

WHOLE-
HEARTEDLY
PAGE 4

Better

DO YOU **NEED**
THE SHINGLES
VACCINE?

PAGE 6

2 SMALL CHANGES
FOR BETTER
DIABETES
CONTROL

PAGE 2

2 SMALL CHANGES

Stay Level



HAVING DIABETES MEANS BEING diligent in managing your blood glucose levels. Lauren Bernstein, MS, RD, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway, weighs in on two important ways to keep your numbers in line.

1 VARY THE TIMES YOU TEST YOUR BLOOD GLUCOSE.

"I recommend testing before eating and two hours after," Ms. Bernstein says. "If your blood glucose rises more than 50 mg/dL, you can adjust what you are eating for future meals. If you barely ate and it's high, it's time to discuss your medication with your physician."

2 ROTATE WHERE YOU INJECT INSULIN. "You can inject insulin in your thigh, stomach, the back of your arms, or buttocks," Ms. Bernstein says. "Just be sure to move your injection site about one finger-length away from previous injection sites so your skin has a chance to heal and insulin can be absorbed."

Time for Turkey Stuffed Peppers

TRY THESE SAVORY AND FILLING PEPPERS STUFFED WITH TURKEY AND WILD RICE.

INGREDIENTS

- 1 Tablespoon olive oil
- 1/2 medium onion, chopped
- 1 cup portabella mushrooms, chopped
- 1 pound ground turkey
- 2 cups baby spinach leaves, chopped
- 1 cup tomatoes, diced
- 2 cloves of garlic, minced
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 1/2 cups cooked wild rice
- 4 green bell peppers, with tops cut off, seeded, and ribs removed

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Heat olive oil over medium heat in skillet, then sauté onion and mushrooms.
3. Add turkey, spinach, tomatoes, and seasonings to the skillet and cook through.
4. Mix cooked turkey and veggies in a bowl with wild rice. Pack the mixture into peppers. For a moister filling, place cut top back on pepper once filled.
5. Place peppers in square baking dish, add 1/4 cup of water to the dish, and cook for 50 minutes, or until peppers are tender.

NUTRITION INFORMATION (PER SERVING)

Servings: 4
Calories: 574
Total fat: 19.7g
Carbohydrates: 57.7g
Fiber: 8.6g
Protein: 42.7g

Recipe provided by Diane Weeks, Registered Dietitian

We may have a new logo and look, but we won't forget our story.

For many years, Robert Wood Johnson University Hospital Rahway had a rose in its logo. *The Rose* is also the name of our community publication. Why a rose? The rose reflects our hospital's heritage of community involvement. The story goes like this: To raise money to build a civilian hospital in the city of Rahway after World War I, auxiliaries sold locally grown roses at the Rahway train station.

Robert Wood Johnson University Hospital Rahway is a member of the Robert Wood Johnson Health System. Our new logo reflects that proud affiliation. And while we no longer use the rose symbol in our logo, we keep alive its spirit of community involvement in special hospital awards given each year by our hospital foundation and in the name of this publication.

The Rose is published quarterly by Robert Wood Johnson University Hospital Rahway. All rights reserved. The contents of this publication may not be reproduced in whole or in part without written permission from the publisher. For more information about topics in *The Rose* or if you would like to be added to or removed from this mailing list, contact: Donna Mancuso, Public Affairs, 865 Stone St., Rahway, NJ 07065, (732) 499-6118, or email dmancuso@rwjuhr.com.

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RWJ UNIVERSITY HOSPITAL
RAHWAY
ROBERT WOOD JOHNSON HEALTH SYSTEM

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Seventeen years ago, Nick Delmonaco suffered a heart attack while vacationing in Florida and underwent a balloon angioplasty. After returning to New Jersey, the real work began—with cardiac rehabilitation at the Nicholas Quadrel Healthy Heart Center at Robert Wood Johnson University Hospital Rahway.



CARDIAC EXCELLENCE: *One Patient's Story*

"WHEN I STARTED, I was petrified," says the former school administrator. "I was afraid to do anything. But I got a lot of support from the cardiac rehab staff. I also started going to the cardiac support group and got a lot of support from the members there. I became less afraid and more confident."

Mr. Delmonaco, a longtime member of the hospital's Board of Governors, continued with cardiac rehab years after his prescribed program ended because he appreciated the monitoring and support, exercise, and camaraderie.

But in 2009, he needed emergency spinal surgery and in the course of pre-admission testing, his doctor suggested he undergo another stress test. Further tests later revealed he had blockages and would need elective angioplasty. Because of his previous heart attack, Mr. Delmonaco was considered high risk. His cardiologist, Michael Chen, MD, recommended Robert Wood Johnson University Hospital in

New Brunswick, which performs open-heart surgery and is acclaimed for its comprehensive cardiac services.

Ajay Agarwala, MD, a clinical specialist at Rutgers Robert Wood Johnson Medical School who also serves as the medical director of the interventional cardiac cath lab at RWJ Rahway, inserted a stent in Mr. Delmonaco's left anterior descending artery (LAD) and one in another artery a month later.

It turned out the LAD, which provides much of the blood flow to the left ventricle, was 95 percent blocked, while the other was 75 percent blocked.

"Because the LAD is near the main artery and Mr. Delmonaco had a previous heart attack, he needed to be in a place that offers open-heart surgery and has the specialized equipment we might have needed in the event of a complex angioplasty," Dr. Agarwala says.

Fortunately, Mr. Delmonaco's blockages were easily opened.



"At a big city hospital, you're one of thousands of patients. You may never see the same doctor or nurse or technician again. But here, you see the same people. You become a family and, like a family, they really care about you."

—NICK DELMONACO

Thanks to his angioplasty, Mr. Delmonaco has more stamina and just feels better.

"I had been very tired and lazy, but I figured it was related to my back and neck problems," he says. "It really was because of my heart."

He plans to join a health center and begin a regular exercise routine once he completes physical therapy for a neck problem.

"I'm alive today because of the care I received here," Mr. Delmonaco says.

Cardiac Services THAT ARE **Whole-heartedly** *Better*



When it comes to heart health,
**Robert Wood Johnson University Hospital
Rahway is bigger than you thought.**
That's because RWJ Rahway's cardiac services
are backed by the strength of the entire
Robert Wood Johnson Health System.

DURING A CARDIAC EMERGENCY, when every second counts, RWJ Rahway is here for you with the expertise of an experienced mobile intensive care unit, a 24/7 Emergency Department, a state-of-the-art cardiac catheterization lab, and an average door-to-balloon time of less than 60 minutes for lifesaving angioplasty—well below the 90-minute national standard.

But if more complex heart care is needed, RWJ Rahway is the doorway to the expertise of the Cardiovascular Center of Excellence at Robert Wood Johnson University Hospital (RWJ) in New Brunswick, recognized as one of America's Best Hospitals by *U.S. News & World Report*.

Where He Is Now ▶

In the Spring 2013 issue, we told the story about John Dziedzic's treatment after a massive heart attack. Since recovering, he's been participating in cardiac rehabilitation at the Nicholas Quadrel Healthy Heart Center at RWJ Rahway, and he's doing great!
Helen Peare, BSN, RN, checks up on John Dziedzic.



Because RWJ is the principal teaching hospital of Rutgers Robert Wood Johnson Medical School, patients benefit from advances in technology and research, as well as the combined expertise of faculty and community physicians who work in partnership to treat the most seriously ill cardiac patients.

RWJ is one of the few hospitals in the state to perform 3-D transesophageal echocardiography to diagnose aortic and mitral valve disease. Its cardiac electrophysiology specialists are among the nation's leaders in the number of atrial fibrillation ablation procedures performed to treat heart arrhythmias, and its surgeons provide minimally invasive robotic surgery for mitral valve repair and replacement.

BEATING HEART SURGERY

RWJ now offers transcatheter aortic valve replacement (TAVR), a replacement technique that provides new hope for patients diagnosed with severe aortic valve disease who are suffering from end-stage heart disease. TAVR allows doctors to replace a patient's diseased aortic valve without traditional open-heart surgery while the heart continues to beat.

In performing TAVR, the replacement valve is pinched and inserted into the body through a small cut in the patient's groin area. It is then threaded with a catheter up the femoral artery. Once delivered to the site of the patient's diseased valve, the replacement valve is expanded with a balloon and functions in place of the patient's existing valve.

TRANSPLANTATION AND VENTRICULAR ASSIST DEVICE

RWJ's heart failure and transplant program stands at the forefront of specialized, expert care. The program offers the full spectrum of care, including:

- Access to clinical trials
- Biventricular pacemakers
- Left ventricular assist devices (LVADs) as a bridge to heart transplantation
- Medicare-certified heart transplantation with shorter wait times than at hospitals in New York and Philadelphia. RWJ is one of two hospitals in the state certified to perform heart transplants and has a one-year survival rate of 97 percent.

The program has Joint Commission accreditation to offer LVAD as a therapy for end-stage heart failure patients who are not eligible for a heart transplant. Neither an artificial heart nor a heart replacement, an LVAD attaches to a patient's heart and is designed to assist or take over the pumping function of the left ventricle, the heart's main pumping chamber. The device is powered by an external, wearable system about the size of a pocketbook. The system

Recover Close to Home

As patients recover, cardiac expertise is close to home to help them regain strength, confidence, and stamina.

For more than a quarter century, the Nicholas Quadrel Healthy Heart Center at Robert Wood Johnson University Hospital Rahway has provided the best in cardiac rehabilitation. Cardiac rehab is an effective combination of monitored exercise, education, nutritional counseling, and support that helps prevent future cardiac events.

"For many people, this program is the first positive thing they've ever done for their heart," says Helen Peare, BSN, RN, Coordinator of Ambulatory Cardiac Services, which includes the Healthy Heart Center. "Many come to cardiac rehab anxious, depressed, or angry. We teach them how to exercise, be independent, and feel good about themselves again."

Patients benefit from the heart-healthy focus of the program, as well as the camaraderie of being with those who have had similar experiences. Many of Ms. Peare's patients continue long past their allotted sessions because they get so much from the program.

Convenient Support

Robert Wood Johnson University Hospital Rahway has cardiac and diabetes support groups to provide the encouragement and support you need. Each month, the hospital provides healthy cooking demonstrations led by a registered dietitian at its fitness center in Scotch Plains. These programs are free and open to all.

Our fitness and wellness centers can also get you back on track with personal trainers experienced in working with beginners or those with preexisting medical conditions.

is portable, allowing many patients to continue their favorite daily activities.

RWJ physicians perform more than 1,000 cardiothoracic surgical procedures per year with excellent outcomes, and board-certified cardiac anesthesiologists manage and care for all patients undergoing cardiac surgery, including minimally invasive procedures.

"Working in partnership with faculty at Rutgers Robert Wood Johnson Medical School and private community physicians, RWJ's Cardiovascular Center offers patients a highly skilled and experienced team of cardiologists, surgeons, and nurses equipped with innovative technology to treat the most seriously ill cardiac patients," says James Coromilas, MD, Professor of Medicine and Chief of the Division of Cardiovascular Diseases and Hypertension at Rutgers Robert Wood Johnson Medical School.

For more information about cardiac services at RWJ Rahway, visit www.RWJHeartHealth.com.



THE Shingles



Once you've had a communicable disease such as chickenpox, the virus never really goes away. Instead, your immune system keeps it suppressed, just like a prisoner in an Old West jail.

"PICTURE THE SHERIFF LEANING his chair back against the wall, taking it easy, and tending to his prisoner," says Juan Baez, MD, Infectious Disease physician with Robert Wood Johnson University Hospital Rahway. "When the sheriff is called away—that is, when you experience a weakened or overtaxed immune system—the prisoner wakes up and says 'Ha!'"

When the prisoner is a previous chickenpox infection, what emerges from the jail is an illness known as shingles. Like chickenpox, shingles is caused by the varicella-zoster virus. Activating along the body's nerve pathways, shingles can cause itching, burning, blisters, pustules, and intense pain.

"The earliest symptoms include painful sensations," Dr. Baez says. "Then blisters and redness start to occur. Physicians can treat shingles with

antiviral medication, but it must be administered within three days of the first symptoms to be effective. After that, we can only lessen the severity of the infection."

While a case of shingles typically lasts about two weeks, it may trigger long-term problems, including pain, neuralgia (nerve pain), and cellulitis (skin infection), Dr. Baez says. Treatment for shingles involves antibiotics for treating infections at the blister sites and a variety of pain interventions, such as nerve blocks.

WHY NOW?

About one-third of the population of the United States will develop shingles at some point in their lives. But what causes a particular episode of shingles? In addition to having had chickenpox at some point in life, a weakened immune system typically contributes to a shingles attack. Things such as being older than age 60, having cancer, HIV, or other conditions that weaken the immune system, and having received an organ transplant can increase the chances of getting shingles.

If you are older than 60, speak with your physician about the shingles vaccine.

To find a physician at RWJ Rahway, visit www.rwjuhr.com and click "Find a Physician."

The Shingles Vaccine

WHO NEEDS IT? People older than 60 should consider the vaccine, whether or not they have had chickenpox.

WHAT DOES IT PREVENT? The shingles vaccine largely prevents cases of shingles in people who have had chickenpox. It also prevents chickenpox.

HOW WELL DOES IT WORK? The vaccination prevents 50 percent of shingles cases and makes cases that do occur less severe.

WHO SHOULD NOT GET IT? People with weakened immune systems should not receive the shingles vaccination.

HOW LONG DOES IT LAST? Scientists are still waiting to see how long this vaccine, which was approved in 2006, remains effective. Boosters at 10-year intervals may be necessary, but for now, only one dose is recommended.

RWJ RAHWAY
FITNESS & WELLNESS
CENTER IN

SCOTCH PLAINS

PROGRAMS + SUPPORT GROUPS

Healthy Resolutions

This is just a sample! For a complete listing of events, and to register, at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193 or visit www.rwjuhf.com and click on "Latest Events." If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

Breast Cancer Support Group meets the first Wednesday of each month at 5:30 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and post-operation patients. Not affiliated with any physician or medical group. For more information, email firstsaturdaysupport@gmail.com or call (908) 654-3369.

Overeaters Anonymous, a peer-to-peer group for compulsive eating disorders that uses the 12-step program, meets Sundays at 12:30 p.m.

Fibromyalgia Support Group, a professionally facilitated group, meets the first Thursday of each month from 6:30 to 8 p.m. Those newly diagnosed are welcome.

Spousal Bereavement Group meets Thursdays from 10:30 a.m. to noon beginning September 19. Sessions last seven weeks. For information, call Jane Dowling, RN, at (732) 247-7490.

CHECK OUR WEBSITE FOR SPEAKER TOPICS. Visit www.rwjuhf.com and click on "Community Education" and "Speaker Topics."



Connect with Robert Wood Johnson University Hospital Rahway on Facebook® at

www.Facebook.com/RWJRahway.

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

SEPTEMBER



10

Go Green: Swiss Chard,

Kale, Okra—7 p.m.,

Diane Weeks, RD, Chef, will show you how to prepare and cook these and other super-greens rich in nutrients.



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The Fibromyalgia Support Group at RWJ Rahway

Presents... Fibromyalgia: A Mysterious Disease

Decoded—6:30 p.m., Bernardo Toro-Echague, MD, Internal Medicine

19

Enough Talk! Time To Shed Those Pounds

—5:30 p.m., Dietitian Lauren Bernstein, MS, RD, CDE, helps you walk the walk when it comes to weight loss.

Luscious Vegan Desserts. Really.

—6:30 p.m., Samantha Kowalczyk, Life Coach

24

Freekeh, Farro, and More

—7 p.m. These ancient grains are healthy and delicious. Diane Weeks, RD, Chef, shows how to prepare and cook them. Also, learn why they're so good for you.

25

Your Cancer Prevention Plan

—6 p.m., Elizabeth Miller, MPH

26

Stress and Pain: Each Increases the Other

—6:30 p.m., Frank Mathews, Stress Educator

Cooking programs are free and open to the public, but they fill up fast. Please call ahead to secure a seat—(732) 499-6193.

OCTOBER



2

Use of Breast Cancer Tumor Markers and Follow-Up for

Breast Cancer—6 p.m., Antoinette Tan, MD, MHSc, Director of Phase I and

Investigational Therapeutics, Rutgers Cancer Institute of New Jersey, and Associate Professor of Medicine, Medical Oncology, Rutgers Robert Wood Johnson Medical School



8

Enjoy Soy. Really.

—7 p.m. Tofu and tempeh are great sources of protein, but what do you do with them? Diane Weeks, RD, Chef, shows how delicious and versatile they can be.

10

SHAPEDOWN®

—Combines education, nutrition, and exercise to help kids and parents move toward a healthier lifestyle. The program runs eight weeks and requires a parent or guardian to accompany the child. It meets at the RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains. For more information, call (732) 499-6109.

*All events are free and
open to the public.*

- 14 What's Reiki? Try a Free Demonstration.**—5:30–7 p.m., Reiki Master and Holistic Nurse Paula Rovinsky holds individual, 15-minute demonstrations. Feel what Reiki can do for you. Call (732) 479-6109 to reserve a time.
- 16 Smart Lipo: Not Your Mother's Liposuction**—6 p.m., Carlos Burnett, MD, Plastic Surgery. Liposuction accompanied by a laser creates an environment where the fat can be suctioned quickly with less bruising and bleeding. No general anesthesia and quicker recovery time.
- 18 Tap Happy! (at Studio 2)**—7 p.m. Dance Teacher Corinne Whek shows how tap dance can elevate mood. Learn some basic moves and start tapping. This program will have you dancing, so wear comfortable clothes and non-slip shoes. No wedges or high heels.
- 21 Stress Management**—7–9 p.m., Frank Mathews, Stress Educator, will lead five Monday evening sessions. Additional session dates include October 28, and November 4, 11, and 18. Fee for five sessions is \$100 (\$85 for those 65 and older). To register, call (908) 276-2469.
- 23 How to Age Well: Lifestyle Factors to Stay Healthy Longer**—6 p.m., Elizabeth Miller, MPH
- 29 I'm Starving! Quick. Meals. Now.**—7 p.m. Don't let time get in the way of a healthy dinner. Diane Weeks, RD, Chef.
- 30 Shingles!**—6 p.m., Jolanta Kibiliska-Borowski, MD, Internal Medicine. Who is vulnerable? What can we do to prevent it?

NOVEMBER



- 5 Stews & Casseroles**—7 p.m., Diane Weeks, RD, Chef, shows how to prepare satisfying dishes that work well into the winter.
- 11 Living With COPD**—6 p.m., Riar Sandeep, MD, Pulmonology
- 13 When Your Body Gets the Blues: Coping With Seasonal Changes**—6 p.m., Elizabeth Miller, MPH
- 19 Healthy Holiday Desserts. Yes, There Are Such Things.**—7 p.m. Desserts without the guilt with recipes and tips from Diane Weeks, RD, Chef.

Save the Date! **January 7**

Options for Treatment of Knee Pain—6:30 p.m., Howard Pecker, MD, Orthopedics

Did You Know?

Both RWJ Rahway Fitness & Wellness Centers in Scotch Plains and Carteret provide physical and aquatic therapy offered through RWJ Rahway. Therapy requires a prescription.

For therapy at the Scotch Plains location, call (908) 389-5400. For therapy at the Carteret location, call (732) 969-8030.

Save the Date

22nd Annual Fashion Show

Saturday, November 2, 11 a.m., Bridgewater Marriott.

Lunch, musical fashion show presented by Journey Productions, boutique auction "tricky tray" with more than 100 gift baskets, raffles, and more. Tickets are \$60 per person. Employee discount available.

30th Anniversary Golf Classic

Monday, September 16

Golf package includes full day of golf, carts, player gifts, gratuities, brunch buffet, Halfway House, on-course beverages, and deluxe cocktail reception. Team awards, 50/50 raffles, contests and silent auction. Foursomes are \$2,200 and sponsorships are available.

For information about these two events, contact Marie Galvin at (732) 499-6135 or email foundation@rwjuhhr.com.

Holiday Taste Testing

for people with diabetes will be Wednesday, Nov. 13 at 7 p.m. in Conference Room #1 of Robert Wood Johnson University Hospital Rahway, 865 Stone Street, Rahway, NJ.

The taste testing is free, but reservations are required. To reserve your place, call (732) 499-6109.

ALL PRESENTATIONS ARE HELD
AT THE RWJ RAHWAY FITNESS &
WELLNESS CENTER AT CARTERET.

CARTERET

*All events are free and
open to the public.*

Wellness Programs

RWJ Rahway Fitness & Wellness
Center in Carteret is located at
60 Cooke Avenue, Carteret.

This is just a sample! For a
complete listing of events at **both**
RWJ Fitness & Wellness Center
locations in Scotch Plains and
Carteret, call (732) 499-6193.
Connect with Robert Wood



Johnson University
Hospital Rahway on
Facebook®.

www.Facebook.com/RWJRahway.

For more information or to arrange
a tour of the Carteret facility, call
(732) 541-2333. Visit our website
at www.RWJFitnessCarteret.com.

Did You Know?

Both RWJ Rahway Fitness & Wellness
Centers in Scotch Plains and Carteret
provide physical and aquatic therapy
offered through RWJ Rahway. Therapy
requires a prescription.

For therapy at the Scotch Plains
location, call (908) 389-5400.
For therapy at the Carteret location,
call (732) 969-8030.

SEPTEMBER

4

Diabetes Screening: How Are Your Numbers?—6 p.m., Gary Paul, Exercise Physiologist
and Diabetes Educator

10

Reiki Demonstration—5:30–7 p.m., Paula Rovinsky, RN, Holistic Nurse Practitioner, CDE.
Please call (732) 499-6109 to reserve a time.

OCTOBER

8

Reiki Demonstration—5:30–7 p.m., Paula Rovinsky, RN, Holistic Nurse Practitioner, CDE.
Please call (732) 499-6109 to reserve a time.

23

Diabetes: Is It a Family Thing?—6–7 p.m., Gary Paul, CDE.

NOVEMBER

6

What's Your Stroke Risk?—10 a.m.–noon, Varsha Singh, MSN, APN-C, Stroke Coordinator

12

Reiki Demonstration—5:30–7 p.m., Paula Rovinsky, RN, Holistic Nurse Practitioner, CDE. Please
call (732) 499-6109 to reserve a time.



Diabetes Support Group

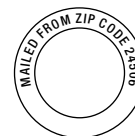
Meets the first Tuesday of each month
from 7 to 8:30 p.m. at RWJ Rahway,
865 Stone Street, Rahway. For more
information, call (732) 499-6109.

Cardiac Support Group

Meets the first Monday of each month from
7 to 8:30 p.m. in the Nicholas Quadrel Healthy
Heart Center for Cardiopulmonary Rehabilitation,
865 Stone Street, Rahway. For more information,
call (732) 499-6073.

**“There are always a variety
of unique recipes that are not
included in my preparations.
I appreciate her recipes because
they are delicious, always healthy,
and add new spices and ingredients
I may not be familiar with.”**

**“This was fun! Diane [Weeks] is informative,
keeps your attention, and is very poised and
good at speaking and cooking at the same
time. Recipes were delicious. She was also so
accommodating to those in the audience who
had special needs [no hot foods or lactose
intolerant]. Look forward to the
next presentation.”**



The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

FOUNDATION NEWS

Fun IS ALWAYS IN FASHION

JOIN US FOR FUN, food, and fashion at the 22nd Annual Fashion Show on Saturday, Nov. 2, at the Bridgewater Marriott. Fashions are presented by Journey Productions, and there will be a special children's collection from The Rose Garden.

"The Boutique Auction has more than 100 beautiful gift baskets and is so popular with our guests," says Cindy Timoni, Fashion Chair.

You can take chances to win a two-tone, 14 kt. gold zigzag necklace and matching bracelet, 40-inch Samsung HDTV, two-tone Circles of Life pendant donated by Kennedy Jewelers, and a getaway for two at the Bridgewater Marriott.

Be part of this fun-filled day. Call (732) 499-6135 or email foundation@rwjuhr.com for information and reservations. The cost is \$60 per person. (Employee discount is available.)



PHILLIPS 66-BAYWAY REFINERY Donates \$15,000

Phillips 66-Bayway Refinery generously donated \$15,000 for the Emergency Department Stretcher Project.

For more information, to make a contribution, or to leave a legacy of good health to the community, please call the Foundation Office at (732) 499-6135, email foundation@rwjuhr.com, or donate online at www.rwjuhr.com.

LEFT TO RIGHT: Eric Kleinert, RN, ED Manager, Robert Wood Johnson University Hospital Rahway; Mary Phillips, Community Relations Coordinator, Phillips 66-Bayway Refinery; and Lynn Kearney, RN, VP Patient Services and CNO, RWJ Rahway

DONATE ONLINE

Now you can donate to the RWJ Rahway Foundation on the RWJ Rahway website. Just go to www.rwjuhr.com and click on the "Donate Now" button to support your community hospital. You can make a general donation, memorial tribute, and more. Every gift makes a difference for RWJ Rahway. Make a difference now!