

# Healthy

## DIRECTIONS

The full circle of health and wellness  
dedicated to excellence.



**CentraState**  
Healthcare System®

Freehold, New Jersey  
www.centrastate.com

March/April 2007



## Independent Living at Applewood Estates

### Delivering Three Generations of Maternity Care

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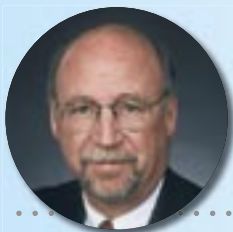
### Minimally Invasive Hip Surgery

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CentraState  
Medical Center  
is a Magnet® hospital





## President's Message

### LIVING WELL, AT ANY AGE

At CentraState Healthcare System, we are committed to providing quality care and peace of mind for all members of our growing community. Yet the fastest growing segment of the population are those who are more than 80 years old, followed by the 65 and over population, according to the U.S. Census Bureau. To address this need, we've significantly expanded our senior services.


Applewood Estates, CentraState's lifecare retirement community in Freehold, has made an active, worry-free lifestyle available to seniors for 15 years, with studio, one-, and two-bedroom apartments. Now, as part of a \$35 million expansion and renovation project, we have added 20 upscale cottages and 50 independent living apartments to the landscaped, 44-acre Applewood campus.

New or upgraded amenities also are in the works, including a library, banking facilities, general store, fitness and wellness center, lap pool, performance hall, and casual-dining bistro pub. The total experience is a maintenance-free lifestyle as if living in a grand hotel, all backed by the security of a lifecare contract. You can learn more about the expansion in this issue of *Healthy Directions*.

While creating an environment of comfort and convenience for seniors, we never lose sight of our role as a trusted provider of healthcare. In 2006, we expanded our geriatric services specifically to address the growing healthcare needs of seniors in our community. We have several geriatric specialists on staff at CentraState Medical Center who are trained to treat a range of health issues affecting seniors from Alzheimer's and dementia to diabetes and heart failure. Some of these doctors make weekly visits to Applewood Estates and CentraState's two other senior living communities—Monmouth Crossing and The Manor Care Center. We have added a geriatric education component to the curriculum of our university-affiliated Family Medicine Residency Program. A geriatric education helps our resident physicians provide the quality care that will keep adults at their healthiest and most active as they age.

Seniors are working harder than ever to remain healthy, active, and independent. CentraState is proud to play a part by providing excellence in senior living and senior care.

Yours in good health,

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

*Healthy Directions* is produced by CentraState Healthcare System, Freehold, New Jersey.

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#### March/April 2007

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## Community Voices

I underwent a rotator cuff repair at CentraState Medical Center and was admitted into the short-stay unit.

I am happy to report that my experience at the hospital, from the pre-op testing to my release from the short-stay area, was something that makes me feel proud to know there are people who really care for patients and their welfare. I was treated with the utmost respect and courtesy. Everyone was professional, knew his or her job, and made me feel comfortable. The entire staff smiled all the time, gave all the time needed to answer my questions, and was always there to help.

There are signs about the hospital stating the awards that were won; it is easy to see why.

Sincerely,

Herb Krystall



Herb Krystall can swing a golf club again without pain, thanks to same-day shoulder surgery performed at CentraState Medical Center by James Cozzarelli, MD, orthopedic surgeon.

**On the cover: CentraState Medical Center's lifecare community, Applewood Estates, offers luxurious independent living with the peace of mind of nearby healthcare if needed.**

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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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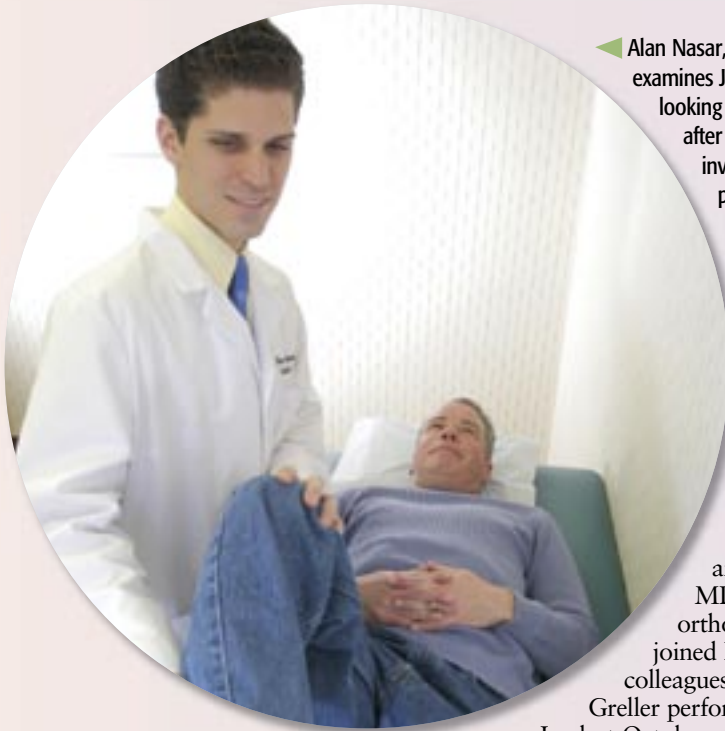
(800) 624-7496



## MINIMALLY INVASIVE

# Hip Surgery

*New Orthopedist Pioneers Procedure for Hip Pain Relief at CentraState*



◀ Alan Nasar, MD, orthopedic surgeon, examines Joe Dewhurst, who is looking forward to jogging again after undergoing a minimally invasive hip arthroscopy procedure.

In fact, Joe was the first patient to undergo the procedure at CentraState. It was brought to the hospital in the fall of 2006 as part of a new “total joint” hip and knee program that included the arrival of Alan Nasar, MD, fellowship-trained orthopedic surgeon who joined Dr. Greller and his colleagues. Drs. Nasar and Greller performed the procedure on Joe last October.

An avid golfer and jogging enthusiast, 48-year-old Joseph Dewhurst of Freehold sought medical attention in March 2006 when he couldn't swing a club or go for a run without experiencing pain in his right hip.

“Simply twisting or shifting my weight would send shocks of excruciating pain through my hip,” recalls Joe.

His doctor referred him to Michael Greller, MD, board-certified orthopedic surgeon with Western Monmouth Orthopedic Associates, PA. Dr. Greller scheduled a magnetic resonance imaging (MRI) scan to locate the cause of Joe's nagging symptoms. Joe learned he had mild arthritis and a torn labrum—the cartilage that lines the hip joint socket.

### A FORTUNATE FIRST

“Dr. Greller told me I would need to undergo a new surgical procedure called minimally invasive hip arthroscopy to correct the damage,” says Joe, who was relieved to learn that the procedure was available at CentraState Medical Center.

The new procedure adapts technology commonly used in knee and shoulder arthroscopy to diagnose and treat specific hip problems previously untreatable in many patients. During a half-hour operation, Drs. Greller and Nasar corrected the conditions in Joe's hip that didn't warrant total hip replacement but were having a negative impact on his quality of life.

### TINY INCISION, BIG BENEFIT

During hip arthroscopy, the orthopedist makes tiny incisions and inserts an arthroscope—a pencil-sized instrument consisting of a tiny lens and lighting system. A miniature television camera attached to the arthroscope transmits a view of the interior structures of the hip joint to a larger screen. These images help the surgeons pinpoint and treat tears in the labrum, remove bone chips and other debris in the joint, and treat isolated cartilage defects, including mild cases of arthritis.

“In the past, we could access the joint only through a large incision and dislocation of the hip, both of which are potentially

damaging,” explains Dr. Nasar, who graduated from New Jersey Medical School and also performed the first minimally invasive double knee replacement surgery at CentraState after completing a fellowship in Nevada. “Hip arthroscopy provides a minimally invasive alternative that gets the patient back to his or her activities with minimal pain management and shorter recovery time.”

### MOVING PAST THE PAIN

Joe experienced substantial relief immediately following surgery.

“I started physical therapy less than one week after my operation, and walking was significantly less painful just a few weeks later,” says Joe, who eagerly awaits Dr. Nasar's go-ahead for getting back to the greens and resuming his jogging regimen.

**For more information about minimally invasive joint surgery at CentraState, call (866) CENTRA7. <sup>HD</sup>**

**Orthopedic surgeons on staff who are privileged to perform hip arthroscopy**

**Central Jersey Sports Medicine and Orthopedics Center**

Andrew Harrison, MD

**New Jersey Orthopedic Associates**

Manuel T. Banzon, MD

Gregg S. Berkowitz, MD

**Western Monmouth Orthopedic Associates, PA**

James Cozzarelli, MD

Gerardo Goldberger, DO

Michael Greller, MD

Alan Nasar, MD



# The MS Center: COMPREHENSIVE CARE IN YOUR COMMUNITY



◀ Joe DiMattina (second from left) credits the staff at CentraState Medical Center's MS Center, (from left) Rita Lapushinsky, administrative assistant; Amos Katz, MD, medical director of the Center, and Michelle Emmons, RN, for providing the caring support and resources he needs to manage living with multiple sclerosis.

## MAKING THE RIGHT CONNECTIONS

"Fortunately, I was introduced to Amos Katz, MD, of Central Jersey Neurology Associates and medical director of CentraState's MS Center," says Joe. "He told me about the Center."

The difference was evident the second Joe walked in the door.

"I knew I was home," he says. "At the MS Center, I get straight answers, I know what's going on with my condition, and they make sure I'm aware of everything that's new when it comes to treating and living with MS. I don't need to travel anymore for great care. If I need an MRI or physical therapy, it's all right there. If I need a prescription, they call the pharmacy. It's like one-stop shopping. They even have valet parking. Everything is coordinated, and everyone knows what's going on."

The MS Center was developed with the support of the Mid-Jersey Chapter of the National Multiple Sclerosis Society to help improve the quality of life for people with MS and their families.

The primary mission of the MS Center is to help those living with MS maximize their function and independence. Patients receive coordinated care for evaluation, education, and treatment in a range of specialties from a multidisciplinary team that includes MS-trained neurologists, a certified MS coordinator, speech therapists, and certified MS specialists in physical and occupational therapy. The Center also offers urological evaluation and treatment for bladder dysfunction; administration of the newest available FDA-approved treatment for MS; monthly support groups and education seminars; and management of the intrathecal baclofen pump for severe spasticity (a pump system that delivers baclofen, a muscle relaxant medicine, directly into the spinal fluid).

"At the Center, they take my call, and when I walk in, I'm not a number," says Joe. "I've made a great connection. It's a wonderful place with wonderful people."

The MS Center will be relocated this fall to the new 178,000-square-foot Ambulatory Campus presently under construction. The campus will house new and expanded facilities for physical medicine and rehabilitation, treatment and consultation space, and a medical center complete with three swimming and therapeutic pools.

**For more information about the MS Center, call (732) 294-2505. #D**

**J**oe DiMattina, a father of three and an insurance specialist from Atlantic Highlands, was diagnosed with multiple sclerosis (MS) at the age of 33. Now 47, he's learned that one of the most important things about managing the disease is to "find the right resources." That's what brought him to CentraState Medical Center's MS Center in Freehold.

## DON'T SETTLE

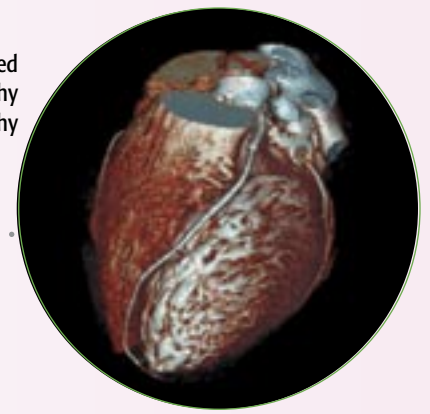
"When first diagnosed, I was receiving care in New York City," says Joe. "For therapy, follow-up visits, and regular MS care, I had access to medical resources that were among the most renowned in the area. However, things are not always what they're hyped to be."

For example, just getting to appointments was difficult for Joe, who also worked in New York City. He had to obtain rides to doctor and physical therapy appointments from colleagues at work, who would lose several hours of work while they waited for him.

"No matter what time of day my appointment was scheduled, I found myself waiting there, sometimes for hours. It was hard to get straight answers about anything. I couldn't even get a person to take my calls for simple things like prescription refills," Joe says. "I was a number. It was frustrating and very depressing. I couldn't settle for that."

# A Life Saved

Coronary computed tomography angiography



When Harvey Horowitz, 73, began feeling ill and experiencing chest pains in November 2006, the retired typesetter from Allentown followed his physician's instructions and went to a local hospital. Following a barrage of tests—including an echocardiogram and a nuclear stress test, which had negative results—the hospital physician diagnosed Harvey with acid reflux and wrote him a prescription.

"When the pain continued to worsen, my family practice physician, Kenneth Faistl, MD, realized that it was probably something more than just acid reflux and wanted to run more tests," Harvey says. "I'd already had almost every heart test performed, but Dr. Faistl told me about a new one—a coronary CTA—performed at Freehold Radiology Group in CentraState's Medical Arts Building, and I'm glad he did. It ended up saving my life."

Coronary computed tomography angiography (CCTA) is a radiologic procedure offered in a joint venture by Freehold Radiology Group and CentraState.

## IMAGING UP CLOSE

Coronary CTA—a noninvasive test that allows physicians to visualize the blood flow within the heart's arteries—has been available at Freehold Radiology Group on the campus of CentraState Medical Center since August 2006. During this test, a patient receives a contrast injection, followed by images taken of the heart and the arteries with a state-of-the-art 64-slice CT scanner. Because the test is still so new, interpretation takes specialized training.

"With this noninvasive test, we're able to see the same plaque or blockages affecting the blood flow as we would during an invasive cardiac catheterization," says Kenneth Tomkovich, MD, radiologist with added qualifications

Kenneth Tomkovich, MD, board certified in diagnostic radiology and vascular and interventional radiology

in vascular and interventional radiology and certification in interpreting coronary CTA. "If the coronary CTA doesn't reveal any blockages, then we know the patient can avoid

more invasive testing such as a cardiac catheterization. However, if we find a blockage—as we did with Harvey—then the patient undergoes catheterization."

## SECOND CHANCES

In late November, Harvey had a cardiac catheterization and discovered he had a 90 percent blockage in one of his coronary arteries. Within just days, Harvey had open-heart, double bypass surgery to repair the blocked artery and restore blood flow.

"The entire diagnosis was a shock to me," the married father and grandfather of three says. "However, if I hadn't had the coronary CTA at CentraState, which led to the cardiac catheterization and bypass surgery, I might not be here today. I owe my life to the doctors at CentraState."

**To schedule a coronary CTA, call Freehold Radiology Group Scheduling, located on the campus of CentraState Medical Center, at (732) 462-4844.** HD

*"I believe this exciting exam will help diagnose coronary artery disease. In conjunction with existing tests, this exam will lead to earlier diagnoses and treatment of people with heart disease."* —Peter Kouveliotes, MD, radiologist with added qualifications in vascular and interventional radiology and certified in interpreting coronary CTA at CentraState Medical Center

Harvey Horowitz and his wife, Judy, credit the determination of his physicians at CentraState Medical Center for saving his life. ▼



## Radiologists on Staff at CentraState Who Perform Coronary CTA

Freehold Radiology Group  
Peter J. Kouveliotes, MD  
Kenneth Tomkovich, MD



# APPLEWOOD

## INDEPENDENT LIVING WITH ADD

“It’s all pluses as far as I’m concerned,” says Anne Fritzinger, who moved into Applewood Estates, CentraState Healthcare System’s lifecare community, in October 2006. “When it’s sunny I take my breakfast and lunch on my balcony, and when I go downstairs for dinner, there are a wide variety of choices and people to socialize with. A lot of us gather in the lobby and visit before and after dinner. I wouldn’t move for anything.”



▲ Anne Fritzinger enjoys socializing with fellow residents and friends at Applewood Estates.

Anne, who lived in Red Bank and Eatontown before moving to Freehold, shopped around at several other retirement communities. She says the location of Applewood Estates and its many amenities sold her.

“It’s such a lovely area, and they keep the grounds looking beautiful,” she says. “I felt so welcomed from the beginning, and now I’m involved in several activities, including the Wine Club.”

### ADDED OPTIONS

Applewood Estates is meeting the needs of active seniors with the addition of 20 new upscale cottages and 50 apartment homes to its 44-acre campus. In addition to the new construction, residents have the option of studio or one-bedroom

apartments, as well as five different styles of two-bedroom apartments.

Applewood has provided an optimal retirement experience since 1990. Residents enjoy suburban living tailored to their own level of independence and privacy, with the peace of mind that comes with having a superior medical center nearby. Now, the community is providing even more options to fit the lifestyles and budgets of seniors.

“I had been visiting my aunt, Minna DuBois, a resident of Applewood Estates, since it first opened,” says Jean Toppel, who moved into one of the new apartments in January 2007. “I looked at other continuing care retirement communities, but the new construction, the camaraderie, and the peace of mind I found here made Applewood Estates the right choice for me.”

### BREATHING ROOM

The cottages are a natural extension of the original complex at Applewood Estates. The two-bedroom, two-bath *Monarch* offers a spacious 1,513 square feet with an ample walk-in closet, a fully equipped eat-in kitchen, and a one-car garage. Residents will enjoy the privacy of a single-family home plus bi-weekly housekeeping and complete maintenance.

“Living in one of the apartments or new cottages gives residents the best of both worlds,” says Heleyne Gladstein, director of sales and marketing at Applewood Estates. “You can live in your own home, but are still on the campus with access to the pool, fitness center, performing arts center, and the opportunity for healthcare oversight if you should ever need it.”

Both established and new apartments feature a terrace or patio on the first floor, while those on the second or third floors have balconies to access the outdoors.



▲ The *Monarch*, one of the many options available at Applewood Estates, features a fully equipped eat-in kitchen.

# ESTATES

## ED PEACE OF MIND

At the same time, residents do not have to venture outside to reach dining options, the new 250-seat performance hall, or any of the common areas.

### HOME IMPROVEMENT

Work crews are renovating and expanding common areas, starting with a new promenade added to the main building. New amenities will feature a library, banking facilities, general store, crafts room, computer room, and meeting facilities. The renovation includes the addition of a fitness and wellness center and a lap pool. In addition to a formal dining area, a new casual-dining bistro pub will also be completed this year.

“Applewood offers a maintenance-free lifestyle in a hotel-like setting,” says Heleyne. “People don’t have to drive if they don’t wish to. We provide transportation to shopping, activities in town, and doctor’s appointments.”

### ONSITE HEALTHCARE SERVICES

Living at Applewood offers peace of mind for active seniors and their families. A staffed rehabilitation therapy gym helps residents build strength or recover from illness or injury, and clinical services are available around the clock with physicians onsite during the day. Applewood Estate’s affiliation with nearby CentraState Medical Center, is another perk for residents, offering quality care and convenience.

“The benefits and continuity of care provided by the system clearly separates Applewood from a stand-alone lifecare community,” says Daniel



▲ Just off the fully equipped kitchen is ample living space to gather with loved ones and friends.

J. Messina, PhD, FACHE, LNHA, senior vice president and chief operating officer of CentraState Healthcare System.

“The lifecare contract means we are able to provide independent living, newly renovated assisted living, and a totally renovated skilled nursing unit,” says Jay S. Solomon, vice president of senior services at CentraState. “Seniors can enjoy the amenities at Applewood Estates with the security of knowing their healthcare needs will be met for life.”

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

## SENIORSFIRST CALENDAR OF EVENTS

MARCH & APRIL 2007

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

### STROKE SUPPORT GROUP

Westlake Adult Community

1 Pine Lake Circle—Clubhouse, Jackson  
Mondays, March 12 & April 9, 2 p.m.

### 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, March 14 & April 11,  
9:30 a.m.–1 p.m.

### PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Freehold Road, Manalapan  
Tuesdays, March 20 & April 17, 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 provide an insurance discount. Make check payable to AARP and send to SeniorsFirst. **\$10.**

Tuesdays and Thursdays, March 27 & 29,  
April 24 & 26, 12:30–4:30 p.m.

### SENIORSFIRST MEMBERSHIP LUNCHEON—

“HOW ARE THINGS IN  
GLOCCA MORRA?”

Freehold Senior Center

116 Jackson Mills Road, Freehold  
Professional entertainment. **\$9.**  
Wednesdays, March 28, 11:30 a.m.

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

Freehold Senior Center

116 Jackson Mills Road, Freehold  
Professional entertainment. **\$9.**  
Wednesdays, April 25, 11:30 a.m.





◀ Lisa Fariello (left) chose Stephen Tarnoff, MD, to deliver her daughter Karen Jordan at CentraState Medical Center. Now 28 years later, he helped bring Karen's son into the world at the same hospital.

## THREE GENERATIONS of CARE

When Karen Jordan, 28, a resident of Allentown, became pregnant with her first child, she didn't think twice about who would be her Ob/Gyn or where she would deliver. Stephen Tarnoff, MD, FACOG, with Drs. Back, Tarnoff, Seigel & Goldstein in Freehold, brought Karen into the world 28 years before at CentraState Medical Center, and he has been her Ob/Gyn for years.

"Dr. Tarnoff was my first and only choice," says Karen, who works in a physical therapy office in Freehold. "He has a great reputation in the community for being a knowledgeable and compassionate physician, and I knew I wanted to have the same high level of care my mother received when she was pregnant with me."

### TRUSTED CARE

Karen was thankful throughout her entire pregnancy and delivery for all of the help and care provided by her trusted physician and his knowledgeable staff.

"As a first-time mother, I had countless questions and concerns—all of which were answered in a timely manner by

Dr. Tarnoff and his friendly staff," says Karen. "I felt comfortable knowing the people taking care of me and my baby were sincere professionals who were ready and willing to provide extra help whenever I needed it."

Karen also was excited to deliver her son in the hospital where she was born. CentraState Medical Center has a legacy of board-certified obstetric, perinatal, neonatal, and anesthetic care dedicated to maternal and child welfare. After labor, delivery, and recovery, new moms and their babies enjoy time in the family-centered and luxurious, 14,000-square-foot First Impressions Maternity Pavilion, which features home-like suites, a Special Care Nursery staffed 24-hours a day by certified neonatologists, and lactation specialists on staff.

### TRUSTED RELATIONSHIP

Dr. Tarnoff has been in practice for 35 years and voluntarily recertifies with the American Board of Obstetrics and Gynecology every year. He takes pride in the relationships he has built with his patients and partners over the years—one of the reasons he remains an active Ob/Gyn.

### Obstetricians and Gynecologists on Staff at CentraState

**Amer Ob/Gyn Associates, PC**  
Yousef Amer, MD, FACOG

**Drs. Back, Tarnoff, Seigel & Goldstein**  
Norman Back, MD, FACOG  
Steven A. Goldstein, MD, FACOG  
Susan Schneider, RN, APNC  
Mark J. Seigel, MD, FACOG  
Stephen J. Tarnoff, MD, FACOG

**Colts Neck Ob/Gyn**  
**East Windsor Ob/Gyn**  
**Freehold Ob/Gyn**

Joseph Cipriano, MD, FACOG  
Rebecca Cipriano, MD, FACOG  
Susan Pacana, MD, FACOG  
Gabrielle Pinzon, MD  
Helen Simigiannis, MD

**Robert Mayson, MD, FACOG**  
Joanne Pecoraro, RN, FNP, MS

**Woman to Woman Obstetrics  
and Gynecology Assoc., LLC**  
Casandra Hicks-Autry, MD, FACOG  
Kimberly Baldwin, MD, FACOG

**Women's Physicians and Surgeons**  
Michael Dimino, MD, FACOG  
Michael Kirwin, MD, FACOG  
Peter Mandel, MD, FACOG  
Safrir Neuwirth, MD, FACOG  
Robert Portadin, MD, FACOG  
Stefanie Spadafino, PA-C

"It's an absolute privilege and honor for me to have been selected to care for a "mom-to-be" whom I delivered 28 years ago," says Dr. Tarnoff. "I treasure all the relationships that I have forged with my patients over the years and can think of no greater gift than to have been chosen to deliver the third generation of a family."

**For more information about the First Impressions Maternity Pavilion, please call (866) CENTRA7. HD**



# VITALSTIM® THERAPY IS CHANGING LIVES

When a persistently swollen lymph node led Samuel Calhoun, a pastor in Freehold, to make an appointment with his physician in February 2006, he never imagined he would soon be diagnosed with cancer. Samuel was told he had cancer at the base of his tongue and would need to undergo radiation and chemotherapy.

Samuel began radiation therapy in March 2006, which was followed by chemotherapy. A team of doctors on staff at CentraState provided Samuel's interdisciplinary care. They are Ed Soffen, MD, radiation oncologist and chair of Radiation Oncology; Jeffrey Silberberg, MD, hematologist/oncologist and chair of Hematology/Oncology; and Arun Kumar, MD, otolaryngologist.

"The weeks of treatments left me feeling ill and sleeping up to 20 hours a day," says Samuel. "The radiation also immediately affected my ability to swallow foods and liquids. I lost a considerable amount of weight, and I needed a feeding tube to provide nourishment."

## RESTORING SWALLOWING FUNCTION

Following his treatments and remission of cancer, Samuel's physician advised him to seek therapy to regain his ability to swallow and eat normally. Samuel chose to receive care at CentraState Medical Center, and began working to restore his swallowing function with Marilyn Abrahamson, MA, CCC-SLP, speech language pathologist at CentraState.

Samuel was able to sip a tablespoon of water or applesauce after a month of treatment, but was still choking on many foods. In October 2006, Marilyn introduced Samuel to VitalStim® Therapy, the most advanced treatment available for swallowing disorders, or dysphagia. The condition affects up to 15 million Americans and can be caused by a variety of factors, including neurological diseases, stroke, and radiation to treat head and neck cancer.

Samuel was the first patient at CentraState to receive VitalStim Therapy, which uses small electrical currents to stimulate the muscles responsible for swallowing.

Thanks to VitalStim Therapy, many people with dysphagia who have not taken in any nutrition by mouth in more than a year are able to eat normal meals again," says Marilyn.

## AN ANSWERED PRAYER

Just two or three sessions after starting VitalStim, Samuel was anxious about trying to eat. Marilyn encouraged him to try water first, then pudding, and then ice cream. Before long, Samuel was

able to keep down small amounts of mashed potatoes and gravy for the first time in months. Now, he enjoys just about everything.

Under supervision from his speech language pathologist, Marilyn Abrahamson, Samuel Calhoun proudly takes a bite of his dinner, a simple task he couldn't do just months before. ▶

"As part of a family of faith, many people were praying that I would be able to eat Thanksgiving dinner with my family after seeing the success of VitalStim," says Samuel. "I was nervous about eating at home, but I knew my condition was in God's hands as I sat down with my family during the recent holiday season. I have never tasted a meal so delicious."

**For more information about VitalStim Therapy at CentraState Medical Center, call (732) 294-2700. 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. Scout programs to help boys and girls earn badges, try-its, and patches are also available.

### Girls Grow Up

Wednesday, March 21  
or Thursday, April 19, 7–8:30 p.m.  
\$15, parents free.

### Boys Grow Up

Tuesday, March 13, 7–8:30 p.m.  
\$15, parents free.

### Birds & Bees: Taking the Sting Out

How to talk to your kids about sex. For parents only.  
Thursday, March 15, 7–8:30 p.m.  
\$15, one parent; \$25, couple.

### Choosing to Be Safe

How children can be responsible when they are without adult supervision.  
Tuesday, April 17, 7–8:30 p.m.  
\$15, parents free.

### Brownie Day

Wednesday, April 4, 8:30 a.m.–12:30 p.m.  
\$20.

### Junior Girl Scout Day

Thursday, April 5

### Cub Scout and Webelo Day

Monday, April 2  
All programs, 8:30 a.m.–12:30 p.m..  
\$20. 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.

### New! Naturally Simple Weight Loss

Learn the right combination of nutrition science and realistic, safe physical activity to regulate your weight and health.  
8 weekly group sessions including 1/2-hour seated resistance training.  
Free orientation.

Monday, April 16, 9:15 a.m. or Tuesday, April 17, 7:30 p.m., \$259. HD

### New! Shapedown

This national fitness and nutrition program puts children and their families in charge of their weight and health, helping to prevent adult obesity and Type 2 diabetes. For ages 6–8, 9–12, and their parents.  
8 weekly group sessions including 1/2-hour seated resistance training.  
Free orientation.

Monday, April 16, 9:15 a.m. or Tuesday, April 17, 7:30 p.m., \$259. 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 Pеди CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. This is a non-certification class.  
\$30/\$50 (couple).

Heartsaver AED (Adult CPR with AED) \$45.

### Heartsaver CPR

Adult: \$35. Pediatric: \$35.  
Combo: \$60 (must take both adult & pedi class).

Heartsaver First Aid \$45.

Healthcare Provider Renewal CPR \$45. HD

## Integrative Therapies

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

### Hatha Yoga

Monday, Tuesday, or Wednesday evenings  
or Thursday mornings  
8 weeks, \$60.

### T'ai Chi

(Beginner) 8 weeks, \$68.

### Massage Therapy

One hour, \$60.

### New! 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.  
8 weeks, \$48.

From the Arthritis Foundation

### Prenatal Massage Therapy

One hour, \$65.

### Raindrop Technique

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

### Reiki

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

### New! 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, \$68.

### New! 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, March 15, \$75. 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, March 15, 2–5 p.m. Cholesterol, nonfasting \$10. HD

### Pilates

Mondays, 6:15–7 p.m.  
8 weeks, \$35. HD

## Fitness Classes

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

### Let's Get Physical

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

### Pro-Fit

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

### Pilates

(with rings) 7 weeks  
Mondays, 9–10 a.m., \$64.  
(Beginner) 8 weeks  
Fridays, 9–10 a.m., \$64.

### Strengthen and Lengthen, Stretch, and Relax

Tuesdays,  
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  
11:15 a.m.–12:15 p.m.  
8 weeks, \$68.

### Pilates Plus

Wednesdays,  
7:30–8:30 p.m., \$64.

### Move It & Lose It

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

### Total Body Workout

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

### AM Workout

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

### Kickboxing

Tuesdays, 6–7 p.m.,  
8 weeks, \$40.

### Circuit Training for Kids

Wednesdays,  
6:30–7:30 p.m.  
8 weeks, \$125. 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, scheduled accordingly.  
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.

### Babysitting Clinic

Ages 11–15  
Saturday, March 17 or April 21, \$30. 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.

### PRE-DIABETES CLASS

Learn what steps to take to prevent the progression to Type 2 diabetes. Call (732) 294-2574 for more information.

Saturday, April 18, 9 a.m.–12:30 p.m., \$45 per person, \$60 per couple.  
CentraState Medical Center, Zwerling Auditorium, fifth floor. HD

## Childbirth Preparation

Call (732) 308-0570 for information or to register. All prenatal and childhood programs taught by registered nurses, and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach, are cosponsored by the Visiting Nurse Association of Central Jersey.

### 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 evening refresher class: Monthly, \$39.
- One-Day Class: Monthly, \$130.
- Friday–Sunday crash course, \$175.
- Breastfeeding Class, \$45.
- Infant Care Class, 4 weeks, \$63.

### Prenatal Yoga

7 weeks, \$65.

### Sibling Preparation

Ages 3–10, \$15 each child, \$25 for two or more children.

### Sibling Preparation

Ages 3–10, \$15 each child, \$25 for two or more children.

### Breastfeeding Support Group

Fridays, 11 a.m.–noon, free. Ongoing.  
Breast Pump Retail and Rental Station

### 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!  
Saturday, April 21, 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.  
4 weeks, March 2, 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.  
Mondays 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. HD

### BABY FAIR

Talk with an assortment of obstetricians, pediatricians, family practice physicians, health educators, and various maternal/child-related vendors. Door prizes and giveaways included, along with maternity tours. Free, but preregistration required.

Tuesday, April 17, 6:30–8:30 p.m.

CentraState Medical Center, Zwerling Auditorium, fifth floor. 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, April 17, 7:30 p.m. HD

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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 Nurses Association of Central New Jersey. HD

### School Nurse Workshops

Caring for Children with Diabetes  
Tuesday, March 13, 4:30–7:30 p.m.

Cutting and Self-Injury

Monday, April 16, 4:30–7:30 p.m.

Call (732) 308-1850 to register. \$50 each.

\* ANC and NJDoE credits HD

# CENTRASTATE BRIEFS

## CONVENIENT, HIGH-QUALITY OUTPATIENT LABORATORY SERVICES

CentraState Medical Center's Outpatient Lab is conveniently located on the ground floor of the medical center and provides prompt routine and STAT testing for children and adults. Lab hours are Monday through Friday, 6:30 a.m.–8 p.m. and Saturday, 7 a.m.–1 p.m. Appointments are not needed for most procedures; however, a doctor's prescription is required. The lab participates in the United Healthcare health insurance network's HMO, PPO, and Medicare plans. Free valet parking is available to all patients. CentraState is accredited by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP). CAP is the world's largest association composed of pathologists and is considered the leader in laboratory quality assurance. For more information, call (732) 294-2992.

## PAGERS USED IN EMERGENCY DEPARTMENT

Patients waiting in CentraState's Emergency Department now receive restaurant-style pagers to enhance their privacy. When the triage nurse is ready to see the patient, the nurse alerts the patient by pager rather than calling the patient's name aloud.

## CENTRASTATE FITNESS MEMBERSHIPS NOW AVAILABLE

Memberships are now on sale for the new CentraState Fitness and Wellness Center, which opens in the fall. The 35,000-square-foot facility will offer a variety of fitness and wellness classes for children and adults, sports medicine services, locker rooms, saunas, Jacuzzis, therapeutic and lap pools, and onsite childcare. For more information call (732) 845-9400. Look for more information in the next issue of *Healthy Directions*.

## CENTRASTATE HEALTHCARE FOUNDATION NEWS



▲ Arnold "Speedy" Verosloff (right) and John T. Gribbin, president and CEO, CentraState Healthcare System, stand in the courtyard garden of CentraState Medical Center. Speedy donated \$200,000 to the CentraState Healthcare Foundation in memory of his late parents, Abraham and Fannie Verosloff, who were residents of Howell for several decades. The Foundation marked the donation by dedicating the garden in their names. The large gift helped the Foundation set an annual record of \$5.6 million in donations last year.



▲ An outpatient lab service on campus at CentraState Medical Center provides convenient care for patients.

## FIVE-STAR ROOM SERVICE DINING NOW OFFERED AT CENTRASTATE

Patients at CentraState Medical Center can now request breakfast, lunch, dinner, and snacks when they want—making their selections from an extensive restaurant-style menu. Their orders are delivered within approximately 45 minutes, freshly prepared, and appropriately hot or cold. CentraState's Five Star Room Service Dining program borrows from the hospitality industry to help optimize the patient experience—putting the patients in control and their needs and preferences first.

## MONROE BUSES TO CENTRASTATE

Monroe Township now provides free shuttle bus service between Monroe and Freehold for residents and nonresidents of the township. There are two routes (A and B), which both include a stop at the main entrance of CentraState Medical Center. On each route, the shuttle makes two morning and two afternoon runs. For more information, call Monroe Township at (732) 521-6100.

## LEARN ABOUT LUNG CANCER

**Lung Cancer: Dispelling the Myths, Dispensing the Facts**

Wednesday, April 18

CentraState Medical Center, Zwerling Auditorium

Registration and cancer prevention health fair, 6–7 p.m.

Physician panel presentation on lung cancer causes, diagnoses, and treatments, including chemotherapy and radiation therapy, 7–8:30 p.m.

Cosponsored by Circle of Hope.

Call (732) 294-0011 for more information.