

# Healthy

DIRECTIONS

The full circle of health and wellness  
dedicated to excellence.



**CentraState**  
Healthcare System®

Freehold, New Jersey  
www.centrastate.com

May/June 2007



## Total Shoulder Replacement in Reverse

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*Coming Soon:*  
**CentraState  
Fitness and  
Wellness Center**



CentraState  
Medical Center  
is a Magnet® hospital



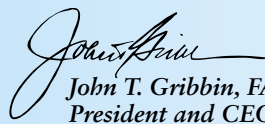
## President's Message

Last February, the powerful Soarian clinical information system went live at CentraState. Soarian improves patient care and outcomes by enhancing the healthcare team's access to relevant clinical information.

With this high-tech system, clinicians can access relevant patient information seamlessly, allowing them to spend more time with the patient. Clinicians can efficiently view patient histories, allergies, test results, and images from a single computerized workstation. The system provides numerous specialized tools and resources including clinical documentation, plans of care, work lists, and workflow integration. The overall result is that clinicians can spend more time interpreting information and physicians can create and manage comprehensive patient care at any time from any location.

Over the last four years, we have invested \$17 million laying the groundwork for Soarian. Yet the implementation of this advanced technology required more than a financial expenditure. As often the case at CentraState, a dedicated team of employees—from information systems, to nursing, to other clinical departments—powered our success and made Soarian a reality.

Together, we are making health care more effective, safe, and efficient for every patient who comes through our doors.

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

## Community Voices

My wife and I loudly applaud CentraState Labor and Delivery for the best healthcare experience that either of us have ever had.

Starting off, we want to thank the entire LDR team, as well as the staff at the Health Awareness Center for their superior service. Both the quality of care and attitudes/interaction with the staff were outstanding. The level of professionalism was exceptional and should be considered for an award. Having attended three Health Awareness Center courses, my wife and I were provided with a good set of expectations and were well informed on the details needed to have an optimum experience.

Our registration with the LDR staff was both comprehensive and comforting. Of particular note were Carolyn and Lindsey who really made us feel welcome. We call Lindsey the LDR Cheerleader because of her bubbly attitude. She was outstanding in both her knowledge and performance and gave us a great deal of comfort. Every person we interacted with took great care in helping set and reinforce expectations. Knowledge was always flowing.

My wife had a C-Section, and we were both impressed with the cleanliness and professionalism of all involved. We make special mention of the anesthesiologist, Miguel A. Arrieta, MD, who had a very unique way of handling patients—his humor was greatly appreciated.

After surgery, the nurses were wonderful. They allowed my wife to maintain her dignity through some uncomfortable circumstances. They cared so well for the baby and gave us so much comfort. Our every need was met and was done so promptly and with a smile. That is truly unique, particularly in healthcare. We felt like family members, not needy customers.

As a first-time father, I was amazed at how well I was accepted through this experience. I am grateful to all of the staff for their tireless efforts to care for and comfort my family.

I could go on and on, so I will stop here. I will end by just giving thanks again to both you and your staffs. We will highly recommend this hospital and if we have another child, we will be seeing you again.

Regards,

David and Christine DiGirolamo  
and Baby Nicholas



David and Christine DiGirolamo are grateful for the care they received during the birth of their son Nicholas, who was delivered at CentraState Medical Center by Susan Picana, MD, and Joseph Cipriano, MD, of Colts Neck Ob/Gyn.

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### May/June 2007

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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.

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## A SURPRISE DISCOVERY

# Saves a Life



**W**hen Lisa Seney, 36, wanted a cyst removed from her cheek in August 2006, she turned to CentraState Medical Center. Lisa, an accounts receivables associate and mother of two in Jackson, had the cyst for nearly a decade before she chose to have it removed.

“I knew the growth was benign, but became annoyed with it and the fact that people always asked me about it, so I finally decided to have surgery to remove it,” says Lisa. “I never imagined that having the growth removed would end up saving my life.”

### FOLLOWING ALL LEADS

To perform the surgery to remove the cyst, Lisa sought the expertise of A.K. Bhattacharya, MD, a board-certified plastic surgeon at CentraState. Dr. Bhattacharya performed a routine pre-operative computed tomography (CT) scan of Lisa’s face and made an unexpected discovery. A mass had formed on her thyroid, the butterfly-shaped gland at the base of the throat that helps regulate heart rate, blood pressure, body temperature, and weight. Dr. Bhattacharya immediately ordered a fine-needle biopsy, which showed that the mass on Lisa’s thyroid was cancerous.

“As a physician, it is essential to follow your instincts and any leads so the patient can receive the best care and outcomes possible,” says Dr. Bhattacharya, chief of Plastic Surgery at CentraState. “With the integration of services and the Ambulatory Surgery Center available at CentraState, we were able to work together to provide Lisa the seamless care she needed. If we had disregarded the mass and continued with the plan to remove the growth, Lisa’s story might have been quite different.”

▶ A routine procedure was anything but for Lisa Seney (center). Her physicians, A.K. Bhattacharya, MD, (right) and Sapna Brahmhatt, MD, went above and beyond—and saved her life.

### FIGHTING THE DISEASE

Dr. Bhattacharya referred Lisa to Sapna Brahmhatt, MD, board-certified otolaryngologist on staff at CentraState, who determined that Lisa’s cancer had spread to the point that removal of her thyroid was necessary. The procedure, called a thyroidectomy, removes the entire thyroid system.

“The procedure was a complete success,” says Dr. Brahmhatt, who performed the procedure. “Lisa was lucky because we found her cancer at a relatively early stage, and we were able to complete the procedure so she could begin fighting the cancer through iodine radiation therapy.”

Now, after months of radiation treatments, Lisa has won her battle with cancer. She credits her physicians’ knowledge and determination to help her overcome the disease as two of the major factors in her recovery.

“If not for Drs. Bhattacharya and Brahmhatt, I might not be here today,” says Lisa. “Throughout the entire journey, they were genuinely worried about me and did everything they could to help me succeed. I know I received the best care possible, and I have my life to prove it.”

**To find a plastic surgeon or otolaryngologist on staff at CentraState Medical Center, or to learn more about CentraState’s Ambulatory Surgery Center or Radiation Oncology Services, call (866) CENTRA7 or visit [www.centrastate.com](http://www.centrastate.com).** HD

### Plastic Surgeons on Staff at CentraState

Christopher Godek, MD

Negin Griffith, MD

Chang Soo Kim, MD

Matthew Lynch, MD

Janet Parler, MD

### The Plastic and Cosmetic Surgery Center

Dimitrios Danikas, MD

Anthony Lombardi, MD

Rudolf Thompson, MD

### The Plastic Surgery Center

Andrew Elkwood, MD

Matthew Kaufman, MD

James Lynch, PAC

Michael Rose, MD

Christina Vendemia, PAC

### Professional Plastic Surgery, LLC

A.K. Bhattacharya, MD

### Sigmund Sattenspiel, MD

Eric Wurmser, MD

### Otolaryngologists on Staff at CentraState

Sapna Brahmhatt, MD

Freehold ENT Associates, PA

Arun S. Kumar, MD

Sadeq A. Razvi, MD

Paul Rossos, MD

# Mending a Hand in Need



◀ Though he vows never to climb a ladder again due to a recent fall that broke his wrist, Ben Davis is thankful for the specialized care he received at CentraState from Jim O'Shea, one of the few Certified Hand Therapists in the state.

"This sets us apart from other facilities in the area and ensures that patients are receiving the highest level of care, which contributes to more successful outcomes."

Ben was thankful for the extra time that Jim O'Shea, OT, CHT, occupational therapist and certified hand therapist at CentraState, spent explaining how the muscles work and helping restore Ben's hand function.

"We became good friends during therapy, and I appreciated all the time Jim spent with me," says Ben. "I learned a lot, and today my hand function is restored to the level it was before my injury."

## FOCUSED ON PATIENT SUCCESS

By October, Ben had completed therapy for his hand, but he was still having trouble moving his shoulder up or toward his back. A magnetic resonance image (MRI) revealed he had scar tissue and cartilage damage in his shoulder. Dr. Goldberger—a board-certified orthopedic surgeon with Western Monmouth Orthopedics Associates, PA, with extensive experience in shoulder reconstruction as the result of trauma or sports-related injuries—again operated on Ben, this time to reconstruct Ben's shoulder and improve his function. Restoring the anatomy of the shoulder through arthroscopic procedures and minimally invasive techniques is critical to preserving the complex dynamics of a shoulder joint. Ben then completed several more months of therapy to strengthen and increase the flexibility of his shoulder.

Today, Ben's hand and shoulder have healed and he's back to taking it easy with his wife at home—and he agrees when she says he doesn't need to be climbing a ladder again.



Jim O'Shea, OT, CHT

"We're a community hospital, and it's our responsibility to provide the highest standard of care for patients like Ben Davis," says O'Shea. "From the moment a patient enters our care, our goal is to deliver the best care available in a patient-focused manner."

**For more information about hand therapy or rehabilitation services at CentraState, call (866) CENTRA7. HD**

**W**hen Jackson resident Ben Davis climbed his ladder to trim the trees in his backyard in March 2006, he never imagined he'd end up in the Emergency Department.

"I fell 12 feet when the limb my ladder was resting on shifted," says Ben. "I landed on my right hand and broke my wrist badly." Ben also suffered from facial injuries, shoulder trauma, and a thoracic spine (middle back) vertebral fracture. "I was rushed to the Emergency Department at CentraState Medical Center where I received emergency surgery and Gerardo Goldberger, DO, put my wrist back together with eight pins."

Ben would go on to receive comprehensive care at CentraState for his many injuries.

## A TIME TO HEAL

In July, Ben's wrist was healed and he chose CentraState for therapy to restore function to his hand.

"CentraState is fortunate to have on staff one of the few certified hand therapists in New Jersey," says Brian Mason, PT, DPT, clinical director of Rehabilitation at CentraState.



# Reversing Shoulder Pain

Initially, the pain in Elaine Keshecki's right shoulder, which was worn out from osteoarthritis, was bothersome but not enough to seek treatment. Over the next few years, however, the pain continued to worsen and the Freehold resident received regular cortisone injections. While the injections minimized the pain, the relief was brief.

"I could raise my arm, but the pain was bad," Elaine recalls. "I put off having surgery because of my age, but in the end the choice was a no-brainer: pain or relief. I chose relief."

## AN INNOVATIVE OPTION

Elaine turned to a surgeon she knows and trusts, Manuel Banzon, MD, FAAOS, board-certified orthopedic surgeon on staff at CentraState Medical Center, who had performed surgery on both of Elaine's knees, hips, and wrists. For her shoulder, Dr. Banzon recommended a new procedure called reverse total shoulder replacement.

## FLIP-FLOPPING THE BALL AND SOCKET

The shoulder is a complex structure made of a ball (humeral head) and socket (scapula). During traditional shoulder replacement surgery, a plastic socket replaces the scapula while a metal ball

replaces the humeral head. In reverse total shoulder repair, the plastic socket and the metal ball replace the damaged shoulder, but their locations are switched. By reversing their location, the strength needed to lift and move the arm is shifted away from the damaged shoulder muscles and transferred to healthier muscles.

"We're essentially restoring motion to the shoulder," explains Dr. Banzon, who performed the second reverse shoulder replacement in New Jersey in the summer of 2006. "This procedure has a huge impact on people's well-being. Patients obtain major pain relief and regain most of their range of motion. Reverse total shoulder replacement is a rewarding procedure, and I'm glad to offer it to the community."

## THE RIGHT CHOICE

Though it may seem strange to reverse the position of the shoulder's ball and socket, the procedure has worked miracles for Elaine. Just three months after the procedure, she was able to lift her arm and move her arm without pain. Elaine was also excited to pick up her crochet needles once again.

When asked what she would say to other people suffering from shoulder pain, Elaine doesn't hesitate to respond.

"Choose the right doctor, and make sure surgery is your best

option," she explains matter-of-factly. "I hesitated at first, but Dr. Banzon and the staff at CentraState have always taken good care of me, and they did it again."

**To learn more about reverse total shoulder replacement, call (866) CENTRA7.** 

Elaine Keshecki and her surgeon, Manuel Banzon, MD, review an X-ray of her shoulder following reverse total shoulder replacement surgery.



### Orthopedic Surgeons on Staff privileged to perform reverse total shoulder replacement

#### Central Jersey Sports Medicine and Orthopedic Center

Andrew Harrison, MD, FAAOS

#### New Jersey Orthopedic Associates

Manuel T. Banzon, MD, FAAOS

Gregg Berkowitz, MD, FAAOS

#### Western Monmouth Orthopedic Associates, PA

James Cozzarelli, MD

Gerardo Goldberger, DO

Michael Greller, MD, FAAOS

Alan Nasar, MD

Thanks to new, minimally invasive techniques to repair his hernia, Dennis Walker is enjoying his Disney World vacation with family within weeks of his surgery. ►

# HERNIA REPAIR

## GETTING BACK TO LIFE QUICKLY



When Dennis Walker learned he had a double groin hernia and would need surgery, he was sure he would have to skip his planned family vacation to Disney World.

Dennis realized something was wrong when he began having difficulty standing or walking for long periods of time. After visiting his primary care physician, Dennis learned that he suffered from an inguinal hernia, an injury that occurs when a weak spot in the groin muscle allows tissue to push through and causes a painful bulge in the groin or scrotum.

“My primary care physician had given me the names of a few surgeons, and I began looking into traditional hernia repair surgery,” says Dennis, a New York-based sales manager. “I was going to have surgery performed in Manhattan, but then I learned about Morris Washington, MD, a general



Morris Washington, MD

surgeon with Endo-Surgical Associates of Central Jersey on staff at CentraState, and the minimally invasive hernia repair he was performing.”

### A QUICK PROCEDURE FOR MANY PATIENTS

“Typically, surgery for inguinal hernias is performed through an incision to the groin area, which can result in weeks of swelling, pain, and stiffness,” says Dr. Washington, who performed the surgery for Dennis. “Today, we can treat hernias with a laparoscopic procedure.”

During laparoscopic hernia repair, the surgeon enters the patient’s abdomen through an incision in the navel, then uses tiny tools to push the hernia back inside before applying surgical mesh to hold it in place and prevent additional hernias.

“This hernia repair has minimal pain and offers appropriate patients an easier recovery without large incisions,” Dr. Washington says. “After the hernia repair, they can return to work and play quickly. While some patients will experience slight pain at the incision site, the majority will have no pain at all.”

### AN EASY RECOVERY

After having the surgery on a Wednesday, which lasted about 90 minutes, Dennis went back to work the following Monday with the aid of just two pain

-pills. Within weeks of the surgery, the Walker family was able to take a nine-day vacation to Disney World.

“I’d had a hernia when we went to Disney World just two years before, and I had to sit down a lot and rest because of the discomfort,” Dennis remembers. “This time, I had no problems at all and we had a wonderful experience.”

**For more information about minimally invasive hernia repair at CentraState, call (866) CENTRA7. HD**

### Surgeons on Staff Privileged to Perform Minimally Invasive Hernia Surgery

#### Central Jersey Surgical Associates

V.K. Ashok, MD  
Gabor Kovacs, MD

#### Honorio M. Cruz, MD

#### Endo-Surgical Associates of Central Jersey

Lisa Dobruskin, MD  
Ragui Sadek, MD  
Morris Washington, MD

#### Mark Lehman, MD

#### Earl Noyan, MD

#### Kenneth Pozner, MD



# AT YOUR SERVICE: CENTRASTATE INTRODUCES ON-REQUEST MEALS

“This service is great,” says Robert Fleming of Howell, a patient on a heart-friendly, low-sugar diet. “The selections on the menu are appetizing, and everything I order is fresh and healthy.”

Among the specialty items offered from the four-page menu are slow-roasted prime rib au jus; home-style, stuffed chicken breast; pasta with homemade marinara sauce; and savory shrimp stir-fry with rice.

With CentraState Medical Center’s new Five Star Room Service Dining program, patients may get the feeling they’re eating at a hotel rather than in a hospital room. Inpatients can order breakfast, lunch, and dinner when they want by selecting from a restaurant-style menu featuring a wide array of choices—all of them free of trans fats.

“Patients phone in their orders to trained staff members, who work to ensure that meal selections meet prescribed dietary guidelines,” notes Gary Triolo, director of Food and Nutrition Services at CentraState. “The meals are freshly prepared, one at a time, and are delivered within 45 minutes.”

## HAVE IT YOUR WAY

Traditionally, patients had to make menu selections a day in advance with meals served at set times. The Five Star Room Service Dining program allows patients to place orders when they are ready to eat. To enhance its healthy menu selection, CentraState uses fresh herbs and local produce and baked goods.

The room service program and its expanded heart-healthy menu help promote improved recovery times and outcomes for patients, too.

“Patients eat better when they order the foods they want and eat when they feel like it,” says Gina Sullivan, registered dietitian and clinical manager of Food and Nutrition Services. “They can eat according to their personal schedule and not be interrupted, which is especially beneficial for people with diabetes. Patients with special dietary preferences, such as vegetarians, also have a variety of choices, like tofu stir-fry.”

“Our Five Star Room Service Dining program is another example of our dedication to optimizing the patient experience at all levels,” adds Daniel J. Messina, PhD, FACHE, LNHA, senior

vice president and COO, CentraState Healthcare System. “The program borrows from the hospitality industry—putting our patients in control and their needs and preferences first.” HD

## CentraState’s patient-focused care focuses on the details. Other examples include:

- Valet parking
- Blanket/gown warmers in the Women’s Center and Radiology
- Wood laminate flooring
- Artwork
- CD players, CDs, and toys for patients in the Ambulatory Surgery Center
- Internet access in rooms
- Flat-screen TVs and Care channel (Care channel is free and provides relaxing music and visual scenery 24 hours a day)
- Special kid-friendly décor in pediatric Emergency Department (ED) rooms
- Pagers for patients waiting to be seen in the ED
- Sibling entertainment area in the Mother-Baby unit

Robert Fleming is all smiles as he accepts his dinner choice from the Five Star Room Service Dining menu. The freshly prepared meals are cooked to order and delivered to patients on their schedules. ▶





# TAKING HEALTHY LIFE TO THE NEXT LEVEL

## *State-of-the-Art Fitness Club Coming to Freehold*

Construction of CentraState Medical Center's new three-story ambulatory outpatient facility is progressing on schedule and is slated to open in the fall. The \$48 million complex will focus on wellness, fitness, rehabilitation, and other outpatient services.

Located next to the Donna O'Donnell, RN, Medical Arts Building at CentraState Medical Center, the 171,000-square-foot addition will be anchored by the expanded Health Awareness Center and the new 40,000-square-foot CentraState

Fitness and Wellness Center, a state-of-the-art fitness center that is offering memberships to the public.

Additionally, the new building will house physical rehabilitation, cardiac rehab, outpatient diabetes, the Center for Sleep Disorders, 50,000 square feet of private physician offices, a conference center with two auditoriums, and a cafe. The building will connect directly to CentraState Medical Center by an enclosed walkway at ground level.

"We are continuing to expand our role as a community health system by offering even more health and wellness choices to people in our area," says John Gribbin, FACHE, president and CEO of CentraState Healthcare System.

at CentraState, says the community will have access to a fitness club that is unlike anything else available in the region.

"We will provide our members with the tools they need to enhance their health and wellness regardless of their current level of fitness," says Karaman. "Our center's services will be very diverse; we will offer sports performance training to the seasoned athlete but also serve the recuperating orthopedic, cardiac, or medical patient, for example."

Whether you want to improve your health, your looks, or both, take a look at the extensive list of features at the new fitness center:

### »» The Latest Equipment and Classes

CentraState partnered with the region's premier fitness program provider, Fitness and Wellness Professional Services, Princeton, to develop state-of-the-art equipment and programs that are suited to the community's diverse needs. The center will feature top-quality Life Fitness cardio machines and Hammer Strength weight resistance equipment. Flat-screen televisions will face the cardio machines to offer entertainment while exercising.

Exercise physiologists will be available to work one-on-one with each member. When a new member begins and every eight weeks thereafter, the exercise physiologist will assess the member's needs and goals and design a fitness program. Each member also receives

### CENTRASTATE FITNESS AND WELLNESS CENTER

Part of this enhancement is the opening of the new CentraState Fitness and Wellness Center, scheduled to open early in the fall. The new center will be the first of its kind in this area to offer such a wide range of health and wellness services all under one roof.

James Karaman, assistant vice president of Ambulatory Services





A full spectrum of fitness equipment, including treadmills and elliptical machines, will be available at the Fitness and Wellness Center. ▶

# STYLES /EL



a nurse evaluation and screenings for blood pressure, body fat, strength, and flexibility. In addition, personal trainers are available on the floor to help members with their workouts.

Seasoned professional fitness instructors will utilize five different class studios to teach cutting-edge courses designed for fitness, relaxation, and strength building. Available seven days a week, the club plans to run several hundred fitness and wellness classes per year. Other amenities for members include private towel service and locker rooms.

## »» Extensive Rehabilitation Services

Several CentraState Medical Center rehabilitation services will utilize the Fitness and Wellness Center to support rehabilitation techniques. Patients undergoing treatment for orthopedic, pulmonary, and cardiac rehabilitation; multiple sclerosis; cancer; and other physical challenges will benefit from the diverse equipment and childcare services offered at the center.



## »» Childcare

Parents with young children are particularly challenged when it comes to fitting a workout into an already jam-packed schedule. For a nominal fee, CentraState Fitness will offer a fully staffed childcare center designed to entertain children while parents take time to unwind and reinvigorate themselves with a workout. As an added safety feature, parents can keep an eye on their children in the childcare center via closed-circuit televisions attached to individual aerobic equipment located throughout the club. The childcare service is available to all people who are visiting the Ambulatory Campus.

## »» Aquatic Fitness and Therapy

CentraState Fitness members can utilize a variety of aquatic options to achieve their fitness needs and goals. The center features both a cool water lap pool and a large, warm water therapeutic pool for both individual and group needs.

For patients needing advanced rehabilitation, the Physical Therapy Department features the HydroWorx Pool, the first in the state. This pool allows for therapeutic exercises and provides health benefits, including decreased body weight and less stress on weight-bearing joints like the lower back, hip, knee, ankle, and foot.

Additionally, water exercise relaxes muscles, assists in pain management, and allows for earlier motion after surgery.

“CentraState is one of the very few healthcare systems in the region to offer

this depth and range of aquatic amenities and services,” says Karaman.

## »» Month-to-Month Memberships Available

CentraState Fitness and Wellness Center is currently enrolling new members. Club memberships are open to the public. While traditional fitness clubs generally require long-term membership contracts, CentraState Fitness offers month-to-month memberships. This type of “low pressure” membership was designed to encourage more people to try a fitness center environment without the requirement of a year commitment or more.

## SETTING THE BAR

Karaman says that the new fitness center will raise the bar for fitness and wellness services in the state.

“It is very unusual for a fitness and wellness center to be sponsored by a healthcare system,” says Karaman. “The CentraState Fitness and Wellness Center represents our ongoing mission to provide our community with a complete continuum of care—from wellness and disease prevention to healthcare and rehabilitation.”

**CentraState Fitness and Wellness Center will be open Monday–Friday from 5 a.m. to 11 p.m., Saturday from 7 a.m. to 5 p.m., and Sunday from 7 a.m. to 3 p.m. For membership information, to schedule a tour, or to take advantage of a free workout, call (732) 845-9400. HD**



# SO HAPPY TOGETHER

*Mary and William "Bill" Stein have been inseparable since their wedding an amazing 73 years ago. Residents at CentraState Healthcare System's Monmouth Crossing assisted living community since 2004, the couple has started another chapter in their long love story at Heritage Corner.*

**B**ill and Mary met and married in New York City. He was a student from Indiana attending Columbia University; and she was a young woman from Rossinver, County Leitrim, Ireland. The couple have lived in New Jersey since 1948, and reared their two children, Patricia and Frank, in Teaneck.

"When it became evident that our parents needed care beyond what we could provide, we began searching for assisted living facilities in the area," says Frank, who worked for IBM for 39 years. "It was a hard decision to make, but the professionalism of the staff, the friendliness of the other residents, and the care available at Monmouth

Crossing put me at ease that it was the best choice for my parents."

## IN SICKNESS AND IN HEALTH

Mary and Bill enjoyed their airy, two-bedroom, corner apartment. Spending most days in each other's company, they also had frequent visits from Patricia and Frank and Frank's wife, Connie. Mary's first question was always how their four grandchildren and six great-grandchildren were doing.

In good physical shape for her 99 years, Mary suffers from dementia—characterized by symptoms of memory loss and difficulty thinking or reasoning. This can result in

### Alzheimer's Support Group

Monmouth Crossing, in collaboration with the Alzheimer's Association of New Jersey, hosts an Alzheimer's support group that meets on the second Thursday of every month at 2 p.m.

For more information, call (732) 303-8600.

## APPLEWOOD ESTATES: A WORLD OF OPTIONS, AND THE TIME TO ENJOY THEM

**A**pplewood Estates, the lifecare retirement community of CentraState Healthcare System in Freehold, is helping active retirees stay in the game with a totally reconstructed and redesigned fitness and wellness center and a host of other amenities.

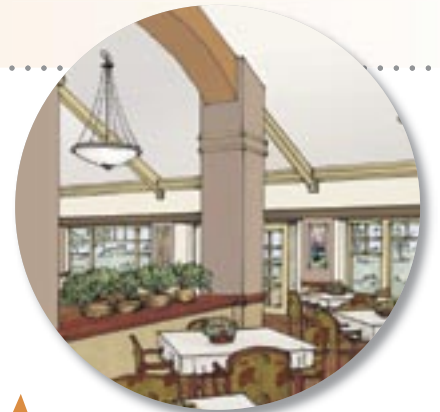
"People who want to be proactive in their own health or just enjoy being engaged in physical activity will love the new full-service fitness center," says Gloria Zayanosky, executive director of Applewood Estates.

The center's exercise room offers the most popular fitness equipment from elliptical trainers to treadmills and stationary bikes. Those who prefer more interactive movement can take Yoga, T'ai Chi, line

dancing, and other classes in the exercise studio. The center also features a 75-foot lap pool, juice bar, a Jacuzzi, and spa.

Other recently completed upgrades to Applewood's 44-acre campus include a state-of-the-art, 250-seat performance center that provides an elegant home for the resident theater group and valuable space for community groups, area schools, and local orchestras. A modern computer room and casual-dining bistro pub equipped with a large screen TV also will be added this year.

The expansions and upgrades are part of a \$35 million investment that includes 20 new freestanding cottages and 50 independent living apartments, as well as renovated common areas.



▲ The new spacious, formal dining room is one of several new upgraded amenities at Applewood Estates.

"Applewood Estates offers a variety of cultural, social, and personal enrichment opportunities for an active, worry-free lifestyle that today's retirees value," says Zayanosky. "At Applewood, this active, social living is backed by the security of knowing your health needs will always be met."

To learn more about Applewood Estates, call (800) 438-0888 toll-free or (732) 303-7416. HD



disorientation, which Mary began to experience last fall.

When the staff found her exhibiting wandering behavior within the facility, they talked to Patricia and Frank about transitioning their parents to Heritage Corner, the specialized dementia care residence in Monmouth Crossing.

Transitions typically involve day trips to Heritage Corner, where residents gradually spend more and more time, allowing them to become acclimated and prepared for the move. Before they were able to start the transition, Mary fell and broke her hip. After the surgery seemed like the right time for the Steins.

“Mom had hip replacement surgery across the street at CentraState Medical Center and spent 30 days in rehab at The Manor Care Center, CentraState’s skilled nursing facility. I was able to bring Dad over each day to see her from Monmouth Crossing,” says Patricia, who taught high-school Latin for 34 years. “I did not think about how close the medical center was when we chose Monmouth Crossing, but it has been such a blessing.”

### TO LOVE AND TO CHERISH

When Mary’s rehab was complete, the staff all pitched in, and the couple moved to Heritage Corner.

“Heritage Corner is a homelike setting where residents with cognitive decline

have maximum independence in a safe, comfortable environment,” says Andrew Harris, administrator at Monmouth Crossing. “Heritage Corner is staffed by certified dementia care professionals: a full-time LPN who coordinates resident services and a dedicated, full-time activities director. Together they lead the Heritage Corner team to engage residents in individual, small, and large group activities within Monmouth Crossing and on field trips.”

In addition, residents can enjoy the health benefits provided by the animals in the pet therapy program. A resident kitten named “Simba” and a dog named “Bear,” a favorite of Mary’s, join residents daily.

Heritage Corner was designed to be small, with only 16 private suites and a small staff-to-resident ratio, which allows for the provision of personalized service.

“What I like about Mr. Harris and the staff is that nothing is impossible,” says Patricia. “Everything has worked out beautifully. My parents are still together, and Mom is scooting around with her walker. Thanks to Monmouth Crossing, Mom and Dad are doing great.”

**For more information on Monmouth Crossing, call (732) 303-8600.** HD

## CENTRASTATE HONORS DOCTORS OF THE YEAR



▲ Board-certified nephrologist James Matera, DO (center), of Nephrology-Hypertension Assoc., is the Physician of the Year as selected by the medical-dental staff of CentraState Medical Center, the second time for the assistant chief of staff to receive the honor. He is flanked by Steven Mishkin, MD, chief of staff, and John Gribbin, FACHE, CentraState president and CEO.



▲ Board-certified orthopedic surgeon Manuel Banzon, FAAOS, MD (center), of New Jersey Orthopedic Assoc., is the Physician of the Year as named by the nursing staff at CentraState. He is joined by John Gribbin and Kim Kelly, RN, vice president, clinical services at CentraState.

## SENIORSFIRST CALENDAR OF EVENTS

MAY & JUNE 2007

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, cards or board games (bring your own), and buffet lunch.

**\$6; pay at door.**

*Wednesdays, May 9 & June 13*

*9:30 a.m.–1 p.m.*

### STROKE SUPPORT GROUP

**Jackson, Mondays, May 14 & June 11, 2 p.m.**

### PARKINSON SUPPORT GROUP

**Manalapan Senior Center**

**211 Freehold Road, Manalapan**

*Tuesdays, May 15 & June 19, 11:15 a.m.*

### SENIORSFIRST–AARP DEFENSIVE DRIVING CLASS

**Health Awareness Center—**

**Freehold Raceway Mall—Route 9 South**

A two-day class to improve your driving skills & insurance discount. Make check payable to AARP and send to SeniorsFirst. **\$10.**

*Tuesday and Thursday, May 29 & 31,*

*12:30–4:30 p.m.*

### SENIORSFIRST MEMBERSHIP LUNCHEON—“APRIL SHOWERS BRING MAY FLOWERS”

**Freehold Senior Center**

**116 Jackson Mills Road, Freehold**

Professional entertainment. **\$9.**

*Wednesday, May 30, 11:30 a.m.*

### SENIORSFIRST HEALTHFAIR

**Freehold Senior Center**

**116 Jackson Mills Road, Freehold**

*Wednesday, June 20, 1–3:30 p.m.*

### SENIORSFIRST MEMBERSHIP LUNCHEON—“JUNE IS BUSTING OUT ALL OVER”

**Freehold Senior Center**

**116 Jackson Mills Road, Freehold**

Professional entertainment. **\$9.**

*Wednesday, June 27, 11:30 a.m.*

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



## MATERNAL/CHILD UPDATE

▲ Patients appreciate the quick service, accurate results, and the convenient location of the Outpatient Clinical Laboratory Services at CentraState Medical Center.

## SUPERIOR LAB SERVICES

*CentraState's outpatient laboratory offers convenience, accuracy, and quality care.*

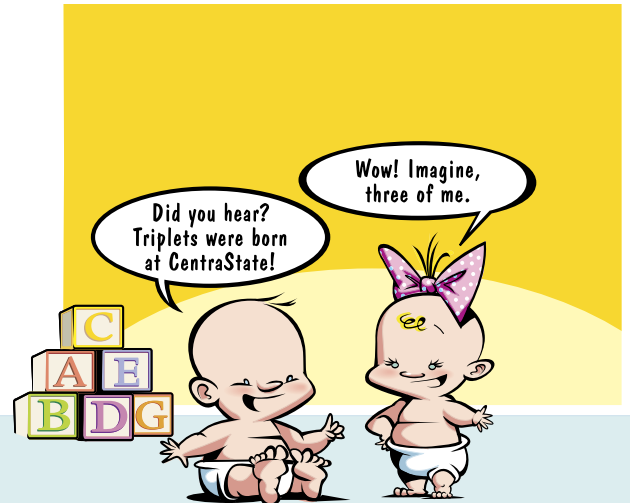
“People don't necessarily think of visiting a hospital campus to have lab work done, but they should,” says Wendy Deja, laboratory outreach coordinator at CentraState Medical Center. “CentraState's Outpatient Clinical Laboratory Services offers a convenient location, service in under 20 minutes, and rapid, accurate results.” Most routine testing is completed on the same day.

CentraState's outpatient laboratory provides fast and efficient phlebotomy (blood work) performed by experienced technicians, and performs a broad range of other tests using advanced instrumentation and technically proven methods.

“Along with their clinical expertise, our pathologists, medical technologists, and laboratory assistants understand that patient care comes first. They are committed to high standards of care and quality testing practices and procedures,” Deja notes, adding that the laboratory at CentraState is accredited by The Joint Commission (national healthcare regulating agency), the College of American Pathologists, the American Association of Blood Banks, and the State of New Jersey.

For physician offices, CentraState Outpatient Clinical Laboratory Services offers high-quality clinical testing, customer satisfaction, and ease of use. Services include consultation provided by Medical Director Michael McGinnis, MD, and his team of pathologists; an internet-based lab reporting system; and rapid turnaround time, including STAT service.

**Conveniently located on the ground level of the Outpatient Services Building, the outpatient laboratory is open Monday through Friday from 6:30 a.m. to 8 p.m. and Saturday from 7 a.m. to 1 p.m. Most insurances are accepted. Call (732) 294-2973 for more information.** HD



## The Diaper Duo

## CENTRASTATE CELEBRATES FIRST TRIPLETS IN ITS 36-YEAR HISTORY

As of press time, CentraState welcomed the first set of triplets born at the hospital. Elena and Joseph Goertz of Whiting are the proud parents of two boys and a girl who were delivered by caesarean on March 26 by CentraState staff ob/gyn Joseph Cipriano, MD, of Colts Neck Ob/Gyn. Read more about the new family in the September/October issue of Healthy Directions. HD

## PEDIATRIC UNIT RECEIVES GRANT FOR KIDS' ENTERTAINMENT

Children staying in CentraState's Pediatric Unit will be entertained in their rooms thanks to a \$10,000 grant from the Starlight Starbright Foundation. The money will be used to add a recreational station with a DVD player and video game console in each of the unit's 12 patient rooms. HD



# IMPROVING HEALTHCARE THROUGH ADVANCED TECHNOLOGY AND LEADERSHIP

Providing quality patient care is central to the mission of CentraState Healthcare System. CentraState continually invests in new technology for myriad improvements in care—from diagnosis to treatment—and increased overall efficiency.

The hospital has invested \$17 million over the last four years, laying the groundwork for the recent implementation of the powerful, new Soarian clinical information system. Offering an array of specialized tools and resources, Soarian improves the lives of patients by enhancing the healthcare team's access to relevant clinical information for care.

With Soarian, clinicians can view comprehensive patient information, including histories, allergies, test results, and images, from a single workstation. The system also provides clinical

documentation, plans of care, and work lists.

“With all of the relevant data at their fingertips, clinicians can spend more time interpreting information for more effective care,” explains Indranil Ganguly, vice president and chief information officer, CentraState Healthcare System, adding that special tools for physicians give them the means to create and manage comprehensive patient care, anytime, anywhere.

## GUIDING CENTRASTATE INTO THE FUTURE

Important to CentraState's successful momentum is the expertise of the 19 members of its Board of Trustees. The Board comprises diverse community leaders in business, technology, medicine, government, and education. Stephen Walsh, Freehold, was elected to the Board in 2006, bringing with him

Board Trustee Stephen Walsh speaks with Janice Breen, RN, assistant vice president, Quality and Research, at a Quality of Patient Care committee meeting.



▲ The new Soarian clinical information system allows all clinicians to access comprehensive patient information from a single computerized workstation.

several years of leadership experience in technology and public administration.

Walsh's business expertise includes public safety management, strategic planning, and business development for large governmental and not-for-profit initiatives. During and after the September 11 attacks, Walsh co-managed the response and restoration of technology and telecommunication services from New York City's Command Center, working under Mayor Rudy Giuliani. Walsh is now the CEO of Freehold-based Universal Technology Solutions.

“Serving as a CentraState trustee is an exciting opportunity for me to become involved with a medical community that is on the cutting edge of medicine, and particularly, medical technology,” says Walsh, who chairs the Quality of Patient Care committee and serves on the Strategic Planning, Finance, and Audit/Compliance committees.

**For more information about CentraState Healthcare System, call (866) CENTRA7. HD**

## 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, May 12, 10–11:30 a.m.  
or Tuesday, June 5, 7–8:30 p.m.  
\$15, parents free.

### Boys Grow Up

Wednesday, June 6, 7–8:30 p.m.  
\$15, parents free.

#### Scout Programs

to help boys and girls earn badges, try-its, and patches are also available. HD

### Childhood Obesity

Addresses the role of the school nurse in management and prevention of childhood obesity.  
Tuesday, June 5, 4:30–7:30 p.m.  
\$50. HD

Watch for the NEW Student Health Awareness Center with its exciting, interactive "Adventure to Health." Opening in Fall 2007! HD

## Weight Management for the Whole Family

Nutrition consultation and personal training by appointment.

### Measure Your Metabolism

Med/Gem. Determine resting metabolic rate and fine-tune weight-control efforts. \$49.

### Program Options for Nutrition and Weight Loss

- **Naturally Simple**  
Nutrition and weight management for adults.
- **SHAPEDOWN**  
Nutrition and weight management for children.
- **Just for Kids**  
School-based nutrition and weight management for kids. 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 Renewal CPR \$45. HD**

## Integrative Therapies

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

### Hatha Yoga

8 weeks, \$60.

### T'ai Chi

(Beginner) 8 weeks, \$68.

### Massage Therapy

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

### T'ai Chi for Arthritis

Keep joints moving to improve strength and balance with specially trained instructors.  
Wednesdays, 11:30 a.m.–12:30 p.m.  
7 weeks, May 2. \$42.

### Prenatal Massage Therapy

One hour, \$65.

### Prenatal Yoga

6 weeks, May 9, \$60.

### 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, May 7, \$60.

### Reiki Certification Classes

\$150.

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

Come experience and explore several sitting, easy movement, and visualization meditation techniques. Ease tension, feel more positive, and boost your immune system.  
Thursdays, 7–8 p.m.  
5 weeks. HD

## Freehold Raceway Mall Programs

Call (732) 294-0011 for information or to register.

### Afterwork Workout

Tuesdays and Thursdays,  
5:30–6:30 p.m.  
8 weeks, \$68.

### Fabulously Fit

Mondays, 5:15–6:15 p.m.  
8 weeks, \$35.

### Beginner Yoga

Bring a yoga mat.  
Wednesdays, 7–8 p.m.  
8 weeks, \$68.

### SCREENINGS

Preregistration required. Call (732) 294-0011.

### Blood Pressure and Cholesterol Screening

Thursday, May 17, 2–5 p.m.

### Stroke Screening

Wednesday, May 9, 11 a.m.–1 p.m., \$10.

### Prostate and Colon Cancer Screening

Tuesday, June 5, 5:30–8:30 p.m., free.

### Pilates

Mondays, 6:15–7 p.m.  
8 weeks, \$35.

### Babysitting Clinic

Saturday, May 19 or  
June 16, \$30. HD

## Fitness Classes

Fitness Classes held at  
65 Gibson Place, Freehold.  
Call (732) 308-0570 for  
information or to register.

### Pilates

(with rings) 8 weeks  
Mondays, 9–10 a.m., \$64.

### Pilates Plus

Wednesdays, 7:30–8:30 p.m.  
8 weeks, \$64.

### AM Workout

Tuesdays and Fridays,  
9–10 a.m.  
8 weeks, \$68.

### Let's Get Physical

Tuesdays and Thursdays,  
4:15–5:15 p.m.  
8 weeks, \$68.

### Strengthen and Lengthen, Stretch, and Relax

Tuesdays,  
11:15 a.m.–12:15 p.m.  
8 weeks, \$34.

### Move It & Lose It

Mondays and Thursdays,  
5:30–6:30 p.m.,  
or 6:30–7:30 p.m.  
8 weeks, \$68.

### Kickboxing

Tuesdays, 6–7 p.m.,  
8 weeks, \$40.

### Pro-Fit

Tuesdays and Thursdays,  
10:15–11 a.m. or 5:15–6 p.m.  
8 weeks, \$68.

### Total Body Workout

Fridays, 11:15 a.m.–  
12:15 p.m.  
8 weeks, \$34.

### Pro-Fit Plus

Monday evenings and Monday  
and Wednesday mornings,  
5:30–6:30 p.m. or  
10:15–11:15 a.m.  
8 weeks, \$68. HD



## Kid's Classes

Registration for all new classes listed below at Freehold Raceway Mall can be prorated for current classes if space is available. Call (732) 294-0011 for information or to register.

### Twist and Stretch

Ages 8–12.  
Tuesdays  
8 weeks, \$35.

### 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

## 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
- 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

## 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 (\$165 package price available for prepared childbirth, breastfeeding, and infant care).
- One-Day Class: Monthly, \$130.
- Breastfeeding Class, \$45.
- Infant Care Class, 4 weeks, \$63.

### Prenatal Yoga

6 weeks, \$60.

### Sibling Preparation

Ages 3–10, \$15 each child,  
\$5 discounts for multiple children.

### Breastfeeding Discussion Group

Breastfeeding your baby is an important decision. To ensure that your breastfeeding experience is a positive one, Medela Retail and rental station available.  
First and third Friday,  
10:30–11:30 a.m. \$15/month. HD

### THE HAPPIEST BABY ON THE BLOCK

New and expectant parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes!

Saturday, May 5, 10:30 a.m.–12:30 p.m.  
\$55 (includes DVD and CD). 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 3 months.  
Fridays  
4 weeks, first week free, then \$10 per class.

### Baby & Me

Ages 2–6 months.  
Thursdays  
6 weeks, \$72.

### Wee Two

Ages 7–12 months.  
Mondays  
6 weeks, \$72.

### Jumping Jacks & Jills I

Ages 12–18 months.  
Tuesdays or Thursdays  
6 weeks, \$72.

### Jumping Jacks & Jills II

Ages 19–25 months.  
Wednesdays  
6 weeks, \$72.

### Fun Time

Ages 26–36 months.  
Wednesdays  
6 weeks, \$72.

### 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.

### Expectant Grandparents

Rediscover what it's like to care for a child.  
Friday, June 1, 7:30–9:30 p.m.  
\$15, couples \$20. HD

### COMMUNITY LECTURE SERIES

A series of free or low-cost programs presented by physicians or other health professionals at the Health Awareness Center at Freehold Raceway Mall unless otherwise noted. Preregistration is required. Call (732) 294-0011 for a brochure or more information. HD

### CORPORATE HEALTH SERVICES

The Health Awareness Center offers a full range of health screenings, informative seminars, a mobile wellness van, health fairs, and customized corporate health programs. Screenings include preventive health, blood pressure, vision, hearing, and cholesterol checks. Call (732) 308-0570. HD

Some health education programs and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach are co-sponsored by the Visiting Nurse Association of Central Jersey. HD

# CENTRASTATE BRIEFS

## PATIENTS GIVE TOP MARKS FOR CARE AT CENTRASTATE

Patients rated CentraState Medical Center in the top 10 percent among peer hospitals in four key service areas for the fourth quarter of 2006. Outpatient Surgery scored in the 96th percentile; Outpatient Services scored in the 94th percentile; Inpatient Services scored in the 93rd percentile, and Emergency Services scored in the 92nd percentile, according to Press Ganey Associates, the nation's leading patient satisfaction measurement and improvement firm.

## CENTRASTATE DEDICATES CHILDREN'S EMERGENCY UNIT TO MANALAPAN COUPLE

CentraState Medical Center has named its emergency pediatric unit "Star and Barry Tobias Emergency Pediatric Care," in recognition of a \$40,000 donation by the Manalapan Township couple to the CentraState Healthcare Foundation. The charitable and community involvement of the Tobias family is largely focused on children and related programs.

## FIRST TELESURGERY PERFORMED AT CENTRASTATE, WEIGHT-LOSS PROCEDURE A SUCCESS

Surgeons Ragui Sadek, MD, and Lisa Dobruskin, MD, (left to right) perform the first live telesurgery—a weight-loss procedure—at CentraState Medical Center for an audience of 30 physicians, nurses, and other healthcare personnel who viewed the surgery on monitors in the hospital auditorium. The telesurgery was part of an educational symposium and was

performed in one of CentraState's newly equipped, digital operating rooms.

CentraState's comprehensive weight-loss surgery program includes dietary and exercise education and programs, sleep studies and other clinical evaluations, and examinations before or after the procedure. For more information, call (866) CENTRA7.



## CENTRASTATE RECEIVES DONATION IN HONOR OF LOCAL COACH

Garrett Sargent and Paige Hakim (left to right), students at Saint Benedict School in Holmdel, present a check for \$5,000 to Beth Milewski, director of Development, CentraState Healthcare Foundation. The students raised the money as part of their Advent Project honoring Joanne Tempora, the girls' softball coach at the school. Tempora, who lost her battle with cancer, requested that upon her passing donations be made to the Cancer Program at CentraState, where she was a patient.

## JACKSON STUDENTS DONATE TO CENTRASTATE UNIT

Students in Jackson donated dozens of new or lightly used cold weather garments, puzzles, and DVDs to CentraState's Family Medicine Center as part of the school's volunteer group called Acts of Kindness Kids (AOK Kids), organized by several teachers. The program teaches children about the so-called six pillars of good character: respect, responsibility, trustworthiness, fairness, caring, and citizenship.

## LEARN ABOUT KNEE REPLACEMENT

CentraState Medical Center is launching The Total Joint Center with a program on computer-assisted, minimally invasive knee replacement on Tuesday, May 22, 6–8:30 p.m., Zwerling Auditorium.

Physician and rehabilitation clinician presentation from 6:30 to 7:30 p.m., including testimonials by recent knee replacement patients. Orthopedic surgery, physical therapy, and fitness health fair before and after the program.

Preregistration required; call (732) 294-0011.