

A Publication of  
**ROBERT WOOD JOHNSON  
UNIVERSITY HOSPITAL SOMERSET**

FALL 2019

# healthy

*together*

**A HOME FOR A  
HEALTHIER FUTURE**

**THE NEW  
SAME DAY  
SURGERY CENTER**

**HOW TO SPOT AN  
EATING DISORDER**

**SEE THE  
DOCTOR  
ONLINE!**  
PAGE 9



**A GAME CHANGER  
FOR RUTGERS SPORTS**

# CREATING WINDOWS OF OPPORTUNITY

At RWJBarnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we're equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You'll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJBarnabas Health is making a difference. Children's Specialized Hospital, an RWJBarnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJBarnabas Health Athletic Performance Center, we're partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

At Robert Wood Johnson University Hospital Somerset, we welcomed the Seale family to our first Healing Home in July, giving them a new start in life. As you'll read in this issue, this initiative was the result of a partnership with 12 organizations and businesses throughout Somerset County. The group spent the past year developing a framework for providing temporary housing for individuals and families who have a chronic health issue that has caused financial hardship. The generosity of other supporters in our community, including many hospital employees, helped the family make the house a home.

We're honored by the trust people place in us to care for their health. In return, we're continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

**BARRY H. OSTROWSKY**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
RWJBARNABAS HEALTH



**ANTHONY CAVA**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
ROBERT WOOD JOHNSON UNIVERSITY  
HOSPITAL SOMERSET



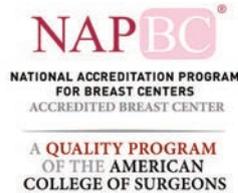
## HEALTH NEWS



### RECOGNITION FOR HIGH-QUALITY BARIATRIC SURGERY

Robert Wood Johnson University Hospital (RWJUH) Somerset has retained its accreditation as a Center of Excellence in Metabolic and Bariatric Surgery by Surgical Review Corporation. It's one of only five hospitals in New Jersey to achieve this designation. Accreditation means that RWJUH Somerset and its bariatric surgeons have met nationally recognized standards. "Designation as a Center of Excellence is a testament to the commitment of our entire bariatric surgery team, including our surgeons, nurses, nutritionist and patient navigator," says Anthony Cava, President and Chief Executive Officer. "It means that patients will receive the highest level of care and the support they need throughout their surgery and recovery."

### NATIONAL ACCREDITATION FOR BREAST CARE



The Sanofi US Breast Care Program at the Steeplechase Cancer Center at RWJUH Somerset has been reaccruited by the National Accreditation Program for Breast Centers (NAPBC). Administered by the American College of Surgeons,

the NAPBC is a consortium of professional organizations dedicated to improving quality of care and monitoring outcomes among patients with breast diseases. The Sanofi US Breast Care Program is one of only 25 in New Jersey to earn the three-year, full accreditation following a voluntary on-site survey. "This accreditation assures our community that they have access to the highest quality breast care services," says Anthony Cava, President and Chief Executive Officer. "Our team of physicians, nurses and support staff is committed to providing comprehensive, state-of-the-art diagnostic, treatment and support services for breast cancer patients."

**Robert Wood Johnson University Hospital Somerset** | **RWJBarnabas HEALTH**

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# healthy *together* contents

FALL 2019



**2. WELCOME LETTER.**

A community update from our CEOs.

**4. THERE'S NO PLACE LIKE HOME.**

An innovative initiative has given one family a chance for a healthier future.

**6. BACK IN BUSINESS.**

Spine surgery has enabled one patient to get back to work and his favorite pastime.

**8. RECOGNIZING EATING DISORDERS.** An expert explains symptoms and common misconceptions.

**9. 10 TIMES TO USE**

**TELEMED.** A virtual doctor visit can be the fastest way to feel better.

**10. GAME CHANGER.** The RWJBarnabas Health Athletic Performance Center at Rutgers University kicks off a new era for Rutgers sports.

**12. THE A-TEAMS FOR ADVANCED HEART FAILURE.** Two RWJBarnabas Health heart transplant programs offer world-class, close-to-home care for New Jersey residents.

**14. CANCER: WHERE TO CALL FOR HELP.** Now there's a single phone number for clear and compassionate answers about treatment.

**16. BEYOND BRAIN INJURY.** A new partnership provides resources to people living with traumatic brain injury.

**17. A COMMITMENT TO THE COMMUNITY.** RWJUH Somerset and the Far Hills Race Meeting Association are supporting local charities.

**18. VETERAN VOLUNTEER.** A Vietnam vet brings joy to patients who have served our country.

**20. DELIVERING THE BEST SURGICAL CARE.** The new Same Day Surgery Center offers comfort and convenience.

**22. COMMUNITY CALENDAR.** A roundup of health education and support programs.



# THERE'S NO PLACE LIKE HOME

**AN INNOVATIVE INITIATIVE HAS GIVEN A MOTHER AND HER SONS A CHANCE FOR A HEALTHIER, HAPPIER FUTURE.**

Last spring, Lesley Anne Seale and her teenage sons, Khalil and Kadin, were struggling to make ends meet and were living with family members in Somerville, where she grew up. During an appointment at a social services agency, the single mother discovered that Robert Wood Johnson University Hospital (RWJUH)

Somerset had launched a new initiative that might be able to help her. Called Healing Homes, the initiative provides transitional housing for up to 24 months to a Somerset County individual or family struggling with an acute or chronic health condition that leaves them unable to afford housing and the cost of living. The initiative also includes a caseworker who works with participants to teach them how to manage their health and finances and become self-sufficient. Lesley was eager to apply. "I was impressed that the hospital cared enough to ask, 'What do sick people need?' and would help me get my finances together," she says.

## **A TRYING TIME**

Lesley's troubles began in July 2012, when she had gastric bypass surgery, a procedure in which the stomach and small intestine are reconfigured to help a patient lose weight. Afterward, she took an anti-inflammatory medication for pain relief and developed a gastric ulcer, which caused internal bleeding. She had emergency



Left: Lesley Anne Seale with her teenage sons, Kadin (far left) and Khalil, in their new home. Above: In July, Robert Wood Johnson University Hospital Somerset held a ribbon-cutting ceremony to celebrate the completion of the first home in the Healing Homes initiative.

surgery, but she didn't receive follow-up care because the physician didn't accept Medicaid insurance. When she tried to eat, she couldn't keep any food down, so she lived on protein shakes for four years.

Eventually, Lesley developed serious medical conditions that rendered her unable to work or drive a car. She also found it very difficult to care for her boys. After undergoing an additional surgery, she was finally able to eat solid foods but needed ongoing physical and occupational therapy. When Lesley found out her application to Healing Homes was accepted, she was overjoyed. "I was sick and broke, and no one cared," she says. "This initiative is a blessing."

### A COMMUNITY EFFORT

Healing Homes was developed as part of RWJBarnabas Health's Social Impact and Community Investment practice. "Our dedication to serving the people of our community must extend beyond the care we provide within the walls of our hospital," says Anthony Cava, President and Chief Executive Officer, RWJUH Somerset. "Eighty percent of an individual's and a community's health is related to the conditions in the places people live, learn, work and play. Healing Homes is allowing us to provide stable housing for our neighbors who encounter economic and health challenges."

Serena Collado, Director of Community Health at RWJUH Somerset, initiated Healing Homes. "We discovered that 43 percent of Somerset County residents who

rent homes are 'overburdened,' meaning they are a paycheck away from being homeless," she says. "We wanted to give people the services they need to get back on their feet." The hospital developed the initiative with the guidance of many local organizations, including Somerset County Community Development, Central Jersey Housing Resource Center and Habitat for Humanity.

RWJUH Somerset is using two homes it owns in the area for the initiative. The home Lesley is currently residing in was completely renovated and received a little extra care. On two Saturdays this past spring, 40 hospital employees painted the interior of the home. All of the furniture, appliances and other household items were donated by local businesses and organizations (see "The Gift of Generosity"). "Making this house a special home was truly a team effort," says Collado.

### A NEW BEGINNING

Through Healing Homes, Lesley will work with her caseworker to review her medical, financial, psychological and social needs. The caseworker will refer her to clinical and community resources as needed. Although she doesn't have to pay for rent or utilities, Lesley must

## THE GIFT OF GENEROSITY

The following partners and donors contributed to the Healing Homes initiative:

- Acme Drapemaster of America, Inc.
- Affinity Credit Union
- Barry's Appliance
- Bellari
- Central Jersey Housing Resource Center
- EmPoWER Somerset
- The Fiorilli Family
- Flemington Department Store
- Interfaith Hospitality Network of Somerset County
- Raritan Valley Habitat for Humanity
- Samaritan Homeless Interim Program
- Somerset County Community Development
- Somerset County Department of Health
- Somerset County Department of Human Services
- Somerset County Social Services
- United Reformed Church of Somerville
- United Way
- York Fence Company

work and save 30 percent of her income for future housing needs. To help ensure a stable future, she will take financial management classes at Affinity Credit Union and Central Jersey Housing Resource Center and will be placed in their match programs. Lesley will be provided with appropriate medical care, and a nutritionist will help her and her boys make healthy eating choices.

Lesley and her sons moved into their new home in July, and things are already looking up for the family. Lesley has a new job as a real estate agent, and she already has multiple closings.

The first time Lesley saw her new residence, she cried tears of joy. "It's breathtaking," she says. "I'm so grateful to the hospital. I've finally given my boys what I always wanted—a stable, healthy home."

For more information about Healing Homes, visit [www.rwjbh.org/somerset](http://www.rwjbh.org/somerset) or call **908.685.2814**.



# BACK IN BUSINESS

**SPINE SURGERY HAS ENABLED ONE PATIENT TO GET BACK TO WORK—AND HIS FAVORITE PASTIME.**

As a home-improvement contractor for more than 30 years, Francis “Al” Gambony was accustomed to climbing ladders and wielding heavy tools. He was also no stranger to occasional back pain. But last year, Al, 63, discovered he could no longer rely on over-the-counter anti-inflammatory medications to relieve the discomfort, which was radiating to his legs and causing numbness in his feet. He was so stiff when he woke up it took him more than a half hour every morning just to get on his feet and start walking.

“At work, I could no longer lift heavy objects,” says Al, who lives in Hampton. “Kneeling was painful, and bending, twisting, turning and reaching were becoming increasingly difficult.” He also couldn’t sit in cars for long periods of time. Road trips caused so much pain and numbness that he had to put his favorite pastime—attending car races and shows—on hold.

Al tried physical therapy, but it didn’t help, so he made an appointment with Matthew McDonnell, MD, a spine surgeon at Robert Wood Johnson University



**MATTHEW MCDONNELL, MD**

Hospital (RWJUH) Somerset. An MRI exam revealed that Al had severe spinal stenosis, a common complication of arthritis, which had caused his

spine to curve and some vertebrae, or spinal bones, to shift out of alignment. People whose jobs involve physical labor often develop advanced arthritis, says Dr. McDonnell. “Spinal stenosis can be very debilitating,” he continues. “The spinal canal narrows, causing nerves to become compressed.” Bony overgrowths known as spurs often put pressure on spinal nerves.

In May, Al underwent spine surgery: a laminectomy with a spinal fusion. During the laminectomy, which involves creating more space for the spinal nerves, Dr. McDonnell opened the spinal canal and removed spinal bone to relieve the nerve compression. Then he fused the unstable spinal bones together. To facilitate healing, he placed screws, rods and bone graft materials in the spine.

Al had the surgery on a Friday morning and remained in the hospital until Monday. “I was impressed with the nursing care,” he says.

## WALKING TOWARD RECOVERY

Al wasn’t nervous about the surgery because he had confidence in Dr. McDonnell. However, he was worried about how long the recovery would take. “I was nervous about when I would be able to go back to work and what my range of motion would be,” he says. The recovery process involved walking and began while he was still in the hospital. Patients who undergo spinal laminectomy and fusion procedures are encouraged to walk until they gain enough function

to return to their normal activities. Physical therapy is only necessary in cases of continued pain or weakness.

One month after the surgery, Al noticed some weakness in the muscles of his lower back, which is common when recovering from surgery. Dr. McDonnell is monitoring his symptoms to determine whether Al will need physical therapy. Al’s legs, which had been weak prior to surgery, are already becoming stronger now that his spinal nerves have been decompressed. Just eight weeks after the surgery, Al has increased his walking time from a half hour per day to several hour-long walks.

Technology has helped to improve outcomes of complex spine surgeries such as the type Al had. “Over the last 30 years or so, instrumentation with screws and rods has become the gold standard,” says Dr. McDonnell. “These tools enable us to correct patients’ spinal deformities.”

## BACK ON THE ROAD

Although it will likely take three months or more for Al to recover enough flexibility to climb ladders, he is back to work. “I’m able to make [construction] site visits for my business,” says Al. “Every day, I have a little more endurance.” Between the walking and the site visits, he estimates he’s spending up to six hours per day on his feet.

Al is looking forward to getting back on the road to attend car shows and races. “Thanks to the surgery, my wife and I are planning an extended trip to the Pittsburgh area for a car show next year,” he says.



Francis “Al” Gambony is finally able to enjoy one of his favorite hobbies—restoring old cars, like this 1991 BMW.

## WHEN TO SEEK HELP FOR BACK PAIN

Everyone experiences back pain occasionally, but how do you know if it’s serious enough to see a physician? Here are some signs to watch for, according to Matthew McDonnell, MD, a spine surgeon at Robert Wood Johnson University Hospital Somerset:

- Your pain lasts for more than a few weeks and doesn’t respond to over-the-counter pain medications.
- The pain radiates beyond your back to your arms or legs, or you feel numbness in your back or extremities.
- The pain is accompanied by weakness in one or more muscle groups.

For more information about orthopedic services at Robert Wood Johnson University Hospital Somerset, visit [www.rwjbh.org/ortho](http://www.rwjbh.org/ortho). For a physician referral, call **888.724.7123**.



**SHILIN R. PANDYA, DO, MBS**

# RECOGNIZING EATING DISORDERS

**AN EXPERT EXPLAINS COMMON MISCONCEPTIONS AND TYPICAL SYMPTOMS.**

**R**obert Wood Johnson University Hospital (RWJUH) Somerset is one of only two hospitals in New Jersey that offer both inpatient and outpatient care for patients with eating disorders. Psychiatrist Shilin R. Pandya, DO, MBS, Medical Director of the Eating Disorders Program, explains who's at risk for eating disorders and how to recognize the signs.

## Which eating disorders are most common?

We often treat anorexia nervosa and bulimia nervosa. But we are seeing more cases of what's known as avoidant restrictive food intake disorder, which is characterized by picky eating and often affects people with autism spectrum disorder. We also see cases of diabulimia, in which people with diabetes change their insulin dosage to promote weight loss.

## Is there a misconception that eating disorders only affect teenaged girls?

Absolutely. Eating disorders don't spare any gender, generation, culture, religion or socioeconomic class. That said, more patients are female. An estimated

20 million females and 10 million males in the U.S. will develop an eating disorder at some point in their lives. And while symptoms often show up first in the teen years, they can manifest in middle age as well.

In older patients, we often see a history of disordered eating that dates back to the teen years but wasn't addressed. A stressful or depressive episode in midlife can trigger symptoms. We don't see a lot of elderly patients with eating disorders because these diseases have a high mortality rate.

## Do men experience eating disorders?

Yes, but eating disorders in men are under-recognized and stigmatized. Men don't talk about these issues very much, but they suffer just like women do.

## What are the signs of an eating disorder?

Symptoms include rapid weight loss or gain; obsessing about food, nutrition and calories; skipping meals; sores on the backs of the hands or

knuckles (from inducing vomiting); and abuse of medications like laxatives, diet pills and diuretics. Other signs: thinking you're fat when your weight is normal; avoiding eating in public; hiding food in a napkin; constantly checking your body in a mirror; being overly concerned about your skirt or pants size; and checking your weight frequently. Many of us do these things from time to time, but when these behaviors interfere with your daily functioning and affect your health, it's important to seek treatment. There's a serious problem if a person is severely restricting his or her food intake, vomiting after meals, exercising excessively or bingeing and purging.

## What types of specialists treat patients with eating disorders?

Our multidisciplinary team includes psychiatrists; therapists; a nutritionist; occupational therapists, who help patients learn to balance daily activities; psychiatric nurses with training in eating disorders; primary care physicians; and specialists, such as cardiologists, gastroenterologists and endocrinologists.

## If you or a loved one has signs of an eating disorder, what should you do?

Seek help right away, whether it's from a primary care physician, psychiatrist or psychotherapist. Recovery is possible with proper treatment and support.

To learn more about eating disorders, visit [www.rwjbh.org/SomersetEatingDisorders](http://www.rwjbh.org/SomersetEatingDisorders).



# 10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The *how* is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But *why* might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.



## CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
- Severe or persistent vomiting or diarrhea
- Severe abdominal pain
- Changes in mental status, such as confusion
- Assault, physical or sexual abuse
- Broken bone



You get sick while on vacation.



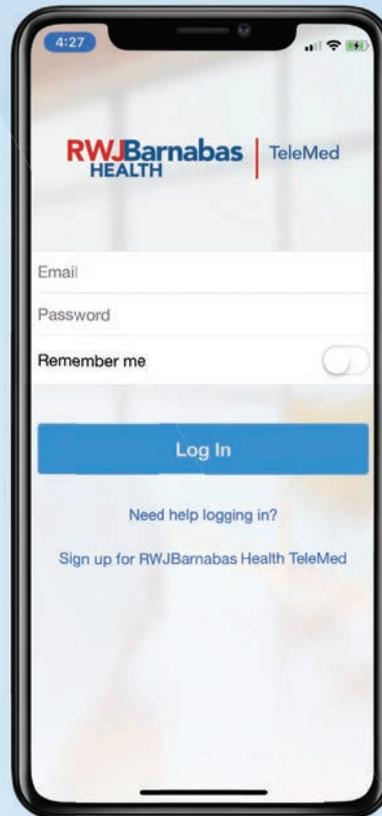
Your doctor's office is closed.



You need care for a sick child, but can't leave your other children home alone.



You can't get a same-day appointment with your doctor.



You feel too sick to leave the house.



You're out of town and realize you forgot a prescription.



You live in a rural area, making doctor visits and follow-up visits inconvenient.



You don't have time to wait in a waiting room.



It's difficult to take time off from work to go to the doctor.

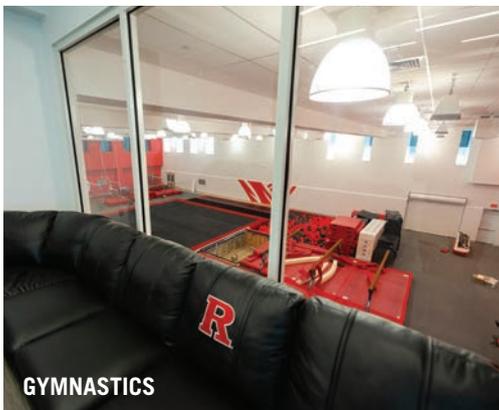


You don't want to expose others to a contagious disease (or be exposed to theirs).

To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit [www.rwjbh.org/telemmed](http://www.rwjbh.org/telemmed).



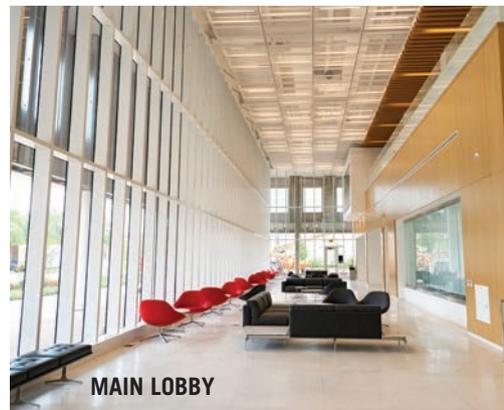
# GAME CHANGER



GYMNASIICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL

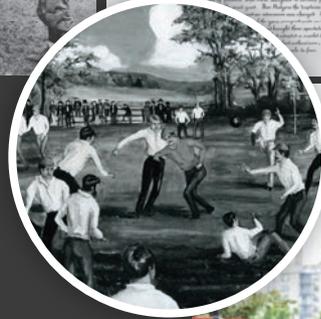
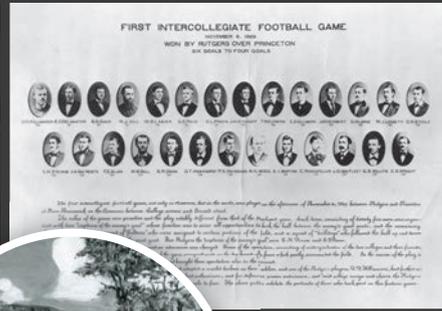


WRESTLING



## HAPPY BIRTHDAY, COLLEGE FOOTBALL!

150 YEARS OF ATHLETIC PROWESS AND PASSIONATE FANDOM BEGAN AT RUTGERS UNIVERSITY.



As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit [www.rutgersgameday.com](http://www.rutgersgameday.com).

## THE RWJBARNABAS HEALTH ATHLETIC PERFORMANCE CENTER AT RUTGERS UNIVERSITY KICKS OFF A NEW ERA FOR RUTGERS SPORTS.

For Rutgers student-athletes, the future is here. The state-of-the-art RWJBarnabas Health Athletic Performance Center at Rutgers University, which opened in September, is home to new facilities for men’s and women’s basketball, wrestling and gymnastics, as well as a sports performance/sports medicine suite, nutrition lounge, seating area for professional scouts and more.

The 307,000-square-foot, four-story facility brings Rutgers athletic offerings to a new level. “It’s a game changer for our student-athletes in clinical care,” says Pat Hobbs, Director of Intercollegiate

Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

“For far too long, we haven’t produced, as a state, those facilities and resources necessary to have world-class athletes—and frankly, in New Jersey, we have world-class athletes,” says Barry Ostrowsky, President and CEO of RWJBarnabas Health. “At Rutgers, we have world-class students. For us, this is a wonderful opportunity to invest in a great University.”



X-RAY ROOM

To learn more about RWJBarnabas Health partnerships, visit [www.rwjbh.org/corporatepartners](http://www.rwjbh.org/corporatepartners).



# THE A-TEAMS FOR

# ADVANCED HEART FAILURE

## TWO RWJBARNABAS HEALTH HEART TRANSPLANT PROGRAMS COLLABORATE TO OFFER WORLD- CLASS CARE, CLOSE TO HOME FOR NEW JERSEY RESIDENTS.

In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team's wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

### COVERING THE STATE

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey,

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we

can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

### MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

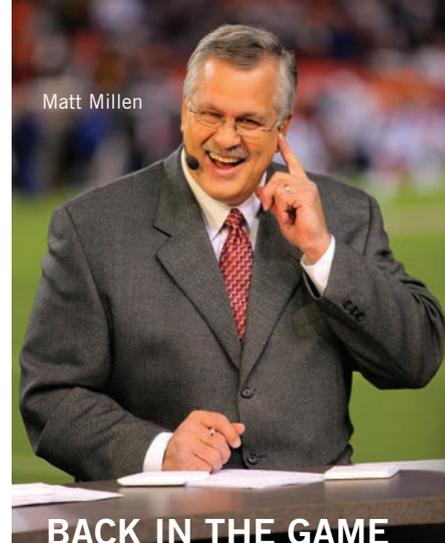
### FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a \$4.3 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”



Matt Millen

### BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI).

An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call **888.724.7123** or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).





# CANCER: WHERE TO CALL FOR HELP

**NOW THERE'S A SINGLE PHONE NUMBER FOR CLEAR  
AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.**

**W**hen a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What's the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That's why RWJBarnabas Health (RWJBH), in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJBH system and at Rutgers Cancer Institute.



**STEVEN K. LIBUTTI, MD**

"We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation," says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJBH and Director of Rutgers Cancer Institute of New Jersey. "We want to make the process of finding care as stress-free and efficient as possible."

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. "Now they can more easily access NCI-designated cancer care across the state," he says.

## NAVIGATING THE JOURNEY

"We're especially excited to have nurse navigators located right at the contact center if a person has a clinical question," says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJBH. "That aspect of our system makes it uniquely helpful to patients."

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. "Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services," he explains.

"Our system is making a very big commitment to nurse navigation in general," Soltes says. "Our goal is to be the largest nurse navigation system for oncology in the country."

Experts at RWJBH recognize that oncology healthcare calls are different from other kinds of calls. "They are often from people dealing with potentially serious situations," Soltes says. "With our Oncology Access Center and nurse navigator programs, we're able to put our arms around the patient, so to speak, and say, 'We'll help you take it from here.'"



Opposite page and this page, clockwise: For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.



## RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. "More people need to know about the disease and about the research that's being done right in our own backyard," says John DeSimone, a patient at Rutgers Cancer Institute.

"What I hope people get out of this display is that cancer doesn't discriminate," says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. "Cancer goes for anyone and everyone, and it's great that people are aware."

"The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention," says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it's all worth it."



**\*  
RWJBarnabas Health,  
in partnership with Rutgers  
Cancer Institute of New Jersey—  
the state's only NCI-Designated  
Comprehensive Cancer Center—  
provides close-to-home access  
to the latest treatment, including  
clinical trials. Visit  
[www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).**

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call **844.CANCERNJ (844.226.2376)**.



Staff and members at Opportunity Project engage in a variety of work-related and social activities through the Clubhouse Program.

# BEYOND BRAIN INJURY

**A NEW PARTNERSHIP BRINGS ADDITIONAL RESOURCES TO THOSE LIVING WITH TRAUMATIC BRAIN INJURY.**



About every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that's severe enough to disrupt normal brain function.

Children with TBI are often treated at Children's Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit Opportunity Project, founded by parents whose sons were dealing with TBI. The

program offers a wide range of services to help adults with TBI reach their full potential.

The organization's mission and services make it a natural fit for CSH. "Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury," says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. "We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve."

## MOVING FORWARD

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may

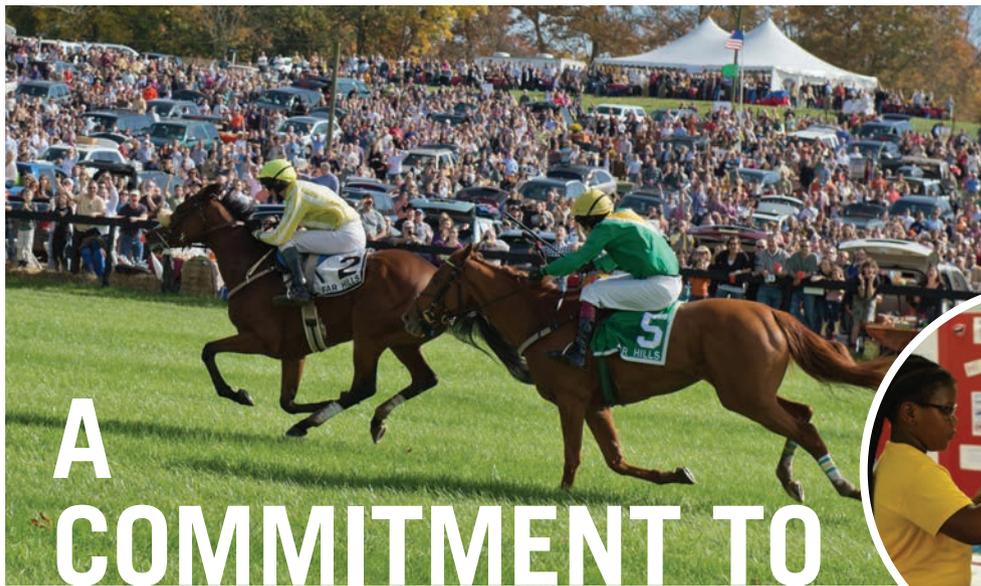
be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that's accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit [www.opportunityproject.org](http://www.opportunityproject.org). For more information about Children's Specialized Hospital, call **888.244.5373** or visit [www.childrens-specialized.org](http://www.childrens-specialized.org).

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.



# A COMMITMENT TO THE COMMUNITY

## A NEW PARTNERSHIP IS HELPING TO IMPROVE THE LIVES OF SOMERSET COUNTY RESIDENTS.

Every October, for the last 98 years, the Far Hills Race Meeting has attracted loyal fans who gather to watch the steeplechase horse race. This support has enabled the Meeting to donate more than \$18 million to local healthcare organizations. This year, the Far Hills Race Meeting Association and Robert Wood Johnson University Hospital (RWJUH) Somerset are partnering to invest in the health of community members. Five nonprofit organizations that serve northern Somerset County received \$885,000 in funding, which will be disbursed over the course of three years. (The first installment has already been distributed to each organization.) The funds are administered through the Somerset Health Care Foundation, the hospital's fundraising arm. RWJUH Somerset is supporting the charities by providing community health education and other resources.

"At Robert Wood Johnson University Hospital Somerset, we recognize that promoting good health is not confined to just what goes on within the walls of our hospital," says Anthony Cava, President and Chief Executive Officer of RWJUH Somerset. "As part of our mission, we work closely with partners in the business, nonprofit, government and education sectors to improve the quality of life for all those who live and work in Somerset County.

Our partnership with the Far Hills Race Meeting Association will help us build new relationships that will expand our efforts to enhance the health of underserved populations in our community."

The following charities are the beneficiaries of the awards:

- **Bedminster-based Cancer Support Community of Central New Jersey (CSCCNJ)** provides free services to help cancer patients, caregivers and loved ones cope with the disease's social and emotional impact. The funds are being used for programs affiliated with CSCCNJ's Multicultural Cancer Outreach Initiative. RWJUH Somerset is partnering with CSCCNJ to provide community health education programs, including cooking classes on cancer prevention.

- **The Arc of Somerset County** provides comprehensive services for children, adolescents and adults with intellectual and developmental disabilities. The funds are being used to improve access to preventive healthcare and to enhance health outcomes for people with disabilities. RWJUH Somerset and The Arc are providing

Last summer, RWJUH Somerset conducted health education programs, such as one on dental hygiene (shown at left), for children who attended LifeCamp, a day camp for Newark-area youth.

professional training for hospital staff to ensure comprehensive and coordinated care.

- **Bonnie Brae** is a residential treatment center in Liberty Corner that cares for adolescent boys who have been neglected, abused or abandoned. The award is being used to provide therapeutic space in the new Family Resource Center. RWJUH Somerset is offering professional training and development for the center's staff.

- **Community in Crisis**, which is based in Bernardsville, is dedicated to fighting the opioid epidemic. The funds are being used to enhance prevention initiatives and expand programs for people in recovery, including employment services and support groups. RWJUH Somerset is leading support groups and educational seminars.

- **LifeCamp** is a six-week summer day camp for Newark-area youth in Pottersville. The award is being used to improve the camp's infirmary and aquatics program. RWJUH Somerset is providing professional training and development for camp staff, as well as community education and outreach. Last summer, the hospital's Community Health Department conducted health education programs for campers on topics such as hydration and dental hygiene. The RWJBarnabas Health Wellness on Wheels van visited the camp in July, giving campers the opportunity to learn about hydroponics and healthy eating.

This year's Far Hills Race Meeting will be held on October 19 at Moorland Farm in Far Hills. Visit [www.farhillrace.org](http://www.farhillrace.org) for tickets and more information.



# VETERAN VOLUNTEER

**A VIETNAM VET BRINGS  
COMFORT AND JOY TO  
PATIENTS WHO HAVE SERVED  
OUR COUNTRY.**

**T**he patient was an 82-year-old man who had fallen and injured himself. His nurses were concerned that the man, who was anxious and struggling with memory problems, might try to get out of his bed and fall again. When she was brought in to help with this difficult situation, Joanne Arico, Director of Patient Experience at Robert Wood Johnson University Hospital (RWJUH) Somerset, learned that the patient was a veteran of the Korean War and a retired automobile designer, and his favorite car was the Corvette. She

immediately thought: "I've got the perfect guy for him."

Arico texted Dominick Ragno, who had already spent hours volunteering at RWJUH Somerset that day and had gone home. "I'll be right there," Dominick texted back. A half hour later, he arrived in the man's room armed with a few car magazines and his natural gift for conversation. The patient was soon at ease. "We clicked over cars," says Dominick, who showed the man photos of his own yellow 1965 Corvette on his phone and visited him daily until



Volunteer Dominick Ragno swaps stories about tours of duty with patients and shares his love of cars.

his discharge two weeks later. “He just needed a friend.”

### A FRIEND TO FELLOW VETERANS

Dominick, 69, of Piscataway, has been a friend to many military veterans who have been patients at the hospital and their families in his volunteer role with the Veterans Engaging Through Service Business Resource Group (VETS BRG) at RWJUH Somerset. Several times a day, he taps on the door of a patient room and says, “Hi, my name is Dominick and

I’m a veteran of the Vietnam War. Where did you serve?” In no time, Dominick is swapping stories about tours of duty with the patient and chatting with spouses or other family members. “I make them forget their problems,” says Dominick, an outgoing and good-humored man with a fondness for storytelling.

And he has stories, though some are painful to recall. At age 20, Dominick was a door gunner on a helicopter that flew missions over Cambodia and Laos as part of the U.S. Army’s storied 101st Airborne Division. One of his outfit’s main responsibilities was rescuing fellow GIs on the battlefield. “There were a lot of people we couldn’t save, and that has bothered me for most of my life,” says Dominick. Nearly a half century later, he seems determined to come to the aid of every retired serviceperson he can.

### A GRATEFUL PATIENT

Dominick brings a unique perspective to his role. Not only is he a veteran, but he is also a former RWJUH Somerset patient. He spent five months at the hospital recovering from serious complications following surgery to treat diverticulitis and colitis. “My life was saved there,” says Dominick. One day, he told his wife, Liz, “I’d like to dedicate my life to helping others.”

For a time, that mostly meant bringing cookies to the nurses at RWJUH Somerset. Last year, Arico asked Dominick to be the first member of the newly formed Patient and Family Advisory Council (PFAC), which offers input and advice on improving the patient experience at the hospital.

Soon after, Dominick joined VETS BRG. He brings patients an American flag magnet, which is placed on the communication board in their rooms so that caregivers know they’re veterans. Dominick typically spends an hour or so with each patient he visits, often bringing memorabilia from his army days, including his uniform, Bronze Star and Distinguished Service Medal.

In addition to his work with PFAC and VETS BRG, Dominick serves on a committee devoted to preventing falls. He

## HONORING SERVICEPEOPLE

RWJUH Somerset established the Veterans Engaging Through Service Business Resource Group (VETS BRG) in 2017 to honor, aid and give voice to employees and patients who served in the armed forces. The group includes hospital staff members who were in the military or have loved ones who serve. In addition to welcoming new patients who are veterans, the VETS BRG has held clothing drives for vets in need and commemorations on Memorial Day and Veterans Day. The group helped dedicate two parking spots on the second floor of the hospital’s parking garage for military veterans. “Being part of the VETS BRG helps employees feel more engaged and increases employee satisfaction,” says Paula Gutierrez, RWJUH Somerset’s Director of Diversity and Inclusion. “It also improves the patient experience.”



solicits donations of books and magazines for patients, and he helped plant flowers and a tree for the dedication ceremony of a military statue to honor veterans. “He gives as much as any employee in terms of hours,” says Arico. “He is kind, thoughtful, giving, respectful and empathetic to all. Dominick is a treasure to all of us. He shares so much of his time, and it comes purely from his heart. We receive countless emails from patients and families he has connected with.”

Earlier this year, Dominick spent hours with a veteran of a different kind—a policeman who was a 9/11 first responder who had terminal cancer—and his wife. When the man passed away in March, his wife asked Dominick to serve in the honor guard and speak at his funeral. “I spoke from my heart,” says Dominick. “I have seen a lot of death in my life, but I have never taken one that hard. He touched my life.”

For more information about RWJUH Somerset’s VETS BRG, call Paula Gutierrez at **908.595.2323**.



Anthony Cava, President and Chief Executive Officer at RWJUH Somerset, left, and members of the hospital's Perioperative Services team at a ribbon-cutting ceremony for the new Same Day Surgery Center.



# DELIVERING THE BEST SURGICAL CARE

**THE NEW SAME DAY SURGERY CENTER OFFERS PRIVACY, COMFORT AND CONVENIENCE.**

When it comes to surgery, everyone wants high-quality, efficient care. With same-day surgery, patients can leave the hospital within 24 hours. To improve the patient experience, Robert Wood Johnson University Hospital (RWJUH) Somerset recently relocated the Same Day Surgery Center to newly renovated space on the third floor. “The Center provides greater access and convenience for patients—and enhances their privacy and comfort,” says Anthony Cava, President and Chief Executive Officer at RWJUH Somerset.

The Center was designed to be highly convenient. Parking in the hospital garage is free, and patients can easily access the Center by taking the North elevator near the hospital’s main lobby. Registration takes place in the Center instead of the main lobby.

## A PRIVATE SPACE

The new Center also affords patients plenty of privacy. For instance, patient bays have three solid walls and a curtain. In addition, patients are brought to the Operating Room via a private hallway, which connects the Same Day Surgery Center to the Operating Room. Safety is another key advantage: In the event of an emergency, patients are already at the hospital, where expert care is available immediately.

Patients’ families can wait for loved ones in a spacious, bright area, which features two skylights that were part of the hospital’s original operating suites in 1925. Complimentary coffee, tea and light refreshments are available. A patient/family liaison updates families on the status of their loved one’s surgery, when

they can see him or her, and when they can talk with the physician.

RWJUH Somerset physicians perform more than 6,000 surgeries every year. A variety of procedures can be performed in the Same Day Surgery Center, including vascular, urological, gynecologic, orthopedic (hip and knee), spine, plastic, podiatric and bariatric (weight loss).

RWJUH Somerset has been designated a Center of Excellence in Metabolic and Bariatric Surgery by the Surgical Review Corporation (SRC). The SRC recognizes providers who deliver top-notch care. The hospital has also received The Joint Commission’s Gold Seal of Approval for total knee and hip replacement surgery, meaning it meets the organization’s rigorous standards for delivering high-quality, safe care.



**THE WAITING AREA** is a bright, modern space with skylights from Robert Wood Johnson University Hospital Somerset's original operating suites. Artwork featuring nature scenes helps to create a calm, healing environment.

**PATIENT BAYS** featuring three walls and a curtain offer privacy and comfort.



**THE PATIENT REGISTRATION AREA** welcomes visitors as they get off the elevator from the main lobby.

For more information about surgical services at Robert Wood Johnson University Hospital Somerset, visit [www.rwjbh.org/somerset](http://www.rwjbh.org/somerset).



# Community Education

To register, call **888.724.7123** or visit **www.rwjbh.org/somerset**. Unless otherwise indicated, events are FREE and registration is required. For fee-based events, cancellations within two weeks of the program are non-refundable under any circumstances. A medical release form is required for any exercise program.

## Aquacize

Enjoy this water exercise program, which soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required.

*Ellen Helman, certified water fitness instructor*

*Jean Johnson, certified water fitness instructor*

**Seven-week courses begin:**

**Monday, November 4;**  
**Wednesday, November 6; and**  
**Friday, November 8**  
**10:30 to 11:15 a.m.**  
**Somerville YMCA, \$40**

## Chair Yoga

Practice this ancient fitness routine, which builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required.

*Chanchal Arora, certified yoga instructor*

**Eight-week courses begin:**

**Tuesday, November 5 and**  
**Tuesday, January 7**  
**10:30 to 11:30 a.m.**  
**Congregational Church, Bound Brook, \$48**

## HealthHike Walking Program: Breathe Life Into Your Lungs

Understand normal lung functioning, conditions that affect it (such as asthma and chronic obstructive pulmonary disease), symptoms, causes, the connection between sugar and lung cancer, diagnostic testing, treatment and prevention tips. Includes information about RWJUH Somerset's lung cancer screening and smoking cessation programs.

*Robyn Mustacchio, BS, RRT, CTS, respiratory therapist*

*Simona Schneider, APN, patient navigator*

**Wednesday, November 6**  
**10 to 11 a.m.**

**AMC Theatres at Bridgewater Commons Mall**

## Tai Chi

Learn easy, low-impact movements to improve balance, flexibility and strength and reduce stress. A medical release form is required.

*Don Madson, certified tai chi instructor*

**Five-week course begins:**

**Thursday, November 14**  
**10 to 11 a.m.**  
**Steeplechase Cancer Center, \$19**

## Great American Smokeout

Consult with a Tobacco Quit Center expert and learn strategies to stop smoking. This table display includes information on smoking cessation, lung cancer and the lung cancer screening program.

**Friday, November 15**  
**11 a.m. to 1:30 p.m.**  
**Steeplechase Cancer Center Lobby**

## Financial & Estate Planning for Your Healthcare Needs

Discover financial and estate planning strategies to maximize beneficiary returns and to support your healthcare needs. Participants will receive lunch and/or dinner as well as planning materials.

*Patrick McDermott, Assistant Vice President of Partner Programs, Affinity Credit Union*

*Greg Ellmer, VP of Planned Giving for RWJBH Corporate*

**Tuesday, November 19**  
**12 to 1:30 p.m.**  
**OR 6:30 to 8 p.m.**  
**Steeplechase Cancer Center, 3rd Floor Conference Room**

## AARP Driver Safety Program

Learn techniques for preventing accidents and/or tickets in this AARP defensive driving course. Certificates awarded upon

completion of the course may entitle participants to an auto insurance discount. Includes light breakfast and lunch.

**Wednesday, November 20**  
**8:30 a.m. to 3 p.m.**  
**Sunrise of Bridgewater, \$24 for non-members and \$20 for members**

## Aerobics for the Mind: Five Pillars of Brain Health

Understand the five pillars of a brain-healthy lifestyle, actionable steps to improve brain health and resources. Staff will lead memory-strengthening activities. Breakfast will be served.

*Cristina Anastasio, Associate State Director of Community Outreach / AARP NJ*

**Thursday, November 21**  
**10 a.m. to 12:30 p.m.**  
**Somerville Elks, \$10**

## HealthHike Walking Program: Firm Footing Foils Falls

Recognize risk factors for falls; causes; the correlation with different medical conditions, such as incontinence, osteoporosis and Alzheimer's disease; diagnostic tools to determine causes; appropriate gait and balance; treatment options, including physical therapy; and prevention strategies. A balance screening will be provided.

*Marilyn Omabegho, MSN, RN, NE-BC, Director of Oncology Services*  
*Venus Rivera, DPT, physical therapist*  
**Wednesday, December 4**  
**10 to 11 a.m.**  
**AMC Theatres at Bridgewater Commons Mall**

## Fit Body, Fit Bones

Learn weight-bearing exercises to strengthen muscles and bones, improve balance and reduce the risk of fractures from osteoporosis. Peer leaders assist weekly in class instruction. A medical release form is required to participate.

*Valerie Hammond, group fitness instructor*

**Twelve-week class begins:**  
**Friday, December 6**  
**Classes offered at various times.**  
**Steeplechase Cancer Center, \$45 per quarter**

## Aquacize

Enjoy this water exercise program, which soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required.

*Ellen Helman, certified water fitness instructor*  
**Eight-week courses begin:**  
**Monday, January 6; Wednesday, January 8; and Friday, January 10**  
**10:30 to 11:15 a.m.**  
**Somerville YMCA, \$48**



## COMMUNITY ANNUAL MEETING

RWJUH Somerset has invested in the health of our community. Learn about the clinical and preventive services the hospital provides to the community, the latest state-of-the-art technologies available at RWJUH Somerset, and the hospital's plans for future growth and development. Light refreshments will be served.

*Tony Cava, President and CEO*  
*Serena Collado, Director of Community Health*  
**Wednesday, December 4, 6 to 7 p.m.**  
**Fuld Auditorium. To register, call 908.685.2525**



## Webinars

No time to attend one of our educational seminars in person? Log on to your computer and join us for a live webinar with one of our medical experts.

### PALLIATIVE AND HOSPICE CARE: THE BEST CARE AT THE RIGHT TIME

During this webinar, discover the difference between palliative and hospice care; when palliative care is more appropriate; who qualifies for care; and the duration of care provided.

*Sheryl Ciccirelli, MSN, APN, RN, ANP-BC*

**Tuesday, November 26  
12 to 12:30 p.m.**

**Register at:**  
<https://tinyurl.com/y6tzmxdy>

### THE CHINESE MEDICAL PROGRAM: MEETING THE NEEDS OF THE ASIAN COMMUNITY

During this webinar, understand health disparities in the Asian community, how their needs differ from those of others, barriers to care and services this new medical program provides.

*Angela Lee, Program Coordinator*

**Wednesday, December 11  
12 to 12:30 p.m.**

**Register at:**  
<https://tinyurl.com/y4bjkkd2>

### A HEALTHY UTERUS

During this webinar, understand conditions of the uterus, including cervical cancer; signs; causes; the importance of an annual Pap smear; the role of folic acid; and strategies to promote fertility as well as a healthy pregnancy.

*Amanda Francis, DO, MPH, obstetrician and gynecologist*

**Thursday, January 23  
12 to 12:30 p.m.**

**Register at:**  
<https://tinyurl.com/yyyyl2j2b>

### HealthHike Walking Program: Is Your Thyroid Weighing You Down?

Understand the role of the thyroid; conditions, including goiter and cancer; the difference between hyperthyroidism and hypothyroidism; symptoms; the relationship between thyroid disease and metabolic syndrome; foods to avoid; and diagnosis and treatment options.

*Navinder Jassil, MD, endocrinologist*

**Wednesday, January 8  
10 to 11 a.m.**  
**AMC Theatres at Bridgewater Commons mall**

### Tai Chi

Learn easy, low-impact movements to improve balance, flexibility and strength and reduce stress. A medical release form is required.

*Don Madson, certified tai chi instructor*

**Eight-week course begins:  
Thursday, January 9  
10 to 11 a.m.**  
**Steeplechase Cancer Center, \$30**

### Free Naloxone Training and Naloxone Nasal Spray

Rutgers Robert Wood Johnson Medical School and the Division of Mental Health and Addiction Services will offer free training on opioid overdose death prevention strategies, including the appropriate administration of naloxone and rescue breathing. Free naloxone kits will be distributed to attendees, including family members, friends, professionals and individuals who are at risk or could be in the presence of someone who is at risk for an overdose.

**Wednesday, January 15  
6:30 to 7:30 p.m.**  
**Fuld Auditorium**

### Maternal Health Awareness Day: Keeping Mom and Baby Healthy

Robert Wood Johnson University Hospital Somerset recognizes the importance of promoting health and well-being in early childhood. At this mother-baby expo, learn strategies to keep mom

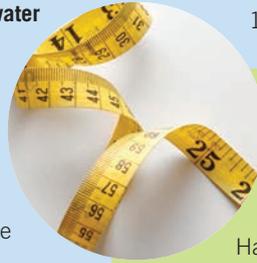
and baby healthy from a board-certified obstetrician/gynecologist. Mothers receive free health screenings, giveaways and massages. The first 50 women to register will receive a special gift. Mothers are welcome to bring child(ren). A light lunch will be provided.

**Thursday, January 23  
12 to 2 p.m.**  
**Fuld Auditorium**

### BLAST! Babysitter Lessons and Safety Training

This course provides teenagers ages 11 and up with

everything they need to know to care for younger children, including tips for working with parents and kids, safety, caregiving and first aid. Each student receives a two-year certification in Child and Babysitting Safety and a two-year certification in Heartsaver AED (Adult Child Infant CPR, AED and First Aid).  
**Saturday, January 25  
8 a.m. to 4:30 p.m.**  
**Steeplechase Cancer Center, \$65**  
**To register or for more information, log onto [www.rwjbh.org/cpr](http://www.rwjbh.org/cpr).**



## Bariatric Programs

### WEIGHT-LOSS SURGERY SEMINAR

Have you been unsuccessful at keeping the weight off?

Weight-loss surgery may be the right choice for you. But how do you know if you qualify and which procedure is your best option? Join bariatric surgeons at RWJUH Somerset for free seminars to learn about your weight-loss surgery options, including detailed information about gastric banding, gastric sleeve and gastric bypass.

**Tuesdays: November 19 and January 21, 6:30 to 8 p.m.**  
**Steeplechase Cancer Center, First Floor Conference Room**  
**OR Tuesday, December 3, 6:30 to 8 p.m.**  
**Somerset Bariatric Metabolic Center, Bridgewater**

### BARIATRIC SUPPORT GROUP

For anyone considering bariatric surgery, pre-op and post-op.

**Tuesdays: November 26 and January 28, 6:30 to 7:30 p.m.**  
**Steeplechase Cancer Center, First Floor Conference Room**



## Community Health Screenings

### FLU VACCINATIONS

For adults ages 18 and older. Participants will be seen on a first-come, first-serve basis.

**Saturday, November 2, 9 a.m. to 12 p.m.**  
**RWJUH Somerset, Tarantino Promenade**  
**\$25 for flu or free with Medicare Part B card**  
No pre-registration required.

**AND Tuesday, November 5, 6 to 8 p.m.**  
**RWJUH Somerset, Tarantino Promenade**  
**\$25 for flu or free with Medicare Part B card.**

### GLUCOSE AND BLOOD PRESSURE SCREENINGS

A registered nurse and dietitian will be available to answer questions about diabetes management and meal planning.

**Wednesday, November 13, 9 to 11 a.m.**  
**Tarantino Promenade, free**  
No pre-registration required. Fasting is not required.



**You don't smoke,  
you don't drink  
and you run three  
miles a day.  
  
You still need a  
mammogram.**

It's curious how healthy habits can become go-to excuses. But don't excuse yourself from getting a mammogram. At RWJBarnabas Health, we offer the latest in comprehensive breast health services including mammograms, 3D, genetic testing, breast surgery and more — like peace of mind. And with breast health centers conveniently located throughout New Jersey, finding us is simple, too.

Making excuses is easy. Making an appointment is easier. Schedule your visit to the Sanofi US Breast Care Program at Robert Wood Johnson University Hospital Somerset at [rwjbh.org/mammo](http://rwjbh.org/mammo) or call **908-704-3740**.