lot of time in a rocking chair during her golden years and relished the thought. Instead, her daughter’s challenges left her with the task of raising a grandson, since he was about 13 months old. She never made any promises, just decided that she’d take it day by day, but she never called it quits, largely due to the strength she’s derived from the program.

“I don’t know what I would have done without the group,” says Leona.

“At first friends are supportive but before long they disappear.”

Marguerite, 74, who is raising her 12-year-old great-grandson, also leans heavily on the MMCSC group.

“I didn’t know what to do,” says the Ocean County resident. “You’re on an island by yourself dealing with problems you never expected.”

But as she found out, she wasn’t alone—thanks to the assistance and support from the members of the Grandparents Raising Grandchildren group.

To find out how the Grandparents Raising Grandchildren Support Group can help you, call 732.730.9112.



LET'S TOAST TO THAT

A GLASS OF WINE OR SIP OF BEER CAN DO GOOD—BUT KNOW WHEN ENOUGH IS ENOUGH.

With warmer temperatures comes an increase in the number of gatherings and events with family and friends. There are graduation parties and backyard barbecues, Memorial Day and Fourth of July celebrations. As the frequency of good times rises, so do the opportunities to consume alcoholic beverages. And everyone knows that a glass of wine or sip of beer can be a treat for most people.

Numerous studies on the effects of alcohol consumption in seniors show that moderate drinking can have a positive impact on general health, especially in some women. When compared with complete abstinence, moderate intake of alcohol can increase bone density, protect against cognitive decline and dementia, and protect the vascular system. What is healthy moderation for seniors? The Centers for Disease Control and Prevention (CDC) defines “moderate” as no more than one drink a day for women and two a day for men. One drink is either one 12-ounce beer, 5 ounces of wine or 1.5 ounces of distilled spirits.

But more often than not, heavy drinking (15 or more beverages a week in men and eight or more a week in women, the CDC says) can have adverse effects. For many seniors with illnesses or chronic conditions, or those who take medications, any amount of alcohol could cause serious health issues or death. With that in mind, it is important for the elderly to be aware of their consumption, and for those around them to be able to identify when consumption has crossed into alcohol abuse.

In older adults, too much alcohol can quickly lead to balance problems and falls, which can lead to hip or arm fractures and other injuries. Most seniors have thinner bones than their younger counterparts, so their bones break more easily. Studies show that the rate of hip fractures in older adults increases with alcohol use. Drinking too much alcohol can also lead to confusion and memory loss, symptoms that can be mistaken for signs of Alzheimer’s disease.

If alcohol isn’t your cup of tea but you still want to enjoy the party with a drink, try mixing a “mocktail” (see right for two recipes). These drinks are prepared and appear like regular cocktails—without the alcohol.

If you believe that alcohol consumption may be affecting the health of someone you love, contact a doctor or healthcare provider immediately.



SUMMER MOCKTAILS FOR SENIORS

WHITE AFTER LABOR DAY

Ingredients:

- 2 oz. filtered water
- 1 oz. house tea syrup
- 1 oz. lemon juice
- 1 oz. white peach puree
- 1 dash lavender bitters

Directions:

1. Shake and strain into glass.
2. Garnish with lemon and lavender (when in season).

SPARKLING SANGRIA

Ingredients:

- Sliced apples, strawberries, oranges and frozen grapes
- Sparkling grape juice
- Candy fruit gel slice (optional)

Directions:

1. Add sliced apples, strawberries, oranges and frozen grapes to sparkling grape juice.
2. Garnish with a candy fruit gel slice.

COMMUNITY CALENDAR

The following groups and programs hold ongoing meetings that will be of interest to seniors.

FIVE WISHES

Tuesday, April 17, 11:30 a.m. to 1 p.m. Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood Free. Presented by Claire Verruni, RN, CHPN, expert in hospice and palliative care. There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important—how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once it is filled out and properly signed, it is valid under the laws of most states. Space is limited, and registration is required by calling RWJBarnabas Health at 1.888.724.7123.

KEEP THIS, TOSS THAT: A BETTER HEALTH MEMBERS ONLY EVENT

Thursday, May 3, 11 a.m. to 1 p.m. Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood Free. In this not-to-be-missed, laugh-out-loud funny program, organizing humorist and best-selling author Jamie Novak shares common chal-

lenges of de-cluttering your home—without getting overwhelmed. Perfect for savers and sentimentalists, you’ll leave feeling inspired to get organized for a clutter-free life! Novak has appeared on HGTV, QVC and Better TV, and she writes for ReadersDigest.com and has authored multiple best-selling books on organizing. A light lunch will be served. Space is limited, and registration is required by calling RWJBarnabas Health at 1.888.726.2362.

SKIN CANCER SCREENINGS - A BETTER HEALTH MEMBERS ONLY EVENT

Tuesday, May 22, 5:30 to 7 p.m. Third Floor Conference Room, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood Free. In recognition of Skin Cancer Awareness Month and in an effort to raise awareness of the importance of skin cancer prevention, free skin cancer screenings will be performed by board-certified dermatologist, Mordechai Tarlow, M.D., FAAD, and Peshia Cohen, APN. Space is limited and registration is required by calling RWJBarnabas Health at 1.888.726.2362.

FAMILY SUPPORT GROUP

Every Monday and Tuesday, 5 to 6 p.m. or 7 to 8 p.m. RWJBarnabas Health Behavioral Health Center, 1691 Rte. 9, Toms River Free. All members in a family are affected when another family member has a mental illness and/or the disease of addiction. Support, education, self-care and being informed are just as important for you as getting help for your loved one. For more information, call 732.914.3809.

CAREGIVERS SUPPORT GROUP

Every Tuesday from noon to 2 p.m. Every Wednesday from 12:15 to 2:15 p.m. 3rd Floor Conference Room, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood This free weekly support group is open to anyone who is caring for person living in Ocean County who is 60 years or older. The group is facilitated by a licensed social worker who will offer support and education for caregivers to enhance their coping skills and develop strategies for maintaining balance in their lives while caring for loved ones.