



FOUNDATION Journal

Showcasing support of the nonprofit Morristown Medical Center and Goryeb Children's Hospital

FALL 2018

Building Community

BREAKING THE BARRIERS OF AUTISM **PG 4**

also inside: \$1 Million to HELP | Puppy Love | Following Florence Nightingale

A woman with short brown hair, wearing a patterned blue and grey jacket, is seated and playing a harp. She is looking down at the strings of the harp. The harp has many strings, some of which are colored in blue, red, and white. The background shows a window with a view of greenery and a framed picture on the wall. The overall setting appears to be a home or a private care facility.

SPOTLIGHT

SPOTLIGHT ON MUSIC THANATOLOGY PROGRAM

The United States Census recently reported that there are now more citizens age 65 and older than at any other time in history, and the numbers are projected to rise. This demographic phenomenon has been dubbed the *Silver Tsunami*. For Morristown Medical Center, this means a dramatic increase in patients needing hospice and palliative care services in the years to come.

An effective component of caring for chronically ill and end-of-life patients is our Music Thanatology Program. Our music thanatologist, Alix Weisz, has a deep understanding of medical issues, coupled with harp and voice training. During a session, she observes a patient's breathing, vital signs and demeanor, while strumming her harp and singing a lullaby or softly chanting.

Patients often experience a lowered respiration rate and a more stable heart rate, while family members can better process the transition that is taking place.

To offer support, contact Michal Werner, major gifts officer, at 973-593-2409 or michal.werner@atlanticealth.org.



VIEWPOINT

Q&A with Brandee A. Fetherman, MSN, RN

Chronic medical conditions go hand-in-hand with the graying of America, and it's changing the infrastructures of our communities. In Morris County, the number of residents over age 65 is expected to increase 69 percent between 2012 and 2032. To respond to this important demographic shift, the Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center opened three years ago on Simon 3. The Weinstein Center provides long-term symptomatic care for patients with chronic illnesses and end-of-life (hospice) care with comfort and dignity. Brandee A. Fetherman, MSN, RN, director of nursing, explains the necessity of a one-of-a-kind designated center within the hospital and the positive effects this environment has on patients and their families.

Q: Why is it important to have a separate space within the hospital that addresses hospice and palliative care needs?

A: First, I am extremely proud to say we are the only acute care hospital with an inpatient hospice and palliative care center in the area. Having a dedicated unit is important because each stage along a patient's journey requires a specialized focus. It allows the entire staff to solely concentrate on hospice and palliative care patients and their families, without the constant distractions of a mixed-care environment.

Q: What characteristics do the Simon 3 nurses possess that helps them cope with caring for this patient population?

A: Nancy Weinstein, a retired nurse who volunteers at the center that she and her

husband helped build, summed it up beautifully when she explained that our daily intention is to use compassion in every interaction. Our entire staff strives to give each person dignity and the knowledge that we walk this journey of life together. We are never alone. Our care team deeply understands that kindness is the strongest connection that we can have with one another.

Q: When a patient is on Simon 3, what is the key mission of care?

A: In one word: comfort. Sometimes that means medicine, while other times it's a warm blanket or a Reiki session. We always strive to communicate with the families and answer all of their questions. Also, we make sure everyone is knowledgeable about what they will experience during their stay with us.

Q: How have you seen music thanatology benefit patients in hospice and palliative care?

A: The best way to answer this question is to share what a grateful family member sent to our music thanatologist: "I wanted to thank you again for your beautiful music and singing yesterday for my father. It was one of the most spiritual things I have ever experienced. Your gift to my father was wonderful and continues to provide comfort and peace to me and my brother. We both feel blessed to have been there with my father when he breathed his last breath. We are so grateful to you for helping make those last moments a treasure that we will carry for the rest of our lives." (see page 11)

FOCUS ON

CHILD DEVELOPMENT AND AUTISM CENTER

Annie Zhang is a fighter, rarely backing down, especially when it comes to her daughter Vivian's welfare. Early on, Mrs. Zhang had questions about Vivian's behavior: *Why does she run on tippy toes? How come she only says a few words?*

"She didn't act like toddlers usually do," says Mrs. Zhang. "We lived in China, and I worked for a marketing company and had frequent business trips. She was always okay with me leaving. She never cried, and she didn't ask for me while I was away."

The doctors told Mrs. Zhang that everything was fine. "They didn't trust me," she says. "Even my husband, parents and in-laws in the United States, they didn't think anything was wrong."

Mrs. Zhang knew that moving her family to the United States to seek medical help would provide better answers. She and her husband, Eric, left behind a circle of family and friends. Luckily, her in-laws lived in Morristown, close to the Child Development and Autism Center at Goryeb Children's Hospital, the only hospital-based autism center in Morris County. Before finding their way there, they visited several New Jersey physicians; all agreed that Vivian was fine.

By the time Vivian arrived at the Autism Center, she was nearly five years old. During her evaluation, she was asked to play with toys, walk on a wooden bridge and categorize colors and shapes. When questioned about her name, her age and her favorite food, she barely responded.

The diagnosis: high-functioning autism. "I didn't have time to cry," says Mrs. Zhang. "I had so many things I needed to get up and do. I was thankful that now it wasn't only me. I had a team that was going to help."

And the team Mrs. Zhang found couldn't have been better. After \$3.5 million was raised during the Foundation's last campaign in 2015, the Autism

Center moved from its cramped quarters to 435 South Street and expanded its services. "We've been able to create something very special by centralizing all of our autism spectrum disorder services under one roof," says Tara Gleeson, DNP, APN, manager of the center. "Families obtain expert clinical team diagnostic evaluations and a roadmap to the best services available. Our applied behavior analysis (ABA) therapist teaches parents and extended families how to work at home to maximize outcomes. The clinical team offers ongoing follow-up, including medication management, when necessary."



Eric and Annie Zhang with daughter Vivian

The expansion came at the right time, as autism rates across the country continue to grow. According to a 2018 report by the Centers for Disease Control and Prevention, the rate of children identified on the autistic spectrum is 1 in 59 nationally. In New Jersey, the rate is 1 in 34 children, a drastic increase of 19 percent from statistics released two years ago. At the Autism Center, more than 8,000 outpatient visits were recorded last year, up from 6,234 visits in 2015. Thanks to philanthropy, the center has been able to meet the increased demand for services and now includes nine medical clinicians and a psychiatrist, in addition to an autism support team of speech and occupational therapists, a behavior specialist and a care navigator.

Coordinating multiple appointments can be daunting for families. In response, the care navigator meets with parents and offers immediate follow-up appointments. For Vivian, this meant occupational and speech therapy. It wasn't long

before Mrs. Zhang noticed a profound shift. Vivian was calmer and better able to focus. She spoke in sentences and mastered simple pastimes, such as blowing bubbles. "When Vivian was learning to talk, I sat in on the sessions, and it helped me too," says Mrs. Zhang, whose first language is Chinese. "*Peppa Pig* became our favorite book."

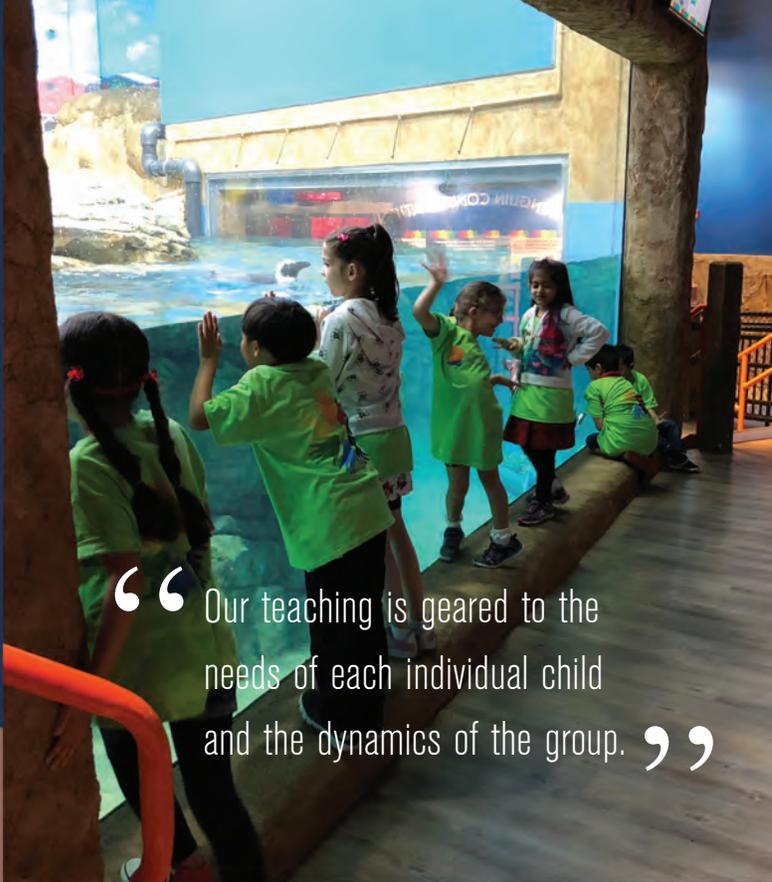
For kids on the spectrum, mastering how to interact with other children is also crucial. A new donor-funded social skills group teaches children how to share, take turns and interact with peers with the help of speech, occupational and ABA therapy. Group leaders teach children how to participate in community activities, such as visiting the zoo or a restaurant, and then lead the group on field trips.

"We simulated a bowling alley in our center and taught the children how to play by the rules and interact with others," says Kelly Carlile, PhD, ABA therapist. "We showed them a series of pictures representing activities in the order they needed to be completed. At the bowling alley, we practiced the skills they learned, such as social interactions while playing. Our teaching is geared to the needs of each individual child and the dynamics of the group."

To build on the concept of social skills, the Autism Center is looking to add a hippotherapy component to its offerings once \$91,500 in donor-funding is secured. This aspect of social skills uses horses to bond with a child to boost neuromuscular and sensory abilities. Through hippotherapy, children can explore textures while grooming and experience riding bareback. Speech and language skills come into play when giving commands.

"Horses never judge or make fun of a child," says Karen Smolenski, MS, lead occupational therapist at the center. "The horse and child form a close relationship that is beneficial for both. There's often an unspoken respect that is built over time between them."

With so much to offer, the Autism Center has become a second home to the Zhangs. Her parents enjoy Vivian's new friendships and her remarkable progress. "I can talk to the medical staff about everything, and they listen and give me advice," says Mrs. Zhang. "They feel like family. I won't live to be 100. One day I will have to leave and she will have a good circle surrounding her."



“ Our teaching is geared to the needs of each individual child and the dynamics of the group. ”

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Edmund M. Kramer Photographers, Inc.

Pictured top: Children from the Child Development and Autism Center's community-based social skills group enjoy a rainy day at the Turtle Back Zoo

Pictured left: At the Autism Center's community-based social skills group, William Nauta displays a photo in preparation for an upcoming field trip

Pictured above right: Children from the Autism Center's social skills group with (l-r) Speech Language Pathologist Eileen Charney, MS; Lead Occupational Therapist Karen Smolenski, MS; Applied Behavior Analysis Therapist Kelly Carlile, PhD

PORTRAIT

JOE GRAFF

“If you feel strongly enough about something, you ought to be willing to open your wallet and support it financially.”

For Joe Graff, life is all about making connections. In fact, he helped so many friends, relatives and colleagues find jobs over the years, that he lost count long ago.

“My wife, Diane, says I should have been a headhunter because I’d be rich with all the jobs I’ve gotten for people,” says Mr. Graff, a two-term trustee for the Foundation for Morristown Medical Center. “I’ve always gone out of my way to help people, and if I can’t help somebody, I look for a way to refer them. It’s all about networking.”

In his own career, a love of numbers led him to earn a master’s degree in taxation and added up to more than 37 years at Ross, Rosenthal & Company, LLP in Morristown, first as a certified public accountant and more recently, managing partner. His longevity there can be traced back to the personal relationships he developed with his clients.

“Our firm focuses on privately owned businesses and high net-worth families, so there’s a lot of personal involvement,” he says. “I can make a meaningful difference in their lives over time because I become a trusted advisor. It’s quite a special relationship.”

It was through the recommendation of one such client – the Goryeb family, longtime Morristown Medical Center philanthropists – that linked him with the hospital. As treasurer of the Foundation’s board and chair of its financial oversight committee, Mr. Graff lends his expertise about financial accounting and reporting issues. The relationship has been a win-win for both sides.

“Working with the Foundation is incredibly rewarding because of the people I come in contact with, whether it’s my co-trustees, Foundation staff members or the physicians and nurses,” he says. “They’re all incredibly passionate about making Morristown Medical Center as good as it can be. I’ve become a strong advocate for the hospital and have referred family members and friends to specialists.”

But his commitment to the hospital goes way beyond his volunteer work. Both Mr. Graff and his firm have donated generously as well. “I believe in the hospital,” he says. “My financial commitment



Edmund M. Kramer Photographers, Inc.

Joe Graff

dovetails with my personal commitment through my board service. It goes hand in hand. If you feel strongly enough about something, you ought to be willing to open your wallet and support it financially.”

Mr. Graff’s strong loyalty also extends to the roots he planted in his hometown. A lifelong Nutley resident, he met his wife in the Nutley High cafeteria. Taken by her smile, he asked if he could borrow a pen. It worked like a charm. They’ve been married for 42 years and raised three children together. Recently, their daughter, Christina, moved next door with her family. “My grandkids are right across the driveway, and that’s pretty special,” he says, adding that his grandson, James, now attends the same school where Mr. Graff and his three children went to kindergarten.

During a recent family vacation at the Jersey shore, Mr. Graff taught his grandchildren how to crab at the end of the dock and surf fish from the beach, just like his dad taught him. It’s these connections he cherishes most of all.



ONCOLOGY

On May 17, donors shared dinner and conversation with oncologists from the Carol G. Simon Cancer Center, including Dr. Eric Whitman, Dr. Tom Thomas, Dr. Mohamed Cherry and Dr. Missak Haigentz. Guests dined with a different doctor for each course of the meal, providing an opportunity to engage and ask questions.

Pictured below: (l-r) Eileen Quick, Marty Gross, Foundation Board of Trustees Vice Chair Les Quick III, Nelson Schaenen



PEDIATRICS

Forty donors gathered at the Morristown Club for Dinner with the Docs on May 10. Guests enjoyed each course of the meal with a different Goryeb Children's Hospital pediatric specialist: Dr. Ian Griffin, Dr. Neeraja Kairam, Dr. Christopher Lynch and Dr. Cecilia Di Pentima.



Pictured top: (l-r) Pediatrics Chair Dr. Walter Rosenfeld; Goryeb Philanthropy Council Co-Chair Dr. Gaines Mimms; Lynn Paragano; James Paragano; Foundation Trustee Dr. Lori Barer Ingber. Inset, pictured clockwise: (l-r) Goryeb Philanthropy Council Co-Chair Dr. Gaines Mimms; Dr. Ian Griffin; Lynn and James Paragano; Mindy Papetti; Leslie Goryeb; Goryeb Philanthropy Council Co-Chair Rick Goryeb; Stacy and Thomas Eng; and Vince Creo

HAPPENINGS

{ PEOPLE. PLACES. WONDERFUL THINGS. }



ACTION FOR DISTRACTION 5K

Triumphant racers cross the finish line at the 6th Annual Action for Distraction 5k Family Fun Run/Walk at Loantaka Brook Reservation in Morristown on May 5. More than 425 participants helped raise \$27,134 to benefit Mickey's Garden renovation and Pediatric Bone Health at Goryeb Children's Hospital. The Rice Family of Long Valley organized the event with the help of the Kids4Kids Committee in gratitude for the care Zach Rice received at Goryeb.



WOMEN'S HEALTH

The Women's Health Philanthropy Council welcomed Kim Campbell, wife of the late pop-country music legend Glen Campbell, who shared her family's inspirational story about her husband's struggle with Alzheimer's Disease. The co-founder of the *I'll Be Me Alzheimer's Fund*, Ms. Campbell recently launched *CareLiving.org*, a blog and lifestyle guide for families dealing with the disease. Our panel of experts fielded questions from the audience. The event was sponsored by Marianne and Tony Ehinger and Cigna/QualCare.

Pictured above left: Kim Campbell

Pictured above right: Dr. Jason Prager, President and CEO Alzheimer's New Jersey Kenneth Zaentz, Kim Campbell, Dr. Stuart Fox, Women's Health Philanthropy Council Chair Katie Simon and Dr. Matthew Barnas

hennessy donates

\$1 MILLION TO HELP

“I wanted to give something back,” says Mr. Hennessy. “And who knows, I may need it someday.”



Edward L. Hennessy, Jr.

Growing up during the Great Depression, Edward L. Hennessy, Jr. recalls walking the streets of Boston with his dad and seeing *Help Wanted* signs in storefront windows that sent a clear message to his tribe: *Irish Catholics Need Not Apply*.

Instead of letting the sentiments of the day deter him, he vowed to work extra hard to succeed - and that he did.

In high school, he had not one, but two paper routes, in the morning and evening, earning him \$1 a week. Applying the same work ethic, he rose through the ranks of corporate America swiftly. At the height of his career, he served as chairman and CEO of AlliedSignal, the Morristown-based aerospace, automotive and engineering company.

Now retired, Mr. Hennessy, 90, has shifted his focus from boardrooms to philanthropy.

His \$1 million gift to the Hospital Elder Life Program at Morristown Medical Center will assist elderly patients in warding off delirium and confusion and honors his late wife, Ruth, who experienced these symptoms while hospitalized in Florida.

“She was confused and had trouble walking,” he says. “I wanted to invest in a program that helps others who are going through what Ruth did.”

Married for 64 years, the couple enjoyed a life filled with travel, living abroad in Belgium and England. Their circle included dignitaries and politicians, such as fellow Bostonian John F. Kennedy. “My wife joked that we both had that same horrible Boston accent,” he says. When their friend, President Richard Nixon, traveled to China, Mr. Hennessy lent him the company plane. “I told him to pay for the gas,” he recalls. And at a Vatican dinner, Mr. Hennessy had the honor of being seated next to Pope John Paul. That night, he remembers thinking: *If my parents could see me now.*

Today Mr. Hennessy splits his time between New Vernon and Palm Beach and enjoys gardens, golf and his philanthropic work. His recent gift is a fitting tribute to his beloved wife. “I wanted to give something back,” he says. “And who knows, I may need it someday.”

SPARKING GREATNESS

At the June 26 dedication of the Center for Nursing Innovation and Research (CNIR), Chief Nursing Officer Carol Jones, MSN, RN, invoked the memory of Florence Nightingale, recognized as the first nurse to improve patient care through research.

Now Morristown Medical Center nurses will also be on the forefront of change, as they seek solutions to today's health care challenges in the new center.



"I'm thrilled that our nurses will have a dedicated space to innovate and ideate," says Ms. Jones. "The center will act as a catalyst to pave the way for them to be viewed as national leaders, as they generate best practices and disseminate new knowledge." At the CNIR, nurses can exchange ideas and develop solutions to existing or emerging health concerns to improve clinical outcomes for patients and their families.

The center was made possible by the Women's Association of Morristown Medical Center, through a \$1.5 million contribution raised at the 2017 Mansion in May Designer Showhouse and Gardens Tour.

Pictured above: WAMMC President Mary Courtemanche (center) with (l-r) Megan Cassie Schubiger and Katie Nolle, co-chairs of the WAMMC's 2017 Mansion in May.

FEEL GOOD FOOD

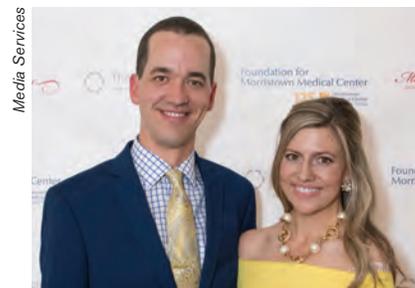
Homemade pita chips, hummus and guacamole sound like healthy choices from a corner cafe, but guess again. Patients at the Valerie Fund Children's Center, a pediatric hematology and oncology unit at Goryeb, are whipping up these treats with the guidance of a new pediatric dietitian, made possible by the Valerie Fund.



"The question I hear from patients and parents is, 'When is the next cooking class?'" says Yael Bleicher, RD, the recently hired dietitian. She knows that patients undergoing chemotherapy often experience vomiting and nausea, resulting in weight loss. "It brings me such joy to help them improve their nutrition," she adds.

The Valerie Fund gives more than \$400,000 annually to support a psychologist, social worker, acupuncturist and educational specialists, as well as a survivorship program, an integrated health program and more. "We're proud to provide layer upon layer of psychosocial support and to be a part of the amazing healing that takes place with the Goryeb team," says Valerie Fund Executive Director Barry Kirschner.

Pictured left: (l-r) Patients at the Valerie Fund Children's Center enjoy nutritional snacks with Pediatric Dietician Yael Bleicher, RD



RIDING HIGH

The Foundation's millennial group has a new name and a renewed mission. NextGen@F4MMC, formerly the Young Professionals Group, hopes to raise even more awareness for Morristown Medical Center and attract newcomers to support the hospital.

"We have world-class care right in our backyard," says Andrew Bruen, NextGen president. "It's critical to have donors in place who can steward the next wave."

The 50-member group raised \$2,300 for 12 fitness trackers for Goryeb's KidFit Program through happy hour and spin class fundraisers. Switching gears, NextGen now supports Project Independence, a relief fund that helps patients and their families during a medical crisis.

For more information, contact Director of Annual Giving Joette Rosato at 973-593-2412 or joette.rosato@atlanticehealth.org.

Pictured above: (l-r) Andrew and Callie Bruen



I FEEL GOOD

Paying it forward certainly helps the recipient of a good deed, but it brings joy to the giver as well. That's how Douglas R. Loikith, director of the Madison Memorial Home, felt when he and his wife, Katie, donated a 2007 Cadillac limousine to the Foundation for Morristown Medical Center. "We have two beautiful children and feel very blessed," says Mr. Loikith. "We wanted to help kids who are in difficult situations."

Proceeds from the automobile sale will benefit Goryeb Children's Hospital. "We appreciate our friends in the business community who find creative ways to spread goodwill," says Cynthia O'Donnell, JD, director of gift planning.

For more information, contact Ms. O'Donnell at 973-593-2418 or cynthia.odonnell@atlanticehealth.org.

Pictured above: (l-r) Kate and Douglas Loikith present car keys to Cynthia O'Donnell, JD, director of gift planning.



TOO HOT TO HANDLE

Olympic fever ran high at Mennen Arena when skating champ Ashley Wagner took to the ice last September. The Skating Club of Morris, along with other local clubs, raised funds for an afternoon of skating clinics and selfies with the 2014 Olympian. The \$13,625 proceeds benefited the Carol W. and Julius A. Rippel Breast Center.

The Pink the Rink festivities were part of a breast cancer awareness campaign started in 2013 by Moira Colquhoun, vice president of the skating club.

For more information about the Rippel Breast Center, please contact Lisa Duff, major gifts officer, at 973-593-2405 or lisa.duff@atlanticehealth.org.

Brandon Todd



GIVING LARGE

The Jets scored big on August 6, and it didn't require running to the end zone for a touchdown. They simply teamed up with the Foundation for Morristown Medical Center at the Morris County Golf Club for the 5th Annual New York Jets Legends Charity Golf Classic. With 125 participants, part of the proceeds will support Goryeb Children's Hospital and its expansion project.

Construction of a new 15-bed Pediatric Intensive Care Unit and an expansion of the Valerie Fund Children's Center couldn't come at a better time. "In the past 10 years alone, Goryeb has experienced a staggering 80 percent increase in patient volume," says Walter Rosenfeld, MD, chair of pediatrics at Goryeb. "We appreciate the Jets' tremendous support."

Pictured above: (l-r) Morristown Medical Center (MMC) Chief Financial Officer Joe D'Auria, Foundation for MMC Donor Dean Vanech, Jets Alumni Jeff Criswell, Pediatrics Chair Dr. Walter Rosenfeld and Director of Pediatrics Emergency Medicine Dr. Michael Gerardi

HEALING HOUNDS

Puppy love is powerful. The licks and cuddles we receive from our furry friends evoke pawstitive feelings all around. Kids4Kids, the Foundation's Youth Philanthropy group, recently gave \$22,500 to study the effects of the hospital's Soothing Paws™ pet therapy program on pediatric patients. Now that the results are in – coinciding with Kids4Kids' 10th anniversary – the young group has some tail-wagging good news to share.

More than 90 pediatric patients at Goryeb participated in the study, which found that a visit from a therapy dog significantly decreased their anxiety. Moreover, parents were positively affected by the visit and 100 percent of them said they would recommend pet therapy to a friend.



Watching the young patients interact with the dogs was a highlight for Principal Investigator Katherine Hinic, PhD, RN, professor-in-residence at Morristown Medical Center. "As soon as a therapy dog trotted into the room, faces would light up," says Ms. Hinic. "The kids adored playing and hugging the pets. It was moving to watch."

Pictured above: Pediatric Social Worker Tara Canfield and Cody, a Soothing Paws® Pet Therapy dog, visit with a pediatric patient.

SWING BIG

It was a hole-in-one for Cole Ekert and sisters Sydney and Whitney Lapper, organizers of Juniors Fore Goryeb, who helped raise \$17,000 at the Kids4Kids golf fundraiser on June 7. Thirty-six participants enjoyed the 9-hole tournament held at the Roxitoxic Golf Club in Mendham. The money will be used to make improvements to Mickey's Garden, an outside play and relaxation space for pediatric patients at Goryeb Children's Hospital.

"It was a really happy day, no one was sad, and the weather was sunny," says Whitney, age 12. The Lapper sisters came up with the idea – they frequently play golf together as a family. "It hit close to home for us," says 15-year-old Sydney.

It hit close to home for 15-year-old Cole as well, who recently attended a college showcase golf tournament in Ireland and is a regular hospital patient. "I've spent a lot of time at Goryeb, and it warms my heart that I can help other kids," says Cole, who has Crohn's disease.



WEINSTEIN CENTER LAUDED

Nurses and physicians at the Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center always look for better ways to care for patients. Since the center's founding three years ago, the staff has received distinctions for creative innovations and compassionate care.

Compassion comes at a high price, and the Nurse Resiliency Project was launched to prevent caregiver burnout. "The goal is to prevent emotional fatigue, since our nurses always go the extra mile," says Brandee Fetherman, MSN, RN, director of nursing. Results were presented at two national conferences this year.

Lovingly fulfilling patient needs has led to well-deserved honors. Brenda Matti-Orozco, MD, director of the Weinstein Center, was named Outstanding Physician of the Year for Compassionate Care from Atlantic Hospice, and Jackie Tierney, RN, received the national DAISY Award® For Extraordinary Nurses.

"I'm proud the selflessness our staff brings to each interaction," says Ms. Fetherman. "The support they show our patients and their families goes beyond words."

To offer support, contact Michal Werner, major gifts officer, at 973-593-2409 or michal.werner@atlanticealth.org.



Seated center (l-r) Weinstein Center Director Dr. Brenda Matti-Orozco and Director of Nursing Brandee Fetherman, MSN, RN, surrounded by the center staff. The butterfly motif decorating the walls and the staff's jackets represents the transformation of the spirit, the completion of the life cycle and the freedom to finally take flight.

THAT'S A GREAT IDEA

Research is on the rise at Morristown Medical Center, thanks, in part, to a two-year collaboration between the Foundation and the Atlantic Center for Research. Last year, more than \$112,000 was awarded toward the launch of three new initiatives.

"The value of research cannot be underestimated," says Kurt A. Jaeckle, MD, medical director of research at the Atlantic Center for Research for Atlantic Health System. "It is widely recognized that scientific and clinical research provides high value to society, including the discovery of new treatments and the means to provide better and safer care for patients."

Recent awards funded the following projects: using laser energy for better pain management after long-term birth control use; evaluating the benefits of physical therapy for chronic obstructive pulmonary disease and pneumonia patients; and determining how bedside addiction counseling may help patients seek recovery after discharge.



EQUIPPED TO CARE

When loved-ones grow old, the entire family may need a strong support network. Unfortunately, many families and clinicians don't know how to meet specific geriatric needs. A \$20,000 grant from the Wallerstein Foundation for Geriatric Life Improvement to the David and Joan Powell Center for Healthy Aging is empowering families and improving clinician expertise in elderly nursing care.

A five-part series offers families hands-on techniques with the help of a home health aide, physical therapist and geriatric mannequin. On the clinician side, an annual Nurses Improving Care for Healthsystem Elders (NICHE) conference helps clinicians serve this growing population.

Interested in donating? Please contact Julie Kimmel, corporate and foundations relations officer, at 973-593-2427 or julie.kimmel@atlanticealth.org.



FIGHTING TO WIN

Last year in New Jersey alone, more than 1,000 lives were lost to pancreatic cancer. A recent \$75,000 grant from MetLife Foundation will help Morristown Medical Center ramp up the fight against this deadly disease. The monies will fund a new clinical research associate to work with Angela Alistar, MD, medical director of GI Medical Oncology, who oversees several promising clinical trials.

"Metastatic pancreatic cancer patients have a low survival rate, and the toxicity of current therapies limits their usefulness, underscoring the desperate need for safer, more effective treatments," says Dr. Alistar.

For more information about corporate giving, please contact Bonnie Gannon, director of corporate and foundation relations, at 973-593-2419 or bonnie.gannon@atlanticealth.org.

GO GAGNON GROW

The Emerson Automatic Switch Company (ASCO) knows that year after year of generous giving to Morristown Medical Center adds up. For the Florham Park-based company, this means close to \$1.5 million in unrestricted gifts set aside for the hospital. Now well into its third decade of philanthropy, ASCO recently gave an unrestricted \$50,000 gift that was applied to Gagnon Cardiovascular Institute's expansion project.

"ASCO's commitment toward unrestricted giving is important for our foundation to direct capital into areas where there is a dire need and not enough funding available from other sources," says Bonnie Gannon, director of corporate and foundation relations. "We couldn't continue serving our community in the many ways that we do without it."



FOR SUCH A TIME AS THIS

Robert and Claudia Nelson's passion to help babies in SAM's Neonatal Intensive Care Unit was born from their gratitude for the care their son, RJ, received from the medical staff at the end of his life. The past two years, they raised nearly \$10,000 from the silent auction at the Morristown CraftMarket, sponsored by the Kiwanis Club of Randolph, where Mrs. Nelson is a member.

After giving birth to twins, Mrs. Nelson met Marta Rogido, MD, a neonatologist, who created a palliative care plan that served RJ with dignity. At the same time, Dr. Rogido also helped the parents celebrate their daughter, Annalise, with joy.

To learn more about SAM's NICU, please contact Geraldine Kling, major gifts officer, at 973-971-2414 or geraldine.kling@atlanticealth.org.

Pictured above: (l-r) Major Gifts Officer Geraldine Kling, Dr. Marta Rogido and Claudia Nelson



FIRST gift

Betty Prichard knows about surprises. She's a breast cancer survivor. Treated at the Carol W. and Julius A. Rippel Breast Center, she credits her medical team – Jason Levitz, MD, Mona Karim, MD, and Leah Gendler, MD – for saving her life. But receiving so much compassion? That was another surprise, which led her and her husband, Dave, to become first-time hospital donors.

"Everyone went out of their way for me," says Mrs. Prichard. "They made me feel so comfortable. It was all the little things." A hospital volunteer gave her a hat in her favorite color. Harp music played in the lobby on her way to treatments and complimentary snacks, such as donuts, bagels and ice cream, were a welcome treat. She'll never forget when Dr. Gendler told her she'd "hit a home run" after successfully finishing her treatments.

Mrs. Prichard has even surprised herself by encouraging other cancer patients: "I talk to people I don't even know and say, 'You can do this!'"

Dave and Betty Prichard on the last day of Betty's cancer treatments

LEGACY *giving*



Cynthia O'Donnell, JD,
director of gift planning

Millspaugh Bequest Boosts Jin Shin Jyutsu Research

Q & A



Joan and the late Gordon Alexander "Sandy" Millspaugh, Jr.

The late Gordon Alexander "Sandy" Millspaugh, Jr. spent his life as an accomplished attorney, but it was his wife Joan's love and practice of Jin Shin Jyutsu that captivated him. He received daily treatments from her as his go-to stress reliever, after long days working at Herold Law in Warren, where he was a director and shareholder. The recent \$15,000 bequest from his estate will benefit the Jin Shin Jyutsu program at Morristown Medical Center (MMC).

It's easy to see why he supported this holistic modality that promotes a greater sense of calm and well-being. The real reason for backing the hospital-based program is closer to home. "It's because of how much he loved me, and he knew what it means to me," says Mrs. Millspaugh. "When Sandy finished a session, he would be totally relaxed. He called it his peace that passes understanding."

Not a day goes by that Mrs. Millspaugh isn't appreciative of her late husband's legacy gift and how it will impact MMC's future in integrative medicine. She's thankful that he took the time to incorporate this gift into his estate.

Although it may seem daunting to many, bequests are simple, whether in a verbal or written intention. "They are a very easy and popular form of estate planning," says Cynthia O'Donnell, JD, director of gift planning at the Foundation. "Many donors decide to give to areas that will be their legacy, as the Millspaugh did."

Will the new charitable gift annuity rates boost my retirement income even more?

Yes, the American Council on Gift Annuities approved an increase in rates this past spring. It will allow donors to increase their retirement income while also supporting their favorite charities. The rates will be rising 30 to 50 basis points higher than the current rates, based on the donor's age at the time of the gift.

Bequest Echoes Lifelong Commitment

Effective leaders are most often strong visionaries, and for the late Duncan S. Ellsworth, Jr., that meant making sure that his last will and testament included a \$25,000 unrestricted bequest to Morristown Medical Center. He felt strongly about investing in the hospital's future to help ensure, long after he was gone, its longevity as a top-ranked medical center nationwide.

Mr. Ellsworth, who served as a hospital trustee and an Advisory Board and Brookfield Legacy Society member, was a longtime donor who supported the hospital's major campaign projects and faithfully contributed to its Annual Fund. "He understood all of the components of leaving a lasting legacy – volunteerism, philanthropy and planned giving," says Cynthia O'Donnell, JD, director of gift planning.

Brookfield Legacy Society members and loyal donors learned how to get the most out of their social security benefits at a luncheon on March 26, with speaker Ash Ahluwalia, founder and president of National Security Partners, LLC.

Many donors returned for another Lunch and Learn on May 2 with Anita J. Siegel, Esq., who discussed timely tips for estate planning.



Ash Ahluwalia

SPOTLIGHT LLOYD CHARLTON



Terry and Lloyd Charlton

Lloyd Charlton celebrated his 90th birthday in style. At a party last year, to the delight of the crowd gathered, he and his 20-year-old granddaughter, Bridget Charlton, tap danced together to the song *Chattanooga Choo Choo*. Their soft-shoe debut proved especially poignant as Mr. Charlton came close to missing this milestone altogether.

"We got applause, but no one asked us for an encore," says Mr. Charlton, now 91. Forget encore, Mr. Charlton nearly missed the chance to show off his footwork had it not been for Robert Kipperman, MD, co-director of the Valve and Structural Heart Program at Gagnon Cardiovascular Institute.

Only six months before his dancing duet, Mr. Charlton woke up with a pain in his chest. "I couldn't take a deep breath and thought I had pneumonia," he says. After an x-ray at a nearby hospital, he was rushed by ambulance

to Morristown Medical Center (MMC), where Dr. Kipperman diagnosed a torn heart valve. This means his valve wasn't closing fully and blood was regurgitating back, instead of flowing out to his body. The remedy would be a MitraClip Valve procedure.

"It wasn't a good prognosis," says Terry, his wife of 17 years. "It was either going to turn out very bad, or good. It turned out very good, but he was hanging on a thread for a while."

Mr. Charlton was certainly in the right place, as Morristown was one of the first East Coast hospitals to offer this repair, and Dr. Kipperman served as an original investigator. For the procedure, a camera was inserted through Mr. Charlton's esophagus to guide Dr. Kipperman's hands as he inserted a catheter in his patient's thigh and up the artery to his heart, where he attached two clips onto the valve.

Throughout the medical crisis, Mr. Charlton's family also remained in caring hands. When his three children arrived, doctors calmly explained the situation to each one. "They started from the top and re-explained the whole procedure every time," says Mrs. Charlton. "They consistently came across

as optimistic, even as serious as it was. I will always remember their kindness and patience. Their demeanor helped me in coping with everything." Seeing her active husband so incapacitated proved difficult, a profound departure for the man who learned to play the trumpet at age 80 and still enjoys gardening and leading historic tours through Boonton, his birthplace.

After the successful procedure, Mr. Charlton decided to pay it forward, based on a connection he shared with Dr. Kipperman – both graduated from Boonton High School. To show his gratitude, Mr. Charlton nominated his doctor to Boonton High's Wall of Fame. It's an honor Mr. Charlton received for self-publishing four books about his beloved hometown. Today Dr. Kipperman's name appears on the same wall as a Medical Cardio Pioneer.

"And surely, he is just that," says Mr. Charlton. "Thanks to him, I plan on living another 20 years."

That's time enough to enjoy many more daffodils and dances. Here's to encores.

To learn more about Gagnon Cardiovascular Institute, contact Susan Johns, major gifts officer, at 973-593-2413 or susan.johns@atlantichealth.org.

here's a sampling of our FUNDING PRIORITIES

PROTECTING PRECIOUS LIVES

PEDIATRICS

Pediatric Intensive Care Fund | \$81,000

The team in the Foley Pediatric Intensive Care Unit (PICU) continuously strives to offer the most state-of-the-art care to their patients and as such, would like to purchase a new ultrasound system. The SonoSite Point-of-Care Ultrasound provides Extreme Definition Imaging (XDI™) with pinpoint precision. This is especially helpful for visualizing tiny anatomy not visible with conventional ultrasound. The system includes a high-definition probe that will enhance the team's capabilities for peripheral IV access and PICC lines, which are used for long-term intravenous antibiotics, nutrition or medications and blood draws. Another advantage of a PICC line is a decreased risk of infection. This new ultrasound system will allow the team to better visualize veins and make insertions of the line in real time.

HOLISTIC HEALING

INTEGRATIVE MEDICINE

Inpatient Oncology | \$115,000

An expansion of integrative medicine services into the inpatient unit will allow for a continuity of patient care and will reduce stress and anxiety related to an inpatient admission and cancer diagnosis. Services include massage, acupuncture and nutritional consultations.

CANINE CARING

PET THERAPY

Soothing Paws® Pet Therapy Program | \$30,000

Animal-assisted therapy offers many positive benefits to patients and enhances the hospital's healing culture. Pet therapy has been shown to decrease depression and anxiety, as well as lower blood pressure. Emotionally, it provides comfort, fosters positive attitudes and relieves the loneliness and homesickness often experienced in the hospital. Morristown Medical Center has more than 80 pet therapy teams, each made up of a registered volunteer and his or her trained dog. Our pet therapy teams provided nearly 2,000 visits in 2017, reaching approximately 30,000 individuals. Philanthropic funds support the monthly expenses associated with the pet therapy hospital visits; sponsor volunteer training, registration and recognition events; and help fund the bi-annual pet therapy educational conference.

COMPASSIONATE COMMUNICATION

OB/GYN RESIDENCY PROGRAM

Breaking Bad News Program | \$36,000

The Breaking Bad News Program is designed to change the culture of medicine by training health care professionals to communicate effectively with compassion, providing patients and family members greater support during challenging times. Initially developed by neonatologist Dr. Anthony Orsini, the program teaches physicians how to discuss bad news with patients and families. The program uses professional actors in videotaped improvisation role-playing situations with physicians to teach compassionate communication. We would like to give each resident an opportunity to attend this invaluable training.

STRIDING SENIORS

GERIATRICS

Geriatric Medicine Center for Excellence Fund \$75,000

Morristown Medical Center has been designated a Nurses Improving Care for Healthsystem Elders (NICHE) hospital with "Exemplar" status and ranked by *U.S. News & World Report* as a top hospital nationwide for geriatrics. We have dramatically grown our geriatric medicine offerings and provide some of the finest care for older adults in our community. This fund will be used to make strategic investments in continued education, training and new programs for our patients.

Help us make a difference!

To lend your support, please call the Foundation at **973-593-2400** or visit f4mmc.org to view our full **Funding Priorities** list and make a gift online. These programs rely on philanthropic support. Thank you!

CALENDAR OF EVENTS For upcoming events, log on to f4mmc.org and select Events

Caring for All

Who could pull off an outdoor dinner party for 275 guests featuring dishes prepared by top New Jersey chefs, while also raising \$180,000 for Morristown Medical Center? The Women’s Association of Morristown Medical Center (WAMMC), of course.

The Farm to Table Evening, held at Gerry-Jo and Christian Cranmer’s picturesque estate in Bernardsville on June 1, benefited the Women’s Health Clinic (WHC).

“We’re proud to support Morristown Medical Center’s ongoing efforts to advance women’s health care in our community,” says WAMMC President Mary Courtemanche. “Our goal was to raise \$125,000 in honor of our 125th Anniversary, and we exceeded by \$55,000.”

The WHC offers high-quality OB/GYN medical services to a growing population of underserved women in the Morristown area and is one of the few regional high-risk pregnancy centers for women without insurance. The clinic sees 1,000 patients a month, delivers 600 babies a year and employs 16 nurses and four staff members.



Pictured above (l-r) Executive Chefs: Craig Polignano of Jockey Hollow Bar & Kitchen in Morristown; Corey Heyer of Roxiticus Golf Club in Mendham; Anthony Bucco of Felina Restaurant & Bar opening in Ridgewood; James Laird of Serenade in Chatham; Ryan DePersio of Fascino in Montclair and Battello and Kitchen Step, both in Jersey City; and Leia Gaccione of South + Pine in Morristown and Central + Main in Madison

Pictured left: WAMMC Committee Members for The Farm to Table Evening

Photos: Julianna Veza



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