

# Healthy

## DIRECTIONS

The full circle of health and wellness  
dedicated to excellence.



**CentraState**  
Healthcare System®

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

November/December 2006

# Excellence in Surgery

## High-Tech, Digital Operating Rooms

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CentraState Medical Center  
is a Magnet® hospital



## President's Message

### TRANSFORMING HEALTHCARE WITH DIGITAL TECHNOLOGY

CentraState is one of a growing number of healthcare organizations that are incorporating the latest digital technologies into existing departments or the construction of new facilities. In fact, we're on the forefront of many advances in digital technology that are transforming how healthcare providers deliver care. These technological innovations are designed to improve processes, increase efficiency, enhance patient safety, and ensure that care is provided in accordance with best practices.

Some technologies improve treatments themselves or how they are delivered. This is particularly evident in surgical services. Our new-age operating rooms provide the latest computerized features including high-definition monitors, voice-command technology, digital documentation, and the potential for teleconferencing capabilities.

We also added computer-assisted, total hip replacement to our total joint replacement services—we offer computer-assisted, total knee replacement surgery as well. Combined with the surgeon's skill, this technology allows for better placement of the artificial hip socket and prosthesis, resulting in optimal endurance and stability.

Our new Pharmacy/Medication Administration Check (MAK) system uses bar-coding technology to help reduce patient medication errors. Quick scans of the nurse's I.D. badge, the patient's wristband, and the drug itself alerts nurses to any potential medication problems and provides a complete overview of the patient's condition.

We also converted all of our diagnostic imaging services into a digital system called PACS, or picture archiving communication system. Radiologists no longer have to wait for films to read; with PACS, digital images are readily available on a computer screen, literally anywhere a physician has protected access to the Internet.

These new digital technologies add to the computerized systems we've already implemented, from electronic patient records in several departments to bedside registration in the ED and others. The application of computers in healthcare will continue to grow, extending into areas such as genetics and pharmaceuticals. This is the bigger picture of healthcare, one that will have a tremendous impact on all healthcare organizations that strive to continually improve the quality of care they provide. We'll likely see an exponential increase in such new innovations in the years to come, and we will continue to invest in them for care you can trust.

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

## Community Voices

Dear Mr. Gribbin,

Please accept this letter as my expression of deep appreciation for the wonderful care afforded me from May 13 to 16, 2006, at your hospital.

It is never a pleasant experience to undergo an operation (gallbladder). However, I have found that there can always be sunshine on a cloudy day. That sunshine came in the form of your wonderful and compassionate approach to me (as well as your other patients). In the four days I was in the hospital, I met so many of you. I found that although you all had such separate and distinct personalities, there was one thing you had in common—you really cared about your patients' welfare. It was almost as if you were treating a member of your own family.

You kept me informed about my condition and almost instantly responded to all of my needs and requests. I know I sometimes had the tendency to talk a bit too much, but you listened with patience and a sense of humor. I guess that goes with the territory.

Although I am over 60 years old, this was the first time in my life that I had to stay the night in a hospital for myself. I am fortunate for that track record, and my good fortune continued by having you all there to get me through this experience. I cannot imagine having better care than that which you gave to me.

Thank you again for everything. God bless each and every one of you.

Sincerely,

Herbert Bernstein,  
Howell

▶ Herbert Bernstein thanks the staff in Med/Surg (right) and the Short Stay Unit for treating him like family during his first overnight stay in a hospital.



**On the cover:** Ledford Powell, MD, performs surgery in a new, high-tech digital operating room at CentraState.

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November/December 2006

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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) 294-7080.

*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.

TRUE NORTH  
(800) 624-7496





PRECISION PLACEMENT, COMPUTER-ASSISTED,

# Total Hip Surgery

“It started to feel like my hip joint was bone rubbing on bone when I walked,” recalls Dorothy Hoey, a retired managing director from Freehold. The 73-year-old active senior says the worsening pain in her hip forced her to seek professional medical help. She also suffered from chronic back problems.

Hoey knew that she needed her mobility to sustain her quality of life for years to come. Her family physician recommended she consult with Manuel Banzon, MD, FAAOS, of New Jersey Orthopedic Associates in Freehold and board-certified orthopedic surgeon on staff at CentraState Medical Center.

“When I examined Ms. Hoey’s hip, I couldn’t believe she was able to walk at all,” recalls Dr. Banzon. She had been suffering from advanced arthritis of the hip for some time.

## EMPLOYING THE LATEST TECHNOLOGY

“Ms. Hoey was an excellent candidate for computer-assisted, total hip replacement—she was highly motivated and positive,” says Dr. Banzon. He felt confident that her results would be successful, so Hoey underwent the procedure in March.

CentraState is the first hospital in the state to offer computer-assisted, total hip replacement using the Ci System by iOrthopaedics. During the hip replacement procedure, the computer measures the size and thickness of the

hip socket, helps to accurately align the artificial hip socket and the stem of the prosthesis in the most optimal position to prevent dislocation, and measures leg length to prevent unevenness after surgery. The overall result, according to Dr. Banzon, is that the hip prosthesis is optimally positioned for endurance and stability.

“The best part of the surgery,” he adds, “is that while the computer assists the surgery, it does not perform the actual procedure. A surgeon uses the precision of the computer combined with his own surgical skill and judgment.”

CentraState also offers a computer-assisted total knee replacement system by the same high-tech medical supplier. Patients who undergo hip and knee replacements using minimally invasive procedures generally recover more quickly. They also frequently experience the most pronounced long-term benefits from undergoing the surgery.

“Very few hospitals have the Ci System because it is quite expensive. The fact that CentraState offers this technology is a benefit to everyone who lives in the region,” says Dr. Banzon. “No one needs to travel to New York City for this type of treatment anymore—it’s right here in central New Jersey, close to home.”

Today, Hoey is pain free. An unexpected benefit from her hip replacement procedure was a pronounced decrease in her back pain. Hoey attributes her positive outcome to Dr. Banzon, to whom she refers her friends.

“My recovery was incredibly fast. Two weeks after receiving a new hip, I no longer needed the walker,” she says.

**To find a physician trained in other orthopedic surgeries, call (866) CENTRA7 or visit [www.centrastate.com](http://www.centrastate.com).** HD



▲ Worn down from advanced arthritis, Dorothy Hoey’s hip joint felt like bone rubbing on bone. She turned to CentraState Medical Center for computer-assisted, total hip replacement, and she couldn’t be happier with her new hip.



Manuel Banzon, MD, FAAOS, board-certified in orthopedic surgery

**Doctors Trained to Perform Computer-Assisted, Total Hip Replacement as of 10/1/2006**

**Western Monmouth Orthopedic Associates, PA**

Michael Greller, MD, FAAOS  
Alan Nasar, MD

**New Jersey Orthopedic Associates**

Manuel T. Banzon, MD, FAAOS  
Gregg Berkowitz, MD, FAAOS

Other members of our board-certified orthopedic staff expect to be trained in the near future.

# VATS: Revolutionary Technology

## BROADENS OPTIONS FOR PATIENTS WITH LUNG CANCER

Millie Weisel of Hightstown became worried when she began coughing up blood-streaked phlegm last March. An intermittent smoker for five decades, Weisel had coped with numerous respiratory problems by the time she had quit smoking for good in 1997. The 74-year-old visited Christopher Skeehan, MD, one of CentraState Medical Center's board-certified family practice physicians.

A computed tomography (CT) scan revealed a four-centimeter tumor on the lower left lobe of Weisel's left lung, but a CT-guided needle biopsy did not provide a diagnosis.

"My attitude was, if the tumor is there, it's got to go," Weisel recalls.

Dr. Skeehan referred her to Ledford Powell, MD, board-certified thoracic surgeon. Dr. Powell is fellowship trained in cardiothoracic (chest) surgery by the University of California in San Francisco and is a co-director of CentraState's LungCare Comprehensive Cancer Center, along with Salvatore Croce, MD, board-certified pulmonologist.

A combined positron emission tomography (PET) and CT scan produced a 90-percent accurate diagnosis of lung cancer. For a definitive diagnosis, Dr. Powell suggested a wedge resection, or lung biopsy, using video-assisted thoracic surgery (VATS).

### A LESS-INVASIVE OPTION

VATS is a minimally invasive procedure used in diagnosing and treating conditions including lung cancer, emphysema, and fluid around the lungs or heart. The surgeon makes two to four small incisions between the ribs. An endoscope, or tiny camera attached to a video monitor, is inserted to view internal organs.

The advantages of VATS over traditional, open thoracic surgery are dramatic, according to Dr. Powell. Open surgery requires a large incision and possibly breaking one or two ribs to access the chest area.

"With open surgery, patients must stay hospitalized for a week and usually can't return to work for six weeks," he says. "In



▲ Ledford Powell, MD,  
board-certified thoracic surgeon

contrast, patients who have had video-assisted surgery are out of the hospital in a day or two, experience much less pain, and can return to work in 7 to 10 days."

These benefits are particularly valuable to individuals with cancer. "Some patients are reluctant to undergo the open procedure, but the minimally invasive nature of VATS removes that hesitancy, so we may achieve an earlier stage diagnosis," Dr. Powell notes, adding that a greater number of patients are candidates for VATS than for open surgery, including seniors and others with low exercise tolerance.

### A SPEEDIER RECOVERY

In May, Dr. Powell performed Weisel's video-assisted surgery, first removing a nodule that was sent to the hospital pathologist.

"Within three minutes, we had a definite diagnosis of cancer. We then removed the entire lower left lobe," he says. At the same time, Dr. Powell removed lymph node tissue. The lymph nodes were negative, so further treatment was not required though Weisel continues to see Dr. Powell and Dr. Skeehan for follow up.

"I was elated to find out I was cured," says Weisel, "and I was amazed that I had no pain after surgery."

While open thoracic surgery requires significant pain management during recovery, patients who undergo VATS need intravenous pain relief the first day. Oral pain medication usually follows the next day and often no pain medication after that.

By late July, Weisel stated, "I feel great."

**For more information about CentraState's LungCare Comprehensive Cancer Center call 877-LUNGS-RX or visit [www.centrastate.com](http://www.centrastate.com).** #D



◀ Since undergoing video-assisted thoracic surgery (VATS), Millie Weisel's lung cancer is gone, and she has experienced minimal pain during recovery—providing a big advantage over traditional open surgery.

## CANCER CLINICAL TRIALS AT CENTRASTATE

CentraState is approved as a clinical trial site by the Cancer Trials Support Unit of the National Cancer Institute and The Cancer Institute of New Jersey's Oncology Group. The program is currently participating in breast cancer and lung cancer clinical trials.

**Learn more about these and other cancer clinical trials by calling (732) 294-5874.** #D



# The Digital Age of Medicine:

## IMPROVING PATIENT CARE AND SAFETY

### NEW-AGE OPERATING ROOMS

CentraState Medical Center's two, new digital operating rooms (ORs) are equipped with the latest high-tech equipment to increase surgical accuracy and patient safety. Surgeons and surgical staff can turn on equipment or adjust lighting by voice command. Ceiling-mounted lights, cameras, and monitors clear up floor space for surgical staff and equipment. High-definition, flat-panel displays provide enhanced images for surgeons.

"The equipment gives doctors better visualization while performing surgery. They're able to shoot still pictures and record video and audio to document procedures," says Barbara Corso, RN, BSN, JD, nurse manager, Operating Room at CentraState. "There's a control system for routing audio, video, and data files between the OR and any established connection within or outside of CentraState. All of this demonstrates the advancement of medicine in the digital age."

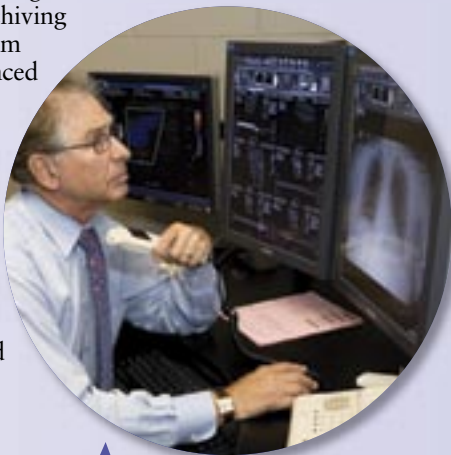
The newly equipped suites also will serve as a learning tool for residents and students. Teleconferencing of procedures will be available in the near future.



▲ A large, high-definition, flat-panel monitor provides surgical staff with a clear view of the procedure.

### NEW HIGH-TECH IMAGING SYSTEM

CentraState is now using an electronic picture archiving communication system (PACS). It's an advanced technology for capturing, storing, and transmitting digital imaging records, including X-rays, ultrasounds, computed tomography (CT) scans, nuclear medicine images, and magnetic resonance images (MRIs).



▲ Barry Friedenberg, MD, chair of Radiology, reviews images using PACS.

"PACS improves patient care and convenience by giving healthcare professionals secure and immediate access to diagnostic images and reports anywhere in the medical center," says Mandi Wortman, director of Radiology at CentraState. "Referring physicians and consulting specialists also may access and review records from secure workstations off campus and confer with radiologists viewing the same images elsewhere."

### BARCODES FOR MEDICATION

CentraState's new, sophisticated Pharmacy/Medication Administration Check (MAK) system by Siemens Medical Solutions uses bar-coding and computer technology in the Pharmacy and at the patient's bedside to help eliminate patient medication errors and automate clinical information documentation.

"Pharmacy/MAK helps ensure the 'five rights' of medication administration: the right medication, administered to the right patient, in the right dose, at the right time, via the right delivery system—injection, orally, or intravenously," says Linda Geisler, RN, MNEd, CNAAC, BC, vice president, Patient Care Services. "The system automatically documents medication administration, and permits the nurse to access other patient information, such as laboratory values, to gain a full picture of the patient's condition."

On the nursing units, a mobile medication cart with a wireless laptop computer and a scanner is brought to the patient's bedside. The nurse scans both the patient's wristband barcode and the medication barcode so the computer can verify the 'five rights.' The computer also checks the patient's medical record to ensure there are no known drug allergy conflicts or interaction risks with other medications the patient has taken. If a problem is detected, the computer issues an alert. #



▲ Medication in the hospital's Pharmacy is scanned using MAK.

Patty Barnosky, RNC, uses a handheld barcode scanner at a patient's bedside. ▶





◀ The new digital operating rooms at CentraState feature ceiling-mounted lights, cameras, and monitors; high-definition, flat-panel displays for image-guided surgery; voice-command technology; and digital documentation.

# The Next Generation

## OF SURGICAL SERVICES AT CENTRASTATE

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Few things are more stressful than the thought of undergoing surgery. Which surgeon should you choose? Which hospital has the technology and skills you need? Where will you receive the kind of quality care that will get you back on your feet as quickly as possible? These are important questions. Fortunately, CentraState Medical Center offers a wide range of leading surgical options.

Whether it's same-day surgery or procedures requiring a hospital stay, CentraState's surgical services are delivered in state-of-the-art facilities by highly trained physicians and nurses. Within the comfort of your own community, CentraState provides surgical support for diagnostic, therapeutic, and palliative intervention.

Surgery specialties include bariatric (weight-loss), general, gynecologic, ophthalmic, orthopedic, otolaryngologic, pediatric, plastic, podiatric, spinal, thoracic, urologic, and vascular.

For same-day surgical procedures, patients receive specialized care in either CentraState's Ambulatory Surgery Center, located in the Medical Arts Building, or the surgical suites located on the second floor of the Medical Center. Patients having surgery in the main building receive pre- and post-operative care in CentraState's Short Stay Unit, located on the first floor of the Medical Center.

### SAME-DAY SURGERY

The Ambulatory Surgery Center is devoted to outpatient care, offering same-day surgery in a variety of specialties. The surgery center has been designed to care for patients' same-day surgery needs in one convenient location, while providing access to higher levels of care if needed. Thanks to minimally invasive techniques and technological advances, many routine procedures are performed with no overnight stay. Often times, patients check in the morning, undergo their procedures, recover from anesthesia and are on their way home within three to six hours.



## STATE-OF-THE-ART INPATIENT SURGICAL SERVICES

For surgical procedures requiring a hospital stay, CentraState blends the comfort of hometown pre- and post-operative care with some of the most advanced technology available. Our board-certified team of surgeons and highly trained surgical nurses are equipped with the latest high-tech surgical equipment designed to enhance precision and maximize patient safety.

CentraState's surgery services include two digital operating room suites that feature voice-command technology, high-definition flat-panel displays for image-guided surgery, digital documentation, and booms—all of which provide our team with the optimal environment for CentraState's surgical excellence.

## YOUR BOARD-CERTIFIED TEAM

Whether you are an inpatient at CentraState or are undergoing same-day surgery, you can be sure each surgeon on our team is highly credentialed, experienced, and board certified or board eligible. From general surgery to specific areas of expertise, our surgical team covers the full range of surgical specialties.

### LEARN MORE

Scheduled procedures are performed from 7:30 a.m. to 11 p.m., Monday through Friday. Emergency procedures are performed as needed 24 hours a day. To learn more about the surgeons listed below and others, log on to the Physician Finder at [www.centrastate.com](http://www.centrastate.com) or call the Physician Finder at (866) CENTRA7. <sup>HD</sup>

### CentraState's General Surgery Team

#### Central Jersey Surgical Associates

##### **V. K. Ashok, MD, FACS, Board-Certified General Surgeon**

Specialties: General, Vascular

Education: Madras Medical College Chennai, India

Residency: Robert Wood Johnson University Hospital;

Muhlenberg Regional

##### **Gabor Kovacs, MD, Board-Certified General Surgeon**

Specialties: General and Vascular

Education: Catholic University of Louvain

Residency: Jewish Hospital and Medical Center of Brooklyn, NY;

Brookdale Medical Center

Fellowship: Thoracic and Cardiovascular surgery, Winthrop-University Hospital

##### **Honorio M. Cruz, MD, Board-Certified General Surgeon**

Specialties: General

Education: University of Santo Tomas

Residency: V.A. Hospital, Brooklyn, NY

##### **Charles R. Dinerstein, MD, FACS, Board-Certified General and Vascular Surgeon**

Specialties: Vascular

Education: SUNY Stony Brook;

University of Medicine and Dentistry of New Jersey

Residency: Bronx Municipal Hospital Center;

University Hospital at Stony Brook

Fellowship: Vascular surgery, SUNY

#### Endo-Surgical Associates of Central Jersey

##### **Morris Washington, MD, FACS, Board-Certified General Surgeon**

Specialties: General and Endoscopic

Education: New York Medical College

Residency: Beth Israel Medical Center

Fellowship: Surgical endoscopy, Beth Israel Medical Center

##### **Lisa Dobruskin, MD, General Surgeon**

Specialties: General

Education: New York Medical College

Residency: Long Island Jewish Medical Center;

University Hospital at Stony Brook

Fellowship: Minimally Invasive surgery, Westchester County Medical Center

New York Medical College, Valhalla, NY

##### **Ragui Sadek, MD, General Surgeon**

Specialties: General

Education: Alexandria University, Egypt

Residency: Staten Island University Hospital

Fellowship: Minimally Invasive surgery, Staten Island University Hospital

##### **Mark Lehman, MD, FACS, Board-Certified General Surgeon**

Specialties: General and Vascular

Education: Universidad Autonoma of Guadalajara

Residency: Maimonides Medical Center Brooklyn, NY

Fellowship: Vascular surgery, Maimonides Medical Center

##### **Ledford Powell, MD, Board-Certified General and Thoracic Surgeon**

Specialties: Thoracic

Education: University of Rochester

Residency: University of California, Irvine

Fellowship: Cardiothoracic surgery, University of California, San Francisco

##### **Kenneth R. Pozner, MD, Board-Certified General Surgeon**

Specialties: General

Education: New York Medical College

Residency: Long Island Jewish Medical Center

Fellowship: Long Island Jewish Medical Center

##### **Larry Shindelmann, MD, FACS, Board-Certified General and Vascular Surgeon**

Specialties: General, Vascular, and Endovascular

Education: SUNY-Downstate Medical Center

Residency: Mount Sinai Medical Center

Fellowship: Vascular surgery, Mount Sinai Medical Center

## HIGH-TECH INSULIN PUMPS

# Managing Diabetes without Injections

**K**arin Donnelly of Howell marked her 50th birthday by saying goodbye to nearly 40 years of daily insulin injections, required up to four times per day to manage her diabetes. After careful consideration, Donnelly began using an insulin pump called an OmniPod.

“When I heard about the advantages of the pump, I knew it was something I was ready to try,” says Donnelly, a long-time motorcycle enthusiast.



▲ Eric Winger, MD, board certified in endocrinology

The pump represents one of several new devices that make managing the disease less cumbersome while offering the user more freedom throughout the day. Insulin pumps deliver rapid- or short-acting insulin 24 hours per day through a small catheter placed under the skin.

Diabetes affects a staggering 20 million Americans, according to the American Diabetes Association. Untreated, diabetes can lead to heart and kidney disease, amputation, blindness, stroke, and even death.

### DOCTORS RECOMMEND CENTRASTATE

Donnelly’s endocrinologist, Eric Winger, MD, of Endocrinology Associates of Central New Jersey, recommended she contact the Novo Nordisk Diabetes Center at CentraState Medical Center for diabetes education and training. Little did Donnelly know that one phone call to the center would change the way she managed her diabetes treatment.

“Suzanne Khanna answered the phone when I made my initial call to the center. She said that she was also a long-time diabetes

patient and managed her disease by using an insulin pump,” recalls Donnelly. “I was intrigued right away.”

Khanna, outpatient program coordinator for the center, says, “I discovered firsthand the freedom using an insulin pump offers. I certainly do not miss the injections.”

Khanna says that additional advantages include more accurate insulin delivery, fewer large swings in blood glucose levels, flexibility about eating times, and a reduction in severe low blood glucose episodes. However, she also noted that the insulin pump is not appropriate for every patient with diabetes, and that using the pump requires careful monitoring and maintenance.

### DIABETES MANAGEMENT EDUCATION

The Novo Nordisk Diabetes Center offers multi-faceted education programs and services for modern diabetes management, including insulin pump training managed by diabetes clinical education specialists Mary Kate Wehrhagen, RN, MA, and Jennean Schram, RD, MS.

## NATIVE FREEHOLDER CHOOSES MONMOUTH CROSSING

# Hometown



▲ It was home at first sight for 93-year-old Freehold native Catherine Williams when she made the move to Monmouth Crossing, CentraState Healthcare System’s assisted living community.

**A**fter living on her own for the majority of her 93 years, Catherine Williams found the best of both worlds at CentraState Healthcare System’s Monmouth Crossing.

“I’ve always been comfortable being by myself,” she says, “but I must say, it’s a delight when I open my apartment door and my new friends stop by for a chat.”

### OFFERING SUPPORT AND BURGEONING FRIENDSHIPS

Monmouth Crossing, Freehold’s first assisted living community, offers seniors the freedom that independent living

provides but is also ready to provide support if it’s needed. The community bridges the gap between the comforts of home and the peace of mind that comes from knowing assistance is close at hand, day or night.

Williams, born in 1914 on Main Street in Freehold, has lived nearly all her life in the borough. After a distinguished career as a teacher and school administrator, she served on the Board of Education for Freehold Regional High School and the Borough of Freehold. She retired from the Regional Board in 1996 at age 82.

Her son, Mike Williams, was cautious when helping to choose a senior





◀ Karin Donnelly now has an even better reason to hit the road on her beloved motorcycle. Thanks to CentraState Medical Center's Novo Nordisk Diabetes Center, she discovered the freedom of managing her diabetes with an insulin pump, which offers 24-hour care instead of insulin injections.

Laura Farrell, RN, CDE, inpatient diabetes educator, notes that CentraState is one of only a few hospitals where patients with diabetes are given every opportunity to continue using their pumps even while hospitalized.

"Any patient using an insulin pump can rest easy knowing that there is a knowledgeable support staff available to assist with pump management during hospitalization, and we are fully trained in monitoring and management of the device," says Farrell.

"Other hospitals often remove the pump and revert to insulin injections because their staff is neither familiar nor comfortable with insulin pumps."

When asked about how she felt changing to an insulin pump, Donnelly admits she had some apprehension. "But then I decided to use today's technology to my own benefit—and I don't regret that decision for a minute."

**Please call the Novo Nordisk Diabetes Center at (732) 294-2574 for further information about diabetes education and treatment options.** HD

wellness plan. The on-site clinic provides additional opportunities to maintain good health, and CentraState Medical Center is located just across the street.

Williams' only healthcare needs are medications twice per day. She enjoys the fact that the staff stops by her apartment to help her with this task.

"I could remember to take it on my own, but it's easier to let someone else take that responsibility," she says. "I'm too busy enjoying my new life."

**To schedule a personal tour of Monmouth Crossing or learn more about this award-winning senior living community, call (732) 303-8600.** HD

community for his mother. "I was impressed with the quality I saw at Monmouth Crossing," he says. "The environment, and staff, are pleasant and comfortable."

Williams recalls the day she arrived at Monmouth Crossing. "I remember it vividly. My son had moved my furniture and cherished belongings here before I arrived. It was home from the first day. I particularly enjoy the delicious meals here—and that someone else does the cooking and cleaning up," she says with a smile.

Every Monmouth Crossing resident receives a personalized health and

## SENIORSFIRST CALENDAR OF EVENTS

NOVEMBER & DECEMBER 2006

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, November 8 & December 13,  
9:30 a.m.–1 p.m.*

### STROKE SUPPORT GROUP

Westlake Adult Community  
1 Pine Lake Circle  
Clubhouse, Jackson, NJ  
*Monday, November 13, 2 p.m.*

### SENIORSFIRST MEMBERSHIP LUNCHEON—"HARVEST FESTIVAL"

Applewood Estates Auditorium  
Entertainment by Bob Orlowski. **\$9.**  
*Friday, November 17, 11:30 a.m.*

### PARKINSON'S SUPPORT GROUP

Manalapan Senior Center  
211 Freehold Rd., Manalapan, NJ  
*Tuesdays, November 21 & December 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 and insurance discount. Make check payable to AARP, \$10, and send to SeniorsFirst.  
*Tuesdays and Thursdays, November 28 & 30 and  
December 19 & 21, 12:30–4:30 p.m.*

### SENIORSFIRST MEMBERSHIP LUNCHEON—"HOLIDAY MEMORIES FROM THE GOOD OLD DAYS"

Applewood Estates Auditorium  
Entertainment by Joey Sudyka. **\$9.**  
*Friday, December 8, 11:30 a.m.*

# Senior Living



## STUDENT HEALTH AWARENESS CENTER

Call (732) 308-1850 for information or to register.

### GIRLS/BOYS GROW UP

**\$15; parents free.**

**Girls**—Ages 9–12.

Wednesday, November 8,  
or Tuesday, December 5,  
7–8:30 p.m.

**Boys**—Ages 10–13.

Thursday, December 14,  
7–8:30 p.m.

### BIRDS & BEES

How to talk to your children about sex. Learn improved communication skills, what to say, and how to say it.

Thursday, November 16, 7–8:30 p.m.

**\$15 for 1 parent; \$25 both parents.**

### BROWNIE DAY

Work toward three try-its in one day: My Body; Safety; Eat Right, Stay Healthy.

Wednesday, December 27, 8:30 a.m.–12:30 p.m., **\$20.**

### JUNIOR GIRL SCOUT DAY

Work toward two badges in one day: Caring for Children; First Aid.

Thursday, November 30, 7–8:30 p.m., **\$20.**

### CUB SCOUT AND WEBELO DAY

Work toward Readyman: First Aid; Safety; Healthy Eating.

Friday, December 29, 8:30 a.m.–12:30 p.m., **\$20.** HD

Programs for students at all grade levels include substance abuse prevention, family life, general health, and nutrition. Scout programs to help boys and girls earn badges, try-its, and patches are also available.

## WEIGHT MANAGEMENT FOR THE WHOLE FAMILY

Nutrition consultation and personal training by appointment.

### MEASURE YOUR METABOLISM

MedGem. Determine resting metabolic rate and fine-tune weight-control efforts. Performed by RN. Dietitians available for scheduled appointments. **\$49.** 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.

Free orientation, Tuesday, November 14, 7 p.m. HD

### Diabetes, Weight Loss, and Fitness Fair

Meet with a variety of specialists, body fat percentage measurement included.

Also, free lectures from 6 to 8 p.m., including Diabetes Management presented by Dr. Kenneth Ordene, and Weight-Loss Surgery presented by Endo-Surgical Associates of Central Jersey.

Door prizes and giveaways.

Monday, November 13, 6:30–8:30 p.m.

CentraState Medical Center Zwerling Auditorium, fifth floor. 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.**

### PRE-NATAL MASSAGE

One hour, **\$65.**

### RAINDROP TECHNIQUE

One hour, **\$72.**

### REIKI

One hour, **\$60.**

### PILATES

8 weeks, **\$64.** HD

## FREEHOLD RACEWAY MALL PROGRAMS

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

### AFTERWORK WORKOUT

8 weeks, **\$68.**

### FABULOUSLY FIT

8 weeks, **\$35.**

### "NEW" PILATES

8 weeks, **\$35.**

### BEGINNER YOGA

Bring a Yoga mat.

8 weeks, **\$68.**

### TWIST & STRETCH

Ages 8–12.

8 weeks, **\$35.**

### KIDS CRAFTS

Ages 3–5.

7 weeks, **\$65.**

### TUMBLING TOTS

Ages 3–5.

7 weeks, **\$65.**

### TWO DOODLE

Ages 2 1/2–3 1/2 and their parents.

7 weeks, **\$65.**

### MUSICAL MUNCHKINS

Ages 2–3 with parents, 3–5 without parents.

7 weeks, **\$65.**

### BABYSITTING CLINIC

Boys and girls, ages 11–15. Bring a bag lunch.

November 18 or  
December 16, **\$30.** HD

### Blood Pressure and Cholesterol Screening

Thursday, November 1,  
2–5 p.m.

Cholesterol **\$10.**

Blood Pressure **FREE.**

Preregister by calling

(732) 294-0011. 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, **\$64.**

(Advanced) 8 weeks, **\$72.**

(Beginner) 8 weeks, **\$64.**

### AM WORKOUT

8 weeks, **\$68.**

### LET'S GET PHYSICAL

8 weeks, **\$68.**

### MOVE IT & LOSE IT

8 weeks, **\$68.**

### PRO-FIT

8 weeks, **\$68.**

### PRO-FIT PLUS

8 weeks, **\$68.**

### STRENGTHEN AND LENGTHEN: BREATHE, STRETCH, AND RELAX

8 weeks, **\$34.**

### CIRCUIT TRAINING FOR KIDS

Wednesdays, 6:30–7:30 p.m.

8 weeks, **\$125.** HD



## CPR FIRST AID TRAINING

The American Heart Association® strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional material for this purpose. 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 PEDI CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. Choose training to help adults, children, or both. This is a non-certification class. **\$30/\$50 (couple).**

### HEARTSAVER CPR

Adult: **\$35.**

Pediatric: **\$35.**

Combo: **\$60 (must take both adult & pedi class).**

### HEARTSAVER AED (ADULT CPR WITH AED)

**\$45.**

### HEARTSAVER FIRST AID

**\$45.**

### HEALTHCARE PROVIDER RENEWAL CPR

**\$45 (with book).** HD

## CHILDBIRTH PREPARATION

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

### JOURNEY THROUGH CHILDBIRTH

Understanding Comfort Measures for Labor and Birth  
5 weeks, **\$120 (\$165 package price available for prepared childbirth, breastfeeding, and infant care).**

3 weeks, Saturday classes,  
**\$120 (\$165 package price available for prepared childbirth, breastfeeding, and infant care).**

One evening refresher class:  
Monthly, **\$39.**

One-Day Class: Monthly, **\$130.**  
Breastfeeding class **\$39.**

Infant Care Class, 4 weeks, **\$55.**

1 session monthly, **\$55.**

**\$15 each child,**

**\$25 for two or more children.**

All prenatal and childhood programs taught by registered nurses, 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.

### SIBLING PREPARATION

Ages 3–10.

### NEW! 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. Babies welcome!

**\$30 per couple, plus \$25 for required DVD and CD.**

Saturday, December 9,  
10:30 a.m.–12:30 p.m. 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.

4 weeks, November 17,  
**first week free, then \$25.**

### BABY & ME

Ages 2–6 months.

6 weeks, **\$72.**

### WEE TWO

Ages 7–12 months.

6 weeks, **\$72.**

### JUMPING JACKS & JILLS I

Ages 12–18 months.

6 weeks, **\$72.**

### JUMPING JACKS & JILLS II

Ages 19–25 months.

6 weeks, **\$72.**

### Fun Time

Ages 26–36 months.

6 weeks, **\$72.**

### STROLLER STRIDES

Fitness program for moms and their babies.

**\$15 per class; one month unlimited membership, \$60; or 10 classes, \$100.** 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

### Annual Foot Screening for People with Diabetes

CentraState podiatrists will check for loss of sensation, wounds, or other issues that could lead to complications. Registration required.

Call (732) 294-2574.

Thursday, November 16, 11 a.m.–2 p.m. and 3–7 p.m.  
CentraState Medical Center, Zwerling Auditorium, fifth floor. HD

# CENTRASTATE BRIEFS

## CENTRASTATE EARNS JCAHO RE-ACCREDITATION, TWO OTHERS

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has renewed accreditation for CentraState Medical Center for three years. JCAHO standards help healthcare organizations achieve the highest level of performance possible and create an environment for continuous improvement. The JCAHO is an independent, nonprofit organization that evaluates and accredits hospitals, home care agencies, and other healthcare organizations nationwide. Participation in the JCAHO accreditation process is voluntary.

In addition, the American College of Radiologists, a national quality standards-setting organization, has re-accredited CentraState's Radiation Oncology program through July 2009 and has accredited CentraState's Ultrasound Department through mid-June 2009.

## CENTRASTATE ACHIEVES PATIENT SAFETY RECOGNITION

After a two-year, statewide initiative, the New Jersey Hospital Association has recognized CentraState Medical Center for significant patient safety and quality-of-care achievements in its intensive care/critical care unit. One of 18 participating hospitals in the program, CentraState was one of three hospitals to go both years without any infections due to intravenous lines inserted in central veins—the longest of all participants. CentraState also was one of six hospitals to go half a year without a case of ventilator-associated pneumonia.

## CENTRASTATE PARTICIPATES IN CAROTID STENT TRIAL

CentraState is one of only four hospitals in New Jersey selected to participate in the Abbott Laboratories national carotid stent trial. Larry Shindelman, MD, board-certified vascular surgeon and endovascular surgeon, is heading the trial at CentraState. The special stent system helps open narrowed arteries and captures plaque that may be dislodged from the artery wall, reducing the risk of stroke.

## “CONE BEAM” IMAGING NOW OFFERED FOR CANCER CARE

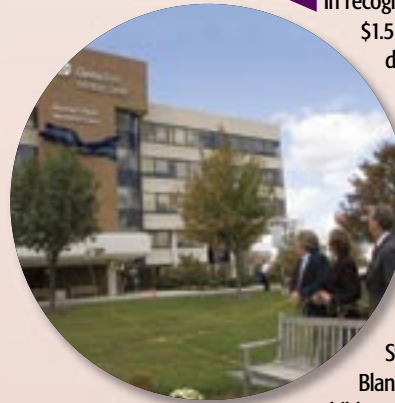
A high-tech diagnostic tool for cancer called cone-beam computed tomography (CBCT) is now available at CentraState's Radiation Oncology Department. CBCT images are taken while a patient is on the treatment table awaiting radiation therapy. The images help clinicians identify and compensate for minor variations in the location and size of tumors that can change from day to day. Clinicians can compare the daily CT images to existing reference images and make necessary adjustments to the patient's positioning to match the treatment plan.



▲ MONOC One, the new helicopter ambulance serving CentraState Medical Center and other area hospitals, lands at CentraState's helipad. The helicopter was onsite to provide an information session and tour for emergency responders and hospital staff. The helicopter went live in April after the state Department of Health began allowing private vendors to back up state police helicopters. MONOC is now one of three private air-medical transport providers licensed in New Jersey. CentraState is one of three hospitals in Monmouth and northern Ocean counties with an on-site helipad.

## CENTRASTATE OPENS PHYSICIAN OFFICES IN EAST WINDSOR

CentraState Medical Center has opened new physician offices at 300 Princeton, Hightstown Road, Building A, Suite 202, in East Windsor. Physician practices in the new location are East Windsor Obstetrics & Gynecology, part of Colts Neck Ob/Gyn, and Surgical Weight Loss Center, part of Endo-Surgical Associates of Central Jersey, offering weight-loss and other surgical services. For more information, call 866-CENTRA7.



◀ In recognition of a generous, combined gift of \$1.5 million from a group of anonymous donors and to honor the group's wishes, CentraState Medical Center has dedicated the hospital's east tower to the memory of Thomas Blanchet and William Phillis, for their service to our country. Unveiling the lettering on the newly renamed Blanchet-Phillis Memorial Tower are Tim Blanchet, Allentown, New Jersey; Suzanne Blanchet-Hirst, Sweetwater, New Jersey; and William Blanchet, Severna Park, Maryland, grown children of the late Thomas Blanchet. The late William Phillis was their uncle.