2 SMALL CHANGES

START A MOVEMENT

PHYSICAL ACTIVITY CAN help control blood sugar levels, improve insulin sensitivity, and reduce the risk of diabetes complications. Here are two ways to sneak in exercise while running everyday errands.

1. WALK THIS WAY. “On a nice day, park your car at the furthest outskirts of the parking lot,” says Gary Paul, MS, RCEP, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “After shopping, walk your shopping cart back to the main entrance of the store or a distant shopping cart corral.”

2. STEP ON IT! When possible, take the stairs instead of the elevator or escalator. If you use an escalator, don’t just stand and ride—treat it like stairs and walk up or down as it moves.

To enroll in the Diabetes Self-Management Program or to learn about the Diabetes Support Group, call (732) 499-6109.

GET YOUR JAM(BALAYA) ON

Substituting barley for white rice increases the fiber intake in this bayou favorite.

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup instant pearl barley</td>
<td>4 ounces ground turkey</td>
</tr>
<tr>
<td>4 cups water</td>
<td>2 14.5-ounce cans no-salt-added diced tomatoes</td>
</tr>
<tr>
<td>2 whole bay leaves</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>3 onions, diced</td>
<td>½ teaspoon ground cayenne pepper</td>
</tr>
<tr>
<td>2 celery stalks, diced</td>
<td>1 1/2 teaspoons dried oregano</td>
</tr>
<tr>
<td>2 cloves of garlic, minced</td>
<td>1 teaspoon ground black pepper</td>
</tr>
<tr>
<td>1 green pepper, diced</td>
<td>1 Tablespoon canola oil</td>
</tr>
<tr>
<td>1 Tablespoon canola oil</td>
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</tbody>
</table>

DIRECTIONS

1. Place barley in a colander, rinsing with cold water.
2. Combine water, bay leaves, and drained barley in a pot and bring to a boil, then reduce heat and cover. Simmer barley until water is absorbed.
3. Drain cooked barley in colander, set aside.
4. Mix oil, vegetables, and garlic in the pot, cooking until soft.
5. Stir in ground turkey and canned tomatoes, bringing mixture to a simmer.
6. Add the spices, stirring well, then cover the pot and reduce heat to low for 15 minutes.
7. Stir in cooked barley, letting the mixture simmer 10 more minutes. Remove bay leaves before serving.

Servings: 6
Calories: 230
Fat: 4.5g
Cholesterol: 15mg
Sodium: 440mg
Carbohydrates: 41g
Fiber: 9g
Sugar: 9g
Protein: 9g

Source: www.cookingmatters.org

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. 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, auxiliaries sold locally grown roses at the Rahway train station.

RWJ Rahway is a member of the Robert Wood Johnson Health System. Our 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 RWJ 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) 499-6189, or email dmancuso@rwjuhr.com.

Robert Wood Johnson University Hospital/Robert Wood Johnson University Hospital Somerset rwjuh.edu
Robert Wood Johnson University Hospital Hamilton rwjhamilton.org • Robert Wood Johnson University Hospital Rahway rwjuhr.com. • Children’s Specialized Hospital childrens-specialized.org
Bristol-Myers Squibb Children’s Hospital bmsch.org
Enterovirus D68: What’s That?

If you’ve turned on the news in the last few months, you’ve likely heard about Enterovirus D68 (EV-D68). Here’s what you should know about this virus, which affected more than 1,000 people in 47 states between August and November 2014.

EV-D68 is spread through respiratory secretions, including saliva and mucus. Symptoms range from mild and flu-like (fever, sneezing, cough, and body aches) to severe (wheezing and difficulty breathing).

As with most respiratory illnesses, prevention is the best medicine. Regularly wash hands with soap and water and avoid close contact with those who are sick.
ROBERT WOOD JOHNSON University Hospital Rahway has completed the first phase of its extensive renovation, which includes an inviting front lobby and a new photo gallery that features the hands of the RWJ Rahway community.

The multiyear renovation is part of our emphasis on providing all ambulatory services in one convenient location. In addition to the new lobby and front entrance, the renovation features a new Center for Ambulatory Medicine, which will include the Center for Wound Healing and Hyperbaric Medicine, diabetes management, mammography, and physician offices. Diagnostic services, such as radiology, laboratory, and cardiac and stress testing will get a more inviting look.

According to RWJ Rahway President and CEO Kirk Tice, the changes are more than cosmetic.

“Health care has become more focused on ambulatory medicine, that is, patients coming in and out for their treatment and care,” Mr. Tice says. “There will still be a need for inpatient rooms and inpatient floors, but the shift will continue to be for people to come for their care and go home afterward.

“This renovation reflects that. We are providing convenience, expertise, and safety in one location.”

FRIENDLY AND INVITING The new lobby includes a sophisticated, streamlined look that is more like a hotel than a hospital. A special feature of the new first floor design is the Healing Hands Gallery, a collection of photos of the hands of those providing care to the RWJ Rahway community.

“The symbolism of this gallery is pretty clear: It takes many hands to heal and many hands to run a place of healing,” Mr. Tice says. “The gallery
Founded in 1917, Robert Wood Johnson University Hospital Rahway is a member of the Robert Wood Johnson Health System, which includes RWJ University hospitals in New Brunswick and Somerset, The Bristol-Myers Squibb Children’s Hospital in New Brunswick, RWJ University Hospital Hamilton, and Children’s Specialized Hospital.

Designed for Patients

includes not only photos of the hands of doctors, nurses, aides, therapists, technologists, housekeepers, and food servers, but also administrators, board members, volunteers, and donors.”

The gallery is the work of Paul XO Pinkman and photographer Nancy Ori, New Jersey-based artists whose work has been shown nationally. The exhibit includes a large photo mosaic of the hands of all those who participated in the project.

Want to learn about the people behind the scenes? Visit www.gettoknowrwjr.com to meet the people of RWJ Rahway.

Center for Ambulatory Medicine Services

- Angiography
- Cardiac stress testing
- Comprehensive laboratory services
- Computed tomography
- DEXA bone density testing
- Diabetes counseling
- Drug testing
- Echocardiography
- Electrocardiography
- Interventional radiology
- Magnetic resonance imaging
- Nuclear medicine
- Pathology
- PET/CT imaging
- Preemployment physicals
- Pulmonary function testing
- PVR or pulse recording for extremity blood flow
- Stereotactic biopsy
- Transfusion services
- Ultrasound
- Weight-loss counseling
- Wound care and hyperbaric medicine
- X-ray
Rising to the Challenge

When 56-year-old Rahway resident Jeanette Ford began pulmonary rehab at Robert Wood Johnson University Hospital Rahway in March 2014, she used a motorized scooter and didn’t think she could walk on a treadmill. With help from Paula Erickson, RRT, Respiratory Therapist at RWJ Rahway, Ms. Ford—who has sarcoidosis and idiopathic pulmonary fibrosis—proved herself wrong.

“Now, I not only walk on the treadmill, I can walk with my daughter and up the stairs in my building, if necessary,” Ms. Ford says. “Pulmonary rehab has changed the way I view my abilities. I could barely walk before the program, so if I can complete it, anyone can.”

THE PULMONARY REHABILITATION program at Robert Wood Johnson University Hospital Rahway helps individuals with asthma, chronic obstructive pulmonary disease, pulmonary fibrosis, interstitial lung disease, and sarcoidosis, along with those who have had lung transplants, improve their lives through exercise and education.

“Exercising may seem counterintuitive to individuals with lung disease, and it can be understandably intimidating to patients before they try it,” says Don Evenson, RRT, MPA, Cardiopulmonary Manager at RWJ Rahway. “The activities we prescribe, however, don’t push patients to their physical limits—they help individuals gradually improve strength, endurance, and breathing symptoms so that everyday tasks, such as walking and vacuuming, become easier.”

For every patient, pulmonary rehab begins with an assessment that helps staff tailor the program to the individual’s needs. Sessions featuring low-impact cardiovascular and strength training exercises, such as walking on a treadmill and lifting light weights, are directed by a board-certified pulmonologist and supervised by a respiratory therapist.

“If patients follow the program, they may feel their energy levels improve and become less dependent on supplemental oxygen,” says Paula Erickson, RRT, Respiratory Therapist at RWJ Rahway. “In some cases, patients no longer need assistive walking devices by the end of their time with us.”

MOVING FORWARD

Exercise comprises only half of pulmonary rehabilitation—the other 50 percent of the program is learning how to live with lung disease. Coping with breathing problems is all about adaptation.

“Patients don’t simply learn about their diseases—we individualize education to teach them how to reduce stress to avoid exacerbating symptoms, how to perform daily tasks differently so they conserve energy, and even how to breathe more effectively,” Ms. Erickson says. “Training patients to use different breathing techniques not only helps them during exercise but also gives them a sense of calm.”

Pulmonary rehabilitation requires a physician’s referral; any physician can prescribe the therapy. To learn more about the Pulmonary Rehab program at RWJ Rahway, visit www.rwjuhr.com and click “Services” or call (732) 499-6208.
**Healthy Resolutions**

This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit www.rwjuhr.com and click on “News & Events.”

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 the first Saturday of each month at 10:30 a.m. Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email firstsaturdaysupport@gmail.com.

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.

Adult Bereavement Support Group meets the first Wednesday of each month from 1:30 to 3 p.m. at the Fitness & Wellness Center. For more information, call Jane Dowling, RN, at (732) 247-7490.

**JANUARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>6</td>
<td>All About Cholesterol—6 p.m., Bad, good, and the latest thinking. Amish Patel, DO, Cardiology</td>
<td>6 p.m.</td>
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<tr>
<td>6</td>
<td>Winter Soups—7 p.m., Diane Weeks, RD, Chef*</td>
<td>7 p.m.</td>
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<tr>
<td>7</td>
<td>Adult Bereavement Support Group—1:30 p.m., For information, call Jane Dowling, RN, at (732) 247-7490.</td>
<td>1:30 p.m.</td>
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<tr>
<td>13</td>
<td>Common Workout Injuries—6 p.m., Brandon Macy, DPM, Podiatry</td>
<td>6 p.m.</td>
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<td>14</td>
<td>Insomnia!—6 p.m., Ram Banglore, MD, Pulmonology</td>
<td>6 p.m.</td>
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<tr>
<td>20</td>
<td>One Pot Meals—7 p.m., Diane Weeks, RD, Chef*</td>
<td>7 p.m.</td>
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<tr>
<td>21</td>
<td>Incontinence—6 p.m., Franklin Morrow, MD, Urology</td>
<td>6 p.m.</td>
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<tr>
<td>28</td>
<td>Understanding Depression—6 p.m., Vasudev Makhija, MD, Psychiatry</td>
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**FEBRUARY**

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<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>4</td>
<td>Adult Bereavement Support Group—1:30 p.m., For information, call Jane Dowling, RN, at (732) 247-7490.</td>
<td>1:30 p.m.</td>
</tr>
<tr>
<td>10</td>
<td>Root Vegetables—7 p.m., Diane Weeks, RD, Chef*</td>
<td>7 p.m.</td>
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<td>11</td>
<td>The Silent Killer—6 p.m., Michael Chen, MD, Cardiology</td>
<td>6 p.m.</td>
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<tr>
<td>17</td>
<td>Aches and Pains: A Primer—6 p.m., Mark Skrzypczak, MD, Internal Medicine</td>
<td>6 p.m.</td>
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<tr>
<td>24</td>
<td>Cuisine of Vietnam—7 p.m., Diane Weeks, RD, Chef*</td>
<td>7 p.m.</td>
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* Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Rd., are free and open to all, but space is limited. Register by calling (732) 499-6193.
Healthy Resolutions
RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret.

Diabetes Support Group
Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., 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. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone St., Rahway. For more information, call (732) 499-6073.

Parkinson’s Support Group
Meets the second Wednesday of each month at 1 p.m. at RWJ Rahway, 865 Stone St., Rahway. Group is for those with Parkinson’s disease and their caregivers. For more information, call (732) 499-6193.


All Together Better
Now Accepting Horizon Blue Cross Blue Shield of New Jersey

Horizon Blue Cross Blue Shield of New Jersey
Connect with Robert Wood Johnson University Hospital Rahway on Facebook at www.Facebook.com/RWJRahway.

PROGRAMS + SUPPORT GROUPS

CARTERET

JANUARY
7 The Goal Is Control—6 p.m., Includes glucose check and education. Gary Paul, Certified Diabetes Educator, Exercise Physiologist

FEBRUARY
10 Diabetes: Are You on the Borderline?—6 p.m., Let a diabetes educator show you that diabetes doesn’t have to be your destiny. Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator

Chicken Soup: Not Just for the Soul
Did you know chicken soup can help your body fight off illness? According to the Centers for Disease Control and Prevention, the salty broth in the soup helps treat a type of bacterial sickness caused by Enterotoxigenic Escherichia coli, or ETEC, which causes diarrhea. It can also aid in healing respiratory illnesses—the soup is a source of cysteine, an amino acid released when chicken is cooked that works in much the same way as a drug used to treat bronchitis.

Support your community hospital by visiting www.rwjhr.com and choosing “Donate.”