



SIMON SAYS

a letter of *Gratitude*

Dear Ms. Lydia Tarta:

I wanted to let you know of my appreciation for the wonderful support I have been receiving from a member of your integrative therapy team. I have been a patient of the Radiation Oncology department in the Carol G. Simon Cancer Center at Morristown Memorial Hospital since September 2007.

I have had the pleasure of working with Jean Marie Rosone while at the center and benefiting from the varied relaxation therapies and support programs that she leads. In particular, I have enjoyed the Reiki sessions and the meditation classes. I understand that Jean Marie is instrumental in the ongoing management of these activities. But she, of course, does so much more. I began to see this as I sat down to talk with her about strategies for reducing stress in my work environment. Jean Marie had so many wonderful suggestions for helping me cope and put things in perspective — many of which I am implementing.

Jean Marie beautifully demonstrates how much she cares about the patients even as she stops to check on how you are doing when she sees you around the center. Her unique style is refreshing, and her skills for teaching people how to relax when faced with ongoing cancer treatments are terrific. I witnessed this as I participated in a session of the Breast Cancer Support group that she led. The women there clearly loved her and valued her input and ideas greatly!

Please extend my thanks to her for playing such an important role in my treatment. I feel so very fortunate to have experienced her many talents!

Sincerely,

A Grateful Breast Cancer Patient

Supportive Care: Linking Medical Treatment and Healing

Cancer changes your life forever, whether you are the one diagnosed with the disease or love someone who is. The American Cancer Society reports that a staggering one in every two men and one in every three women will have some type of cancer during their lifetime, with more than 1.4 million Americans developing the disease each year.

To help advance positive outcomes and reduce the many side effects of treatment, cancer patients need both standard medical interventions — surgery, radiation therapy, chemotherapy, hormone therapy and biological therapy — and supportive care to ease fears and counter feelings of being overwhelmed and alone.

With the help of donors to the Morristown Memorial Health Foundation, Carol G. Simon Cancer Center is able to offer patients and their families many free supportive programs. “These services are designed to help patients cope with their disease, enhance treatment, and facilitate an understanding of the emotional challenges associated with a cancer diagnosis,” says Lydia Tarta, director of oncology services.

Following are just a sample of the supportive services that have successfully assisted patients over the years.



one in every two men
one in every three women
will have some type of
cancer

Oncology Counselor

Many types of cancer can be treated on an outpatient basis, but others require lengthy hospital stays. For the latter, emotional support is vital. Asha Bernard, MA, LAC, an oncology counselor at Carol G. Simon Cancer Center, meets with all newly diagnosed cancer inpatients and helps them explore their support system and manage the crisis they are facing.

“It’s very common for a patient to be depressed,” says Ms. Bernard. “It’s my job to listen to what they’re feeling, communicate with family members and the medical team, and teach them coping skills so there is as little disruption as possible in their lives.”

continued on page 3

Oncology Unit's New Home

To give oncology patients privacy in a comfortable, nurturing atmosphere, the unit on Franklin 4 will be moved to Simon 5, which will undergo renovations beginning in January.

"It's our philosophy that the new unit is an extension of our relationship with our patients," says Sylvia Isaacson, nurse manager of the Inpatient Oncology Unit and Outpatient Infusion Center. "We want to provide people with a healing, quiet, relaxed environment, so that when they're spending their days here, they can focus on their health and well being."

The new unit will include 31 single rooms, all equipped with bathrooms and showers. As a result, patients will not be disrupted by roommates and their visitors, and doctors can conduct private conversations bedside. The new accommodations also cater to families, as comfortable couches will be provided for caregivers' overnight stays, something that was not allowed in semi-private rooms.

All furniture, curtains, flooring, tiles and accoutrements were chosen with an eye toward neutral, earth tone colors. Soft lighting from wall sconces will illuminate the rooms, and attractive wall tiles will glow dimly at night. Windows will offer natural light and views, and calming landscapes or nature scenes will adorn the walls. What's more, all materials to be used in the construction and renovation process are environmentally friendly. Volunteers Judy Abrams of Morristown and Patti Aresty of Far Hills were instrumental in making design choices.

Construction is expected to be completed in December 2009; funding for this portion of the project will be supported by Morristown Memorial. The Health Foundation is launching an initiative to fund enhancements to make a patient's stay more comfortable, such as flat screen televisions, DVD players and wireless internet access for each room, as well as complimentary hair styling and holistic treatments. For additional information on giving programs, please contact Hyona Revere, director of major gifts, at 973-593-2429.

STORIES of Hope

Cheryl Wylen was the picture of good health — she ate right, exercised regularly and had never been sick. Then, two years ago, after a routine pap smear, the mother of four learned she had uterine cancer.

"I kept saying, 'I don't have time for surgery; I'm going to Israel in a month,'" she recalls. Her gynecologist gave her the names of three surgeons from three different hospitals.

She made an appointment with Daniel Tobias, MD, medical director of the Women's Cancer Center

cancer," she says. "My biggest fear was waking up during surgery. The anesthesiologist was wonderful and put me at ease."

The procedure went smoothly, but afterward Mrs. Wylen had complications and stayed a week in the hospital. "The nurses were incredibly caring and the aides were wonderful," she says. "I developed a relationship with the staff, and they became part of my family." Despite the setback, Mrs. Wylen was still able to enjoy her Israel trip.

Today, her life is on track: she's exercising, eating right and her energy is up. She directs



"If you have to go through an experience like this, it's nice to know there's a place like Morristown Memorial." —Cheryl Wylen

at Morristown Memorial. When she and her husband, Stephen, met with Dr. Tobias and his staff, the visit lasted three hours.

"After we left his office, we knew there was no point in making the other appointments," she says. "Dr. Tobias was wonderful; I was comfortable with his approach. He said he could do the surgery laparoscopically." He also encouraged Mrs. Wylen to keep her travel plans to Israel, where three of her children lived at the time.

Yet facing surgery was a scary prospect. "I was more afraid of the surgery than having

adult programs and cultural arts at the YM-YWHA of Northern New Jersey in Wayne, where she and her husband live. And she's keeping her vow to spend more time with family and friends.

She feels fortunate her cancer was detected early and she received such good care. "If you have to go through an experience like this, it's nice to know there's a place like Morristown Memorial with wonderful nurses and doctors like Dr. Tobias," she says. "If you have to have surgery, they make it a pleasant experience."

Turn the Towns TEAL

Throughout the month of September, towns throughout Morris County and beyond will wrap their trees in teal ribbons for the "Turn the Towns Teal" campaign to raise awareness of ovarian cancer, sponsored by the Kaleidoscope of Hope (KOH) Foundation.

This year's event, however, will continue without one of its organizers, Gail C. MacNeil, the heart and soul of the initiative. A resident of Chatham Township, Mrs. MacNeil died June 21, 2008, after a 10-year battle with ovarian cancer.

In 2000, Mrs. MacNeil co-founded KOH, along with two other ovarian cancer survivors, Lois Myers and Patty Stewart. Last year, Mrs. MacNeil launched the "Turn the Towns Teal" campaign to publicize ovarian cancer, the fourth-leading cause of cancer death among American women. In October, KOH held three walkathons, raising \$235,000 for ovarian cancer research and awareness.

This September, Atlantic Health is helping to commemorate National Ovarian Cancer Awareness Month by serving as a co-sponsor of "Turn the Towns Teal."

"This position," adds Ms. Tarta, "which is funded through the Health Foundation's Oncology Philanthropy Council, has made an immense difference in the lives of so many patients in just one year."

Child Life Specialist

The Nadler family's personal experience with cancer prompted the creation of the Nadler Cancer Fund. Their grass roots fundraising efforts enabled Carol G. Simon Cancer Center to hire a certified child life specialist in 2007. Crystal Zelman, MSW, assists children, ages 3 to 18, who have parents or adult family members battling cancer. "Crystal helps parents talk with their children when illness strikes their family and provides an outlet for children to express their thoughts, feelings, and concerns," says Ms. Tarta. Through play and art, children benefit from their sessions by learning to manage their fears.



Harpist Kristy Chmura

refreshments. High Tea, a monthly event with soothing harp music, is so popular that a strolling harpist now visits all three infusion areas twice a month, and the Healing through Drumming and Sound Meditation workshops continue to be well attended.

Art Therapy

Thanks to the philanthropic efforts of Virginia Moriarty and Richard Eger, both of Morristown, Carol G. Simon Cancer Center has been able to integrate creative arts as an additional forum for self expression for patients. Maria Lupo, a registered art therapist, provides short-term therapeutic art projects to patients chair-side in the Infusion Center.

"To help ease their frustration and to pass the time, patients make art projects with uplifting symbols, such as a butterfly or rainbow sun catcher," explains Ms. Lupo, or they may express themselves using etching kits or through guided sketching projects.

In addition to these support services, mind-body therapies, such as meditation, stress reduction, guided imagery, yoga, Jin Shin Jyutsu, reflexology, hypnotherapy, and therapeutic touch, are used in the integrative programs at Carol G. Simon Cancer Center. These therapies empower patients to take an active role in their own healing process and improve the quality of their lives.

If you would like to make a gift toward supportive services, please contact Hyona Revere, director of major gifts, at 973-593-2429 or hyona.revere@atlantichealth.org.

—Kim Accardo

Angels Help Patients Heal

The Carol Coppola Angels of Hope Foundation, founded by Park Ridge resident Christine Bachrach and her family, donated \$5,000 for Carol G. Simon Cancer Center staff to learn mind-body techniques to help patients recover from surgery faster. Asha Bernard, MA, LAC, oncology counselor, and Jean Marie Rosone, LCSW, coordinator of Oncology Integrated Medicine, underwent training in Peggy Huddleston's course, "Prepare for Surgery, Heal Faster," which includes relaxation techniques, visualization and healing statements.

"Our goal is to begin the mind-body process when a patient is diagnosed and introduce them to the techniques, which include guided imagery and creating affirmations that focus on a positive outcome after surgery," says Ms. Rosone. The techniques will also be tailored to help patients lessen the side-effects of chemotherapy and radiation, adds Ms. Bernard. Starting this fall, patient participants will be given the book, *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*, by Ms. Huddleston, as well as the companion CD.

Leaders Among Us

Sylvia Isaacson, RN

Sylvia Isaacson, RN, nurse manager of the Inpatient Oncology Unit and Outpatient Infusion Center, received the 2008 Nurse Leadership Career Development Award from the Oncology Nursing Society in recognition of her pursuit of a holistic nursing environment and complementary therapy expansion at Morristown Memorial. With the \$2,000 award, she will continue working toward her personal goal of obtaining Holistic Nursing Certification.



GIFTS *Heart*

from the

The recently renovated Mind Body Room at Carol G. Simon Cancer Center has a soothing new look and a new name: the Lynda M. Franklin Mind Body Spirit Sanctuary. The room, renovated by interior designer **Janet Simon** (right), is dedicated to Mrs. Simon's late sister, **Lynda Mauriello Franklin** (left), who died of ovarian cancer. **The Simon, Mauriello, Franklin, Eckert and Strep families** offset all major project costs, and Mrs. Simon donated her design services and the materials. The cabinets were renovated at cost by **Ted Aanensen** of Aanensen's in Kearny and Ocean Grove.



Reiki practitioner **Rachel Linnett** held a three-day "Relax for Charity" event at her Madison home to benefit Carol G. Simon Cancer Center. For each half-hour Reiki session, she asked clients to donate \$40 in lieu of payment. The fundraiser collected \$1,080 from 22 clients who indulged in the Japanese healing technique.

Happenings

Fighting Prostate Cancer with Robotics

September 16, 2008 and **November 18, 2008** | 7pm | Carol G. Simon Cancer Center
This free group meeting for those diagnosed with prostate cancer explains the da Vinci prostatectomy. *To register, call 877-666-1112.*

Ovarian Cancer Awareness Lunch and Learn

September 26, 2008 | 11:30am – 1pm | Morristown Memorial, Level B, Auditorium A
This free event covers the latest advances in the screening and treatment of this disease. Lunch provided by the Northern New Jersey National Ovarian Cancer Coalition. *Register via email to mary-giselle.ulbrich@atlantichhealth.org or call Ms. Ulbrich at 973-971-6387.*

Genetics, Breast Cancer and You

October 28, 2008 | 8:30am | Morristown Memorial, Malcolm Forbes Amphitheatre
This free conference provides a practical overview of the imaging options for women at high risk for breast cancer, the genetics of breast cancer, genetic testing, and how heredity affects patients' risks and prognosis. A light breakfast and box lunch will be provided. *To register, call 800-247-9580.*

Demand Highlights Need for SECOND ROBOT

To meet an increased demand for robotic-assisted surgery at Morristown Memorial, the Health Foundation is seeking funding to purchase a second robotic device. By mingling computer-enhanced technology with a surgeon's skill, the robot enables surgeons to operate with greater precision while enhancing a patient's healing and recovery time. The first to contribute to the fundraising effort were Robert and Nancy Boye of Bernardsville, who gave \$100,000 through the Boye Foundation.

While Morristown Memorial performs approximately 230 robotic surgeries annually, demand is growing and the purchase of the advanced da Vinci Surgical System will enable surgeons to conduct 40 more procedures a month. Through the robot's video monitoring system, a three-dimensional view of the surgery with magnification 10 times that of the naked eye is provided. The device also gives surgeons extraordinary control and greater range of motion. At a cost of \$1.8 million, the system will benefit urogynecology, gynecologic oncology, urology and cardiology.

The robotic device has proven to be the most effective, least invasive treatment option for complex hysterectomies and other gynecologic procedures. The benefits include shorter hospital stays, less pain and scarring, less risk of infection, faster recovery and less bodily trauma.

With radical prostatectomies, the technology helps surgeons confine the target site, a delicate area surrounded by nerves affecting sexual function and muscles controlling urinary function. Through robotics, surgeons have seen reduced blood transfusions, improved cancer control, shorter hospital stays and an earlier return to usual activities.

In reconstructive pelvic surgery, the robot's value cannot be overestimated. Fellows from around the country are now training at Morristown Memorial to meet the demand for this surgery, which now tops 300,000 procedures nationwide.

To find out how to become involved in the fundraising effort, please call Hyona Revere at 973-593-2429.

If you are interested in hosting an event or promotion to benefit the Carol G. Simon Cancer Center at Morristown Memorial Hospital, please contact Eileen Heltzer, director of annual giving, at 973-593-2412 or eileen.heltzer@atlantichhealth.org