The State of the Hospital

By Joseph Trunfio, president and CEO of Atlantic Health and interim president of Morristown Memorial

At Atlantic Health and Morristown Memorial Hospital, 2008 was a year of great challenges and great hope. Needless to say, we were not insulated from the year’s economic woes. As the stock market tumbled, so did our investments in both our board-designated funds and pension funds. This further exacerbated the already negative impact that rising interest rates had on the variable rate portion of our debt.

In July 2008, the newly enacted state budget reduced our state-funded charity care at Atlantic Health to $3.1 million from over $11 million. The end result, Morristown Memorial, the state’s 8th largest hospital provider of charity care, would receive only 10 cents on the dollar, or $2.7 million, for providing more than $27 million of charity care.

Yet, despite these negative economic pressures, Morristown Memorial was still able to produce a modest positive bottom line from operations in 2008. Atlantic Health also maintained its Moody’s A2 positive and Standard & Poor’s A+ stable bond ratings, the best in the state for a hospital or health system. Those stellar bond ratings are, in part, based on the strength of our philanthropy. Simply put, your generosity has an even greater impact than you may have imagined.

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That brings me to the great hope I mentioned earlier. In 2008, Morristown Memorial continued to grow in every area. Admissions reached 38,888, emergency department visits increased to 75,701, births jumped to 4,116 and total surgeries topped 24,945. The community recognizes that, in all our specialties, our physicians are leaders in their fields, always searching for the most effective diagnosis and treatment options for each patient.

For that very reason, Morristown Memorial received the Outstanding Achievement Award from the Commission on Cancer of the American College of Surgery. The hospital also received a full three-year accreditation by the Joint Commission, as well as special national certification for its stroke and total joint replacement programs. And our Gagnon Cardiovascular Institute won the silver Performance Achievement Award from the national Cardiovascular Data Registry.

Atlantic Health also received national distinction, being named number 75 among the Fortune 100 Best Companies to Work For®. In addition, for the third consecutive year, we were named one of the American Association of Retired Persons (AARP) 50 best employers nationwide for workers over 50.

In 2008, the Morristown Memorial campus grew even more impressive. We saw the completion of the new Simon main lobby, Sam’s Neonatal Intensive Care Unit and the flagship building for Gagnon Cardiovascular Institute. The latter two were made possible by the generous philanthropy of the community. We also began a multi-phased expansion of our Emergency Department, a project vital to the patients we serve.

In 2009, we are completing a strategic plan that will chart our course over the next five years. Our vision is to be recognized as one of the nation’s best hospitals by 2012.

To reach that goal, we will continue to adhere to the four key components of our mission:

- Providing high quality, safe care to our patients;
- Educating future health care professionals;
- Leading through innovation and advancing the practice of medicine;
- Improving the health of the community we serve.

We will also step up our focus on quality and operational excellence to increase the number of physicians and patients who believe Morristown Memorial is a destination hospital when they want superior care. And we are expanding our clinical research – Morristown Memorial is involved in 401 active studies – which makes new therapies available to our patients.

With your continued support, we are sure “the best is yet to come.”
Leavens Grant Boosts Nursing Education

As novel cardiovascular programs and procedures are rapidly being developed, Gagnon Cardiovascular Institute nurses must adapt seamlessly while continuing to provide specialized care.

To help, the Leavens Foundation granted $10,000 for extended additional training to newly hired nurses at Gagnon. The grant supported the development of a week-long class, “Cardiac Care for the Advanced Beginner,” and covered the salaries of 10 telemetry nurses during the first course offering in October.

“Providing this level of education for the nursing staff is crucial,” says Kathleen Morgan, RN, manager of cardiovascular education for Gagnon. “The class will help new nurses provide appropriate, safe, quality care to all patients.”

For the family of the late Gerard A. Bush, Jr. (pictured with his mother, Ann) creating a memorial fund to benefit the nurses who cared for him on Franklin 3 was a fitting tribute.

“During the past three years when he was admitted to the hospital, whether day or night, the staff on the unit made every effort to make the situation as pleasant as possible,” says the late Montville resident’s widow, Lindsay Bush, who called the nurses “knowledgeable, caring and compassionate.”

“We felt the best way to express our appreciation was to help the staff continue to receive the education needed to help others as they helped him.”

The family’s request that all memorial gifts go to a special nursing education fund and to Gagnon Cardiovascular Institute drew 32 gifts totaling nearly $3,000.

Medical Dolls: A Loving Legacy

Goryeb Children’s Hospital lost a beloved benefactor with the passing of Suzanne Dobbin, a 99-year-old volunteer who sewed cloth medical dolls for pediatric patients. Crafted from sheets and stuffing, the dolls provide patients a chance to play doctor and perform procedures, such as drawing blood, inserting an IV or casting an arm. For three years, Mrs. Dobbin sewed about 75 dolls annually for Goryeb, until her death last New Year’s Eve.

“She was trained as a seamstress as a young girl,” says Richard Dobbin, of his late mother. “It was her pleasure; she enjoyed working with her hands.”

A Morristown resident, Mr. Dobbin is also a long-time hospital volunteer, as is his wife, Patricia.

Memorial Gifts Recognize Nursing Care

Leavens Grant Boosts Nursing Education

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Rotary Partnership Benefits ED

The Morristown Rotary Club stepped up to the tee with a $15,000 donation from its 2008 golf tournament toward Morristown Memorial’s Emergency Department expansion. The tournament was co-hosted by Atlantic Health and the hospital.

Glenn Garth, Morristown Rotary Club president, envisions a lasting partnership between Atlantic Health and the Morristown Rotary Club:

“In 2008, the Morristown Rotary Club had an objective to expand community service projects in Morristown. Future joint projects will include blood drives, volunteer programs and community outreach events.”

The Emergency Department’s $25 million expansion project will nearly double the size of the current facility. Last renovated in 1993 with a capacity to serve 50,000 patients, the department is now approaching 80,000 visits per year.
The odds were stacked, most definitely not in Ryan Enderley’s favor. Ten years ago, at age six, he was diagnosed with chronic liver disease. Doctors forecast that eventually he would need a liver transplant. In the meantime, to ease his pain and complement his medical treatment, his mom sought out alternative therapies. Under the guidance of Nancy Cotter, MD, medical director of Atlantic Integrative Medicine (IM) at the Mind Body Center, Ryan started acupuncture, reflexology, energy work and nutrition counseling.

“I always had an interest in integrative medicine, and I felt that was missing in Ryan’s care,” says Ellen Enderley. “His doctors had the best credentials, but no one was looking from a holistic standpoint or at the toll the disease was taking on him as a person.”

Last February, Ryan received a liver transplant at a major metropolitan children’s hospital. Within weeks, a serious complication prompted doctors to return his name to the transplant list. While waiting at home, he resumed treatment with Dr. Cotter and her team. Remarkably, he grew stronger and was removed from the list – unheard of with such a severe condition. Now a junior at Seton Hall Prep, the Bedminster resident is healthy and busy looking at colleges.

“I assert that it was the care Ryan received at the Mind Body Center that helped him get over this complication,” says Mrs. Enderley. “The center provided support we could not have gotten anywhere else. Atlantic Health had the extraordinary vision to develop and sustain the Mind Body Program, when a much larger institution couldn’t offer the same type of care.”

**Trendsetters at the Mind Body Center**

Atlantic Health was the first hospital in the region to offer an IM program when it started the Mind Body Center over 15 years ago, thanks to the generosity of philanthropists like Raymond and Patricia Chambers, James and Joan Brady, the late William E. Simon and George and Clara Shinn, who helped support the fledgling initiative. In the beginning, programs on stress reduction were offered to patients with chronic illness. Today, more than 20 types of healing treatments are available, from acupuncture to Zen meditation.

IM is the fastest growing area of medicine, says Dr. Cotter, who notes that approximately four in 10 adults and one in nine children in the United States use some sort of alternative medicine. As more patients seek to complement traditional medical treatments with holistic therapies, she sees patient numbers rising.

The Mind Body Center, located on the campus of the Atlantic Rehabilitation Institute on Mt. Kemble Avenue in Morristown, averages 15,000 outpatient and 9,000 inpatient visits annually. Its adult and pediatric outpatient services help conditions such as chronic pain, digestive disorders and infertility.

“Our IM program enhances the hospital’s reputation and shows how forward thinking Atlantic Health is to develop it to its current degree,” says Dr. Cotter, who adds that other hospital programs have closed their doors.

Going forward, she suggests an increased emphasis on physician education and training as well as research to measure patient outcomes. Philanthropic funding is also essential to offset the costs for patients since IM is typically not covered by medical insurance.

Notably, even as budgets have tightened, Atlantic Health has broadened IM services to Gagnon Cardiovascular Institute, Carol G. Simon Cancer Center, Maternity/Women’s Health and Goryeb Children’s Hospital. The vision is to expand IM throughout the hospital while retaining the grounding philosophy: treat the whole person – mind, body, spirit – not just the disease.
Complementary Therapies in Cardiovascular Care

With its free alternative therapies for patients, reasonably priced tango and cooking classes for the community and its stunning spa-like suite in Gagnon Cardiovascular Institute, the cardiac IM program gives a glimpse into the future of holistic healing.

The new Changing Lifestyles program, which recently received $55,000 from Daiichi Sankyo, Inc., offers nominally priced classes to local residents that address nutrition and weight loss, exercise, stress reduction and emotional support. “We want to reach community members before they become ill and empower them to make positive lifestyle changes,” says Emilie Rowan, LCSW, coordinator of the Cardiac Integrative Medicine Program. “We want local residents to see the hospital as a place that supports their efforts to prevent cardiac disease.”

For cardiac patients, holistic practitioners make bedside visits and even accompany patients during surgery. After discharge, patients can participate in the free Healthy Lifestyle Program, which is funded by the Louise Washington Charitable Remainder Unitrust.

As IM has become more mainstreamed, the numbers of cardiac inpatient and outpatient sessions have skyrocketed. “When we first started, we had about 8,000 sessions a year and now we’re providing 13,000 and the numbers continue to grow,” she says. “The demand is more than we can accommodate. We’ve received numerous letters about how we help people feel supported during their recovery process. They see us as a big, important part of the team. It’s a huge difference from when we started – the doctors didn’t know much about integrative medicine and now they’re constantly paging us to come.”

A Healing Experience for Cancer Patients

At Carol G. Simon Cancer Center, JeanMarie Rosone, LCSW, coordinator of integrative oncology, asserts that the IM program has changed patients’ perceptions of the center; it’s no longer solely identified with disease. That’s because patients and their caregivers can relax during free reflexology and energy work sessions in the Lynda M. Franklin Mind Body Spirit Sanctuary. Or, visitors can lounge in the lobby while listening to weekly musical performances supported by the Jeffrey Frank Wacks Memorial Fund. In fact, the meditation classes have grown so popular that they can no longer be accommodated in the meditation room.

“The patients say they never would have anticipated walking through the doors of the cancer center and moving from a place of illness to healing,” says Ms. Rosone, who adds that the program serves over 2,000 patients a year. “They get a treatment, then go to healing touch, listen to soothing music and later take a yoga class. When they think of the cancer center, it’s not a negative thought. It’s where healing occurs, mixing great technologically advanced medical skill with heart-centered therapies that focus on the emotional and spiritual.”

What to Expect When You’re Expecting

For new moms at the Maternity Center, a free 30-minute massage in the luxurious meditation room after delivery has become quite popular. “During the tours of Arlene and Kermit Meade Pavilion, the complimentary massage is one of the most often quoted reasons Morristown Memorial was chosen for delivery,” says Terri Howe, lead therapist at the Mind Body Center. “Massage relieves tension caused by labor and delivery, and it’s helpful if a mom can get rid of that before going home.”

She adds that massage promotes relaxation, which helps a nursing mother’s milk to flow better. The Mind Body Center also offers infant massage classes, prenatal yoga and acupuncture.

Pain Relief in Pediatrics

Three years ago, IM was initiated at Goryeb Children’s Hospital and Carole Reifsnyder, RN, the nursing coordinator, has seen amazing results. Recently, she was called to the bedside of a boy with inflammatory bowel disease who had a feeding tube in his abdomen.

“He was clutching the side rails; he was scared, pale and guarded with the abdominal tube,” says Ms. Reifsnyder, who is board certified in holistic nursing. To help him relax and release endorphins – natural pain killers – she used guided imagery: “I guided him through a scene at the beach, one of his favorite places.” Soon his shoulders lowered and his breathing slowed. Next, she taught him some Jin Shin Jyutsu® techniques and progressive muscle relaxation to perform on his own. Later, she saw him walking the halls and smiling, ready to go home.

Ms. Reifsnyder asserts that changes in patients’ vital signs indicate that integrative therapies work. Often, after a healing session, she has noted calmer heart rates and increased oxygen levels to the blood. Most important to patients: pain and anxiety melt away and, if they return, self-care holistic treatments can be used anywhere, anytime.
As one top doctor sees it, research is the prescription for premiere patient care and Atlantic Health’s continued success well into the future.

“Atlantic Health has set a goal to be a leading health care provider and be recognized for that excellence across the country; bringing research to the forefront supports that vision,” says Donald Casey, Jr., MD, vice president and chief medical officer for Atlantic Health.

Clinical research is essential in advancing medical science and improving patient care. Through clinical trials, patients gain early access to novel therapies and devices, with medication or care often provided at no charge. Currently, Atlantic Health is participating in 439 active studies through partnerships with pharmaceutical, biotechnology and device companies. Because safety is paramount in these studies, Atlantic Health has a team that monitors all trials.

With a medication, for example, “once the initial safety is proven in the laboratory, the drug is then tested on humans – the clinical research phase,” explains Linda DiMario, RN, a registered pharmacist and director of the Office of Grants and Research at Atlantic Health. Typically, after seven full years of clinical studies, the drug is then reviewed by the Federal Drug Administration before approval is granted.

Promising clinical trials are being offered at Carol G. Simon Cancer Center, where patients are gaining access to innovative therapies. “We haven’t cured every cancer yet, but we’re looking at new and safe ways to improve a patient’s quality of life,” says Dr. Casey. As these clinical studies continue to advance medicine, more cures may someday be achieved, he adds.

Clinical research is also making strides at Gagnon Cardiovascular Institute, the Division of Neonatology and the Atlantic Neuroscience Institute. And through its partnership with Mount Sinai School of Medicine and The Mount Sinai Hospital, Atlantic Health is broadening its research opportunities in areas such as genomics and personalized medicine. For more information on clinical research, please contact Linda DiMario at 973-660-3265.

Research’s Vital Role in Patient Care

Atlantic Health offers patients access to 439 clinical trials

New Philanthropy Councils Created

Volunteers drawn to either cardiovascular or women’s health issues have stepped up to join the Health Foundation’s two new philanthropy councils.

Members of the Cardiovascular Philanthropy Council, chaired by Grant V.S. Parr, MD, and Cathy Huff, are Clifford W. Blanchard; Mark Blum, MD; John Brown III, MD; Jay Curwin, MD; Brian, Lois, and Neil Gagnon; Stephen Guss, MD; Ben Lobel; Will Neate; Ron Ponder; Emilie Rowan; Frank Smart, MD; Audrey von Poelnitz, MD; and Alan Willemsen. The council has focused on the following funding priorities:

- A scientific writer to distill research into manuscripts, enabling physicians to communicate clinical findings to the national and international community.
- A cardiac fellowship program offering two or three annual three-year fellowships to educate future leaders in the profession.
- A wellness and prevention program to educate people on heart disease risk factors and move them toward a heart-healthy lifestyle.

At press time, $150,000 had been pledged for the wellness and prevention program.

Members of the Women’s Health Philanthropy Council, co-chaired by Raquel Dardik, MD, and Janet M. Simon, are Grania Allport, RN; Fran Drigun, RN; Claire Eckert; Shari Geller; Deborah Imperatore; Adrienne Kirby; Mary Beth Lohuis; Cindy Manzo; Donnica Moore, MD; Joseph Ramieri, MD; Andrea Rizzo; Anne Rooke, RN; Anya Salama and Lisa Thebault. The council is nearing completion on the following priorities:

- New equipment for the Women’s Clinic, including a colposcope that allows close inspection of cervical and biopsy tissues; a LEEP generator to cauterize precancerous lesions to prevent their development into cancerous cells; and a second ultrasound machine to ensure patients receive adequate prenatal care.
- A second daVinci® Surgical System to meet the growing demand for robotic-assisted surgery.

At press time, $310,000 had been pledged for the daVinci® robot and $55,000 for clinic equipment.

Nursing Standouts

Susan Fitzgerald, RN; Amy Bates, RN; and Brandee Fetherman, RN (l-r in white) – three of the six 2008 recipients of the Ben Lobel Award for Excellence in Clinical Nursing in Honor of Dr. Grant Parr – gathered with the donor, his wife, Gail, and Dr. Parr this spring. Also pictured, nurse manager Liza Marmo, RN, and chief nursing officer Trish O’Keefe, RN, far right, who was recently honored by UMDNJ School of Nursing for advancing the profession through leadership and practice.
In crowded orthopedic waiting rooms across the country, as aging baby boomers seek out knee and hip replacements, orthopedic doctors face an ever-expanding patient load.

“Orthopedics is changing,” says William Dowling, MD, orthopedic surgeon and chairman of the Department of Orthopedics for Morristown Memorial. “Over the next decade, the specialty must adapt to accommodate the growing number of boomers seeking care. We need to attract and retain orthopedic doctors to meet the demands of the future.”

That pressing need has made a recent $50,000 gift from one of Dr. Dowling’s patients, Robert Henry of Pottersville, all the more valued. Dr. Dowling notes that, last year, there were more than 750,000 joint replacement procedures performed in the United States, and that number is expected to reach 1,000,000 by 2012 and 4,000,000 by 2030 due to the aging of the United State’s population.

Morristown Memorial, which holds the Gold Seal of Approval in joint replacement surgery from The Joint Commission, is attracting more and more patients seeking expert care. Last year, the hospital conducted over 1,200 total joint procedures, over 900 spinal surgeries and more than 400 trauma orthopedic interventions.
Each year, I take pleasure sharing with you the ways your generosity has made a difference to the patients at Morristown Memorial, but this year even more so. Despite the challenges of 2008, I am pleased to report that the Health Foundation raised $13.6 million – 6 percent over our target. Philanthropy, as you may know, is a cost-effective way to fund hospital endeavors: a philanthropic dollar costs only 18 to 25 cents while a borrowed dollar, even at favorable rates, would cost $1.50 to $2. Essentially, thanks to you, the hospital was able to provide better care more economically.

Nowhere is that more evident than in cardiovascular medicine. Last year, we closed our Campaign for the Heart, having raised a goal-shattering $45 million. Those funds helped build the stunning Gagnon Cardiovascular Institute, which was dedicated in November and is now welcoming patients. This facility gives a wonderful home to the medical teams that have made Morristown Memorial a destination for cardiac and vascular care.

Take the case of John Seville, who was airlifted to Morristown in critical condition. Despite suffering a massive stroke and a rare heart disorder – and having to be resuscitated – Mr. Seville celebrated Father’s Day at home with his wife and sons 11 weeks later. That’s the care your dollars make possible.

Last year in pediatrics, we also dedicated the innovative Sam’s Neonatal Intensive Care Unit, which had attracted $5.1 million in community funding and is named for the late Samantha Salzberg. Our Women’s Association had generously supported Sam’s NICU – and Gagnon for that matter – but they didn’t miss a beat in moving on to the next project. Their Mansion in May brought in more than a half million dollars for The Valerie Fund Children’s Center at Goryeb Children’s Hospital to help kids with cancer and blood disorders.

Young patients and families at Goryeb are also benefiting from an initiative promoting family-centered care, made possible by the R Baby Foundation. Stacey Rubinstein, the mother of premature twins, will be among those at a Boston conference gathering ideas to advance this initiative: “It is amazing to think that Morristown Memorial values family members so much that we are part of the team they are sending to this conference.”

The needs of patients and their families are indeed important to the hospital. At Carol G. Simon Cancer Center, which celebrated its 10th year in 2008, lung cancer patients and their families are now receiving extensive support and guidance through a program honoring the late Leslie Grimm. We also have a breast center concierge – our family foundation’s anniversary tribute – to help patients with nonmedical care, and there are regular visits by jeweler Chris Ferdinand’s Operation Bling “angels” who bring smiles and gifts of sterling silver jewelry to patients. What’s more, the wide-reaching Jeffrey Frank Wacks Memorial Fund continues to benefit everyone who steps through the center’s doors. The fund provides Music in the Atrium every Wednesday, High Tea every month, private and group music therapy sessions, strolling harpists in infusion areas and even workshops on therapeutic drumming and sound meditation.

Perhaps most heartening of all in 2008, young people – from kindergarten through college – embraced philanthropy in great numbers. It was inspiring to see the enthusiasm and commitment demonstrated by students of all ages. They held birthday fundraisers, toy drives and coin races, collected comic books and even launched a wide-spread Kids4Kids effort. A seventh grader named Ellen said it best when she sent a check for $11: “I know every dollar counts.”

In the challenging months ahead, please keep her wise words in mind. Thank you again for making the hospital a priority even when it’s difficult and special thanks to the Health Foundation trustees and volunteers who give another precious resource – their time.
It’s unusual to hear men talking frankly about sensitive, personal issues, such as prostate cancer surgery and its disconcerting, though often temporary, side effects. But that’s just what happened at a recent meeting at Carol G. Simon Cancer Center for the men’s committee raising funds to purchase a second robotic surgical device.

Putting prostate cancer out in the open is the reason Allen Kopelson of Morristown joined the effort when his friend and committee chair, Tom Welsh, asked. “Men generally don’t speak to men about such problems,” he says. “Prostate cancer is just as pervasive as breast cancer with women, yet that’s a commonly talked about topic: there are races, walks and ribbons. Men, being men, never talk about the disease.” And the timing was appropriate, as Mr. Kopelson’s brother had just been diagnosed with prostate cancer.

The committee, comprised of seven community men and four hospital physicians, has raised $627,000 toward the $1 million goal for securing the da Vinci® Surgical System to benefit urogynecology, gynecologic oncology, urology and cardiology at Morristown Memorial. One thing the committee members have in common – they’ve all been touched by prostate cancer, through personal experience, a loved one or a friend.

Mr. Welsh, a Mendham resident, headed the committee to give thanks for his successful recovery from prostate cancer two years ago. His urologist, Arthur Israel, MD, had found a tumor during a yearly exam. “I was so grateful to Dr. Israel for finding it and saving my life,” he says. “I asked him if there was anything I could do.” His answer: spearhead the fundraising effort to purchase another robotic device to meet the hospital’s growing demand for robotic surgery.

Approximately 230 robotic surgeries are performed annually at Morristown Memorial; the second system would allow surgeons to conduct 40 more procedures a month. By mingling computer enhanced-technology with a surgeon’s skill, the robot enables surgeons to operate with greater precision and range of motion. Through the robot’s video monitoring system, a three-dimensional, digital view of the surgery is provided with magnification.

For radical prostatectomies, the technology helps surgeons confine the target site, a delicate area surrounded by nerves affecting sexual function and muscles controlling urinary function. “Using robotics, we’ve seen a more rapid rate of return to sexual function,” says Ayal Kaynan, MD. He adds that the return to urinary continence is reduced to three months, compared to six with open surgery. Dr. Kaynan rattles off more benefits: less blood loss; less stress on the heart and brain; reduced mortality rates; fewer heart attacks and blood clots. In addition, recovery lasts one week, as opposed to four to six for traditional surgeries, he says, allowing patients to return to daily living faster.

Dr. Israel credits the team for raising so much money so quickly. Bart Oates, a former National Football League center with three Super Bowl rings, has given visibility to the cause. He signed on to help his friend, Mr. Welsh. And to keep things in the family, Mr. Welsh drafted his son, David, to pitch in.

Stuart Sendell of Convent Station wishes his brother, who died from prostate cancer at age 64, had been better informed. “Like most men, he didn’t talk about it or go looking for it,” he says. “By the time they found it, it was too late.” He shares that his brother was afraid of being cut open, but adds that robotic surgery, which leaves only three puncture wounds, would have been the perfect solution.

“Prostate cancer is just as pervasive as breast cancer with women, yet ... men, being men, never talk about the disease.” — Allen Kopelson

PROFILE: Philanthropic Band of Brothers

“Philanthropic Band of Brothers”


www.mmhf.org
When Frank and Frances Cauz underwent cardiac treatment at Morristown Memorial, they expected to receive excellent medical care. What came as a pleasant surprise was the exercise program offered, as well as the complimentary Jin Shin Jyutsu® and massage therapy sessions. Now the couple is happily spending more and more of their days at the hospital.

“I think his car can get to Morristown on its own,” jokes Mrs. Cauz. “Some days Frank makes two trips, but he always comes back with a smile on his face.”

To show their appreciation, the Cauzes made gifts to the Cardiac Integrative Medicine Program, which offers healing therapies such as Reiki, guided imagery and yoga to cardiac patients free of charge. “There are not enough superlatives to describe the program’s staff – compassionate, conscientious, vigilant, knowledgeable, efficient, professional,” she says.

The Cauzes banter as they sit in their elegantly furnished living room. Their home, a townhouse in Chester, is a soothing, peaceful environment filled with beautiful touches the couple worked hard to create. An Emperor Clock, built by Mr. Cauz and finished by his wife, dominates the entrance foyer. A flowered needlepoint cover completed by Mrs. Cauz adorns a chair. Folded and swirled quilling projects that she created with spackling tape hang over the kitchen door and the fireplace.

Even before they moved to this home from Cranford 10 years ago, the couple relied on Morristown Memorial. First, the hospital services were needed when Mr. Cauz had a heart attack in 1994. Then, thirteen years later, he had two separate stents inserted and recovered in the hospital’s Cardiac Intensive Care Unit. “He received very good care; we knew he was in good hands,” says Mrs. Cauz. In October, Mrs. Cauz underwent a cardiac catheterization. Doctors found blockages but recommended medication and exercise instead of a stent.

Afterward, both were enrolled in the prescribed exercise program at the hospital’s Cardiac Health Center, located at 95 Madison Avenue. For the first 12 weeks, Mr. and Mrs. Cauz were monitored at all times by nurses as they stepped on treadmills or pedaled the recumbent bikes. “If we were to get in trouble, the nurses would have assisted us; the hospital is right across the street,” he says.

Now, the Cauzes complete exercise routines two days a week while wearing heart rate monitors. Before and after, nurses take their blood pressure. In addition, they can schedule up to one session each of hands-on healing therapies, like massage for Mr. Cauz’s shoulder or Jin Shin Jyutsu®, an ancient Japanese healing practice. “It’s like a gentle placing of hands, there’s no pressure,” says Mrs. Cauz. “It’s very relaxing.”

Now, in retirement – she from her work as a legal secretary and he from his job as sales department manager at Sears – the Cauzes enjoy their days at a slower pace.

“It’s a conscious decision. After Mr. Cauz’s heart attack, the couple reevaluated their lives. “It was a wake-up call,” he says, noting that he started eating better and began taking more vacations. They traveled up and down the Mississippi on steamboat cruises and voyaged on the Danube and the Mediterranean.

These days, between exercise and healing sessions, they schedule vacations in Maine and make plenty of time for their four grandchildren. “We lead a quiet kind of life,” says Mrs. Cauz. “Our children and grandchildren are the joys of our lives.”
The O’Briens:
Grateful Adoptive Parents

In the world of special-needs international adoption, time is a luxury that potential parents cannot squander.

Almost three years ago, Noreen and David O’Brien received a file on Cai Lian, a 2-year-old Chinese girl who was abandoned as a baby and later placed in foster care. The information was sketchy – a brief medical report and a few photographs. The couple had one week to decide if the girl would become their daughter.

They asked Elizabeth Baorto, MD, director of pediatric infectious disease for Atlantic Health, to make sense of the file.

“Dr. Baorto did an amazing amount of analysis with a small amount of information,” says Mrs. O’Brien. “She was able to look at the photographs and give us clues.”

Cai Lian suffered from spina bifida, a congenital defect where the spinal column is not closed. Her small head size, as depicted in the photos, could have indicated severe mental deficiencies.

“We weren’t looking for the easiest case, just what we could deal with,” says Mr. O’Brien, a partner at Ernst & Young. “Dr. Baorto looked at the pieces of the puzzle and said, ‘Here’s the range: if you don’t take care of her spine on time, she will have paralysis; if you do, she’ll be OK.’

The O’Briens made their decision.

In August 2007, they journeyed to China to meet their 3-year-old daughter.

“Adoption is a big leap of faith,” says Mrs. O’Brien. “When we saw her, it was the most incredible feeling. We were speechless and overwhelmed, after waiting so long.”

As her mom reminisces, Cai Lian, 4, shares her own version of events. “We go to pool,” she says, while coloring intently. Indeed, shortly after meeting, the family went for a swim.

Home in Mountain Lakes, Cai Lian was found to have no developmental delays by Tosan Livingstone, MD, a neurodevelopmental pediatrician for Atlantic Health. The next hurdle: spine surgery. That January, neurosurgeons Catherine Mazzola, MD, medical director of the Craniofacial Center and Ed Zampella, MD, performed a successful six-hour operation at Goryeb.

“We researched many doctors and hospitals when preparing for the surgery,” says Mrs. O’Brien. “We were 100 percent confident we were in the right place. All of the doctors were communicating and were part of a team. Dr. Mazzola was the quarterback, pointing everyone in the right direction.”

The new parents were so impressed with Goryeb that they later made a donation in honor of Drs. Baorto and Mazzola and Donald Casey, MD, who is Cai Lian’s godfather.

“The enlightening part for me is walking the halls at 3am,” says Mr. O’Brien. “People are engaged in the middle of the night. The attention of the nurses is amazing. You saw what families had to grapple with and recognized the vibrancy, the importance of this place in the community.”

Periodically, Cai Lian returns for ultrasounds to monitor her spine. Her life is full with dancing, horseback riding and attending two preschools, one American, the other Chinese.

And now she is a big sister to Brendan, a Chinese boy abandoned at four months after a botched surgery. This time, when the couple sought help from Dr. Baorto, they had only 48 hours to decide to welcome the boy into their family. “The doctors were prepared, and we had a team on the ground when the little guy arrived,” says Mr. O’Brien.
Suffice to say Marilyn Shavelson wastes no time. The day after she retired as a mathematics teacher from Livingston High School, she started volunteering in the Emergency Department (ED) at Morristown Memorial. That was 19 years ago and the Florham Park resident is still going strong. In fact, she expanded her duties to help out at Carol G. Simon Cancer Center and Franklin 4 and will soon add a third day assisting at Sam’s Neonatal Intensive Care Unit.

“I had to keep busy,” says Mrs. Shavelson, who has been an occasional patient at Morristown Memorial and was drawn to the ED because her son, Richard Berger, is an ED physician at a nearby hospital. Sitting in au bon pain at Morristown Memorial after her shift, she says she never considered volunteering at another medical institution.

“This is my hospital,” she says, with a warm smile. Mrs. Shavelson’s allegiance doesn’t stop with donating her time. She’s funded a variety of hospital projects, but she has a penchant for research. “I don’t care about seeing my name on a building,” she says. “I just want to put money where it’s going to help. I’m not a wealthy woman, but fortunately I’ve been able to do this.”

Her first substantial pledge, in honor of her late sister-in-law Adele Broder, created a room at the cancer center used to sell hats and wigs. Aptly enough, that room now serves as the office where volunteers sign in. Her next pledge, in honor of another late sister-in-law, Patricia Broder, funded research into stroke screenings. Another, in honor of new life, specifically her two great-granddaughters, benefited Atlantic Neonatal Research Institute. She has also supported the Cancer Center Research Fund.

Whether it’s contributing to worthwhile causes or cheering up a lonely patient, Mrs. Shavelson receives fulfillment helping others. “I get a great sense of satisfaction when I’ve left the hospital and know I’ve done something for someone,” she says. “I feel my being there makes a difference.” One duty includes giving free hats, blankets and pillows – knitted, crocheted or hand-sewn by volunteers – to cancer patients.

She certainly brightened the day of one Franklin 4 patient, a 90-year-old man who had taught at her high school. “I told him all the girls had crushes on him, and he beamed,” she says. “I was able to bring him light and joy, and it made me feel good.”

Even when spending time weaving on her loom, she’s catering to others. She gives away her creations, prayer shawls for Bat Mitzvah gifts and kitchen towels for her four children and their families: “I tell them if they don’t use it, they can’t keep it.”

Some designs she holds on to, like her scarf, an intricate black and grey design that was her first project. She started weaving eight years ago, after taking a course at the Newark Museum. “I was always curious and then I saw how mathematical it is,” she says. “It’s nice being creative, having to figure out a pattern.”

Mrs. Shavelson stops talking as her neighbor walks by. After inquiring about the woman’s sick husband, she offers her help. “Can I make you a dinner?” she asks.

When volunteering at the cancer center, Mrs. Shavelson is just as eager, be it greeting patients or stuffing envelopes, says Jeanne Kappel, the breast center concierge. “She’s so reliable – one day she was here at 8 am because she had to leave an hour early,” she says. “If it’s Thursday, Marilyn will be here. You can set your watch by her.”
The cardiac patient, an avid Jets fan, sported Jets slippers and proudly wore a Jets pendant on a chain. In the last 25 years, he'd only missed four of his beloved team's home games. When he learned that Jets starters Damien Woody and Kris Jenkins were downstairs in the hospital lobby last November, he was pumped. But doctors, concerned with his fragile health, sidelined his plans to see the players.

That's when patient liaison Jane Page sprang into action. She cornered the athletes, asking for their autographs. They added a personalized get-well message for their fanatical fan.

"He was thrilled," says Mrs. Page, sitting in the lounge. "I do things like that for my job. I put my thinking cap on and try to be creative to make the patient's stay as pleasant as possible." Her patients at Gagnon Cardiovascular Institute are those with cardiac problems who will undergo procedures such as open heart surgery, cardiac catheterization and electrophysiology studies.

"I'm a concierge, a floor hostess," she says. "I'm a friendly face; I build rapport." After talking, one woman confided: "You made me feel so good, like I just went to confession."

Her goal is to connect with patients through little touches. "I have a whole bunker of props – get well balloons, silk flower baskets, stuffed teddy bears," she says. "I once had a woman who was crying because she missed her dog. I gave her a stuffed dog, and she settled down. She kept it on her chest for the duration of her stay."

After a 20-year career in New York City, Mrs. Page came to Morristown Memorial via Wm. Blanchard Co., where she served as secretary while the company built Carol G. Simon Cancer Center. Then she started at the cancer center as a patient registrar. "I broke the ice for people who were afraid because they knew they had cancer," she says. "Many would say to me, 'You eased my mind.'" Next she worked for Tom Smith, MD, former medical director of the cancer center, and then transferred to cardiology as assistant to John Banas, MD, the first department chair.

Since becoming the patient liaison six years ago, Mrs. Page has served all hospital patients with compassion, says Donna Watridge, manager of Gagnon 1. Once, she recalls, Mrs. Page glanced out the window and saw an ambulance unload a woman on a stretcher with two children. "She felt compelled to help those kids," says Ms. Watridge. "She went down and gave them snacks, markers and coloring books to make them feel comfortable." Many times, she adds, Mrs. Page buys hearing aid batteries or a birthday plant for her patients.

On her own time, Mrs. Page supports the hospital by soliciting restaurant gift certificates, high-end products and professional service coupons for the annual Employee Basket Raffle and the Cystic Fibrosis Program's silent auction. She also volunteers at Mansion in May. In honor of the Gagnon opening, she and her husband, Dennis, contributed funds for a brick: "It came from the heart."

Her good deeds have not gone unnoticed. Recently, she was honored with the Bringing Excellence and Service Together for Patients Award, which gives well-deserved recognition to exceptional hospital employees.

For Mrs. Page, she's just doing what she enjoys. "I like to help people in need," she says. "I practice random acts of kindness daily, on and off my floor." True to her word, before leaving the lounge, she greets a visitor reading a newspaper, "Can I get you anything?"
2008 Report on Gifts

Total Philanthropic Support in 2008
$13,580,046

Three-Year Comparison of Total Philanthropic Support
Includes Annual Giving, Planned Gifts, Special Projects, Capital Campaigns

Cost Per Dollar Raised
(based on a five-year rolling average)
Campaign for Encompassing Care (Carol G. Simon Cancer Center Expansion)
Received as of 12/31/08
Goal $8 million
Raised in Pledges and Gifts $10.1 million
Pledge Payments and Gifts $8.7 million

Campaign for the Heart (To Build the Gagnon Cardiovascular Institute)
Received as of 12/31/08
Goal $44 million
Raised in Pledges and Gifts $45.1 million
Pledge Payments and Gifts $29.4 million

Sources of Annual and Planned Gifts in 2008

Community Gifts $5,361,321 (55%)
Foundations $1,465,377 (15%)
Medical/Dental Staff $242,280 (3%)
Corporations and Local Businesses $1,224,479 (13%)
Civic and Community-based Organizations $81,848 (1%)
Employees $48,432 (less than 1%)
Women’s Association $331,425 (3%)
Board of Trustees $916,006 (10%)

Total Annual and Planned Gifts Support $9,671,168

The Endowment Fund

The Health Foundation board of trustees manages an Endowment Fund valued at $33.2 million*; $14.9 million of that sum represents unrestricted funds.

Endowment funds are like savings accounts that aid current and future medical advancements. The board invests these funds in perpetuity. Each year, the board can allocate up to five percent of the earned income from the unrestricted portion of the endowment to support a wide range of medical and patient care services, clinical research, and nursing and medical education. Earned income from the restricted endowment funds annually benefits the stated purpose designated by the donor.

In 2008, the Health Foundation board awarded the following grants, totaling $91,465, to Morristown Memorial:

Community Health Education Wellness Lecture $21,465
Project Independence Patient Support $50,000
Powell Endowment for Geriatric Support $20,000

The Health Foundation welcomes individual benefactors or groups of donors to make endowment gifts or to establish restricted endowment funds. A fact sheet with a list of named restricted endowment funds, which provide essential ongoing assistance for the hospital, is available on our website. Visit www.mmhf.org and select Who We Are/Foundation Facts. For further information regarding the Health Foundation’s Endowment Program, please call Jim Quinn, chief development officer, at 973-593-2411.

*December 2008
Calendar of Events

Brookfield Society Annual Recognition Luncheon
Oct. 13, 2009 12 noon – 2pm
(by invitation only)
The Madison Hotel, Convent Station
For more information, contact Bronwyn Fraser, special events coordinator, at 973-593-2440 or bronwyn.fraser@atlantichealth.org.

17th Annual Wellness Lecture
Nov. 12, 2009 6 – 9pm
Mind and Medicine – Celebrating Integrative Medicine at Atlantic Health
Malcolm Forbes Amphitheatre
Speaker: Larry Dossey, MD
For more information, contact Susan Zolandz, RN, BSN, community health educator, at 973-971-7215.

Breathe Easy
Nov. 7, 2009 7 – 11pm
Benefit for the Cystic Fibrosis Center at Morristown Memorial
Liberty Landing, Jersey City
For more information, contact Eileen Heltzer, director of annual giving, at 973-593-2412 or eileen.heltzer@atlantichealth.org.

The Changing Face of Volunteerism

Volunteer faces may be changing but their importance to Morristown Memorial remains the same – positively critical. Integral to patient satisfaction, they are also enormous revenue and time savers. With a New Jersey volunteer’s value calculated at $23.62 per hour in 2008, our team of couriers, office workers and jacks of all trades saved the hospital $2.7 million last year.

About the Staff

Please feel free to contact MMHF staff at 973-593-2400. For a full staff listing, log on to www.mmhf.org > Who We Are > Our Staff

Morristown Memorial Health Foundation is a nonprofit public foundation whose mission is to inspire community philanthropy to advance exceptional healthcare for patients at Morristown Memorial Hospital. Our objective is to utilize philanthropy to preserve and expand the hospital’s programs and services in direct patient care, clinical research, medical and public health education and preventive medicine.

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