

FOUNDATION Journal

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

SUMMER 2019



Nursing
Excellence

MMC EARNS FIFTH MAGNET AWARD PG 4

also inside: A Sebiri Surprise | Wonderous Wanderlust | Kids Count

SPOTLIGHT

SPOTLIGHT ON THE INJURY PREVENTION COALITION

Every day thousands of people are at risk of death or serious injury because of a trauma that is easily preventable.

“Trauma is not an accident,” says KJ Feury, coordinator of the Injury Prevention Coalition, based at Morristown Medical Center’s Trauma Services. “Perhaps a better definition for an accident is that it results because of a risk that is poorly managed. Accidents, or rather, injuries, don’t happen randomly. They are caused by a lack of knowledge, carelessness or the lack of proper training about existing risks.”

Each year, the hospital’s Injury Prevention Program reaches more than 15,000 residents – not only children, but people of all ages – in a quest to keep residents of Northern New Jersey safe and injury-free. A car seat inspection program, teen driving classes and a sports injury initiative that distributes safety devices to children in the community, including bike helmets, life jackets and reflective gear, are three programs that need expansion.

*To offer support, contact Susan Johns,
major gifts officer, at 973-593-2413 or
susan.johns@atlanticealth.org.*





VIEWPOINT

Q&A with KJ Feury, APN Coordinator of the Injury Prevention Coalition

Safe Kids Northern New Jersey is a community-based Injury Prevention Coalition located within Morristown Medical Center's Trauma Services. Its mission is to reduce fatalities, injuries and property damage from unintentional bodily harm that occurs to children of all ages on the road, at home and while at play. KJ Feury, APN, coordinator of the coalition, discusses what everyone needs to know about stepping up safety and prevention to protect family and loved-ones.

Q: Why, as a culture, are we so accident prone?

A: This isn't the case. We're not accident prone at all. We make decisions that can have negative outcomes and cause intentional injury. A decision to speed, drive under the influence or participate in a winter sport, such as skiing or snowboarding without wearing a helmet, puts ourselves and others at risk of injury.

Q: What are the most frequent accidents that occur with children?

A: Motor vehicle crashes are the leading cause of death in children ages 5 to 9 years old, while drowning is the leading cause of unintentional injury-related death among children ages 1 to 4. Most drownings and near-drownings occur in residential swimming pools and open water sites. However, children can drown in as little as one inch of water.

Airway obstruction is the leading cause of unintentional injury-related death among infants under age 1. Each year, about 100 children die and 254,000 get hurt in bicycle-related accidents. Falling is the leading

cause of nonfatal injury for children while at home. Children ages 19 and under account for about 8,000 fall-related visits to the emergency room every day.

Q: How accessible is safety training in the public schools?

A: Most schools include trauma injury prevention within their health curriculum or among its extra risk-taking behavior programming, which includes Drug Abuse Resistance Education, traffic safety and bike, pedestrian and motor vehicle risk-taking programs. The key is that injury prevention needs to be reinforced at home.

Q: When will accident prevention be acknowledged in its full scope?

A: There has been tremendous headway made in decreasing the incidents of unintentional injury over the last 30 years. Legislative changes in airbags, seatbelts, blood alcohol levels and intoxication, speeding and helmet safety have increased awareness and behavioral changes. These behavioral changes can lead to a decrease in unintentional injury on the road.

Tightened policies on keeping smoke and carbon monoxide detectors functioning properly, along with the safe construction design of decks and playground surfaces, have led to a decrease in unintentional injuries.

There is an opportunity for education and behavior change with distracted drivers and pedestrian crashes. Driver inattention was a contributing cause of nearly 800,000 car crashes from 2012-2018. Driving while using a cell phone played a major role in these numbers. Also, more than half of adult cell phone owners have been on the giving or receiving end of a distracted walking encounter.

Injury prevention involves behavior change and a commitment to safe behaviors. It's difficult to achieve. We all must continue education and increasing awareness of the risks.

FOCUS ON

FIFTH MAGNET DESIGNATION FOR NURSING

Last spring, beloved wife and mother Jean Mangum spent her final days being cared for in the Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center.

As her family faced this difficult and grief-filled passage, it was the nurses on Simon 3 who helped ease their patient's transition and guided her loved ones through this most painful time. They kept Mrs. Mangum comfortable, with pain medication and cold compresses, while also dispensing kind words and healing touches to her family.

"The nurses were there for us every step of the way – they offered pure, genuine compassion," says Jeff Jassman, who is married to Mrs. Mangum's daughter, Kristin. "The nurses on Simon 3 are special people doing incredible work. Their level

of care was comforting and heart-warming. They took the time to listen, showing they truly cared. My family is forever grateful."

So grateful, in fact, that Mr. Jassman recently donated \$30,000 to the Weinstein Center, naming his mother-in-law's hospital room with a plaque in her memory and in honor of the medical heroines who treated them all so well. The plaque, a surprise to his wife, was revealed recently at a celebration lunch with the nurses and medical staff to show the family's gratitude.

This experience marks only one example of the exemplary nursing attentiveness that happens around the clock, day after day, at Morristown Medical Center (MMC). Such compassionate nursing care is the cornerstone of the hospital's recent designation as a Magnet hospital for the

“
The nurses on Simon 3 are special people doing incredible work. Their level of care was comforting and heart-warming. They took the time to listen, showing they truly cared.
”

fifth consecutive time by the American Nurses Credentialing Center. The Magnet Recognition Program honors healthcare organizations for quality patient care, nursing excellence and innovations in professional nursing practice.

"Magnet recognition is the highest and most prestigious nursing credential a healthcare organization can achieve," says Trish O'Keefe, PhD, RN, president of MMC. "Achieving it five times is quite an accomplishment. Less than one percent of all healthcare organizations have achieved this level of excellence." At press time, only 14 out of 482 Magnet-designated hospitals achieved the honor five times.

The road to re-designation is a lengthy and rigorous process that measures more than 250 standards of patient care delivery and requires widespread participation from leadership and staff. For this go-around, the hospital raised its percentage from 64 to 73 for BSN credentialed nurses. The recent re-designation also lauded the hospital for nurses earning specialty designations and attending conferences that helped them improve their models of care.



Pictured above: (l-r) Mitchell Jassman, Jeff Jassman, Kristin Jassman and Carl Mangum

Pictured right: Standing far left: Nurse Manager Kim Belton and seated (l-r) Sidneia Shariff, Weinstein Center Director Dr. Brenda Matti-Orozco, Director of Nursing Brandee Fetherman and Dr. Lori Kopperman, surrounded by the nursing staff



"The bar is high when you are designated so many times," says Carol Jones, RN, chief nursing officer. "The Magnet appraisers look for areas of clinical excellence and the evidence is provided through data. Our two exemplars, for stroke and wound healing, came from outstanding clinical outcomes." The hospital also received nods of approval from Magnet appraisers for facility expansions, commitment to the patient experience and advancements in innovation and research. They were more than impressed with the new EPIC integrated medical record system that allows patient medical records to be viewed at the click of a button.

At MMC, the commitment to nursing innovation is exemplified through its donor-funded Center for Nursing Innovation and Research (CNIR), which opened last spring. Here, nurses design and conduct research to improve patient outcomes, explore evidenced-based practices and create innovations for nurses within Atlantic Health System and across the country. "Our nurses now have a place to innovate and develop new ideas," says Mrs. Jones. "Thanks to the Foundation for Morristown Medical Center and the Women's Association for Morristown Medical Center, we opened this dynamic center that is placing our nurses on the forefront of change."

One such researcher is Deirdre Byrne, RN, BSN, a 15-year nursing veteran who wanted to develop a uniform method for cataloguing wounds when caring for her patients. At the CNIR, her idea to develop a photography device to standardize wound care descriptions launched a three-month pilot study using the new device and process. More than 100 photographs later, her evidence-based results showed a 75 percent reduction in pressure injuries for patients with mobility and dietary issues. Now in its fifth iteration, her invention is on the path to a patent. "This little evidence-based research project coming from a bedside nurse is now affecting not only the whole hospital at Morristown, but other hospitals nationwide," says Ms. Byrne.

Who would know better how to solve patient challenges than clinical nurses like Ms. Byrne who are in the trenches every day noticing medical situations that can be improved upon? It's at the core of achieving the highest marks for improving patient outcomes and a key component of our Magnet success, times five and counting.



Senior leadership from the Magnet team after receiving the call announcing Magnet designation for the fifth consecutive time

Pictured above: (l-r) Director of Nursing Brandee Fetherman, Nurse Manager Wendy Silverstein, Chief Nursing Officer Carol Jones, Nurse Educator Kathleen Vnenchak, President Morristown Medical Center Trish O'Keefe

Since the clock is already ticking for the hospital's sixth Magnet re-dedication, the Nursing Program is seeking additional resources. Additional funds are needed for nurses to attend more certification courses as well as conferences to exchange best practice ideas.



Ms. Byrne displays an early prototype of her invention designed to improve nursing care.

Pictured above: (l-r) Nurse Researcher Mildred Ortu Kowalski and Nurse Deirdre Byrne

VOLUNTEER PORTRAIT

MARISA VELEZ

Family can shape the course of our lives, and no one knows this better than Marisa Velez. As a young girl, she watched her mom make casseroles for homebound elderly church members. Shuffling friends back and forth to medical appointments and to the grocery store fit seamlessly into her mother's day. As a hospital volunteer, she spent time with pediatric patients as doctors discussed treatment options with their parents.

"My parents would never walk by a lacrosse team collecting money for a trip or Girl Scouts selling cookies, without donating to their cause," says Mrs. Velez. "They've always been very big philanthropists. As kids, they taught us that the more you have, the more you give."

Now Mrs. Velez and her husband, Paul, are imparting the same lessons to their four children. Along with her parents, Frank and Marisa Martire, they recently gave \$100,000 to Goryeb Children's Hospital, earmarked for the expansion of the Valerie Fund Children's Center and the Joan and Edward Foley Pediatric Intensive Care Unit.

Taking after her mom, Mrs. Velez also has a heart for helping children in need. She donates time to the hospital as a member of the Goryeb Philanthropy Council, tasked with evangelizing the merits of Goryeb throughout her community and encouraging her circle of friends to contribute. Asking for donations from friends is an easy sell. When her own kids needed medical attention, she recalls rushing through Goryeb's doors in a panic, only to be impressed – every time – by the expert treatment and compassion she found on the other side.

"I tell my friends with kids, this is where you need to be," says Mrs. Velez. "Anyone you come in contact with at the hospital, they all know how to interact with kids. Even as simple as a child size IV or letting my 15-month-old walk around instead of feeling like I needed to keep him contained, they are always so accommodating."

And just like her mom, Mrs. Velez is quick to teach her own children – Kyle, 13, Griffin, 12, Drake, 10 and Sofia, 8 – how easy it is to be a giver. She knows the lessons can be simple: Hold the door open for the person behind you, give up your seat on the subway or let someone go ahead of you in the checkout line. "I tell



Edmund M. Kramer Photographers, Inc.

them to look around and be aware," she says. "There are a lot of people who need that seat more than you do. Get your head out of the electronics and see what's going on around you."

Mrs. Velez hopes to leave a lasting legacy with her clan when it comes to giving time to worthy causes. When not helping out at the hospital, she leads her daughter's Succasunna-based Girl Scout Troop 97224. Filling bags for a food bank and assembling cookie sales drives puts her right where she wants to be – mirroring her mom and reflecting it to Sofia. The lesson? Loving others in this life is as good as it gets.



HAPPENINGS

people. places. wonderful things.

To view more photos, please visit our Events Gallery at f4mmc.org/Events.

DINNER WITH THE DOCS

Experts from Goryeb Children's Hospital dined with Foundation donors at the Morristown Club on April 4 to dish about the latest developments in pediatric care. With a *speed-dating* format, the evening provided guests a chance to talk with a different pediatric specialist during each course. Docs gave the skinny on what's happening in cardiology, orthopedic surgery, neurosurgery and urology.

Seated: (l-r) Chair of Pediatrics Dr. Walter Rosenfeld, Pediatric Service Line Executive Director Joanna Wright. Back: (l-r) Dr. Ellen Dean Davis, Dr. Anjali Chelliah, Dr. Michaela Prasad, Dr. Arno Fried



GAGNON HARD HAT TOUR

At the March 20th Health & Wellness Forum, members of the Morris County Chamber of Commerce and other invited guests donned hard hats to tour the expansion project at Gagnon Cardiovascular Institute. Dr. Linda Gillam, chair of cardiology, detailed the institute's groundbreaking work, and visitors got a sneak peak of the two-floor addition. The event was co-hosted by the Chamber's Health & Wellness committee, led by Chair Lorie Gardner, RN, BSN.

Above left: (l-r) Foundation Director of Principal Gifts and Campaigns Lee Williamson, Foundation Trustee William Marino and Thomas Mac Mahon

Above right: (l-r) Dr. Linda Gillam, Foundation Director of Corporate and Foundation Relations Bonnie Gannon, Health & Wellness Forum Chair Lorie Gardner



reaching THE COMMUNITY

For nine years, Contina Wright struggled to manage her diabetes. Living on a limited income made things even more challenging. Everything changed when she joined the Diabetes Education Program at the Interfaith Food Pantry (IFP) in Morris Plains, where she picks up groceries each month for her family.

Funded by the Foundation for Morristown Medical Center, the program provides health screenings and teaches participants about their disease and how to better manage it.

“We learned about insulin, how diabetes affects different body parts and stress and weight management,” says Ms. Wright. “After a diabetes-friendly lunch, they gave us the recipe and an extra bag of groceries to make the meal at home. They gave away portion plates, measuring cups and a pedometer – it all helped me change my eating habits and lose weight. I’m glad the hospital did this for a group of people who otherwise would not have received the education.”

Now Ms. Wright exercises, drinks more water and eats at regular intervals. She’s down 30 pounds, with improved blood pressure and stabilized blood sugar levels.

This program is part of a larger Foundation-funded initiative coordinated by the hospital’s Community Health Department to improve the health of economically disadvantaged people at local community sites, including the IFP and the Community Soup Kitchen and Outreach Center (CSK) in Morristown. Two hospital staffers, Joanne Selitto, RN, nurse educator, and Solangel Patarroyo, health educator, visit both places regularly to provide education, health screenings and administer flu shots.

Last year, the seven-month Diabetes Education Program targeted 16 IFP clients diagnosed with pre-diabetes or Type II Diabetes. “We cover nutrition, physical activity, foot care, managing stress, medication and the complications of diabetes,” says Ms. Selitto. “We look to the future and put everyone on the right path.”

The informal atmosphere puts people at ease. “Participants ask a lot of questions,” says Katy Galton, RD, nutrition educator at IFP. “They receive professional guidance and information they can trust. They also talk to each other for support, so they know they’re not alone.”

Once a month, Ms. Selitto and Ms. Patarroyo also visit the CSK during lunch to provide health screenings and give medical guidance to the guests.

“If they come to us and ask something specific, we can educate them about diabetes or cardiovascular disease,” says Ms. Patarroyo. “They may have a sore throat, cough or fever. We’ll refer them to our clinic, Internal Medicine Faculty Associates or Zufall Health Center.” So far this year, the team has administered 60 flu vaccines and provided 145 referrals.

The duo’s work complements that of CSK’s outreach team, led by Tara Ryan-DeDominicis, LCSW: “If a guest expresses a medical condition to me that impacts his or her diet, we’ll prepare food specifically. Our menus are diabetic- and heart-friendly, high in fresh fruits and vegetables.”



“The team from Morristown Medical Center shows tremendous respect for our guests. They’ve built a solid level of trust.”

—Tara Ryan-DeDominicis, director of programs and services, Community Soup Kitchen and Outreach Center

Seated: (l-r) Morristown Medical Center Nurse Educator Joanne Selitto and Health Educator Solangel Patarroyo and Community Soup Kitchen (CSK) Outreach Worker Manny Diaz. Standing: (l-r) CSK Director of Programs and Services Tara Ryan-DeDominicis and CSK Social Worker Megan Garcia



David and Jill Farris

New Trustees

A new group of dynamic local leaders in medicine, business and philanthropy have joined the Foundation for Morristown Medical Center's board of trustees. Joining the ranks are Rick Goryeb, Glenn Yarnis and Thomas Zaubler, MD, while John Gerson was named trustee emeritus. The new leadership will help the Foundation fulfill its mission of inspiring community philanthropy to advance exceptional health care for patients at Morristown Medical Center and Goryeb Children's Hospital. Welcome aboard!

A CHAMPION FOR CHILDREN

It is with deep sadness that we acknowledge the passing of Honorary Foundation Trustee David Farris on February 28.

Mr. Farris served as chief operating officer of Beneficial Corporation and president and chief executive officer of Beneficial Management Corporation. A member of the 82nd Airborne Division of The United States Army, he completed more than 70 jumps as a paratrooper.

A kind, warm-hearted man, Mr. Farris served on the original Goryeb Philanthropy Council as co-chair. A generous philanthropist, he and his wife, Jill, were instrumental in helping to build Goryeb Children's Hospital.

"Dave was a true humanitarian – he wanted the best care for his community's children, and he and Jill honored us with their significant philanthropy," says Jim Quinn, chief development officer for the Foundation. "The Foundation was proud to dedicate the Farris Family Center for Advanced Medicine in Pediatrics in their name. It is a testament to the Farris' generosity and compassion. Dave's leadership, his wisdom, and his big heart will be sorely missed."

Mr. Farris is survived by his adoring family, including his wife of 60 years, Jill Evans Farris; his daughter, Jennifer, and her husband, Fred Moss; his daughter, Julie, and her husband, Kevin Valentine; and his seven grandchildren.

ALL GOOD FEELS

When trustees of the Meland Foundation – a resource that provides encouragement to families facing medical problems – learned about Project Independence, a relief fund that helps Morristown Medical Center (MMC) patients and families during a medical crisis, they knew it was a perfect match. Especially since their \$2,000 gift was earmarked from Meland's Karen H. Hanson Compassion Award. Mrs. Hanson, a Foundation for MMC donor and a founding board member and the first volunteer coordinator for the Meland Foundation, dedicated her life to caring for others when faced with difficult circumstances.

Through her 40 years of service for the Meland Foundation, Mrs. Hanson helped those facing health issues, from young parents with children to the elderly, acquire helpful medical information. "She has a servant's heart and never wants recognition for herself," says Carl Nelson, president of the Meland Foundation. "When I heard about the Foundation's Project Independence fund, it was a godsend. Karen's life embodies its mission."

Richard "Rick" Goryeb
Retired Co-President/COO
Champion Mortgage
Company



Glenn Yarnis
Entrepreneur and
Philanthropist



**Thomas Zaubler,
MD, MPH**
Chair
Department of Psychiatry
Morristown Medical Center



**Trustee Emeritus
John A. Gerson**
Partner
The Hastings Group





AN UNBREAKABLE BOND

Once the board members at CTW Foundation, Inc., believe in a cause, they grab on tight. Take Morristown Medical Center, for example. In the last 62 years, they have given more than \$343,000 to the hospital. In 2018, CTW increased its annual gift to \$50,000, split between Goryeb Children Hospital's expansion project and Child Life Services.

Giving money toward pediatrics is at the core of CTW's mission. "Some of us on the board knew Joe Goryeb, and we think what he did for the hospital is marvelous," says Gerald L. Holm, president of CTW's board of directors.

Construction of the new 15-bed Pediatric Intensive Care Unit is crucial for GCH, as 27 critically ill children had to be transferred to other hospitals last year because its Joan and Edward Foley Pediatric Intensive Care Unit and inpatient department were full.

Pictured above: (l-r) Finn M. W. Caspersen, Jr., Gerald L. Holm, Bruce R. Tucker



GOLDEN TICKETS

Joan Guempel couldn't help but notice the caliber of the medical staff when visiting her father-in-law, Robert Guempel, when he sought treatment in 2001 for chronic obstructive pulmonary disease. Over the years, she returned twice to support family members hospitalized with similar issues. What came next was a gift for \$30,000 from her and her husband, Rich, to further the education of respiratory therapists, awarding three scholarships each year for five years.

The Guempels are proud of the difference they've made. "It was a wonderful experience," says Mrs. Guempel. "My mom, sons and their college-age friends would read the applicants' essays at our beach house and decide on the winners. It was worth its weight in gold."

Pictured above: Back (l-r) Joan Guempel, Bret Guempel, Joshua Havard, Beverly Natale, Dr. Stan Fiel; Front (l-r) Julie Connelly, Joann Kennedy, Siddharta Silva

FAITHFUL FRIENDS

Nelson Schaenen says the secret to his longevity is his bride. "If you're lucky enough to have a lovely wife like I do, it means a life of zero stress," says the 92-year-old. Married for 64 years, the loving couple developed an affinity for Morristown Medical Center (MMC), where he was born. They recently made lead gifts to the Gagnon Cardiovascular Institute expansion and the Carol G. Simon Cancer Center renovation project.

"We are pleased to have a modest opportunity to make another contribution to what has become the number one hospital in New Jersey," says Mr. Schaenen, a Madison resident.



Nelson and Nancy Schaenen

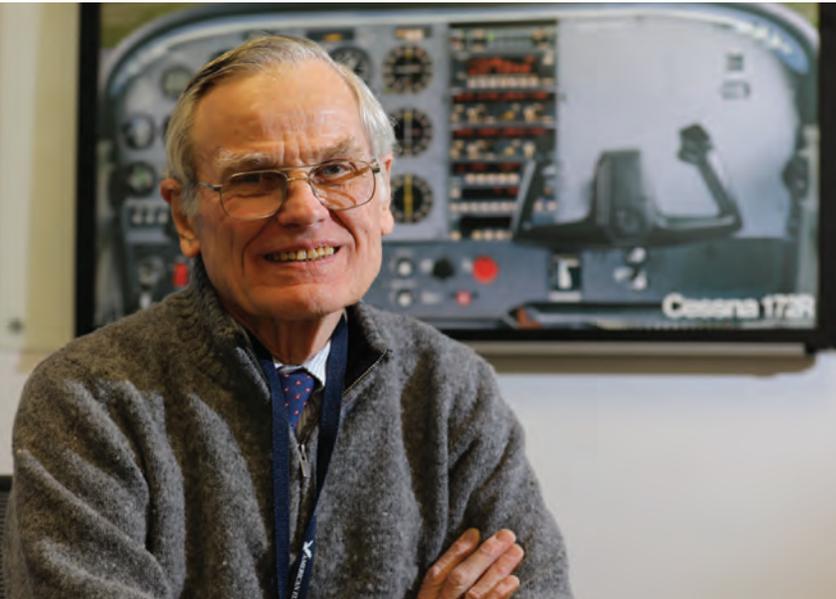
Nancy Schaenen, an emeritus trustee for the Foundation for MMC, knows the ins and outs of the Carol G. Simon Cancer Center quite well. She is a former patient, and more than a decade ago, she led the fundraising campaign during its first expansion, which added two floors to the center.

NONSTOP APPRECIATION

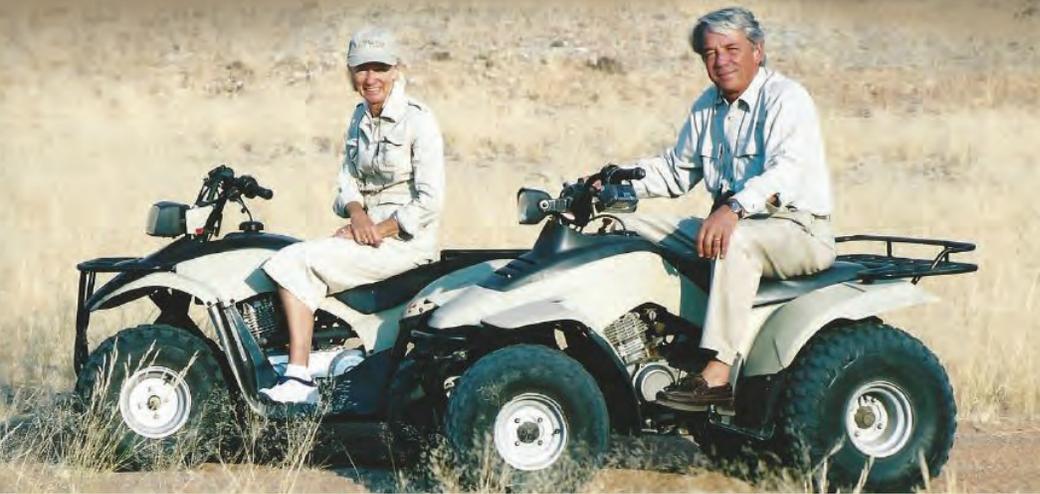
An aviation enthusiast, Jack Olcott wasn't grounded for long after open heart surgery at Gagnon Cardiovascular Institute last fall. He and his wife, Isobel, not only praise the care they found there, but wanted to show their appreciation with a leadership gift toward its expansion project.

"I feel particularly fortunate to have had the medical team that I did and was very impressed with the care I received," says Mr. Olcott. "I admire Dr. Grant Parr for assembling the Gagnon medical staff. My wife and I have watched Gagnon grow over the years. We appreciate having such medical expertise close to home."

After his surgery, Mr. Olcott soon returned to the cockpit and resumed doing what he does best – teaching pilots how to be flight instructors. "Flying has taken me all over the world," says Mr. Olcott, president of General Aero Company, Inc., located in Morristown. "It put me in contact with many interesting people. It expanded my quality of life."



GREEN LIGHT TO GALLIVANT



When it comes to world travel, David and Michele Hedley are game for anything. Meandering through the Taj Mahal, walking along the Great Wall of China and hiking the slopes of New Zealand are some of their favorite memories. Mrs. Hedley knows that a lot of her travels wouldn't have been possible without the help of Robert Coyne, MD, a cardiologist at Gagnon Cardiovascular Institute. It's the reason the couple joyfully gave \$100,000 toward Gagnon's expansion project, their third gift to the institute.

A self-described outdoorswoman, Mrs. Hedley found herself grounded about a decade ago with a diagnosis of atrial fibrillation. "I stayed close to home for a while," says the Morristown resident. "I didn't want to be caught halfway around the world in countries not knowing what's going on."

Thankfully, she was able to receive a catheter ablation from her favorite cardiologist and has been good-to-go ever since. "He's a wonderful doctor," she says. "I like his whole demeanor, he's so easy to talk to, empathetic and concerned. Thank goodness for Dr. Coyne!"

Pictured above: (l-r) Michele and David Hedley in Nambia, South Africa

I'M HERE FOR YOU

Their common Eastern European roots bonded them as friends, which led to a trusted collaboration between the late Helene Kosloski and Fotini Allteni as co-trustees of the Michael J. Kosloski Foundation. Through their friendship, Mrs. Allteni became familiar with the task of caring for a loved one with cancer. She supported Mrs. Kosloski in her struggle with lung cancer, which took her life in 2017.

The following year, a \$50,000 gift, given in her memory, arrived for the renovation of the Carol G. Simon Cancer Center. Another \$50,000 came through the Kosloski Family Foundation, which launched in 2018 to honor Mrs. Kosloski's legacy. This gift will support the Women's Cancer Center and the work of Allison Wagreich, MD, who is researching new treatments for high-risk endometrial cancer.

"Helene's goal was to provide everybody with the right cancer care through her foundation," says Mrs. Allteni. "To deal with cancer is bad enough. If we can make it easier for patients everywhere, all the better."

Pictured above: (l-r) Fotini Allteni, trustee of the Kosloski Family and the Michael J. Kosloski foundations and the late Helene Kosloski



Media Services



A SUB AND A SMILE

Not much gets by Aidan Mastandrea. As a patient at Goryeb Children's Hospital, he watched as families carried in lots of take-out food. He did the math and realized the expense. Not only did these families have medical bills, but extra food costs, too.

Soon the 16-year-old was on a mission. After posting a request on Facebook, he collected \$1,250 in Subway, Starbucks and Friendly's giftcards for patients and their families. "Some people are having a rough time," says Aidan. "It makes me happy that they can have the food they want to eat."

Aidan's efforts couldn't be more timely. The hospital's Food Service Program added a room service option with better food selections and expanded hours, including all-day breakfast.

Pictured above: (l-r) Deirdre Mastandrea, Child Life Specialist Kristin Holtzman, Pediatric Nurse Ana Santoliquido, Aidan and Jason Mastandrea

Media Services



MUSIC'S MUSCLE

There's no doubt that a simple song can convey emotional and therapeutic power. Harnessing this force and using it to heal patients is the mission of the Music Therapy Program at Goryeb Children's Hospital. Thanks to the enCourage Kids Foundation, a recent \$15,000 gift will bring this life-affirming service to more children. Studies prove that tunes can alleviate pain, lower blood pressure and boost immunity.

Even better, hospital-based music therapy sessions have shown to reduce the length of stays by up to two weeks. "One family shared with me that music therapy gave them a chance to simply breathe and be, rather than focusing on the 'whys' of their admission," says Megan Calabro, MA, music therapist.

Pictured above: Women's Service Line Executive Director Fran Drigun, President and CEO enCourage Kids Foundation Michele Hall-Duncan, Music Therapist Megan Calabro and Founder and Partner Normandy Real Estate David Welsh



ANOTHER TOY STORY

Arms toppling over with puzzles, board games, beanie babies and books, Barbara Sebiri carefully navigated her way to the checkout counter at a local toy store. Spending more than \$500 on gifts for the patients at Goryeb Children's Hospital had this Morristown resident bursting with joy. It was her second year delivering bags filled to the brim with her purchases, just in time for the December holidays.

Ms. Sebiri was happy to give some of her own money toward the cause. The rest she collected from her neighbors at her Woodcrest condominium community. "People are generous at holiday time, especially with children," she says.

Pictured above: Barbara Sebiri



SURPRISE SUPPORT

Seeing her grandson smile never gets old for Beverly Warner. When Joseph Porretta was a patient at Goryeb, she watched his big grin brighten the room every time a pet therapy pooch trotted in for a visit. Honoring his love of dogs, Mrs. Warner surprised him last Christmas with a \$50 gift in his name toward the Soothing Paws® Pet Therapy Program.

The 17-year-old is so enthralled with all things canine that he wants to be a vet when he grows up. Instead of Christmas gifts, he often asks for donations to pet shelters or to train service dogs. "He's marvelous," says Mrs. Warner with a warm smile.

Pictured above: Pet Therapy Dog Trevor



LOVE ONE ANOTHER RIGHT NOW

Our thoughts multiply. It happened last year at Open Road Subaru in Union when helping pediatric patients became paramount. With every car purchased from November 15 through January 2, Subaru of America set aside \$250 toward its annual *Share the Love* campaign, with Goryeb Children's Hospital named as the beneficiary. The outcome? A check for \$47,250 was hand delivered by Michael Morais, president of Open Road Auto Group to Walter Rosenfeld, MD, chair of pediatrics, this past spring.

W. Rodman Ryan, CEO of Open Road and a Foundation trustee, got in on the act. A \$52,750 matching gift from the Ryan family brought the donation to \$100,000, showing that the more you give, the more it grows.

Pictured above: (l-r) Chair of Pediatrics Dr. Walter Rosenfeld, Michael Morais, Foundation Trustee W. Rodman Ryan and Foundation Chief Development Officer Jim Quinn

ONE HONORABLE MAN



Although the late Timothy Hayden Mulligan never had children of his own, his legacy is all about helping them. It's an honor for donors Jeffrey and Susie Pribor to use the words *best friend* when remembering him.

"Tim was my uncle, and we both fought cancer at the same time," says Mrs. Pribor. "We talked about how devastating it would be to have a child with cancer. After he passed and left us an inheritance, I decided to launch a

foundation in his memory. All the gifts fund pediatric cancer needs."

The Pribors are thrilled to follow through with their dear friend's wishes. They recently gave \$20,000 to the Good Neighbor Fund at Goryeb's Valerie Fund Children's Center for hematology and oncology. Another \$10,000 purchased MRI-compatible goggles for pediatric patients to make the MRI experience less frightening.

"We have a special place in our hearts for Morristown Medical Center," says Mr. Pribor. "We love that place."

Pictured above: Susie Prebor and the late Timothy Hayden Mulligan

LEGACY *giving*



Cynthia O'Donnell, JD,
director of gift planning

Living Large



Dr. Henry and Theresa Kim

and two-time Healing Hands Award honoree. After retiring from the hospital in 2010, with 37 years of service to Goryeb Children's Hospital (GCH) and the Basking Ridge community, he took up a second career.

"I was bored, so I studied to become an industrial physician and worked in Luverne, AL, for three-and-a-half years," he says. "I was 72 at the time, and knew I needed to keep active."

Dr. Kim has certainly kept a quick pace when it comes to making GCH the best pediatric hospital in the region. He and his wife, Theresa, also a retired Goryeb pediatric physician, are longtime, generous donors to the hospital. Last year, however, Dr. Kim made another bold move. He and his wife used assets from their retirement IRA for a leadership gift toward Goryeb's expansion project.

With tax laws changing for IRAs in 2015, Dr. Kim and his wife benefited from this new legislation. "Donors can decide the dollar amount or percentage of their IRA that they want to give, it doesn't have to be all of their IRA assets," says Cynthia O'Donnell, JD, director of gift planning at the Foundation for Morristown Medical Center. "In return, donors receive benefits including not having to pay any federal income tax on the gift."

And best of all? Dr. Kim had the thrill of seeing their gift used immediately.

Henry Kim, MD, chases after thrills every chance he gets. For many years, his favorite pastime was helicopter skiing in Canada. He looked forward to it each year, right up until his 73rd birthday. He stayed at a lodge mid-mountain, and a helicopter dropped him and a guide at the top. Then, he'd ski around the trees and down the slopes.

"There was no trail," says the 81-year-old retired Morristown Medical Center physician. "It was very steep, often with snow up to my knees."

Leave it to say that nothing slows down this Brookfield Legacy Society Advisory Council member

Q & A

How does the new tax law make it more beneficial for donors to give through their IRAs?

The Qualified Charitable Deduction "QCD" for an IRA became permanent in 2015. With the new Tax Cuts and Jobs Act, fewer individuals are expected to itemize their deductions, some estimates say only 5 percent of filers.

The good news for donors is that the new tax act makes the QCD even more beneficial. A gift from your IRA now has three main advantages:

First, donors will immediately be able to see the benefits that their gift is making to the hospital.

In addition, there is no federal income tax that must be paid on the gift. The transfer doesn't generate taxable income or a tax deduction. Because of this, the donor will benefit even if he or she does not itemize the tax deduction for federal income tax purposes.

Lastly, if a donor has not yet taken his or her required minimum distribution for the year, the IRA charitable rollover gift can satisfy all or part of this requirement. To make an IRA charitable rollover, donors must be six months past their 70th birthday or older. Donors need to instruct their IRA administrator to transfer the selected dollar amount (any amount up to \$100,000 as the aggregate in any year) directly to the Foundation for Morristown Medical Center. Make the gift by December 31, 2019, to qualify as a QCD of the IRA for 2019.

Transfers to donor-advised funds, charitable gift annuities or charitable remainder trusts do not qualify in this type of transaction. Although it may seem daunting, no one needs to be an expert in retirement planning to make a gift from an IRA.

Attorney Leonard J. Witman presented Practical Planning for Dealing with the Current State of the Federal and NJ Estate Taxes on Nov. 14, 2018, to Brookfield Society members. A specialist in retirement assets, Mr. Witman enlightened the 54-strong crowd with advice from his experience as the past chairman of the New Jersey State Bar Association Taxation Section.



Leonard J. Witman, Esq.

PATIENT SPOTLIGHT

MAX BRAVO



Parents Louie and Bonnie Bravo with sons Louie and Max



Louie and Max Bravo

Bonnie Bravo hoped that a quick trip to Bermuda would be the perfect getaway, one last vacation before baby number two arrived. The short flight seemed more than safe, especially since she was only 31 weeks pregnant. Digging her toes into the warm pink sand, gazing at the turquoise waves with her husband, Louie, and building castles on the beach with her two-year-old son, Louie, was heavenly for the 36-year-old Roxbury resident.

The flight home, however, proved harrowing. Her water broke in mid-air. Once they landed, she and her husband dropped Louie off with a grandparent and rushed to Morristown Medical Center.

"I thought we'd be back home in a couple of hours," says Mrs. Bravo. "But after being checked out, I was told I wouldn't leave the hospital until I gave birth. I was shocked and scared, thinking, 'How can this be happening?' I was only 32 weeks pregnant, had no complications and had a 2-year-old son at home to take care of. Having a preemie born so early was not anything we expected."

Then came grave news from hospital physicians. She had excess fluid in her amniotic sac, a condition called polyhydramnios that affects

only 1 percent of pregnant women. To make matters worse, her unborn son had severe hydrops, which negatively impacts 1 out of every 1,000 births. They soon learned the excess fluid in his belly had spread to his kidneys, lungs and skin. Only half of unborn babies with this condition survive.

"The next six days were torture – constant ultrasounds, blood work and echocardiograms," says Mrs. Bravo. "I had an amniocentesis to relieve about 4 pounds of excess fluid, which also had risks, but we had to give our son every fighting chance. We were told we could have a priest in the delivery room in case things didn't go as planned. How could we tell our 2-year-old son, who was so excited to be a big brother, that he wouldn't be?"

Thankfully, they didn't need to deliver such tragic news. On August 10, 2018, Max was born via emergency C-section, greeted by a slew of specialists in the delivery room. "Each neonatologist in the delivery room assumed a specific role in Max's stabilization," says Gaines Mimms, MD, a neonatologist and co-chair of the Goryeb Philanthropy Council. "This included placing a tube in his windpipe, tapping the infant's abdomen to relieve excess fluid build-up and placing a chest tube in his small, underdeveloped collapsed lung."

Then they raced the newborn infant to Sam's Neonatal Intensive Care Unit (NICU).

Max was in the right place. Providing care for the highest risk babies in the metropolitan area, the unit combines the latest medical and communications technology, individual patient/

family rooms and a focus on family-centered care, addressing not only the complicated needs of sick infants, but also the emotional ups and downs of their parents – as the Bravos know so well. Made possible by a lead gift from Steve and Doris Salzberg in honor of Samantha Marie Salzberg, the unit is celebrating its 10th anniversary this year.

Sam's NICU was Max's home for the next 50 days. After birth, he was hooked up to three different breathing machines, an eating tube and a chest tube. He also underwent blood transfusions, four stomach fluid taps and a surgery.

Miraculously, he became better each day.

"We're grateful to all the doctors and nurses who played a part in our son's treatment," says Mrs. Bravo. "The odds were against Max. The doctors in Maternal Fetal Medicine and Sam's NICU were fabulous. Max is a miracle. We can't thank Sam's NICU enough."

To show their gratitude, the Bravos started the Max Bravo NICU Fund to support other families facing medical challenges with their babies. "I want other parents to have support in the NICU and to help kids with medical issues," says Mrs. Bravo. "Our Max is the happiest baby boy on earth. He makes our hearts melt."

Interested in contributing? Contact Gerri Kling, major gifts officer at geraldine.kling@atlantichealth.org. To view all Foundation fundraising pages, including Max's, please visit: f4mmc.org/Ways-To-Give/Fundraisers.

here's a sampling of our FUNDING PRIORITIES

NURSING KNOW HOW

NURSING

Nursing Scholarships | \$171,294

MMC recognizes that nursing excellence is achieved in large part through advanced education. Research shows that nurses who achieve a Bachelor of Science in Nursing degree are better prepared to meet the demands placed on them and are valued for their skills in critical thinking, quality of patient care and leadership, as well as their ability to practice across a variety of inpatient and outpatient settings. Rapid changes in technology and health care require nurses to become certified in a clinical specialty – like oncology or emergency medicine – to help them perform at their highest level. Because many nurses struggle to cover the cost of tuition, funding will be provided for educational scholarships for qualifying nurses.

DATA DRIVEN

NURSING

Nursing Outcome Analyst Position | \$23,530/year

(8 hours per week) The nursing outcome analyst will provide support to improve the quality of care through data collection and analysis based on critical projects; support Quality Council with projects and attend meetings as needed; make rounds on nursing units collecting data and provide just-in-time training and education for nurses on critical standards of practice. The analyst will also assist with literature reviews and development of policies and procedures.

EXACTING THE CURE

ONCOLOGY

Atlantic Precision Oncology | \$117,647

A precision oncology program will investigate the use of genetic sequencing to improve cancer care by identifying subtle differences in each patient's cancer that potentially suggests the right treatment, at the right time, in the most cost-effective manner. Atlantic Precision Oncology will initiate a Molecular Tumor Board, a monthly multidisciplinary meeting to evaluate patients for optimal treatment, based on the molecular testing of their cancer and/or immune system. Funds will purchase specialized computer software to manage these care decisions and suggest treatment and research options.

GA-GA OVER GOGGLES

PEDIATRICS

Cinemavision MRI Audio and Video System \$53,500

MRI-compatible goggles will reduce sedation for our pediatric patients during MRI and help to make the MRI experience less frightening and more enjoyable. These goggles allow patients to watch DVD movies, cable TV, iPad videos or listen to music while in the MRI. This will greatly benefit our new Pediatric Cardiology Imaging Program.

PRECIOUS LITTLE LIVES

PEDIATRICS

neoFORUM Conference Scholarship Fund for Nurses/Therapists | \$20,000

Now in its 12th year, neoFORUM has become the preeminent academic neonatology conference in the state. This program attracts internationally recognized leaders in the field who discuss contemporary and controversial issues regarding the care of our fragile patients. Philanthropic support will enable NICU nurses, respiratory therapists and rehabilitation therapists from Goryeb Children's Hospital to attend without charge.

ROAD TO RECOVERY

BEHAVIORAL HEALTH

Alcohol and Substance Abuse Assessment Program Case Manager | \$76,471/year

Case management services will be provided to patients who have substance abuse disorders following their discharge from medical/surgical floors. This will maximize the likelihood of recovery and follow-up with aftercare plans.

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, visit f4mmc.org and select Events.

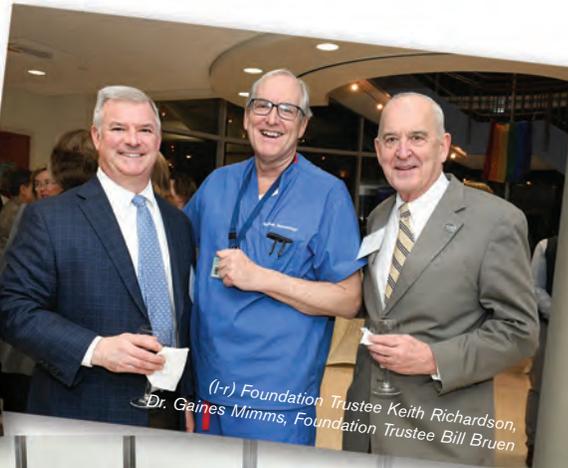
Foley PICU Hard Hat Tour & Beam Signing

To view more photos, visit our Events Gallery at www.f4mmc.org/Events.

Visitors toured the site of the new Joan and Edward Foley Pediatric Intensive Care Unit (PICU) on February 28 and penned handwritten messages of hope and healing for future Foley PICU patients.



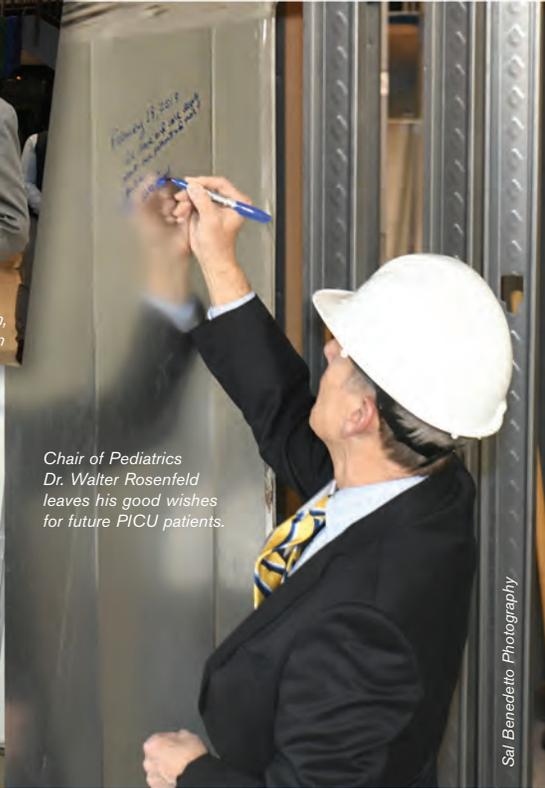
The Berg Family



(l-r) Foundation Trustee Keith Richardson, Dr. Gaines Mimms, Foundation Trustee Bill Bruen



Board members of the Women's Association for Morristown Medical Center



Chair of Pediatrics Dr. Walter Rosenfeld leaves his good wishes for future PICU patients.

Sal Benedetto Photography

TO OPT OUT OF RECEIVING THIS COMMUNICATION FROM THE FOUNDATION, PLEASE CONTACT US AT F4MMC@ATLANTICHEALTH.ORG OR 973-593-2400.

Writer: Laura Deal | Editor: Alice Roche Cody
 Layout: Susan Falcone, Envoi Design