

A Customized Joint Replacement Experience

Pain in both knees made it increasingly difficult for Arlene Meredith, 70, to walk normally. After finding it necessary to resort to a cane for mobility, she decided to seek help.

A neighbor recommended CentraState Healthcare System's Total Joint Center of New Jersey, and Arlene was impressed right away with the attention and preparation she received there.

"My double knee replacement in February was my first surgical experience," says Arlene, a retired Monroe resident. "I was apprehensive at first, but the pre-operative education class made me feel much more comfortable about what to expect."

ENSURING THE RIGHT FIT

No individual is exactly the same, and neither are joints. At the Total Joint Center, patients receive personalized care that is at the forefront of advances in joint replacement surgery.



Alan Nasar, MD,
board-certified
orthopedic surgeon

"In advance of the surgery, we use magnetic resonance imaging to take measurements of the patient's joint that are used to create specialized alignment guides, which are placed on the knee to check each cut," says Alan Nasar,

MD, FAAOS, board-certified and fellowship-trained orthopedic surgeon and medical director, Total Joint Center.

"These guides are customized to each patient's bone structure to ensure the right alignment and fit—two elements that lead to the best results. Surgeons use these templates to make precise, effective cuts during surgery."

CONTINUUM OF CARE

Patients receive the full continuum of care at the Total Joint Center. From pre-operative education classes to post-operative rehabilitation, physicians and clinical staff coordinate care throughout the entire joint replacement process.

"Physicians and staff at the Total Joint Center have implemented best practices and excellent pain management," says Dana Higley, BSW, program coordinator, Total Joint Center. "Our nurses and therapists are trained in orthopedics to ensure that every joint replacement patient receives specialized care."

For more information about total joint replacement at CentraState, visit www.centrastate.com/TJC or call (866) CENTRA7 (866-236-8727). HD

Everyday tasks are much easier for Arlene Meredith now that she no longer needs a cane for mobility. ►



Patient-Specific Benefits

The patient-specific instrumentation at CentraState Healthcare System's Total Joint Center of New Jersey provides a number of benefits for knee replacement patients. Patient-specific, custom-made guides help surgeons ensure accuracy, resulting in a more efficient, less stressful procedure.

"During knee replacements, surgeons aim to minimize stress on patients," says Alan Nasar, MD, FAAOS, board-certified and fellowship-trained orthopedic surgeon and medical director, Total Joint Center. "I'm able to reduce blood loss and limit damage to surrounding tissue with patient-specific instrumentation. This technology will have a huge impact for patients, and I'm excited about using it to improve patient experience."

Orthopedic Surgeons Performing Knee Replacement at CentraState

Advanced Orthopedic and Sports Medicine Institute

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

MINIMALLY INVASIVE COLON CANCER SURGERY = Maximum Results

When Rev. Willie Thorpe, 69, began steadily losing weight, he attributed it to his new diet. Then the Freehold resident began having abdominal discomfort, which became so severe he ended up in CentraState Medical Center's Emergency Department. A computed tomography scan showed nothing unusual, but a colonoscopy revealed a cancerous tumor that was significantly blocking Rev. Thorpe's colon at the splenic flexure—a bend in the six-foot organ that is difficult to access.

"I was told that the tumor could have been growing for up to 10 years," Rev. Thorpe says.

In fact, it had become so large that it was preventing his colon from adequately expelling waste, which explained the worsening abdominal discomfort and contributed to his weight loss—about 30 pounds by that point.

After beating colon cancer with minimally invasive surgery, Rev. Willie Thorpe is a vocal advocate for prevention—even preaching about the virtues of screening for the disease in his capacity as a church minister. ▼



"If I'd gone for regular checkups, they'd surely have detected the cancer earlier, when the tumor would have been much smaller and easier to treat," he acknowledges.

The American Cancer Society, American College of Radiology, and U.S. Multi-Society Task Force on Colorectal Cancer recommend regular screenings beginning at age 50 for people at average risk for colon cancer (no family history or previous diagnosis). Rev. Thorpe had never had a screening.

Oluseun "Seun" Sowemimo, MD, the board-certified surgeon who urged



Oluseun "Seun" Sowemimo, MD, board-certified surgeon

Rev. Thorpe to have the colonoscopy, recommended laparoscopic (minimally invasive) colon surgery (colectomy or colon resection) to remove the cancer. Conventional "open" surgery can be highly invasive, explains Dr. Sowemimo,

fellowship-trained in minimally invasive surgery and on the medical staff at CentraState—especially when the tumor is difficult to reach.

Routinely performed to treat benign colorectal problems such as inflammatory bowel disease and diverticulitis (swelling or inflammation of an abnormal pouch in the intestinal wall), laparoscopic surgery has emerged as an option for treating colorectal cancer as well.

"This approach makes it possible to remove tumors and surrounding lymph nodes using several small incisions requiring only Band-Aids® instead of one long incision," Dr. Sowemimo says. "This typically minimizes blood loss and trauma to surrounding tissues, and reduces postoperative pain, scarring, and recovery time."

Surgeons on Staff at CentraState Who Perform Laparoscopic Colon Resection

Advanced Surgical Associates

Jarrod Kaufman, MD
Michael Menack, MD

Advanced Surgical Health Associates

Amit Kharod, MD

Central Jersey Surgical Associates

V.K. Ashok, MD

Honorio M. Cruz, MD

Jody DiGiacomo, MD

Endo-Surgical Associates of Central Jersey

Morris Washington, MD

Sergey Grachev, MD

Mark Lehman, MD

Kenneth Pozner, MD

Prime Surgicare

Oluseun "Seun" Sowemimo, MD

Surgical Associates of Mercer and Monmouth County

Earl Noyan, MD
Val Prokurat, MD

Dr. Sowemimo was able to remove the tumor completely, along with several nearby lymph nodes. Laboratory analysis of the lymph nodes indicated that the cancer fortunately had not spread.

Rev. Thorpe was pleased to learn he didn't require follow-up radiation therapy or chemotherapy, which is often recommended to prevent cancer from spreading or returning. Moreover, he was able to leave the hospital in four days (the average stay for open surgery is a week) and return to normal activities in three weeks (six weeks is the average with open surgery), experiencing minimal discomfort throughout his recovery.

Now Rev. Thorpe, a greeter at CentraState's Outpatient Information desk and a church minister, is a vocal advocate of colonoscopy screening. He says he even preaches about the importance of prevention.

"Cancer has no respect," says Rev. Thorpe. "It can happen to anyone, at anytime."

For more information about surgical services at CentraState, visit www.centrastate.com/surgery or call (866) CENTRA7 (866-236-8727). HD

EXPANDING THE OPTIONS FOR Sinusitis Relief

Constant sinus infections, headaches, sinus dryness, sore throat, and postnasal drips were a normal part of everyday life for Matthew Menosky, 29, of Plumsted Township.

When his symptoms began affecting his day-to-day activities as a police officer, Matthew knew it was time to seek treatment for chronic sinusitis. He turned to the expertise of Mark Roessler, DO, board-certified otolaryngologist (ear, nose, and throat specialist) with Ear, Nose & Throat of Freehold and on the medical staff at CentraState Medical Center.

“Dr. Roessler diagnosed me as having a deviated septum and chronic sinusitis,” says Matthew. “He explained that a deviated septum is where the bone and cartilage in the nose is displaced, making it difficult to breathe through the nose. He then told me about balloon sinuplasty, a new procedure he was confident would help relieve my symptoms. I agreed to the procedure and couldn’t be happier.”

When patients with chronic sinus diseases cannot find relief from medical therapy, balloon sinuplasty offers a less-invasive surgical treatment option. The outpatient procedure is performed at CentraState’s Ambulatory Surgery Center in the Donna O’Donnell, RN Medical Arts Building.

“Traditional surgical methods are much more aggressive than balloon sinuplasty and require removal of tissues and bone to restructure an opening for drainage,” says Dr. Roessler. “Balloon sinuplasty, on the other hand, aims to preserve natural tissues while opening the drainage pathways of the sinuses.”

GENTLER AIRWAY RECONFIGURATION

During the procedure, which uses endoscopic technology (instrumentation to visualize the interior of the body), a thin



◀ The balloon catheter used in the sinuplasty procedure is positioned via a lighted guide wire and gently inflated using a hand-operated pump.

lighted guide wire and catheter with a miniature balloon is inserted through the nostril and then inflated.

“The inflated balloon gently reconstructs and broadens the passageway walls while maintaining the integrity of the sinus lining,” says Dr. Roessler. “In addition to being a less-invasive surgical option for patients, the procedure offers the added benefits of greatly decreased recovery time, minor to no pain while healing and thereafter, and, ultimately, the significant reduction of chronic symptoms. Patients have been extremely satisfied with the outcomes of the procedure.”

BREATHING MUCH EASIER

Over a year after undergoing balloon sinuplasty, Matthew remains thrilled with his results.

“I remember after the surgery was completed, I experienced no pain whatsoever—other than the normal healing of my incisions,” recalls Matthew. “I never realized that when I ran, I was always breathing through my mouth, but now I’m able to breathe through my nose. I’m also able to better enjoy the activities that I love, such as being outdoors and working out.”

For more information about surgical services at CentraState or to find a surgeon, call (866) CENTRA7 (866-236-8727) or visit www.centrastate.com/surgery. ^{HD}



▲ Mark Roessler, DO, demonstrates for a patient how balloon sinuplasty is performed using special endoscopic technology.

ENT (Ear, Nose, Throat) Specialists (Otolaryngologists) on Staff at CentraState Who Perform Balloon Sinuplasty

Ear, Nose & Throat of Freehold
Mark Roessler, DO

Freehold ENT Associates, PA
Arun S. Kumar, MD, FACS

Paul A. Rossos, MD



◀ Back home with her maltipoo Roxie after a visit to CentraState's ED, Marion Neal found it reassuring to remain overnight at the hospital for additional testing and observation to definitively rule out a heart attack.

KEEPING AN EYE ON THINGS BEYOND THE Emergency Department

Marion Neal anticipated a wait when she arrived at CentraState Medical Center's Emergency Department (ED) with pain in her arm last February. But true to the hospital's guarantee of having emergency patients seen by a nurse within 15 minutes and by a doctor or nurse practitioner within 30—along with having symptoms that might indicate a heart attack—Marion found herself quickly escorted to an examination room.

ED clinicians determined that her symptoms and medical history warranted further monitoring and testing, so the 70-year-old Whiting resident received additional evaluation under the hospital's Observation status protocol. For patients with symptoms that can be difficult to diagnose rapidly in the Emergency Department, Observation status allows additional time (generally from eight to 24 hours) for clinicians to sufficiently evaluate patients before deciding whether they require further treatment as hospital inpatients, or whether they can be discharged.

Several weeks before Marion's trip to the ED, her board-certified cardiologist

Vivian A. Kominos, MD, FACC, of Heart Specialists of Central Jersey and on the medical staff at CentraState, recommended that Marion have an ultrasound of the carotid arteries in her neck after examining her during a routine check-up. Marion, who had a history of blockage in the right artery, underwent the ultrasound a week later, and Dr. Kominos called with the results: The left carotid artery was 50 percent blocked. Dr. Kominos told her patient to call immediately if she experienced any symptoms consistent with a heart attack.

"A couple of weeks after that, I began to feel pain in my left arm that spread to my elbow and wrist after two days," Marion says. "When I experienced shortness of breath a couple of times, I got scared and called Dr. Kominos' office."

Marion spoke with one of Dr. Kominos' partners, Ted Gutowski, MD, also a board-certified cardiologist on the medical staff at CentraState, who advised her to go directly to CentraState's ED.

REASSURING AND EFFICIENT
After arriving at the ED, Marion

was promptly seen by triage nurse Loretta Impastato, RN, and then transported to the acute care area, where her blood was drawn and she received an electrocardiogram and other diagnostic tests. Nestor Restua, MD, the board-certified ED physician who examined her, recommended that she remain at the hospital overnight in Observation status to undergo more tests and further evaluation and monitoring.

Observation status is designed to improve patient satisfaction by reducing hospitalization and healthcare costs, while delivering outstanding care in a comfortable setting.

"Patients in Observation status stay in a room, receive dining service, and are cared for by a primary nurse who is assigned to them," says Laurie Gambardella, RN, BSN, clinical director, Emergency Services. "In addition to being seen by their physicians, patients receive stress testing, echocardiograms, and serial lab work [lab tests that must be repeated every few hours] if ordered by their physicians to make sure they're ready to return home within 24 hours."

“I think Observation status is a fantastic idea,” Marion says. “I appreciated the privacy, as well as the phone and TV. I was able to receive care in a comfortable, efficient way.”

Marion underwent a stress test the next morning at the direction of board-certified cardiologist Ashish Awasthi, MD, on the medical staff at CentraState and another of Dr. Kominos’ partners. Based on the results of the stress test and the studies conducted the day before, Dr. Awasthi determined that Marion’s symptoms were unrelated to her heart, but advised her to follow up with both her cardiologist and primary care physician. She was discharged within 24 hours of arriving at CentraState’s ED.

Her primary care physician Indu Gopal, MD, board-certified in internal

medicine and on the medical staff at CentraState, later concluded based on arm and neck X-rays that Marion’s pain stemmed from arthritis in her shoulder.

Physical therapy has helped Marion get back to assisting her older neighbors run errands—secure in the knowledge that excellent emergency care is never too far away.

For more information about Emergency Services at CentraState, call (866) CENTRA7 (866-236-8727) or visit www.centrastate.com/emergency. HD



Vivian A. Kominos, MD
board-certified cardiologist

Getting to the Heart of Cardiac Concerns

Cardiac diagnostic tests available at CentraState’s Thomas J. Blanchet Cardiac Diagnostic Center include:

- 24-Hour Holter monitor
- Ambulatory blood pressure monitoring
- Echocardiogram
- EKG (electrocardiogram)
- Exercise stress testing
- Impedance cardiography (ICG)
- Late potential-signal averaging test
- Nuclear stress testing
- Pacemaker evaluation
- Pharmacological nuclear stress testing
- Stress echocardiogram
- Transesophageal echocardiogram (Tee).

CentraState’s Cardiac Catheterization Lab in the Donna O’Donnell, RN Medical Arts Building provides additional diagnostic services.

For more information about cardiac diagnostic services at CentraState, visit www.centrastate.com/cardiactests or call (732) 294-2912.

A Spirit of Giving

In March, the CentraState Associated Auxiliaries presented checks totaling more than \$100,000 to the CentraState Healthcare Foundation, bringing the auxiliaries’ total contributions to more than \$2.7 million since fundraising began in the 1960s.

For nearly 50 years, the CentraState Associated Auxiliaries have raised funds

for CentraState Medical Center by sponsoring vendor sales, bus trips, boutiques, and an Annual Holiday Gala.

In 2009, the Gala honored Robert C. McGirr, chair, CentraState Healthcare Foundation Board of Trustees. The evening’s proceeds of \$53,000 were designated for Radiation Oncology Department renovations and expansions.

Donations raised in 2009 also will pay off a five-year pledge that the auxiliaries made to the Star and Barry Tobias Ambulatory Campus Capital Campaign in 2007.

“We are proud to say that, with our auxiliaries’ combined efforts, we have completed our \$250,000 pledge in only four years,” says Valerie Mac Phee, president, CentraState Associated Auxiliaries.

COMMUNITY BENEFITS

In addition to hospital donations, the auxiliaries fund several scholarships each year for high school students and adults in the community who are pursuing careers in healthcare and volunteer in their communities. They also work at the Hospital Thrift Shop as supervisors and volunteers.

For information about scholarship applications, becoming an auxilian, starting an auxiliary group, or volunteering at the Hospital Thrift Shop, please call (732) 294-7030 or visit www.centrastatefoundation.org and click on “Auxiliaries.” HD



▲ The Auxiliary presidents presented the funds raised in 2009 at a reception in March. (Standing, left to right) Valerie Mac Phee, Flora Nahmias, Helen Drucker, Dorothy Peterson, Patricia Lee, Marilyn Jacobs, Geri Silverman, and Jackie Sessa; (Seated, left to right) Rhoda Traeger, Rosalie Rosen, and Louise Taylor.

UNDERSTANDING Thyroid Disease

Situated in the front of your neck just below the voice box, the thyroid is a small gland that controls many bodily functions, including metabolism (the rate at which the body uses energy to support all basic functions essential to life), and can impact your cholesterol levels, heart, and muscles. Here is a closer look at the gland, along with some conditions that affect the way it works.

- **Hyperthyroidism** (also called “overactive thyroid”) occurs when the gland produces abnormally high levels of thyroid hormones. Because the hormones have direct effects on most organs, those organs will respond with an increase in the rate at which they perform their functions. This, in turn, may result in heart palpitations, weight loss, nervousness, excessive sweating, moodiness, insomnia, and other potentially harmful symptoms.
- **Hypothyroidism** is caused by an under-performing thyroid gland. When the thyroid does not produce enough

hormones, the results can range from weakness, fatigue, increased sensitivity to cold, and weight gain to muscle aches, joint pain, high cholesterol, and pregnancy complications.

TREATING THE CAUSE

Treatments for thyroid disorders vary according to the underlying condition. For hyperthyroidism, they include medication, radioactive iodine therapy to control hormone levels, and, occasionally, surgery. The only treatment for hypothyroidism involves an oral thyroid hormone supplement to restore normal hormone levels.

“Although thyroid conditions are treatable, many times the symptoms of these conditions can be overlooked or missed,” explains Melissa Garduno Young, MD, FACE, FACP, board-certified internal

medicine physician and endocrinologist on the medical staff at CentraState Medical Center. “To properly diagnose thyroid problems, appropriate blood tests must be performed.”

For more information about thyroid disease or to find a physician at CentraState, visit www.centrastate.com or call (866) CENTRA7 (866-236-8727). HD



GOT A MINUTE?

Meet the Doctor: Melissa Garduno Young, MD, FACE, FACP

Melissa Garduno Young, MD, FACE, FACP

Medical specialty: Endocrinology

Areas of interest: Thyroid disease, thyroid nodules and cancer, pituitary disorders, and diabetes mellitus

Medical school: University of the Philippines College of Medicine; Manila, Philippines

Internal medicine internship and residency: University of Connecticut Health Center

Endocrinology fellowship: Rhode Island Hospital/ Brown University

Board certification: Internal medicine and endocrinology

What is the most gratifying part of your job?

I have always found the body's feedback loops—its attempts to regulate itself—fascinating. This profession allows me to



learn more about a subject that I find intriguing and interesting. Each new day as a physician presents the opportunity for a new discovery.

What is the most gratifying part of your job as an endocrinologist?

Being able to help patients who suffer from thyroid disease. Some of my most memorable experiences have been helping women struggling with thyroid diseases or diabetes during pregnancy. Watching them progress through a healthy, uncomplicated pregnancy is truly an amazing experience, especially after seeing pictures or meeting the baby during an appointment.

Office: Mid Atlantic Diabetes and Endocrinology Associates, LLC

555 Iron Bridge Road, Suite 18

Freehold, NJ 07728

(732) 409-6233

Newfound Freedom FOR DIABETES PATIENT

Almost 20 years after he was diagnosed with diabetes, Michael Burke decided he was ready to trust the technology that could transition him from daily, self-administered insulin injections to an insulin pump.

But the Howell resident knew he would need help—and he had lots of questions.

His doctor, Eric Wining, MD, board-certified internal medicine physician with Endocrinology Associates of Central NJ and on staff at CentraState Medical Center, referred him to CentraState's Novo Nordisk Diabetes Center.

"Some doctors may write a patient a prescription for the pump and send a person on his or her way," Michael says. "I was able to receive the education and support I needed, beyond the basic support you receive from a physician."

"Insulin pumps can simplify diabetes management by allowing patients to match their insulin intake to their lifestyle, rather than vice versa," explains Suzanne Khanna, coordinator, Novo Nordisk Diabetes Program. "Experienced diabetes educators can help patients sort through the different styles of insulin pumps and infusion sets currently available, teach them proper pump usage and care, and help them through the inevitable adjustment period."

Michael took basic diabetes education, nutrition, carbohydrate-counting, and insulin pump education classes at the Diabetes Center. Transitioning to a pump means he no longer has to self-administer insulin injections. Instead, the pump regularly provides appropriate doses of

Free Insulin Pump Info Session

Want to know more about insulin pumps? Attend a free information session on Wednesday, July 21, sponsored by the Novo Nordisk Diabetes Center. To pre-register or for more information, call (732) 294-2574.

▲ Thanks to an insulin pump, Michael Burke no longer requires daily injections to manage his diabetes, giving him more flexibility to pursue passions such as skateboarding.

insulin based on Michael's blood glucose levels and grams of carbohydrates he consumes at meals and snacks. Michael uses a blood glucose meter that's part of the pump to check his blood sugar levels, which relays that information to his pump for insulin administration.

At age 32, he says he finally feels free from the concerns that can interfere with everyday life for a person with diabetes.

"At first it was an adjustment because I had been doing injections for so long," Michael says. "I was able to call the Center's staff with questions, big and small, and they never lost patience with me. Thanks to them, I have freedom and flexibility I haven't had for 20 years."

For more information about services at CentraState's Novo Nordisk Diabetes Center, visit www.centrastate.com/diabetes or call (732) 294-2574. HD



Expanding Diabetes Education

CentraState Healthcare System's Novo Nordisk Diabetes Center plans to expand diabetes education programs for children and teens using a recent \$100,000 donation from Novo Nordisk Inc., a global healthcare company focusing on diabetes with its North American headquarters in Princeton, NJ. Pictured, Phil Fornecker (right), vice president of strategic business operations, Novo Nordisk Inc., presents the donation to John Gribbin (left), president and CEO, CentraState, and Kenneth Ordene, MD, medical director, Novo Nordisk Diabetes Center. CentraState named the Diabetes Center in honor of the company after an equivalent donation made in 2005.



◀ Improvements to The Manor include a new HD television for the great room, where patients and residents socialize.

SENIORSFIRST CALENDAR OF EVENTS

JULY AND AUGUST 2010

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

SENIORSFIRST MEMBERSHIP LUNCHEON—"RED, WHITE & BLUE"

Applewood Estates Performing Arts Center
Come enjoy a luncheon complete with free raffle prizes and entertainment.
Friday, July 9, 11:30 a.m.–2 p.m. \$9.

STROKE SUPPORT GROUP

Jackson, NJ
Mondays, July 12 and August 9, 2–4 p.m.

PARKINSON SUPPORT GROUP

Manalapan Senior Center
211 Route 522, Manalapan, NJ
Tuesdays, July 20 and August 17,
11:30 a.m.–12:30 p.m.

DINING OUT PROGRAM AND SENIOR GAMES

Star and Barry Tobias Ambulatory Campus Conference Center

Join us for good food and fun with other seniors. Breakfast: bagels, danish, hot beverage. Lunch: wraps, sandwiches, pasta, assorted beverages.

Thursday, July 22, 9:30 a.m.–1 p.m. \$7.

SENIORSFIRST MEMBERSHIP LUNCHEON—"END OF SUMMER"

Applewood Estates Performing Arts Center
Come enjoy a luncheon complete with free raffle prizes and entertainment.
Friday, August 20, 11:30 a.m.–2 p.m. \$9.

The Manor GETS A MAKEOVER

Thanks to recent updates and enhancements, The Manor Health and Rehabilitation Center has a new look that better reflects the high level of care it provides for sub-acute (short-term) patients and long-term care residents. CentraState Healthcare System has made a significant commitment to enhancing The Manor with a host of updates and improvements.

"Recent upgrades have modernized rooms and common spaces to create a warmer environment for sub-acute patients and long-term residents," says Andrew Harris, LNHA, FACHE, administrator, The Manor. "We also have renovated our courtyard where residents relax in the outdoors as well as enjoy social functions."

ATTENTION TO DETAIL

Resident and sub-acute rooms have been outfitted with new furniture and lighting in the adjoining bathrooms. Individual flat-panel televisions with pillow speakers enhance the viewing experience for each sub-acute patient who shares a semi-private room.

Common areas have new flooring, and new artwork graces the walls. The kitchenettes in each wing that provide hot coffee and other amenities also have been refurbished.

In the great room, where patients and residents socialize, there is a new 37-inch HD flat-panel LCD television for group viewing, a desktop computer with internet access, wireless internet for residents with laptops, a library, sitting area, and dining space. The main dining room also has had a face-lift, which has heightened its restaurant-like atmosphere.

STYLE AND SUBSTANCE

The Manor is accredited by The Joint Commission, a designation that only 12 percent of skilled nursing and rehabilitation centers in the state of New Jersey have achieved. A vital link in the continuum of care, The Manor is staffed by skilled clinicians and therapists who provide long-term care for residents and short-term rehabilitative services

for patients transitioning from hospital to home.

"According to benchmark data, our sub-acute patients reach the same level of functioning in a shorter amount of time than patients at other facilities," says Harris. "Our recent upgrades will further enhance the patient and resident experience, matching satisfaction scores with the quality care outcomes we continually achieve."

101-derful

Vivian Dehart, a resident at The Manor Health and Rehabilitation Center since 2005, turned 101 on March 3 and celebrated her birthday with family, friends, and staff. A lifelong Freehold resident, Vivian was a stenographer and an active member of the First Presbyterian Church of Freehold, living independently and driving until she was 95. Congratulations to a lovely lady who enjoys bingo, sitting on the patio, and visiting with friends at The Manor.



To discuss your short-term sub-acute rehabilitation or long-term care needs at The Manor Health and Rehabilitation Center, call (732) 431-5200 or visit www.themanorhealth-rehab.com for more information. HD

Star and Barry Tobias Health Awareness Center Programs

Star and Barry Tobias Health Awareness Center • 901 West Main Street., Freehold 07728

For information about these and other classes and programs offered through the Health Awareness Center (HAC), please call the Center at **(732) 308-0570**; or visit www.centrastate.com/healthprograms for information and online registration (unless otherwise noted).

Parenting & Childhood Programs

The HAC offers a wide variety of parenting and early childhood programs covering:

- Childbirth preparation and caring for newborns
- Early childhood development (up to 5 years old)

NEW!! Storytime & More with Miss Sue (ages 2–3 years)
Fridays, July 23–Aug. 20, 10–11 a.m. (5 sessions)
One hour of free time for parents while children enjoy story time, music, dance, and interacting with other toddlers.

Pre-School Prep (ages 3–5 years)
Thursdays, July 22–Aug. 19, 10 a.m.–12 p.m. (5 sessions)
Two hours of free time for parents while children have fun learning to transition and socialize and improve fitness and coordination.

Lifestyle Management Programs

Nutrition/Weight-Loss Programs for the Whole Family
Classes and private consults, healthy cooking demos, metabolic rate analysis, weight-loss surgery, education/support, and more.

Taste & Learn:
"Jersey Fresh July"
Wednesday, July 14, 7–8 p.m.

Sample Jersey Fresh produce and learn why fruits and vegetables are nutrition powerhouses. \$8/person or \$12/couple.

Healthy Cooking Demo:
"Beyond the Grill"
Wednesday, Aug. 18,
7:30–8:30 p.m.

Learn how to prepare light and delicious summer recipes just in time for Labor Day weekend. \$12/person or \$20/couple.



CPR Training Center

Classes for healthcare providers and anyone who wants to make a difference:

- Family and Friends CPR
- Heartsaver AED (adult/child CPR and use of automated external defibrillator)
- Heartsaver CPR
- Heartsaver First Aid
- CPR for Teens
- First Aid for Teens
- BLS, ACLS, PALS for healthcare providers

Diabetes Prevention and Management

CentraState's Novo Nordisk Diabetes Center works with you and your doctor to provide diabetes prevention and management services. The center is recognized by the American Diabetes Association, and all instructors are certified diabetes specialists. For more information or to register for programs, visit www.centrastate.com/healthprograms or call (732) 294-2574

FREE Screenings at Family Healthcare at Bartley Corner, Jackson
Wednesday, July 14, 2–4 p.m.

- **Diabetes Risk Assessment.** Free blood glucose, blood pressure, and eye screenings and free body fat measurement to help you assess your risks for diabetes and take preventive measures. **Preregistration required.**
- **Eye Screening.** Free screening for those with diabetes by board-certified ophthalmologist Eric Gershenbaum for visual acuity, glaucoma, blood pressure, and diabetic retinopathy. **Preregistration required.**

Keeping Kids Active and Engaged All Summer

For more information about the activities listed below or to register, call the Student Health Awareness Center at (732) 308-1850 or visit www.centrastate.com/healthprograms.

Summer Camps

- **Fun with Forensics** (for students grades 5–8)
Monday–Friday, July 12–16, 9 a.m.–4 p.m.
Campers spend mornings learning about CSI techniques and other science stuff and afternoons engaged in healthy, fun activities such as swimming and soccer.
- **Anatomy Academy** (for students grades 5–8)
Monday–Friday, July 26–30, 9 a.m.–4 p.m.
Campers spend mornings exploring the wonders of the human body and visiting areas of the hospital, and afternoons engaged in healthy, fun activities such as swimming and soccer.
- **Summer Exploration** (for students grades 3–4)
Monday–Friday, August 2–6, 9 a.m.–4 p.m.
Campers spend mornings learning about keeping healthy and safe while having fun, and afternoons engaged in healthy, fun activities such as swimming and soccer.

Michele and Jennifer Tobias Adventure to Health

Open during July & August from 11 a.m.–3 p.m. Monday–Friday and Saturdays, July 3 and August 7. ***Please call to pre-schedule your visit.** A high-tech, educational wonderland for children ages 6 and up. This colorful maze of 18 interactive stations invites visitors to explore the human body and learn about nutrition, the fine senses, germs and how they spread, dental health, and much more.

Birthday Parties

Available Saturdays & Sundays, 11 a.m.–3 p.m.
Host a unique and exciting birthday at CentraState featuring Adventure to Health. Can be combined with activities at the Fitness & Wellness Center.

Other Programs/Services

- Corporate/Community Health Services
- Mobile Wellness Van (offering screenings and more)
- Customized Health Fairs and Screenings
- Speakers Bureau

CENTRASTATE BRIEFS

CENTRASTATE NAMED "BEST PLACE TO WORK" AGAIN

NJBIZ newspaper has awarded CentraState Healthcare System 12th place in its "Best Places to Work in New Jersey" annual statewide ranking, up from 17th in 2009. CentraState earned similar recognition from healthcare trade journal *Modern Healthcare* magazine in 2008.

SPEND AN "EVENING IN THE VINEYARDS"

This year's "An Evening in the Vineyards" to benefit CentraState's Linda E. Cardinale Multiple Sclerosis Center will be held Friday, August 27, 6-9 p.m. at the Star and Barry Tobias Ambulatory Campus. The event features a sampling of fine wines and hors d'oeuvres from France, Italy, Spain, and California. Proceeds will support expansion of the Center, including a new, dedicated infusion center, research program, and neurocognitive spastisity program. For more information call CentraState Healthcare Foundation at (732) 294-7099 or visit www.centrastatefoundation.org.



▲ William J. Mehr (center), joined by family, friends, and CentraState staff and administrators, attended a reception in April to dedicate CentraState's new Jean Mehr Infusion Therapy Center named in memory of his late first wife. Featuring 12 treatment stations, a private procedure room, and state-of-the-art equipment, the new Center offers a spacious and calming atmosphere for patients receiving treatment and their families. It now is located in the Donna O'Donnell, RN Medical Arts Building.



▲ CentraState Healthcare System's medical and dental staff donated \$20,000 toward the 34th annual Band Aid Open Golf Outing held June 8 to benefit the Student Health Awareness Center at CentraState's Star and Barry Tobias Ambulatory Campus. The center educates approximately 16,000 New Jersey students annually, from preschoolers to high school seniors, through more than 65 innovative, age-appropriate programs. Kenneth Tomkovich, MD, chair, Band Aid Open, (center) received a ceremonial check presented by (left to right) John T. Gribbin, FACHE, president and CEO; John Brandeisky, DPM, secretary treasurer, Medical Staff; James Matera, DO, chief of staff; and John DeTullio, MD, assistant chief of staff.

The inaugural "Paulette Steps Toward Cancer Wellness" 5K run/1-mile walk in March attracted more than 350 participants and raised more than \$25,000. Sponsored by CentraState Medical Center in conjunction with the Freehold Runners Club, the event at Monmouth Battlefield State Park is named in honor of dedicated runner and rectal cancer survivor Paulette Stallone, 45, of Manalapan. (Her story appeared in the January/February 2010 *Healthy Directions*.)

The funds raised will be donated toward studies to be conducted by CentraState's Cancer Program team to research and report experiences of women who have survived colorectal cancer for more than three years and to examine the effects of moderate exercise during cancer treatment. Funds also will be used toward future projects to raise colorectal cancer awareness within the communities that CentraState serves.



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