

Healthy

DIRECTIONS

The full circle of health and wellness
dedicated to excellence.



CentraState
Healthcare System[®]

Freehold, New Jersey
www.centrastate.com

March/April 2008

Built to Last

Advancements in
Total Knee
Replacement Surgery



Back in the Game
after Tonsil Surgery

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CentraState
Medical Center
is a Magnet[®] hospital



President's Message

YOUR CONNECTION TO ORTHOPEDIC CARE

If knee or hip pain is stopping you from enjoying your favorite activities, you're not alone. Every year more than 400,000 people in the United States undergo total joint replacement surgery, usually because of chronic joint pain caused by arthritis.

These procedures are highly successful in restoring joint function and relieving pain. In addition, new knee and hip joints may last up to 20 years for the majority of patients.

At CentraState Medical Center, we're committed to providing the latest orthopedic advances to the community. The Total Joint Center of New Jersey at CentraState offers a comprehensive program for patients who choose total joint replacement performed by our highly skilled orthopedic surgeons. A nurse coordinator guides patients every step of the way from pre-operative to post-operative care, and specially trained nurses assist orthopedic surgeons in the operating room and provide advanced post-operative recovery and rehabilitation.

In this issue of *Healthy Directions*, you'll read about William Ward, a patient who received a knee joint made of a porous metal, which allows for better fusion with the bones in the upper and lower leg. This procedure at CentraState made front-page news in the *Asbury Park Press* when it was performed last November.

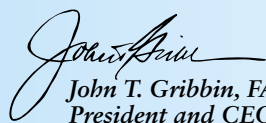
We also offer knee replacement that is gender-specific, computer-assisted joint replacement, and reverse shoulder replacement surgery. You can learn more about total joint surgery at our Total Joint Fair this April at the Star and Barry Tobias Ambulatory Campus.

For rehabilitative care, more people are choosing CentraState's Rehabilitation Department following their joint replacement surgery. The new facility located in the Star and Barry Tobias Ambulatory Campus offers a top-notch team of physical therapists and one of the most comprehensive aquatic therapy programs in the state, including a HydroWorx® pool with an underwater treadmill.

For patients requiring more intense therapy after joint replacement, we offer sub-acute care at The Manor Health and Rehabilitation Center, located on the CentraState campus.

For your orthopedic needs, CentraState offers a full range of services from diagnostics to surgery to rehab. Our goal is to get you back to an active lifestyle and higher quality of living as quickly as possible.

You're in good health,


John T. Gribbin, FACHE
President and CEO

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March/April 2008

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Community Voices

Dear Mr. Gribbin,

I would like to take this opportunity to compliment you on the services provided to me while I was recently a patient at CentraState Medical Center.

I had a total joint knee replacement performed by Manuel Banzon, MD, board-certified orthopedic surgeon, and I wanted to convey that CentraState is fortunate to have him on staff. I am pleased with the results of the surgery and the overall treatment by Dr. Banzon. Not only did I find him to be very qualified, but he was also extremely comforting and receptive to my needs.

While recuperating on 5 North, the nurses and clinical staff under the supervision of Mary Ann Cole were the best. They made my recovery as comfortable and pleasant as possible. I was treated with the utmost respect and courtesy. I do not think I could have received a higher level of care.

The physical therapy I received from Richard Hillenmayer and Greg San Andres was extremely helpful in getting me up on my feet again. I must admit I was very apprehensive, but they were very patient and gave me the encouragement that I needed at that time. They were very professional and at the same time friendly, which made me feel at ease.

Thanks to my experience at CentraState, I am up and around after only 20 days, and my home therapist has stated I am doing excellent and ready for outpatient treatment. She is very impressed with how quickly I have recovered. I could not have done this without the help of your staff and, of course, Dr. Banzon.

Sincerely,

Jean Karaman



Manuel Banzon, MD, board-certified orthopedic surgeon

Richard Hillenmayer, PT, inpatient supervisor, Rehabilitation Services

On the cover: William Ward enjoys riding his motorcycle again after undergoing total knee replacement surgery performed by orthopedic surgeons at CentraState Medical Center.

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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



Dawn Mason-Ormsby and her daughter, Jessica Ormsby, enjoy a fun-filled day of bowling after Jessica's tonsil and adenoid surgery.



In Pursuit of Peaceful DREAMS

Jessica Ormsby is a typical 9-year-old girl. A fourth grader at Switlik Elementary School in Jackson, she loves Webkinz® and Hannah Montana. But when it came to sleeping, Jessica wasn't quite so typical.

"Jessica would snore loudly and then stop breathing numerous times during the night," says Dawn Mason-Ormsby, Jessica's mother. "She was not getting a good night's rest, and she was always tired. The main reason I sought help was because of her dangerous pattern of breathing cessation. It was scary."

In addition to difficulty with sleeping, Jessica suffered from recurring bouts of tonsillitis that didn't respond to

traditional antibiotic therapies. Dawn decided to schedule an appointment with Mark Roessler, DO, an otolaryngologist (ear, nose, and throat specialist) at CentraState Medical Center.

Based on Jessica's clinical history and findings, Dr. Roessler diagnosed Jessica with sleep apnea.

"After unsuccessfully trying to treat the throat infection with antibiotics, we decided the best course of action was to remove the enlarged tonsils and adenoids. The surgery requires a general anesthesia and most patients are typically discharged the same day," Dr. Roessler says. "Since the surgery, Jessica no longer snores. She's sleeping better, and she's had no further throat infections or difficulty breathing through her nose."

IMMEDIATE RELIEF

Both Jessica and Dawn are thankful for Dr. Roessler and the staff at CentraState.

"Dr. Roessler is wonderful. He made us feel very much at ease," Dawn says. "His soft-spoken words were calming to her. He explained what was causing her to have this problem and how the surgery would help. She was comfortable with Dr. Roessler and that was important to me."

The immediate results of the surgery have proven beneficial for the whole family. Jessica is now sleeping through the night, along with the rest of the family.

"The procedure was performed in mid-August," Dawn says. "The first night after the surgery, Jessica, although in some pain, had a restful sleep. Now, the sleep apnea has completely disappeared, and she no longer snores. We are *both* getting a good night's rest."

To find an ear, nose, and throat specialist at CentraState, call (866) CENTRA7. ^{HD}



Mark Roessler, DO, board-certified otolaryngologist

Otolaryngologists on Staff at CentraState

Sapna Brahmabhatt, MD

Freehold ENT Associates, PA
Arun S. Kumar, MD

Sadeq A. Razvi, MD

Mark Roessler, DO

Paul Rossos, MD



▲ Nader Fahmy, MD, board-certified anesthesiologist, speaks with William Ward prior to surgery.



◀ William Ward rides again after successful knee replacement surgery at CentraState Medical Center.

ADVANCES IN PAIN MANAGEMENT

William Ward was not a typical surgical patient. When it was his time to undergo surgery, he wanted to be conscious.

“I objected to being completely sedated,” says William. “I don’t like the nausea after the anesthesia wears off, so I opted to stay awake for the surgery. I was given a spinal block, and I listened to my iPod® and jokingly asked the doctors what they were doing from time to time—just to keep them on their toes.”

“The spinal numbs the patient from the middle abdomen down to the toes,” says Nader Fahmy, MD, board-certified anesthesiologist at CentraState Medical Center who administered anesthesia to William. “By not using a general anesthetic, William experienced a faster recovery, fewer side effects, and a decreased risk of blood clots.”

Haven’t Got Time for the Pain

Dr. Fahmy also used a femoral nerve block catheter to inject a non-narcotic local anesthetic pain reliever directly around the nerve in the groin that leads to the knee. Dr. Fahmy says it produces significant recovery benefits for the patient.

“The femoral nerve block catheter is superior to traditional intravenous morphine because it gives better pain control for patients as well as improves their short-term ability to flex the knee after surgery,” says Dr. Fahmy. “We found that many patients with the femoral catheter use less than half the amount of narcotic pain relief compared to traditional pain management patients. The catheter method also results in fewer side effects for patients than the traditional technique, making it a great option for knee replacement patients.”

KNEE DEEP IN Pain No More

About seven years ago, William Ward, 50, felt a clicking in his left knee. A police officer at the time, William was no stranger to injuries. After one particular incident in 2001, however, severe pain and continuous rounds of physical therapy became a way of life.

“In April of 2001, I got into an arrest situation where I ended up on the bottom of a 10-person pile-up,” says William. “That was the first significant injury. From there I started on pain and anti-inflammatory medications. I even bought a home spa and home gym. But those remedies were only temporarily masking the real problem.”

William’s injury was further aggravated after a motor vehicle accident in 2005 at which time he sought the help of Michael Greller, MD, FAAOS, orthopedic surgeon at The Total Joint Center of New Jersey at CentraState Medical Center.

“When I first saw William, he was experiencing pain, swelling, and instability in his left knee,” says Dr. Greller. “He had a meniscal cartilage tear that initially responded well with arthroscopic treatment and other treatments, but these were not long-term solutions. He eventually developed advanced degenerative osteoarthritis throughout his knee. It was really just a matter of time before William needed a total knee replacement.”

When Dr. Greller advised surgery last August, William agreed. Dr. Greller and Alan Nasar, MD, orthopedic surgeon and medical director at The Total Joint Center, performed William’s knee replacement on November 20, 2007.

A NEW TECHNOLOGY

Dr. Greller used Zimmer® trabecular metal technology for William’s replacement. The innovative technology better replicates bone in terms of physical and mechanical properties than traditional replacements.

“Zimmer’s trabecular metal technology is an innovative metal that mimics bone,” says Dr. Greller. “You need good, dense bone to be able to grow into it, so an active patient is the best candidate as his or her bone will easily grow into the new metal. William was a great patient for this replacement technology.”

The trabecular metal is 80 percent porous, allowing two to three times greater bone and soft tissue growth into the joint, creating a stronger attachment than other replacement metals and eliminating the need for cement attachment. Previously used in hip replacements, William’s surgery was the first time the Zimmer metal was used for a knee replacement at CentraState.



◀ The Zimmer® trabecular metal knee implant bonds more naturally to the body and eliminates the need for cement.

Orthopedic Surgeons on Staff at CentraState

Advanced Orthopedic and Sports Medicine Institute

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

Central Jersey Sports Medicine and Orthopedics Center

Andrew Harrison, MD, FAAOS

† Surgeons who currently perform total knee replacement surgery.

QUICK RECOVERY

Despite some initial post-operative discomfort, physical therapists had William up and walking the hospital halls that afternoon. He was discharged from CentraState three days later, and began an intense physical therapy regimen at home.

“I absolutely would recommend this surgery to anyone who needs a knee replacement,” says William. “Just do your research. I’m sure I drove Dr. Greller crazy with all my questions, but his answers made me comfortable with his skills as a surgeon. You wouldn’t buy a car without researching it, so naturally you wouldn’t settle for a knee implant you’re going to have for the next 30 years without research either. Also, make sure your family and friends are supportive because the physical therapy is challenging, and it takes 100 percent patient participation, but it’s well worth it.”

CentraState also offers gender-specific knee replacement, and computer-assisted knee replacement procedures as part of The Total Joint Center—a comprehensive unit within the hospital dedicated to providing joint replacement patients with high-quality surgical outcomes.

For more information on knee replacement surgery at CentraState, please call (866) CENTRA7. HD

Michael Greller, MD (left), assisted by Alan Nasar, MD, prepares William Ward’s knee for surgery. ▶



When a Bandage W

“Our staff at the Wound Treatment Center has the experience to help patients recover, and we’re consistently one of the top-performing wound care centers in the region.”

—Brian Mason, DPT, clinical director of Rehabilitation Services

GET ON YOUR FEET!

To prevent non-healing wounds, patients diagnosed with diabetes have to be particularly aggressive about monitoring their blood sugar and evaluating their bodies for wounds.

When blood sugar is elevated for long periods of time, blood vessels can become damaged and cause problems in the entire body, particularly the feet. Because many patients experience nerve damage of the legs and feet, which makes it difficult to feel pain, it may be weeks or months before people with diabetes notice a wound on the foot.

“Patients with diabetes also often have circulation problems, which restricts the blood supply to the extremities,” says Kenneth W. Ordene, MD, endocrinologist and director of the Novo Nordisk Diabetes Center at CentraState Medical Center. “When the blood doesn’t properly reach the feet and toes, it can make it that much harder for the injury to heal. That’s why daily foot examinations are critical for patients with diabetes.”

For almost six months, Marlboro resident Arthur Sherman went from physician to physician attempting to find relief for the non-healing wound on the middle toe of his right foot. After turning to the Central Jersey Wound Treatment Center at CentraState Medical Center in the fall of 2007, the 58-year-old landlord was finally able to get the help he needed. Within just two weeks, the wound was healed.

COMPLICATIONS OF DIABETES

Arthur, who has diabetes, has always known his health condition made him a candidate for non-healing wounds. However, he never thought that something as simple as a blister could get out of hand as quickly as it did.

“I don’t have a lot of feeling in my toes, so I’m not sure how long the blister had been there before I noticed it,” Arthur says. “I put a bandage on it and went on with my life, but it never healed completely and was a huge inconvenience.”

Other doctors Arthur saw for his wound performed examinations and imaging tests on the toe month after month, and recommended everything from antibiotic cream to partial amputation to remedy his problem. After growing increasingly frustrated, Arthur followed a recommendation and made an appointment at the Central Jersey Wound Treatment Center.

“I wish I had gone to them right from the start, because the staff was outstanding,” Arthur remembers. “On my first visit, physicians and nurses debrided the toe (removed dead tissue and dried blood) and took a wound culture—something no one else had done until that point—to learn what the actual cause was for the wound.”

Within a day of his first visit, Arthur learned that his toe wasn’t healing properly because of an infection at the wound site. Arthur’s treatment included oral antibiotics and local wound care with specialty dressings, as well as a

recommendation for diabetic shoes. He noticed a change almost instantly.

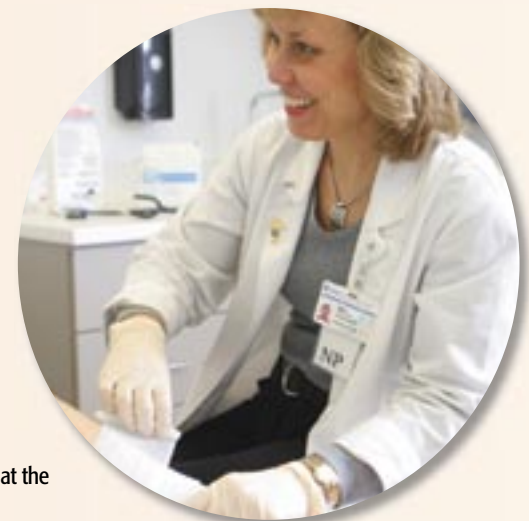
“In just five days I saw dramatic improvement, and the wound was completely healed in two weeks,” Arthur says. “I’m so grateful I found the wonderful team that collaborated on my care and helped me recover.”

“If recognized and treated promptly, diabetic foot ulcers can be successfully treated by a multidisciplinary team approach, and the often devastating complications of the disease can be avoided,” says Diane Yacona, RN, APN-C, CWS, Central Jersey Wound Treatment Center.

THE HEALING PROCESS

Typically, when skin and tissues are injured—whether by a cut, scrape, blister, or pressure—healing begins almost immediately. Through a process called vasoconstriction, the blood vessels supplying the area tighten to restrict blood flow and platelets rush to the site of the injury to create a clot and prevent additional bleeding. Eventually, the area will scab over.

While the vast majority of wounds heal on their own within days, an illness, oxygen loss, circulatory problem, pressure, or infection can interfere with the natural healing process and create an environment where a chronic wound can develop. Without medical or surgical intervention, a tiny injury can quickly



Diane Yacona, RN, APN-C, CWS, dresses a foot wound at the Central Jersey Wound Treatment Center. ►

Won't Cover It

develop into something that could potentially require amputation.

At the Central Jersey Wound Treatment Center, physicians, therapists, and nurses collaborate to help more than 700 patients annually recover from non-healing wounds. Using expert treatment—which can include state-of-the-art therapy regimens—the wounds heal faster and patients learn to reduce the risk of future chronic wounds.

“Many medical issues can affect wound healing, and patients often require a specialist in wound care rather than a traditional primary care physician,” says Brian Mason, DPT, clinical director of Rehabilitation Services for CentraState. “The assistance and regular follow-up care patients receive from our team of professionals at the Wound Treatment Center can make a huge difference on their quality of life.”

WHAT TO EXPECT

When patients come to the Central Jersey Wound Treatment Center, a nurse practitioner performs a history and evaluation, and then works with the appropriate physician to develop a plan of care that may include additional

testing, treatment, and follow-up studies. Treatment can range from debridement to one of these more advanced options:

- Advanced wound care cloth dressings that promote faster healing
- Tissue grafts, both real and synthetic
- Vacuum-assisted closure devices
- Hyperbaric oxygen therapy

Patients can come in as often as several times each week or monthly depending on the severity of their wounds.

Additional specialists—including general surgeons, plastic surgeons, podiatrists, and physical therapists also come to the clinic to provide complementary services and make recommendations for care.

“Our staff at the Wound Treatment Center has the experience to help patients recover, and we’re consistently one of the top-performing wound care centers in the region,” Mason says. “With the right treatment and the right education, we can help patients heal and avoid serious complications.”

To learn more about the Central Jersey Wound Treatment Center, call (866) CENTRA7. HD



▲ After seeking treatment at CentraState for a non-healing wound on his toe, Arthur Sherman's foot is completely healed.

Rehabilitation Services Available at CentraState:

- Physical therapy
- Sports therapy
- Aquatic therapy
- Central Jersey Wound Treatment Center
- Hyperbaric oxygen therapy (HBO)
- Occupational therapy program
- Multiple Sclerosis Center
- Speech-language pathology services
- Lymphedema program

Physicians on the Wound Care Team

A.K. Bhattacharya, MD, plastic surgery

Jody DiGiacomo, MD, surgery

Anthony Fiorilli, DPM, podiatry

Steven Lemberger, DPM, podiatry

Henry Miller, DPM, podiatry

Watch for more information about CentraState's annual diabetes fair and foot screenings in November.

Hyperbaric Oxygen Therapy (HBO) Now Available

CentraState Medical Center's new HBO Program offers two single patient chambers and is led by Jody DiGiacomo, MD, FACS, board-certified hyperbaric physician and surgeon.

HBO can provide lifesaving treatment for carbon monoxide poisoning and smoke inhalation, as well as augment the advanced wound care offered at the center. Many patients with osteomyelitis, chronic non-healing wounds, and diabetic ulcers of the feet and legs that have failed traditional medication and surgical management, may heal with HBO therapy and prevent the need for amputation.

“Patients receive their treatment in the newest hyperbaric chambers available at one of the most advanced hyperbaric centers in the world,” says Dr. DiGiacomo.

Award-Winning Doctor

CHOOSES GERIATRIC SPECIALTY

Dita Arbes, who suffers from congestive heart failure, relies on regular doctor visits to monitor her condition and adjust her medications. Her point of view about doctors is clear and concise—if she has to see a doctor regularly, she'd better like the doctor. "Mission accomplished," according to Dita.

"I've been seeing Dr. Alday at CentraState's Family Medicine Center for almost two years. She is exactly the kind of doctor I need—she doesn't rush me, asks all the right questions, and is genuinely interested in what's going on with me as a person," says Dita, who lives in Howell.

Last year, Geronima G. Alday, MD, also began to see Dita's husband, Spero, for routine checkups. "I enjoy having both Dita and Spero as my patients," says Dr. Alday. "They've been married for many years and enjoy being together. It's inspiring for me to watch them support each other in good times and bad times."

CentraState's Family Medicine Center provides medical care to individuals and families from Monmouth, Ocean, Mercer, and Middlesex counties. It also serves as the teaching facility of the Family Medicine Residency Program at CentraState, operated in conjunction with UMDNJ-Robert Wood Johnson Medical School.

AWARD-WINNING GERIATRICIANS

Dr. Alday is not just any doctor. As one of the first graduates of the Family Medicine Residency Program, she was named Resident Physician of the Year by the New Jersey Academy of Family Physicians. She also received the Kenneth W. Faistl Future of Family Medicine Award for exceptional dedication to family medicine.

In addition, Dr. Alday is currently working in a geriatric fellowship position at CentraState.

"Working with seniors brings its own set of special challenges," says Dr. Alday. "Geriatric patients frequently come in with multiple medical issues, and it's challenging to determine how best to treat each patient."

At the Family Medicine Center, Dr. Alday sees everyone from newborns to seniors. She also conducts weekly on-site office visits for residents of CentraState's senior living communities: Applewood Estates, Monmouth Crossing, and The Manor Health and Rehabilitation Center, along with Bartley Healthcare in Jackson.

THE IMPORTANCE OF FAMILY MEDICINE

One of the goals of the Family Medicine Residency Program is to help expand the community's access to primary care. Studies show that family medicine physicians play an invaluable role in the delivery of safe, quality healthcare from birth through the end of life. Dita and her husband, Spero, will attest to that.

"We both have great peace of mind knowing that our day-to-day healthcare is in the experienced and capable hands of Dr. Alday," says Dita. "We're fortunate, indeed."

The Family Medicine Center is accepting new patients of all ages and participates in most insurance plans. For appointments and further information, please call (732) 294-2540. CentraState has more than 80 board-certified family practice physicians on staff. To find a family practice physician, call (866) CENTRA7 or visit www.centrastate.com. HD



◀ Geronima G. Alday, MD (center), consults with resident Suryadutt Venkat, MD (left) and fellow Anshu Bhalla, MD (right).

Denise Besignano spends time with Monmouth Crossing resident Abraham Pernetz. ►



TRADITION OF Excellence

Denise Besignano lives in Howell with her husband and young son, but she spends her days making residents feel right at home at Monmouth Crossing. A resident service associate at the premier assisted living residence in Freehold for the last eight years, Besignano feels a bond with residents and staff that have created her extended family.

“The employees show a lot of love and compassion toward the residents, making the atmosphere friendly and warm,” says Besignano. “I enjoy coming to work every day and helping residents with activities of daily living, playing bingo, or just talking with them one on one. I know what I do makes a difference in their lives.”

AWARD-WINNING ASSISTED LIVING

Monmouth Crossing is a three-time recipient of the Best Practice Award from New Jersey’s Department of Health and Senior Services. With prior recognition for falls prevention and staff education, Monmouth Crossing won an award in 2007 for Programs that Motivate and Keep Your Employees Happy.

Because employees are the driving force behind the programs, the staff places great importance on fostering collaboration and publicly recognizing outstanding performance. The success of

“Our number-one referral source is family and friends who have had great experiences at Monmouth Crossing. This is a testament to our outstanding staff.”

—Jay Solomon, LNHA, vice president, Senior Services, CentraState Healthcare System

these programs keeps turnover low and allows employees to perform at their best.

Each employee is valued for his or her contribution toward the common goal of outstanding resident care. The program recognizes individuals, small groups, and the entire CentraState Healthcare System employee base throughout the year.

Employee of the Month (EOM) Program—Employees are nominated by staff, residents, and families and are recognized with a gift of \$100, use of the EOM parking space, their photo on display, and an article in the employee newsletter.

Staff Meetings—Held each month, staff meetings include the reading of letters of commendation from residents and families, and recognition of employee anniversaries with gifts to those celebrating five-year milestones.

National Recognition Week—Each department holds a small celebration at one of its respective meetings during the nationally observed week, such as National Assisted Living Week.

“What separates us from our competitors is our staff—all exceptionally dedicated to providing the family atmosphere for which Monmouth Crossing is known,” says Jay Solomon, LNHA, vice president, Senior Services, CentraState Healthcare System. “The awards reflect our ongoing commitment to quality and service to residents and employees of Monmouth Crossing.”

For more information on CentraState’s senior services, visit www.centrastate.com or call Monmouth Crossing at (732) 303-8600, The Manor Health and Rehabilitation Center at (732) 431-5200, or Applewood Estate’s lifecare retirement community at (732) 780-7370. HD

SENIORSFIRST CALENDAR OF EVENTS

MARCH & APRIL 2008

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

DINING OUT PROGRAM AND SENIOR GAMES

Old Country Buffet, Route 9 North, Freehold

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

\$6 pay at door.

Wednesdays, March 12 & April 9, 9:30 a.m.–1 p.m.

STROKE SUPPORT GROUP

Jackson

Mondays, March 10 & April 14, 2 p.m.

PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan

Tuesdays, March 18 & April 15, 11:15 a.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—“EVERYBODY’S IRISH”

**Applewood Estates Performing Arts Center
1 Applewood Drive, Freehold**

Professional entertainment and free prizes.

\$9. Friday, March 28, 11:30 a.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—“APRIL SHOWERS BRING MAY FLOWERS”

**Applewood Estates Performing Arts Center
1 Applewood Drive, Freehold**

Professional entertainment. **\$9.**

Friday, April 18, 11:30 a.m.

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

Student Health Awareness Center

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

Girls Grow Up

Tuesday, March 11, 7–8:30 p.m. or
Saturday, April 12, 10–11:30 a.m.
\$18 per child, parents free.

Boys Grow Up

Thursday, March 13, 7–8:30 p.m.
\$18 per child, parents free.

Babysitting Clinic

For girls and boys, ages 11 to 15. This one-day, all inclusive information session will help babysitters become more confident by teaching them about safety issues and how to handle emergencies. Bag lunch required. Saturday, March 15 or April 5, 10 a.m.–2 p.m. *\$35.* HD

SCHOOL NURSE WORKSHOPS

Common Sports Injuries

Tuesday, March 18,
4:30–7:30 p.m.

Sexual Assault

Wednesday, April 2,
4:30–7:30 p.m. 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 screenings.

The program is brought on-site to large and small businesses.

Call (732) 308-0570 for more information. HD

WE'RE OPEN!

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

Kid's Classes

Kids Crafts

Ages 3–5.
Mondays or Wednesdays, March 31 or April 2,
6 weeks, \$60.

Tumbling Tots

Ages 3–5.
Fridays, April 4,
6 weeks, \$60.

Two Doodle

Ages 2 1/2–3 1/2 and their parents.
Mondays or Wednesdays, March 31 or April 2,
6 weeks, \$60

Musical Munchkins

Ages 2–3 with parents, 3–5 without parents.
Thursdays, April 3,
6 weeks, \$60. HD

COMMUNITY LECTURE SERIES

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

Integrative Therapies

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

Massage Therapy

One hour, *\$65.* 1/2 hour, *\$35.*
One hour deep tissue, *\$99.*

Prenatal Massage

One hour, *\$65.*

Raindrop Technique

One hour, *\$72.*

Reiki

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

Yoga for Those with Multiple Sclerosis

Work your muscles at your own pace with specially trained Yoga instructors.
Mondays, 6–7:15 p.m.,
8 weeks, \$60.

Reiki Certification Classes *\$150.*

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

Experience and explore several sitting, easy movement, and visualization meditation techniques. Ease tension, feel more positive, and boost your immune system.
Thursdays, March 20, 7–8:15 p.m.,
5 weeks, \$85.

Prenatal Yoga

Designed to meet the needs of all stages of pregnancy.
Wednesdays, April 16, 5:30–6:30 p.m.,
6 weeks, \$60. HD

The Lebed Method: Focus on Healing

This is an exercise program for men and women who are recovering from surgery or who have a history of cancer, lymphedema, fibromyalgia, or arthritis. This fun and medically sound six-week program, which is great for seniors, is taught by a specially trained Lebed Method instructor. Using music and gentle flowing movements, this class improves circulation and overall sense of well-being. Chairs are used for exercise and resting. *\$59.*
Thursdays, 11 a.m.–12 p.m. or 2–3 p.m.,
6 weeks, March 20.
Health Awareness Center

CPR First Aid Training

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

Friends and Family CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. This is a non-certification class.
Monday, March 10, 7–10 p.m.
Friday, April 18, 6–9 p.m.
\$35/\$60 (couple).

Heartsaver AED (Adult/Child CPR with AED)

Wednesday, March 19, 7–10 p.m.
Friday, March 28, 9 a.m.–12 p.m.
Friday, April 25, 9 a.m.–12 p.m.
\$50.

Heartsaver CPR

Adult, child, and infant.
Monday, March 3, 6–9:30 p.m.
Saturday, April 5, 9 a.m.–12:30 p.m.
\$45.

Heartsaver First Aid

Saturday, March 1, 9 a.m.–1 p.m.
\$50.

Healthcare Provider

Full and renewal courses.

Pet CPR and First Aid

Learn how to provide immediate care for and injured or suddenly ill pet.
Sundays, March 30 or April 27,
11 a.m.–3 p.m.
\$35.

We also offer ACLS and PALS. 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
- Stress management and exercise
- Blood glucose monitoring and medications
- Risk reduction

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

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

Weight Management for the Whole Family

Nutrition consultation and personal training by appointment.

Reevue Metabolic Analyzer

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

Naturally Simple Weight-Loss Program

Regulate your weight and health through a combination of nutrition science and interactive, hands-on activities. **\$169.**

Tuesdays, 8–9 p.m.,

8 weeks, April 1

Thursdays, 9:30–10:30 a.m.,

8 weeks, April 3

Individual Consults: Registered Dietitian

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

Twist & Shout

Aerobic and body building program for kids ages 8–12 who want to strengthen muscles and improve balance and flexibility using varied, fun equipment. A great program for young athletes. **\$79.**

Tuesdays, 4:30–5:15 p.m.,

8 weeks, March 4

CentraState's Fitness and Wellness Center

Just for Kids

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



Healthy Cooking Demos

New! Bring out your “inner chef” with interactive meal makeovers that will tantalize your taste buds and boost your nutrient intake. Learn simple tips that will transform your favorite meals into scrumptious, heart-smart selections. Call the HAC at (732) 308-0570 for a list of upcoming demos, including diabetes, low fat, and low carb.

Kids in Control

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

6–7 p.m.,

3 weeks, April 3, 10 & 17

SHAPEDOWN

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

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

5:45–7:30 p.m.,

10 weeks, April 15

Health Awareness Center, CentraState's Ambulatory Campus **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.

Fridays, April 4, 12–1:30 p.m.

4 weeks, first week

free, then \$10 per class.

Baby & Me

Ages 2–6 months.

Thursdays, 12:15–1:30 p.m.

6 weeks, \$78.

Wee Two

Ages 7–12 months.

Mondays, March 31, 10:30–

11:45 a.m. or 12:15–1:30 p.m.

6 weeks, \$78.

Jumping Jacks & Jills I

Ages 12–18 months.

Tuesdays or Thursdays,

April 3, 10:30–11:45 a.m.

6 weeks, \$78.

Jumping Jacks & Jills II

Ages 19–25 months.

Wednesdays, April 2, 10:30–11:45 a.m.

6 weeks, \$78.

Fun Time

Ages 26–36 months.

Tuesdays, April 1, 10:15–11:20 a.m. or

Wednesdays, April 2, 9–10:15 a.m.

6 weeks, \$78.

Stroller Strides

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

Mondays, Tuesdays, Wednesdays,

or Thursdays, 9:30–10:30 a.m.

10 classes, \$100. HD

Childbirth Preparation

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

Journey Through Childbirth

Understanding comfort measures for labor and birth.

• **5 weeks**, April 15, **\$120 (\$175 package price available for prepared childbirth, breastfeeding, and infant care).**

• **One-Day Class**, April 5 or April 6, **\$130 (\$175 package price).**

• **Breastfeeding Class**, March 8 or April 12, **\$45.**

• **Infant Care Class, 3 weeks**, March 7; or weekend class March 29 and April 26, **\$63.**

Sibling Preparation

Ages 3–10,

Thursdays, March 6 or April 10, 5–6 p.m.

\$15 each child,

discounts for multiple children.

Prenatal Yoga

6 weeks, \$60. HD

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

TIME TO QUIT! SMOKING CESSATION

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

Six group and individual classes are offered.

April 3, 7:30 p.m.

Registration requested by March 20. **\$179. HD**

CENTRASTATE BRIEFS

MAGAZINE NAMES TOP DOCS FROM CENTRASTATE

New Jersey Monthly magazine polled physicians across the state as to whom they trust to treat their friends and family, and 11 physicians on staff at CentraState Medical Center made the magazine's annual list of "Top Docs" for 2007.

Their names are listed alphabetically by specialty:

Anesthesiology/pain management—Scott Metzger, MD, and Peter Staats, MD

Dermatology—Irwin Hametz, MD

Nephrology—Andrew Covit, MD

Oncology & hematology—Kenneth Nahum, DO

Pediatrics, infectious diseases—Robert W. Tolan Jr., MD

Radiology, diagnostic—Peter Mezzacappa, MD

Radiation oncology—Edward Soffen, MD

Reproductive/infertility—Miguel Damien, MD, and William Ziegler, DO

Surgery, plastic—Andrew Elkwood, MD.

For more information on these and the more than 450 other board-certified physicians on staff at CentraState, call (866) CENTRA7 or visit www.centrastate.com.

PHYSICIANS RELOCATE TO CENTRASTATE'S NEW AMBULATORY CAMPUS

Three physician practices are now providing office hours at the Star and Barry Tobias Ambulatory Campus. They are Moustafa Shafey, MD, psychiatry; St. Peter's University Hospital pediatric physicians; and Woman to Woman Obstetrics and Gynecology Associates, LLC. For more information call (866) CENTRA-7.



▲ Tony-award winner June Lockhart (center), 82, poses with residents Marie Bridda (left) and Frances Kosin of Applewood Estates lifecare retirement community in Freehold after speaking to a crowd of 250 about the importance of seniors staying active in body and mind. Lockhart was the guest speaker at Applewood Estates' inaugural tour celebrating the completion of its \$38 million expansion and renovation.

SAVE THE DATES:

Patient Safety Fair—A Road Taken Together

Wednesday, March 5, 3–7 p.m.

Star and Barry Tobias Ambulatory Campus

Learn about patient safety issues including medication interactions, pediatric safety, new glucose meters, patient communication, falls prevention, infection control, and more. Bring your medications and meet with pharmacy staff to ask any questions.

Total Joint Fair

Thursday, April 17, 6 p.m.

Star and Barry Tobias Ambulatory Campus

Learn about the latest total knee replacement procedures and meet with orthopedic surgeons and physical therapists.

Baby Fair

Wednesday, May 7, 6–9 p.m.

Star and Barry Tobias Ambulatory Campus

CentraState Healthcare Foundation Golf Outings

Band Aid Open

Tuesday, June 10

Ladies Links

Tuesday, July 1

FOUNDATION NEWS

MORE GENEROSITY ABOUND

ORGANIZATION	DONATION	DEDICATION
The Talcott Foundation, with Wachovia Bank Trustee	\$25,000	Children's programs offered at the Star and Barry Tobias Health Awareness Center
Verizon Foundation	\$10,000	Communication Station at the Michelle and Jennifer Tobias Adventure to Health



M. Michael Jones, MD, and Mark Waciega, MD, of Central Jersey Emergency Medicine Associates, pose with a plaque honoring their late fathers. Their practice donated \$150,000 to CentraState Healthcare Foundation in memory of the men who inspired the two emergency physicians to become doctors.