

# Healthy

DIRECTIONS

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**CentraState**  
Healthcare System®

Freehold, New Jersey  
[www.centrastate.com](http://www.centrastate.com)

January/February 2008

**More Choices,  
More Fun for  
Active Seniors**

Page 6



**It's All Aces**  
at Applewood Estates



CentraState  
Medical Center  
is a Magnet® hospital



## President's Message

### APPLEWOOD ESTATES: REDEFINING RETIREMENT FOR A NEW GENERATION

Ask Americans age 65 and older to define retirement and many describe a rich and rewarding life that is anything but "retiring." Whether learning a second language or taking up exercise for the first time, seniors are active and involved, and they value having a wide variety of choices in how to spend their well-deserved leisure time.

Applewood Estates, CentraState's lifecare retirement community in Freehold, offers the active, engaged lifestyle that defines retirement today. In December, we invited the public to tour Applewood Estates as we unveiled a \$38 million expansion and renovation designed to give seniors even more choices.

Among the additions are 20 upscale, freestanding cottages; 50 new independent living apartments; a state-of-the-art fitness and wellness center; heated indoor lap pool; 250-seat performing arts center; casual-dining bistro; spa; concierge service and more. These amenities plus a full range of social, educational, and recreational opportunities allow a new generation of retirees to enjoy each day exactly as they wish.

As important, Applewood Estates gives residents the security of a lifecare contract, providing access to quality assisted living, skilled nursing, and acute medical services if the need arises. Geriatric specialists on staff at CentraState make weekly visits to Applewood Estates and to CentraState's two other senior living communities—Monmouth Crossing and The Manor Care Center. Additionally, a geriatric education component within the curriculum of CentraState's university-affiliated Family Medicine Residency Program ensures that our resident physicians are able to provide the quality care that will keep all adults at their healthiest and most independent as they age.

At CentraState, we understand that retirement isn't the end of the adventure—it's just the beginning. As a trusted provider of senior living and senior care, our goal is to help adults make the most of their retirement years by giving them a world of options and the ability to enjoy them. When you get right down to it, that's what retirement should be about.

Yours in good health,

  
**John T. Gribbin, FACHE**  
President and CEO

## Community Voices

After I broke my hip on April 16, CentraState Medical Center transferred me to the Healthcare Unit in Applewood Estates on April 20. I was there until May 10 and could not have asked for more tender care. My caregivers were always patient and understanding.

Everyone was professional and competent in their duties, especially Dr. Hayne. I recognized some of the staff from the time when my wife was a patient in 2002 and there has been no change in their abilities and compassion. The Bible states that we have all been blessed with some special gift, and I truly believe that the staff has been blessed with a caring and compassionate attitude. I know that I certainly could never have their patience, especially with the many patients they take care of.

I must admit that I am not looking forward to having to go back to the Healthcare Unit, but at the same time, I am assured that if that time comes, the care that I will receive will be the finest available.

Bill Griffin



▲ Applewood Estates resident Bill Griffin (seated) enjoys volunteering at the front desk of CentraState Medical Center with fellow volunteer Patrick Horan (standing).

**On the cover: Joyce McLoughlin enjoys playing bridge with her friends at Applewood Estates.**

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#### January/February 2008

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We hope you enjoy this issue of *Healthy Directions*. Comments about the publication can be directed to the Public Relations and Marketing Department, CentraState Healthcare System, 901 West Main Street, Freehold, NJ, 07728. (732) 234-7080.

*Healthy Directions* is published by CentraState Healthcare System to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a healthcare provider.

CENTRASTATE HEALTHCARE SYSTEM, INC.

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BACK TO THE FUTURE:

# Doctors Making House Calls



◀ Dulcidio (left) and Aurea Rodriguez have limited mobility and rely on their family practitioner, Howard Cohen, DO, to regularly monitor their health at home.

“The way things used to be” is not always just a fond memory. Sometimes, a way of life from years gone by is alive and well right here in the twenty-first century. For example, many people may be surprised to learn that some physicians in our area still make house calls.

Dulcidio and Aurea Rodriguez of East Windsor benefit from monthly house calls from their family practitioner, Howard Cohen, DO. Dulcidio suffered a heart attack and two strokes, which left him paralyzed on the left side of his body. Additionally, he deals with diabetes and high blood pressure. His wife, Aurea, who suffers from high blood pressure and osteoporosis, has limited mobility.

“Our conditions require ongoing check-ups,” says Dulcidio. “If it weren’t for

Dr. Cohen visiting us at home, I honestly don’t know how we would monitor our health.”

For the past 20 years, Dr. Cohen’s family practice has been based in East Windsor. For the past several years, he has provided house calls to nearly 40 of his patients.

## REDUCING STRESS AND AVOIDING INJURY

“The patients I visit at home are not invalids—they are seniors or people with restricted mobility,” says Dr. Cohen. “Because I offer house calls, they avoid the stress of traveling and the risk of injury.”

Several patients suffer from chronic conditions like osteoarthritis, cancer,

heart disease, and diabetes. He notes that his house calls frequently deter patients from turning to the Emergency Department for routine healthcare.

Every Thursday, Dr. Cohen visits patients who primarily reside in Monmouth and Mercer counties. During the visit he takes blood, administers shots and vaccines, checks blood pressure, and answers patients’ questions. He enters patient data on his laptop computer.

“We’ve known Dr. Cohen for nearly 20 years. Our close relationship with him is based on the trust that he has instilled in us from the time he first started to monitor our health years ago,” notes Dulcidio. “We really appreciate that he calls us personally after each visit to discuss our test results and answer questions.”

## PERSONAL REWARDS FOR DOCTORS

Vikranta Sharma, MD, an internist with a practice in Monroe, has been making house calls since she completed her residency in 1998. She recently visited a patient in Marlboro suffering from a knee injury.

“My patients are so appreciative that I can visit them in the comfort of their own home,” says Dr. Sharma. “I can truly say it has been a rewarding experience for me personally.”

The majority of Dr. Cohen’s and Dr. Sharma’s patients still travel to their respective offices for visits. But when a patient is best served by an at-home visit, these doctors still make house calls—just like the good old days.

**CentraState is fortunate to have more than 80 board-certified family practice physicians and general internists combined at 35 practices on staff. To find a family practice physician or general internist, call (866) CENTRA7 or visit [www.centrastate.com](http://www.centrastate.com).** HD



▲ Lina Kobylinski is free from pain caused by kidney stones thanks to a minimally invasive procedure performed by Troy Sukkarieh, MD.

## EASING THE PAIN OF

After Lina Kobylinski of Ambridge, New Jersey, had open surgery for an obstructed kidney, she thought the painful kidney obstruction and the long recovery from surgery was over. Six years later, she was shocked to find her symptoms had returned.

“The pain was unbearable,” says Lina. “I held out because I didn’t want another incision and long recovery.”

When Lina couldn’t take the pain any longer, she turned to CentraState Medical Center for help. Upon meeting Troy Sukkarieh, MD, urologist on staff at CentraState, Lina could not believe what she heard about her treatment option: no incision, a much shorter recovery, and less pain.

It used to be kidney stones and obstructions were primarily treated with open surgery. Now, with new technology, these ailments can be treated using minimally invasive techniques, which allows for a quicker recovery.

“There is a stigma for kidney stones. When people hear the word, they cringe,” says Dr. Sukkarieh. “With new endoscopic treatment for kidney stones, we help rid people of their fear.”

### Cardiologists on Staff at CentraState

#### Cardiovascular Associates

Sanjiv Faldu, MD, FACC

#### Jack H. Dworkin, MD, FACC

#### Heart Specialists of Central Jersey

Ashish Awasthi, MD, FACC  
Lou-Anne Beauregard, MD, FACC  
Ted Gutowski, MD, FACC  
Vivian A. Kominos, MD, FACC

#### Iris R. Mentle, MD, FACC

#### Monmouth Cardiology Associates, LLC

Matt Bach, MD, FACC  
Lance Berger, MD, FACC  
John Checton, MD, FACC  
Jeffrey Daniels, MD, FACC  
Steven J. Daniels, MD, FACC

#### Monmouth Cardiology Associates, LLC, continued

Daniel Goldman, MD, FACC  
Charles Koo, MD, FACC  
Nelson S. LaMarche, MD, FACC  
Marcia Liu, MD, FACC  
Charles Mattina, MD, FACC  
Marek Mrzyglocki, MD, FACC  
Gregory Noto, MD, FACC  
Jeffrey Osofsky, MD, FACC  
Thomas F. Rizzo, MD, FACC  
Pascual Rodriguez, MD, FACC  
Mark A. Rosenbloom, MD, FACC  
L. Steven Zukerman, MD, FACC

#### Shore Heart Group

Renato Apolito, MD  
David Pinnelas, MD, FACC  
Leonard Sandler, MD, FACC

## A Life-Changing Cardiac Event

March 27, 2007, started like any other day for Michael Ruppel of Jackson. The 50-year-old married father of three was getting ready for work when he began experiencing the tell-tale signs of a heart attack—crushing chest pain and pain that radiated down his arm.

“It felt like someone was standing on my chest, and I knew exactly what was happening,” says Michael, an executive director for South Monmouth Regional Sewage Authority. “My daughter, Elizabeth, was home at the time, so we jumped in the car and raced to CentraState Medical Center. We were in the Emergency Department (ED) within 12 minutes.”

### GETTING IMMEDIATE HELP

Because he was experiencing life-threatening heart attack symptoms, Michael was immediately assessed by an emergency medicine physician. Staff called cardiologists at Monmouth Cardiology Associates and performed multiple tests—including an echocardiogram, blood work, and imaging studies—to diagnose the cause of Michael’s heart attack.

“Everyone I encountered—from the nurses to the physicians—was extremely nice and responsive to my needs,” Michael says. “I never felt like I was out of the loop for anything because they explained what they were doing every step of the way.”

### Save the Date

#### “Living Healthy in a Doubleburger.com World”

This event features renowned speaker and author Joe Piscarella, a foremost authority on lifestyle habits and cardiac health, and takes place February 5, 6–7 p.m. (health fair and screenings) and 7–8:30 p.m. (lecture and book signing) at the Star and Barry Tobias Ambulatory Campus conference room. Light refreshments will be served. The cost is \$20 per person or \$35 per couple. For more information or to register, call (732) 308-0570.

# KIDNEY STONES

## REVOLUTIONARY CARE

A kidney stone is a hard mass formed from crystals that separate from the urine and build up in the kidney. Small kidney stones can pass through the urine undetected. However, larger stones can cause symptoms such as blood in the urine, fever, extreme pain in the back or side that will not go away, or a burning feeling during urination.

Endoscopic treatment is a less-invasive way to treat kidney stones. During the procedure, an endoscope (small tube with a camera) is inserted through the urinary tract to the location of the kidney stone. If the stone is small enough, it can be grasped and removed. If a larger stone is present, a laser beam can be used to vaporize the stone.

“In Lina’s case, endoscopic treatment was all she needed to successfully unobstruct the kidney,” says Dr. Sukkarieh. “Laser lithotripsy is becoming the standard of care for the treatment of kidney stones and, in some cases, kidney and ureteral tumors.”

## LIVING LIFE PAIN FREE

“Since the surgery, I have been able to enjoy my favorite activities, like taking walks,” Lina says. “Everyone at CentraState was really nice. I was happy with the quality of care I received.”

**For more information about CentraState’s urology services or to find a urologist, call (866) CENTRA7. <sup>HD</sup>**

### Urologists on Staff at CentraState

**Arturo R. Canto, MD**

**Central Jersey  
Urology Associates**

Alexander Kirshenbaum, MD  
Troy Sukkarieh, MD

**Eugene L. DeSalvo, MD**

**Mukuram Gazi, MD**

**William I. Kohlberg, MD**

**Shore Urology**

Jules Geltzeiler, MD  
Arnold Grebler, MD  
Ira Keselman, MD  
Samuel Litvin, MD

After he was transferred to a hospital room to recover from his heart attack and continue with additional testing, Michael learned his chest pain was caused by a left anterior descending coronary artery blockage. This artery supplies almost half the blood required by the heart muscle itself.

Marcia Liu, MD, FACC, board certified in internal medicine and cardiovascular disease at CentraState, thoroughly explained what had happened. She told Michael he would need angioplasty to open the blockage, followed by cardiac rehabilitation to strengthen his heart and reduce the risk of future heart events.

“Dr. Liu has a great ability to communicate, and she explained things in a way that made it easy for me to understand,” Michael remembers. “We immediately hit it off, and I knew I wanted to continue my care with her.”

## NEW LEASE ON LIFE

Within days after his angioplasty, performed at a University affiliated hospital, Michael started a three-times-a-week regimen of cardiac rehabilitation at CentraState. There, he slowly increased his cardiac endurance and learned ways to reduce his risk of future heart attacks through exercise, a healthy diet, and stress reduction.

Almost a year later, Michael has a membership at CentraState’s new Fitness and Wellness Center, located at the Star and Barry Tobias Ambulatory Campus, and continues to exercise every other day. His diet is healthier, and he monitors his stress levels with a blood pressure machine he keeps in his office. When his resting heart rate reaches a number he considers too high, Michael closes his office door and relaxes.

“The staff transcended the atypical hospital-patient relationship and positively affected my entire family through care, education, and awareness,” Michael says. “The skills, abilities, and genuine concern of all those associated with CentraState have given me a second lease on life. I will remain forever grateful.”

**To learn more about cardiology services at CentraState, call (866) CENTRA7. <sup>HD</sup>**



▲ After undergoing CentraState’s cardiac rehabilitation program, Michael Ruppel exercises regularly at CentraState’s Fitness and Wellness Center.

# COME HOME TO Applewood



## THE BEST OF BOTH WORLDS

Twenty new cottages at Applewood Estates offer residents the privacy of their own home with the safety, security, and amenities of the main campus—only 1,000 feet from their doors. The best of both worlds, cottage living offers autonomy and access to all community activities, such as dining, entertainment, and fitness.

Cottages are available with one or two bedrooms, with or without a den. All models feature a garage and natural light.

The cottages offer the most square footage in the two-bedroom versions of each model: Embassy (1,494), Monarch (1,525), and Presidential (1,624). Although construction is complete, new residents can customize appliances, cabinetry, and flooring.

**To see a professionally decorated model of the Monarch or tour the community, call (732) 303-7416, or toll-free (800) 438-0888.**

Originally from Baltimore, Maryland, Joyce McLoughlin moved to New Jersey in the early 1960s. She raised two sons while working in risk management and quality assurance.

Her best friend of 40 years, Jane, was a neighbor when their children were young. Now, the pair travels all over the globe—from a cruise of the Baltic Sea to Panama and Costa Rica.

### SO NICE TO COME HOME TO

Between ports of call, Joyce calls Applewood Estates home. A long-time resident of Tinton Falls, Joyce moved into one of the original one-bedroom apartments at Applewood Estates in December 2006.

“The buyers of my home in Tinton Falls wanted to move in before the end of the year,” says Joyce. “My apartment in the newly constructed wing was not quite finished, but I was able to move in early and transitioned easily to the new apartment from there.”

### BEAUTIFULLY APPOINTED

Joyce is enjoying her new apartment, which features an open floor plan and is equipped with a washer and dryer. She was able to choose the carpet, select the paint color, and upgrade the material and finish of the countertops and cabinets to suit her individual taste.

“It was nice to move into a place that was new,” says Joyce. “I also like being on one level—doing everyday tasks without having to run up and down the stairs.”

Joyce has also made a number of friends and has joined a group that regularly plays bridge in the new game room. The expanded exercise facilities offer her a choice of daily aerobics classes in a fitness room or in the new, 75-foot lap pool.

Other classes span the spectrum of activity for today’s senior. State-of-the-art fitness equipment, such as treadmills

and elliptical trainers, provide aerobic options while chair-based exercises, T’ai Chi, and line dancing are great choices for residents who prefer low-impact activities.

“The newly completed construction offers wonderful new amenities for residents to enjoy, balancing privacy and social opportunities,” says Heleyne Gladstein, director of sales and marketing at Applewood Estates. “Applewood Estates provides residents an environment where each individual can choose the life he or she enjoys living.”

### NOT YOUR FATHER'S RETIREMENT COMMUNITY

Applewood Estates is in tune with today’s senior, providing amenities and security that allow each resident to thrive. The latest amenities include:

- New computer lab
- A performing arts center, bringing the experience of a professional theater onsite
- Seventy-five-foot lap pool, and a Jacuzzi®, which accommodates 10 to 15 people and offers new opportunities to socialize
- Bistro and formal dining room, affording more dining options to fit individual needs and preferences
- Satellite campus for senior citizens activities network (SCAN), allowing seniors to take college-caliber courses onsite for a nominal fee

When selecting a location for retirement, Joyce carefully weighed her options, touring and researching literature from a number of communities across the state. Attending luncheons at Applewood Estates over the years leading to the new construction, she was able to meet and ask questions of the residents who also attended.

“When I came to visit Applewood Estates, I felt a sense of warmth about the place and the people that I met,” says Joyce. “I know it was absolutely the right choice.”

# Applewood Estates

## SENIORSFIRST CALENDAR OF EVENTS

JANUARY & FEBRUARY 2008

Call (732) 780-3013 for reservations for all programs.

### DINING OUT PROGRAM AND SENIOR GAMES

Old Country Buffet, Route 9 North,  
Freehold

Join us for good food and fun with other seniors. Breakfast roll and coffee, buffet lunch, cards, or board games (bring your own).

**\$6 pay at door.**

Wednesdays, January 9 & February 13,  
9:30 a.m.–1 p.m.

### STROKE SUPPORT GROUP

Jackson, NJ

Mondays, January 14 & February 11, 2 p.m.

### PARKINSON SUPPORT GROUP

Manalapan Senior Center  
211 Route 522, Manalapan

Tuesdays, January 15 & February 19,  
11:15 a.m.

### SENIORSFIRST MEMBERSHIP LUNCHEON—“CRUISE ALONG WITH SENIORSFIRST”

Applewood Estates Performing Arts Center  
1 Applewood Drive, Freehold

Professional entertainment and free prizes.

**\$9.** Friday, February 22, 11:30 a.m.

### SENIORSFIRST MEMBERSHIP LUNCHEON—“COME SKI WITH US”

Freehold Senior Center

116 Jackson Mills Road, Freehold

Professional entertainment. **\$9.**

Friday, February 22, 11:30 a.m.



▲ Joyce McLoughlin spends her free time playing cards with friends and relaxing in her beautiful apartment.

### CONTINUUM OF CARE

One of the overriding factors for Joyce was the sense that she would have help and assistance should the need arise. Affiliated with the CentraState Healthcare System, Applewood Estates was the first continuing care retirement community in New Jersey with that distinction. The lifecare contract provides residents with a lifetime of healthcare that meets their changing needs.

Residents of Applewood Estates have access to various levels of care from independent living, assisted living, and skilled nursing to specialized care for dementia and related disorders. Acute care needs are met by CentraState Medical Center only two miles away, and residents can return home to

Applewood Estates for skilled nursing upon discharge.

“The expansion and renovation has allowed Applewood Estates to provide our residents with various choices to fit their lifestyle,” says Jay S. Solomon, LNHA, vice president, Senior Services, CentraState Healthcare System. “We invite the community to come and see our newly expanded and renovated amenities, apartment homes, and cottages. They are shining examples of our commitment to current residents, the community at large, and the next generation of seniors.”

**For more information about the expansion of Applewood Estates, or to schedule a tour of amenities, apartments, or cottages, call (732) 303-7416, or toll-free (800) 438-0888. HD**



To learn more about the lifecare advantage at Applewood Estates, attend an information session every Wednesday at 11 a.m. Please RSVP to (732) 303-7416.

# A BREAD OF HOPE

Her name is Ruth Zaikov, but to patients and staff of CentraState Medical Center, she's mostly known as the "Bread Lady." Once a week, for nearly five years, the 82-year-old Manalapan resident has delivered baskets of homemade, still-warm-from-the-oven, mini-loaves of challah, a special Jewish bread, to CentraState's Radiation Oncology department for patients and staff of all faiths to share. A former patient and breast cancer survivor, Ruth calls the challahs "bread of hope" and says they're a way of giving thanks and sharing her fortune with others.

"We love it. The patients and their families love it. It's such a positive sign of support and camaraderie. Some even leave Ruth thank-you notes," says

Edward Soffen, MD, chair of Radiation Oncology. "Having cancer is a life change. Even if the doctor says there's an excellent chance of survival, there's always the fear the patient might be among those less fortunate. Receiving this gift from a former patient who is doing well is uplifting and inspiring."

## THE INSPIRATION

Ruth, a widowed mother of four and grandmother of 11, was diagnosed with a suspicious lump in her breast about six years ago. She got the news after she accompanied her daughter Rona, a pastry chef and co-owner of Thyme Square restaurant in Red Bank, to a mammography appointment and decided to have one herself. She underwent a lumpectomy and was referred to CentraState for radiation therapy.

"From day one the people at CentraState have been phenomenal," Ruth says of the Radiation Oncology staff. "They're warm, supportive, and funny. They went out of their way to accommodate me when scheduling appointments."

During her treatment, Ruth befriended another patient who mentioned how her oncologist bought challahs for patients that he called "bread of hope."

"My friend said, 'I need all the hope I can get.' It was such an inspiration. I thought, 'I can do that,'" recalls Ruth.

## STILL GOING STRONG

She bakes about 45 to 50 plain, poppy-seed, and sesame-seed mini-loaves each week and is nearing the 10,000 mark. Like the storied post office couriers whom "neither snow, nor rain, nor heat, nor gloom of night can stay from their appointed rounds," nothing short of serious illness has interfered with Ruth's weekly deliveries. She missed some while recovering from a fractured ankle. "I kept nagging the orthopedist to let me go back," Ruth says. A heart attack in February 2006 also waylaid her temporarily. "I was taken to CentraState's Emergency Department and when I was getting the EKG, the technician said, 'You're the Bread Lady,'" she recalls with delight.

"I thrive when I'm busy and involved," says Ruth. She's taking art classes at the adult community where she lives, attends lectures at two local synagogues, and loves perusing the Englishtown auction. During the school year she volunteers in a kindergarten. She also has taken courses at Brookdale Community College. Perhaps a sign in her kitchen sums it up best: "God has a lot planned for me and I'm not near finished."

**For information about Radiation Oncology and other cancer services at CentraState, call (866) CENTRA7 or visit [www.centrastate.com](http://www.centrastate.com).** #D



◀ Ruth Zaikov is greeted by Brian Chon, MD, radiation oncologist, as she delivers her specially baked "bread of hope" to patients and staff.



# Triathlete Orthopedist

## HELPS OTHER COMPETITIVE TRIATHLETES

**In** the world of competitive sports, triathletes are in a league by themselves. Competing in a grueling sport that requires long-distance swimming, running, and biking, a triathlete pushes the human body to its performance peak. In an Ironman competition, swimming 2.4 miles, biking 112 miles, and running 26.2 miles, the physical demands are almost too much for most people to fathom. For these athletes, however, there is no greater thrill.

After competing for 13 years as a gymnast, Laura DeMeo from Ocean reignited her love of sports competition by training and competing as a triathlete. Even with her superior physical condition, injuries were inevitable.

### OVERCOMING INJURIES BEFORE COMPETITION

Training for several hours almost every day for the past seven years, Laura acknowledges that she often sustains injuries shortly before her competitions.

“I accelerate my conditioning regimen to prepare for the competition and



Gerardo Goldberger, DO,  
board-certified orthopedic surgeon

that’s when my injuries tend to occur—at the worst possible time,” notes Laura. Because of the high degree of training that her sport demands, Laura requires specialized sports medicine orthopedic care.

She recalls, “Several years ago, I hurt my ankle about three weeks before a big competition. My doctor at that time advised me not to use the ankle for about a month and just rest. I couldn’t make him understand that resting was not an option.”

Thankfully, Laura met Gerardo Goldberger, DO, an orthopedic sports medicine specialist at Advanced Orthopedics and Sports Medicine Institute, PC, in Freehold. Not only does Dr. Goldberger specialize in treating sports-related injuries, he is also a competitive triathlete.

Dr. Goldberger competes in triathlons throughout the world. He was a member of the 2007 Team USA’s Aquathlon team and placed fifth in his age group.

“I specialize in treating athletes who have sustained sports-related injuries,” explains Dr. Goldberger. “I know how competitive athletes’ minds and bodies work because I have been a lifelong competitive athlete myself.”

### COMBATING OVERUSE INJURIES

Dr. Goldberger knew Laura because they frequently competed at the same Ironman events, including the Eagleman in Lake Placid, New York. Triathletes’ injuries to the knees, ankles, shoulders, and elbows are often overuse-related and Laura’s injuries followed that pattern.

Dr. Goldberger says that his protocol has been to adjust her training schedule to allow the specific injury to heal, but not diminish the training plan of the rest of the body. When she injured her knee, Dr. Goldberger made an adjustment to her bicycle positioning to alleviate stress to her joints when biking.

“Dr. Goldberger’s expertise as both an orthopedist and a triathlete plays a key role in my training regimen. He’s a fantastic doctor and an incredible competitor,” says Laura.

**For more information on orthopedic services, call (866) CENTRA7 or visit [www.centrastate.com](http://www.centrastate.com). #D**

### Orthopedic Surgeons on Staff at CentraState

#### Advanced Orthopedics and Sports Medicine Institute

- Manuel T. Banzon, MD, FAAOS
- Gregg S. Berkowitz, MD, FAAOS
- James Cozzarelli, MD
- Gerardo Goldberger, DO
- Michael Greller, MD, FAAOS
- Alan S. Nasar, MD

#### Central Jersey Sports Medicine and Orthopedics Center

- Andrew Harrison, MD, FAAOS

## Student Health Awareness Center

Call (732) 308-1850 for information or to register. Programs for students at all grade levels include substance abuse prevention, family life, general health, and nutrition.

### Girls Grow Up

Saturday, January 12, 10–11:30 a.m. or  
Wednesday, February 13, 7–8:30 p.m.,  
\$18 per child, parents free.

### Boys Grow Up

Tuesday, February 5, 7–8:30 p.m.,  
\$18 per child, parents free.

### Birds & Bees: Taking the Sting Out

Learn improved communication skills and how to talk to your child about sex. Learn what to say and how to say it. *For parents only... no children please.*

Tuesday, January 22, 7–8:30 p.m., \$18, one parent; \$25, couple. HD

### Babysitting Clinic

Girls and boys, ages 11 to 15, are invited to join CentraState's Babysitting Clinic. The Clinic is a one-day, all inclusive information session that will help babysitters become more confident by teaching them about safety issues and how to handle emergencies.

Bag lunch recommended.  
Saturday, January 19  
or February 16, \$35. HD

## Integrative Therapies

Please call (732) 308-0570 for information or to register.

### Massage Therapy

One hour, \$60. 1/2 hour, \$35.

### Prenatal Massage Therapy

One hour, \$65.

### Raindrop Technique

One hour, \$72. 1/2 hour, \$35.

### Reiki

One hour, \$60. 1/2 hour, \$35.

### Yoga for Those with Multiple Sclerosis

Work your muscles at your own pace with specially trained Yoga instructors.  
Mondays, 1:30–2:30 p.m.,  
8 weeks, \$60.

### Reiki Certification Classes \$150.

### Meditation for Self-Renewal, Health, and Well-Being

Experience and explore several sitting, easy movement, and visualization meditation techniques. Ease tension, feel more positive, and boost your immune system.

Thursdays, 7–8:15 p.m.,  
5 weeks, \$85.

### Prenatal Yoga

Designed to meet the needs of all stages of pregnancy.

Wednesdays, 5:30–6:30 p.m.,  
6 weeks, \$60. HD



## WE'RE OPEN!

The new and exciting Michelle and Jennifer Tobias *Adventure to Health*, a completely interactive experience for kids in grades K–8, is now open and ready to have your children explore the wonders of the human body. They can learn about nutrition, see how the lungs work, hear their own heartbeat, operate a video game with their own muscle power, and find out what is inside a nose. Much more awaits in this one-of-a-kind facility, located in the new Star and Barry Tobias Ambulatory Campus. *Adventure to Health* is open to the public on weekends and some evenings. Please call (732) 308-1850 for information and fees. HD

## Kid's Classes

### Kids Crafts

Ages 3–5.  
Mondays or Wednesdays  
7 weeks, \$65.

### Tumbling Tots

Ages 3–5.  
Fridays  
7 weeks, \$65.

### Two Doodle

Ages 2 1/2–3 1/2  
and their parents.  
Mondays or Wednesdays  
7 weeks, \$65.

### Musical Munchkins

Ages 2–3 with  
parents, 3–5  
without parents.  
Thursdays  
7 weeks, \$65. HD

## CPR First Aid Training

Use of these materials in the educational course does not represent course sponsorship by the American Heart Association, and any fees for this course and/or material do not represent income for the American Heart Association. Call (732) 308-0570 for more information.

### Friends and Family CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. This is a non-certification class.  
\$35/\$60 (couple).

**Heartsaver AED (Adult/Child CPR with AED) \$50.**

### Heartsaver CPR

Adult, child, and infant.  
\$40/\$70 (couple).

**Heartsaver First Aid \$50.**

### Healthcare Provider

Full and renewal courses.

**We also offer ACLS and PALS. HD**

The Health Awareness Center in Freehold Raceway Mall closed its doors at the end of October 2007.

Most of the programs relocated to the Health Awareness Center at the Star and Barry Tobias Ambulatory Campus located next to CentraState Medical Center. HD

### COMMUNITY LECTURE SERIES

A series of free or low-cost programs presented by physicians or other health professionals at the Star and Barry Tobias Ambulatory Campus unless otherwise noted. Preregistration is required. Call (732) 308-0570 for a brochure or more information. HD

## Novo Nordisk Diabetes Center

Recognized by the **American Diabetes Association**, this comprehensive program teaches people with diabetes all they need to know to lead normal, healthy lives.

Classes include:

- Survival skills
- Blood glucose monitoring and medications
- Meal planning, including carb counting
- Risk reduction
- Stress management and exercise

We also offer an insulin pump program, a gestational diabetes program, individualized insulin starts, carbohydrate counting with insulin adjustment protocols, and a diabetes support group.

For more information, please call (732) 294-2574. HD

## Weight Management for the Whole Family

Nutrition consultation and personal training by appointment.

### NEW! Reevue Metabolic Analyzer

Determine your resting metabolic rate and fine-tune your weight management efforts. A simple, 30-minute, noninvasive testing procedure helps to identify how many calories your body needs. You'll then learn how to use that information to make a difference in your health. By appointment. **\$59.**

### Naturally Simple Weight-Loss Program

Release the power of your own body to regulate your weight and health through a combination of nutrition science and interactive, hands-on activities. **\$169.**

Tuesdays, 7:30–8:30 p.m.,  
**8 weeks**, January 15

Thursdays, 9:30–10:30 a.m.,  
**8 weeks**, January 17

### Individual Consults: Registered Dietitian

Healthy meal planning for weight management and improved well-being. By appointment.

### Twist & Stretch

This aerobic and body building program is just for kids ages 8–12 who want to strengthen muscles and improve balance and flexibility using varied, fun equipment. This is a great program for young athletes. **\$49.**

Tuesdays, 4:30–5:15 p.m.,  
**8 weeks**, January 8

### Just for Kids

This program can be brought into your school, recreation facility, or church. Based on SHAPEDOWN, this nutrition and fitness education program is for children ages 6–10. Workbook-based and taught by trained professionals, this program helps guide children to make better choices when it comes to food and exercise. Call for appointment.

### Cooking Demo

Teaching cooking demonstrations scheduled throughout 2008. Call the HAC for a list of upcoming demos.

### Kids in Control

This nutrition and exercise program for kids ages 6–8 sets the stage for weight management success. Fast-paced and interactive, Kids in Control helps kids practice decision-making skills when it comes to food and exercise. Parents are encouraged to participate. **\$79.**

6:30–7:30 p.m.,  
**3 weeks**, January 10, 17 & 24

### SHAPEDOWN

This nationally known program helps parents and kids ages 8–12 work together to develop healthy eating and activity behaviors while developing powerful communication skills to better navigate the formative years. Kids practice making healthy lifestyle decisions while building a better body image. Taught by specially trained professionals.

**\$399 per family, \$75 per additional sibling.**

5:45–7:30 p.m.,  
**10 weeks**, January 29 HD

## Infant/Toddler Classes

A variety of parenting programs for moms, dads, and infants/toddlers up to 3 years old are offered with age-appropriate topics by an RN Instructor. Class size is small, and registration can be prorated into currently running sessions if space is available. Call (732) 308-0570 for information or to register.

### Newborn Parenting

For parents and newborns up to 4 months.

January 4  
**4 weeks, first week free, then \$10 per class.**

### Baby & Me

Ages 2–6 months.  
Thursdays  
**6 weeks, \$78.**

### Wee Two

Ages 7–12 months.  
Mondays  
**6 weeks, \$78.**

### Jumping Jacks & Jills I

Ages 12–18 months.  
Tuesdays or Thursdays  
**6 weeks, \$78.**

### Care of the Multiple Birth Family/Pregnancy and Birth

A comprehensive 4-hour class designed to educate and prepare expectant parents for pregnancy, delivery, and life with more than one baby.

Mondays, 7–9 p.m.,  
**2 weeks**, February 5 and 12, **\$75.**

### Jumping Jacks & Jills II

Ages 19–25 months.  
Tuesdays or Wednesdays  
**6 weeks, \$78.**

### Fun Time

Ages 26–36 months.  
Tuesdays or Wednesdays  
**6 weeks, \$78.**

### Stroller Strides

Stroller Strides is a total fitness program that new moms can do with their babies. Taught by a nationally certified instructor. (732) 294-0011.

Mondays, Wednesdays, or Thursdays  
**10 classes, \$100.** HD

## Childbirth Preparation

Call (732) 308-0570 for information or to register. All prenatal and childhood programs taught by registered nurses.

### Journey Through Childbirth

Understanding comfort measures for labor and birth.

- **5 weeks, \$120 (\$175 package price available for prepared childbirth, breastfeeding, and infant care).**
- **One-Day Class: Monthly, \$130.**
- **Breastfeeding Class, \$45.**
- **Infant Care Class, 4 weeks, \$63.**

### Sibling Preparation

Ages 3–10, **\$15 each child, discounts for multiple children.**

### Prenatal Yoga

**6 weeks, \$60.**

### Expectant Grandparents

Rediscover what it's like to care for a child.

Friday, February 29, 7:30–9:30 p.m.,  
**\$15, couples \$20.** HD

All prenatal and childhood programs taught by registered nurses, and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach are cosponsored by the Visiting Nurse Association of Central Jersey. HD

### TIME TO QUIT! SMOKING CESSATION

Trained tobacco dependency treatment specialists provide private assessments to determine which path you should take to quit smoking based on your health and social history.

Six group and individual classes are offered.

January 24, 7 p.m.

Registration requested by January 8. **\$179.** HD

# CENTRASTATE BRIEFS

## GENEROSITY ABOUNDS

ORGANIZATION	DONATION	DEDICATION
CentraState Associated Auxiliaries	\$2.5 million since 1971; a pledge of \$250,000 toward the Ambulatory Campus campaign	CentraState Auxiliaries Atrium
OceanFirst Foundation	\$300,000	OceanFirst Rehabilitation Center
Liberty Anesthesia and Pain Management	\$150,000	"Liberty Way," the large, first floor hallway in the Campus
Novo Nordisk	\$100,000	Novo Nordisk Diabetes Center
Peter Jay Sharp Foundation	\$2.125 million	The Star and Barry Tobias Ambulatory Campus, Health Awareness Center; Michelle and Jennifer Tobias Adventure to Health
DCH Freehold Toyota	\$25,000	DCH Freehold Toyota Childcare Center
New Jersey Natural Gas	\$25,000	New Jersey Natural Gas Reception and Waiting Lounge at the Health Awareness Center



◀ In gratitude of donations made to honor a late U.S. Marine Corps veteran from New Jersey, Thomas J. Blanchet, CentraState has dedicated its new Cardiac Diagnostic Center located at the Star and Barry Tobias Ambulatory Campus in his memory. Pictured are (left to right) Sally Blanchet, widow of Thomas J. Blanchet, and their children—William Blanchet, Suzanne Blanchet-Hirst, and Thomas Blanchet, II.



▶ CentraState has launched an endovascular surgery mentorship program for vascular medicine specialists and cardiologists interested in studying non-coronary, catheter-based interventions for vascular diseases. Participating physicians will train for one year under Larry Shindelmann, MD, an endovascular specialist and director of CentraState's Endovascular Program. Pictured are Dr. Shindelmann (left) and program participant Afaq Azar, MD.

## CENTRASTATE'S GENETIC COUNSELING OFFERS HOPE TO FAMILIES WITH CANCER HISTORY

CentraState, a clinical research affiliate of The Cancer Institute of New Jersey (CINJ), now offers a program designed to assess cancer risk for individuals with a personal and/or family history of cancer. The HOPE (hereditary oncology prevention and evaluation) Program, a service of the CINJ LIFE (Ladies Professional Golf Association In the Fight to Eradicate Breast Cancer) Center, is especially helpful for individuals concerned about their risk for cancer.

## CENTRASTATE ANNOUNCES SMOKING BAN

CentraState plans to go smoke free on all of its campuses effective November 2008. While smoking has been banned at CentraState Medical Center and other facilities within the health system for years, the new smoke-free initiative—dubbed SAFE (Smoke-free Air For Everyone)—will apply to the exterior surrounding grounds, including parking lots.

## MONMOUTH CROSSING WINS ANOTHER BEST PRACTICE AWARD

For the third time, Monmouth Crossing Assisted Living has received an Assisted Living Best Practice Award from the New Jersey Department of Health and Senior Services. Monmouth Crossing was recognized this year for its programs that recognize staff and keep employees happy.

Retired New York Giants player Bart Oates demonstrates the underwater treadmill in the HydroWorx® pool located at CentraState's OceanFirst Rehabilitation Center. Oates was a special guest at the dedication of CentraState's Fitness and Wellness Center, located next to the Rehabilitation Center. For more information about the Fitness and Wellness Center, call (732) 845-9400. For information about the Rehabilitation Center, call (732) 294-2700. ▶

