THE FOOD ISSUE

KIMCHI: ONE COOL CABBAGE

WOK THIS WAY: THREE STIRRING RECIPES

GLOBAL GOODIES GALORE
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
SWING ON BY

FROM DOCTORS TO FRIENDS, THE SUPPORT SYSTEM AT THE JACQUELINE M. WILENZT BREAST CENTER HELPS PATIENTS LIVE LIFE TO THE FULLEST.
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 provides patients with a low-dose digital exposure and excellent quality images.

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

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.”

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.”

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.

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.

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.

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

TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.
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.

PS. – 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.