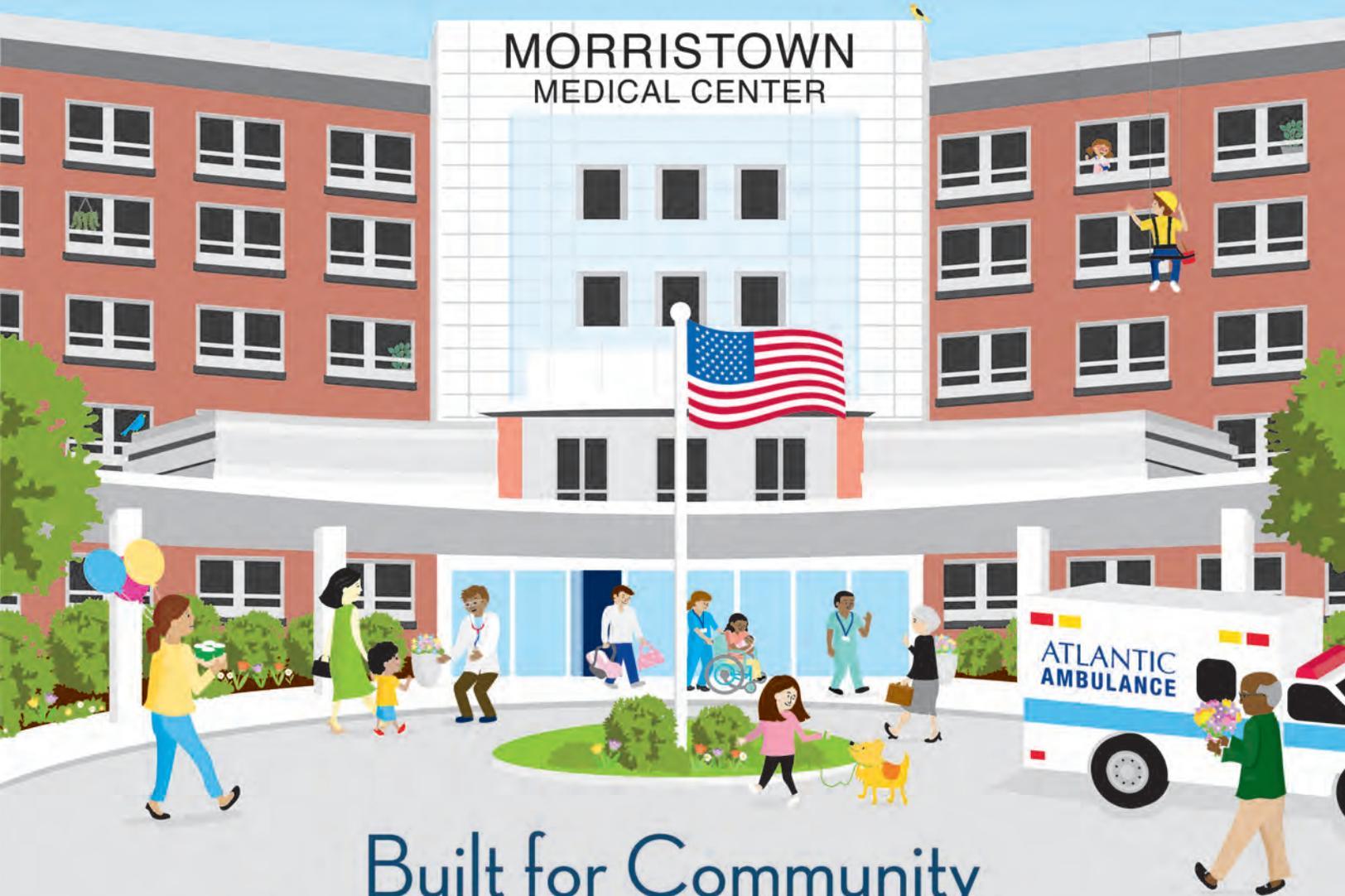


FOUNDATION Journal

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

WINTER 2019

#1 HOSPITAL IN NEW JERSEY



Built for Community Transformed by Philanthropy

PRESCRIPTION FOR #1 PG 4

also inside: Bountiful Baskets | Docs Who Donate | Mini-Grant Milestones

SPOTLIGHT

SPOTLIGHT ON WOMEN'S HEALTH

Lots of issues can worry a new mother. Dealing with diabetes shouldn't be one of them. If left unchecked, diabetes can lead to an elevated risk of postpartum depression, heart disease and myocardial infarction for mom, while baby can be prone to the consequences of childhood obesity, including high blood pressure, high cholesterol and asthma.

The Atlantic Maternal Fetal Medicine (AMFM) Division of the Women's Health Program is working hard to combat these severe and often deadly complications. By empowering diabetic mothers with a team approach to managing diabetes, AMFM offers medication management advice, exercise and meal planning assistance and daily blood sugar testing.

Since mistakes are common when patients are self-testing their blood sugar levels at home, a remote monitoring system called Glooko is on the wish list. This software gathers data from insulin pumps and blood glucose meters, syncing directly to a patient's electronic medical record. Exercise and food intake are also tracked, making it easier to get fit and stay there, while keeping high blood sugar counts at bay.

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





VIEWPOINT

Q&A with Diana N. Contreras, MD, MPH

In the past, physicians weren't aware that they could predict a woman's future health depending on her wellness during pregnancy. Thanks to recent medical studies, it is now understood that gestational diabetes – diabetes that occurs during pregnancy – can lead to potential health problems. What's more, babies born to diabetic mothers are also at risk. Diana N. Contreras, MD, MPH, chairman of the Department of Obstetrics, Gynecology and Women's Health at Morristown Medical Center and medical director of the Women's Health Service Line at Atlantic Health System, discusses the issue.

Q: How prevalent is it for women to develop diabetes during their pregnancy?

A: Two to five percent of pregnant women develop gestational diabetes, although it can be as high as 9.2 percent for vulnerable populations such as Hispanic and African-American women or women who are obese when they become pregnant. Gestational diabetes is caused when blood sugar levels are too high. If the body doesn't produce enough insulin, or if the cells have a problem responding to it, too much glucose remains in the bloodstream instead of moving into the cells and converting to energy. If the pancreas cannot keep up with the increased demand for insulin during pregnancy, blood sugar levels rise too high because the cells are not using the glucose.

Q: Why is it important for physicians to test pregnant women for diabetes?

A: For most women, the condition does not cause noticeable signs or symptoms, which is why screening is so important. A screening test is done between 24 – 28 weeks of

pregnancy. Untreated or poorly controlled diabetes can harm the mother as well as the baby, so the management of gestational diabetes requires more frequent check-ups during the pregnancy.

Q: Describe what's happening in the mother's body when afflicted with gestational diabetes?

A: When dealing with this condition, a mother's pancreas works overtime to produce insulin, but the insulin does not lower her blood glucose levels. The extra blood glucose goes through the placenta, which ends up giving the baby higher blood glucose levels than normal. This causes the baby's pancreas to make extra insulin to get rid of the blood glucose. Since the baby is getting more energy than it needs to grow and develop, the excess is stored as fat, which can cause the fetus to have excessive weight gain.

Q: What does this mean for the newborn?

A: The baby can face numerous health problems, including damage during delivery

because of his or her size. Babies born to mothers with gestational diabetes also tend to have very low blood glucose levels at birth. They are also more susceptible to breathing difficulties. In addition, they have a higher risk for becoming obese during childhood and diabetic as adults.

Q: What health problems is a woman with gestational diabetes prone to develop?

A: Gestational diabetes may increase a mother's risk of high blood pressure, preeclampsia and postpartum depression. If a mother develops gestational diabetes in one pregnancy, chances are she will develop it again in future pregnancies. These women are also more likely to develop diabetes and serious heart conditions later in life.

Q: What is the best treatment?

A: Many women can manage gestational diabetes by exercising and eating a balanced diet. However, about 15 percent of women with gestational diabetes need to take medication to balance blood sugar levels (see page 15).

FOCUS ON

BRICK BY BRICK: BUILDING A MEDICAL CENTER THROUGH PHILANTHROPY

Back in the late 1800s, Morristown resident Myra Brookfield was tired of traveling long distances for her medical care. She desperately wanted a community hospital in her hometown, so she bequeathed her home specifically for that purpose. Her gift led to Morristown Memorial's founding in 1892, and the following year its Women's Association rallied the community to support the fledgling hospital.

While the name and location may have changed, the community's unwavering support has remained true. Philanthropy has funded everything from buildings to medical programs and equipment to innovative research. This steadfast support helped make Morristown Medical Center the number one hospital in New Jersey, as rated by *U.S. News & World Report*.

"Every donation has made this distinguished ranking possible," says Jim Quinn, chief development officer for the Foundation. "Like Ms. Brookfield, our community wants the best medical care close to home, and it has made that possible through its philanthropy."

Morristown Medical Center President Trish O'Keefe, PhD, RN, sees philanthropy as a key ingredient for success. "Being recognized as the top hospital in the state is an incredible testament to the work being done by our medical staff, team members, community partnerships and innovative collaborations, but without the foundation's vibrant relationships with our community of generous philanthropists, none of this would be possible," she says.

Brick by brick, philanthropy has transformed the nonprofit Morristown Medical Center in its progression from a small community hospital more than 125 years ago to the premiere healthcare facility it is today. Ms. Brookfield's dream has certainly come true.

Pictured right: Lead transformational gifts that helped launch Morristown Medical Center to become the best in the state.



GAGNON CARDIOVASCULAR INSTITUTE
Huff-Winters Center for Atrial Fibrillation
Chanin T. Mast Center for Hypertrophic Cardiomyopathy
Dorothy and Lloyd Huck Chair of Cardiovascular Medicine
Grant V.S. Parr Chair of Cardiovascular Surgery

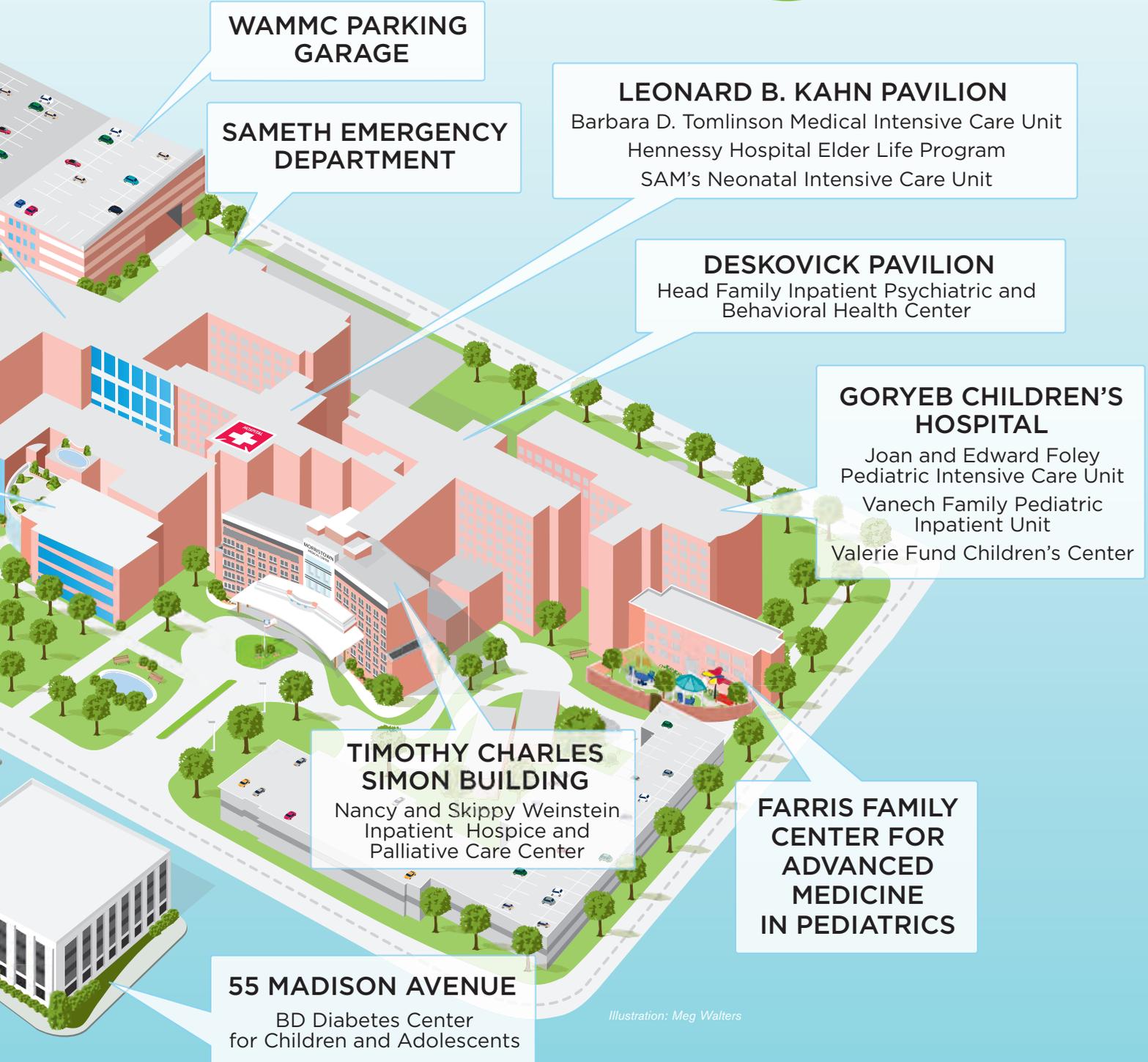
CAROL G. SIMON CANCER CENTER
Leonard B. Kahn Head and Neck Cancer Institute
Lois A. Reid Fellowship in Breast Imaging
Carol W. and Julius A. Rippel Breast Center

435 SOUTH STREET
Jacobs Levy Genomic Medicine and Research Program
Chambers Center by PALM Health
David and Joan Powell Center for Healthy Aging

95 MADISON AVENUE
Center for Nursing Innovation and Research

DAVINO PAVILION
Deskovick Maternity Center

2019



WAMMC PARKING GARAGE

SAMETH EMERGENCY DEPARTMENT

LEONARD B. KAHN PAVILION
Barbara D. Tomlinson Medical Intensive Care Unit
Hennessy Hospital Elder Life Program
SAM's Neonatal Intensive Care Unit

DESKOVICK PAVILION
Head Family Inpatient Psychiatric and Behavioral Health Center

GORYEB CHILDREN'S HOSPITAL
Joan and Edward Foley Pediatric Intensive Care Unit
Vanech Family Pediatric Inpatient Unit
Valerie Fund Children's Center

TIMOTHY CHARLES SIMON BUILDING
Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center

FARRIS FAMILY CENTER FOR ADVANCED MEDICINE IN PEDIATRICS

55 MADISON AVENUE
BD Diabetes Center for Children and Adolescents

Illustration: Meg Walters

VOLUNTEER PORTRAIT

MARY COURTEMANCHE

Three things make Mary Courtemanche tick: she's always in motion, she finds joy serving others and she makes everything fun along the way. This delightful trifecta has framed her tenure as president of the Women's Association for Morristown Medical Center (WAMMC), and it even turned her first volunteer assignment 10 years ago into an impromptu party.

Tasked with sprucing up the hospital for the holidays, the new WAMMC recruit roamed the halls armed with tinsel and lights, spreading her good cheer along the way. "It was a great way to meet everyone and become familiar with the building, since I had to walk all over God's green earth to decorate – my Fitbit tracked eight miles in one day," she says. When she spied a visitor watching her trim the tree, she encouraged him to help. It marked the first time he'd ever decorated a Christmas tree, and his joy became contagious as well.

Since then, Ms. Courtemanche has pulled many others into her merry orbit. In June, she'll finish her second two-year term as president of WAMMC, which celebrated its 125th anniversary last year. Her duties include overseeing 20 committees and 40 board members of this 500-member volunteer organization that raises funds for Morristown Medical Center (MMC). She is especially proud of the profitability of WAMMC's volunteer-run Bargain Box Thrift Boutique, its three hospital gift shops and four hospital-based cafes. Under Ms. Courtemanche's watch, WAMMC has contributed more than \$4.7 million to various programs, equipment upgrades and renovation projects throughout the medical center.

Like any good chief, Ms. Courtemanche leads by example, and no chore is beneath her. "Mary doesn't sit on formality; if something needs to be done, she'll attack it," says Foundation Donor Relations Manager Michelle Meszaros, past-president of WAMMC. "She'll take out the trash and if the dumpster is full, she'll tramp down the garbage herself. Above all, Mary makes it fun to be in the trenches with her."

While serving as president, Ms. Courtemanche also co-chaired the café for the last four Mansion in May designer showhouse fundraising events. Serving sandwiches and wiping down tables put her right in her element. "I'm not sitting here twiddling my thumbs when everyone else is working," she says. "Those were definitely go home and put-your-feet-up kind of days." The 2017 Mansion in May raised \$1.5 million for the Center for Nursing Innovation and Research, a place where MMC nurses perform research and develop solutions to improve patient care.



“ Mary doesn't sit on formality; if something needs to be done, she'll attack it. ”

Yet Ms. Courtemanche's generous spirit goes far beyond the time she donates to benefit MMC. Over the years, she and her husband, Bob, contributed to the Sameth Emergency Department, the Women's Heart Program, the Autism and Child Development Center, the Pediatric Intensive Care Unit, the Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center and the Women's Cancer Program. Moreover, they recently arranged a bequest in their estate for the hospital, and Ms. Courtemanche contributes separately through her family's Good Hope Foundation.

A champion donor and volunteer, Ms. Courtemanche isn't clear about her next WAMMC stint. "I'll see what the next president needs help with," she says. "I can't sit around and do zippo. I'd lose my marbles."



Sumrina Chen



FAMILY FUN DAY

On November 3, 2018, more than 100 kids and their families enjoyed carnival games, monster truck rides, *Calling All Kids* mobile TV studio takes, teddy bear clinics and Soothing Paws™ pet therapy dogs at the Hanover Recreation Center in Whippany. Sponsored by Kids4Kids, the festivities raised more than \$10,000 for Mickey's Garden at Goryeb Children's Hospital. A huge shout-out to all helpers, especially Seton Hall's baseball team, Drew's field hockey team and *WDHA* for the tunes!

HAPPENINGS

people. places. wonderful things.



Media Services

HUFF-WINTERS CENTER FOR ATRIAL FIBRILLATION DEDICATION

On October 3, 2018, the Foundation formally dedicated the Huff-Winters Center for Atrial Fibrillation, made possible through the generosity of Bill and Cathy Huff and their family. Their gift recognized the excellent care Mr. Huff received over the years from Dr. Stephen Winters. Thank you to all donors, including Michele and David Hedley.

Pictured above: (front, l-r) Chair of the Department of Cardiovascular Medicine Dr. Linda Gillam, Cathy Huff, Bill Huff, Jennifer Huff, Morristown Medical Center President Trish O'Keefe, Jake Huff and (rear) Dr. Stephen Winters



Media Services

BROOKFIELD LEGACY SOCIETY TEA

Loyal donors and members of the Foundation's Brookfield Legacy Society gathered at the Morris Museum on November 29, 2018. Morris Museum Executive Director Cleveland Johnson (pictured left of center) led a tour of the exhibit, *Trumpets, Weird and Wonderful: Treasures from the National Music Museum*. The delightful afternoon was definitely something to trumpet about.

FOUNDATION PARTNERS

The lively Jockey Hollow Bar & Kitchen, housed at the historic Vail Mansion in Morristown, was the backdrop for the fourth Foundation Partners reception on November 14, 2018. Hosted by Foundation Trustee Rod Ryan and his wife, Dianne, the festive event graciously thanked the physicians, clinicians and hospital administrators who helped with philanthropy throughout the year.

Pictured right: (l-r) Foundation Trustee Dr. James Slater, Foundation Board of Trustees Vice Chair Les Quick, Foundation Trustee Marc Adee



Media Services

emergency EXTRAORDINAIRE



While celebrating the 10th anniversary of its \$5 million expansion and renovation, Sameth Emergency Department (ED) colleagues whooped up another round of high-fives with the news of a Lantern Award from the Emergency Nurses Association. “This is the highest award that EDs can receive,” says Nursing Director of Emergency Services

“It makes sense that we’re seen as exemplary.”

—Patricia Primmer, BSN

Patricia Primmer, BSN. “It makes sense that we’re seen as exemplary. We are above and beyond what other emergency departments offer because of our size, services and staff.”

The donor-funded multi-million dollar project allowed zone color-coding for this two-football-fields-in-length ED. The red zone handles trauma; amber and yellow zones take stable cases; green manages pediatrics; blue oversees psychiatric issues and purple helps those that can be quickly treated and released.

Another positive result of the ED face-lift? A Zen room to help combat staff burnout. “Music, a cup of tea and comfortable chairs give the staff a place to unwind after traumatic encounters,” says Mrs. Primmer.

Interested in donating? Contact Susan Johns, major gifts officer, at 973-593-2413 or susan.johns@atlanticealth.org.

first GIFTS

FOR THE LOVE OF COMMUNITY

Edmund M. Kramer Photographers, Inc.



Maithili Rao, MD, an oncologist at the Carol G. Simon Cancer Center, is a role model to her colleagues and family because of her entrepreneurship, work ethic and generous spirit. She is the founder of Advanced Care Oncology & Hematology Associates, LLC (ACOHA), which has grown to five locations and has been in Morristown for more than 10 years. Dr. Rao and her husband, Kishore Ballal, recently made a \$100,000 gift to the Simon Cancer Center. "Everyone is able to give something," says Mr. Ballal, chief operating officer at ACOHA. "We hope this is the first of many more gifts to the hospital. We have to prioritize and make giving a cornerstone of financial planning."

This power couple teaches the importance of giving to their daughters, 13-year-old Nupur and 9-year-old Kavya. "We tell them that we utilize a lot of the resources in the community, and it is important that these organizations thrive to support the needs of the people," says Mr. Ballal. "It's about giving back to the community by investing time and money. It's important to work hard and show a commitment to where you live."

Pictured above: Dr. Maithili Rao (seated) with Kishore Ballal and their daughters, Nupur and Kavya

HEARTFELT THANKS

Jonathan Dietz's heart was failing him. For years, doctors mistakenly diagnosed him with a heart murmur. After seeking treatment at the Chanin T. Mast Center for Hypertrophic Cardiomyopathy at Gagnon Cardiovascular Institute, he finally received a correct diagnosis of hypertrophic cardiomyopathy, a hereditary and life-threatening condition. Immediately, the Lafayette resident underwent a nine-hour heart surgery. "I was happy that my eyes reopened," he says.

Mr. Dietz felt like a new man after his successful surgery and hails the skill of Martin Maron, MD, director of the Mast Center. "He is a friend, and I trust him," says Mr. Dietz, age 51. "Now I can participate in activities that I avoided before surgery."

To help others like him, Mr. Dietz made a first-time \$100,000 donation through the Young Men's Philanthropic League Foundation, Inc., where he is president. "For a condition this serious, the options available are scarce," he says. "I hope that my gift expands awareness and outreach."



VICTORY VIBES

Jets fans at the October 7, 2018, home game intercepted cancer for the win in the Crucial Catch initiative, a national campaign rallying to beat the disease. Joining the fight, five former and current pediatric patients from Goryeb Children's Hospital served as honorary captains for the pregame coin toss. Game day football fanatics also participated in a 50/50 raffle, raising \$23,844 for the hospital.

Jack, one of the honorary captains, was sidelined from the game in 2017 while in cancer treatments. He was happy that he could watch the game remotely through a VGo Robot. Now he's an inspiration to the new VGo patient because he beat the cancer that she's currently fighting.

Pictured above: Patients from Goryeb Children's Hospital gather with Jack, far right

Media Services



GREEN WITH GRATITUDE

Imagine jotting down a wish list and poof – the money magically appears!

That's how Nursing Director of Emergency Services Patricia Primmer, BSN, feels when she requests funding for the Emergency Department from the Foundation for Morristown Medical Center. She's so thankful that she doubled her annual hospital gift in 2018.

Mrs. Primmer donates with enthusiasm and wants her colleagues to do the same. "Employees need to know all of the amazing projects, equipment and programs funded through philanthropy," she says. "My giving helps make the lives of many patients and coworkers better. If I don't set an example by my willingness to give back, then I can't expect others to understand the importance of it."



A CHILD'S HOPE

The Greek Orthodox Ladies Philoptochos Society quickly responded to the needs of kids with critical and life-threatening illnesses. Recently, the group gave \$10,000 toward the expansion of the Joan and Edward Foley Pediatric Intensive Care Unit (PICU).

"Our mission states that we have no greater responsibility than the protection, health and welfare of our children," says Eleni Constantinides, first vice president of the New Jersey Chapter. "The generous contributions of our many supporters allow us to do this important work."

The monies will support the addition of 15 PICU rooms, a crucial project given that last year, Goryeb Children's Hospital referred 83 children to other medical centers because its PICU was full.

Third from left: Director of Corporate and Foundation Relations Bonnie Gannon with members of the Metropolis New Jersey Philoptochos (l-r): Stella Wacker, treasurer; Anne Michals, president; Eleni Constantinides, first vice president; Barbara Kostakis, board Member; Daphne Papageorge, member



THE POWER OF ONE

If freely giving to others brings joy, then Irene Fortunato is one happy woman. During her 20 years of volunteering for Morristown Medical Center, she clocked 29,000 hours. That translates into a \$522,000 value of time from this spunky 94-year-old helper. With her recent retirement, she received the President's Volunteer Service Award, prompted by her peers in Volunteer Services.

Marching into her retirement party to the tune of Hail to the Chief spoke volumes of her worth in the eyes of her colleagues. "Everyone at the hospital knows Irene," says Reignette Chilton, volunteer service team member. "We all love her and will miss her greatly. She's like a second mom to me."

Pictured above: Irene Fortunato and Former WAMMC President Danette Merchant

BASKETS OF JOY



With 152 baskets teeming with goodies, gadgets and gift cards at the 14th Annual Employee Basket Raffle on November 1, 2018, Co-Chairs Conny Beam and Lorin Mooney were in their element. Pulling a 12-hour shift on raffle day, the two scrambled to set up

last minute baskets, managed ticket sales and jumped in to count money. Even the most mundane jobs had them beaming. It's their third stint as co-chairs with no stopping in sight. Their chemistry is contagious and attracted crowds from throughout the hospital. By day's end, more than \$45,000 in ticket sales benefited the Geriatric Medicine Center of Excellence Fund.

The trusty duo can't seem to slow down when it comes to putting in their all. The pair even sacrifice a week of their own vacation days to make it happen. "This is our girls' vacation," says Mrs. Mooney. Her co-chair agreed. "We work well together," says Mrs. Beam. "We learn a lot from each other and have fun while doing it"

PINK HIGHLIGHTS FLATTER ALL

An A+ in creativity goes to the community while celebrating Breast Cancer Awareness Month with the Carol G. Simon Cancer Center. Supporters from skating clubs selling pink laces to restaurant owners serving up specials put the hospital smack dab in the middle of all things pink and positive.

Even the officers in blue at the Harding Township Police Department looked dapper in pink. "We liked the idea of selling pink patches, not only to raise money, but to bring awareness," says Police Patrolman David Selecky. "Due to the Simon family's deep roots in Harding Township, we knew this was a perfect fit"

Shelly Haley, owner of Paradise, a Lilly Pulitzer Signature Store, delivered a dozen baseball caps to patients, while BAPS Charities of Parsippany presented a \$1,500 check for the Simon Cancer Center at the Diwali Festival. In the meantime, The Windlass of Lake Hopatcong gave 20 percent of restaurant sales on October 27, 2018. Thanks to everyone who pulled off this shade with style.

Pictured below: (l-r) Harding Township Police Patrolman David Selecky, Oncology Social Worker Diane Haley, Oncology Social Worker Kristy Case and Harding Township Police Patrolman Alexandru Nastase



BOW WOW BENEFITS



A \$5,000 check from the Cranford Knights of Columbus to the Soothing Paws® Pet Therapy Program had Andy, the yellow Lab, and Cid, the Portuguese Water Dog, posing proud.

The Knights felt a swell of pride as well because helping others is what they do best. “Charity is one of our main tenets,” says Bob Margherito, treasurer of the Cranford Knights of Columbus Council.

Touting tons of physical and emotional benefits, the Pet Therapy Program had its debut at the hospital in 2007 and uses the pleasing presence of pooches to help patients in many ways. Studies have proven that visits from our furry friends can reduce anxiety, relieve stress and lower blood pressure.

Pictured above: (l-r) Program Manager Peggy Grow of Soothing Paws®; Knights John Dolan and Robert Margherito; Elizabeth Siccone, Emergency Business Supervisor and Mildred Kowalski, PhD, nurse researcher, Center for Nursing Innovation and Research.

LOVING MY COMMUNITY

When it comes to being a good neighbor, Marc Adeo, chief executive officer of Crum & Forster, knows what it takes. First, his company donated \$250,000 to Gagnon Cardiovascular Institute for an expansion that will add two floors that can’t come soon enough. Gagnon occupancy rates reach 99 percent nearly every day.

The fast-paced changes in healthcare require education for everyone. Once again, Mr. Adeo was *all in* by helping others get up to speed. He opened his doors at 305 Madison Avenue to host an Executive Health Forum, *Transformations in Health Care*, that brought 25 business leaders together on October 10, 2018. Kevin Joyce, vice president of Insurance Networks at Atlantic Health System, spoke about how Atlantic controls its health benefit costs while enhancing care for its workforce.

“We’re pleased when an executive like Mr. Adeo steps up and offers his company’s resources, talent and hospitality for the greater good,” says Bonnie Gannon, director of corporate and foundation relations at the Foundation for Morristown Medical Center.



THE COMFORT OF COMMUNITY

On the first anniversary of Tzipi’s Bikur Cholim room – a respite for those of the Jewish faith that offers kosher coffee, fresh challah and candles set for weekly Sabbath – the only complaint is that the cozy space needs a bigger garbage can. Hospital chaplain Pearl Lebovic knows this observation is actually a compliment. “It means we have a lot of traffic,” she says.

Made possible by a donation from Ms. Lebovic and her family, the room honors her late aunt, Tziporah Hirsch. A legacy of hospitality and faith in God is what Mrs. Lebovic remembers most about her Aunt Tzipi, a Holocaust survivor who personified bikur cholim by baking challah well into her 70s for the sick and elderly in her Brooklyn neighborhood.

“Many Jewish patients will choose a hospital that has a Bikur Cholim room,” says Mrs. Lebovic. “We are happy to put Morristown on the map.”

Pictured above: Chaplains Henry and Pearl Lebovic



WE’RE GOLDEN

Magnetic leaders improving patient outcomes by using innovative technology – that describes six nurses who received this year’s Ben Lobel Award for Excellence in Clinical Nursing in Honor of Grant V.S. Parr, MD.

The award was started 19 years ago to honor Mr. Lobel’s cardiac surgeon. “My husband lived many years free from heart disease after being treated by Dr. Parr,” says Gail Lobel. “The nursing care during his treatment was wonderful. He wanted to give back.”

Mrs. Lobel and the couple’s son, Rob Lobel, make gifts to support the award every year. Since its inception, 102 nurses have been honored.

Pictured above, this year’s winners: (l-r) Marilyn Albanese, RN, Natalie Reyes, RN, Chrystal Disant, RN, Ashley Zarella, RN, Clare Grabinski, RN and Abbey McClain, RN.

FIGHTING BACK

Last year, 1,000 New Jersey residents lost their fight to pancreatic cancer. Angela Alistar, MD, medical director of GI/Pancreatic Medical Oncology at the Carol G. Simon Cancer Center, wants to slash that toll with the help of a fully funded research associate. This position was made possible through the generosity of MetLife Foundation, Barbara Hightower, Deborah Hanson, the Sutcliffe Foundation, Martin Gross, Kenneth P. Berkowitz Family Foundation and the Jo-Ann Danzis Foundation.

"It's a wonderful burden to be a caregiver for cancer patients right now," says Dr. Alistar. The team will lead a three-year study to examine the characteristics of gut bacteria and its relationship to the survival of pancreatic cancer.



MINI-GRANT

After learning about essential oils at a hospital-based class, Renee Trambert, RN, nurse at the Carol W. and Julius A. Rippel Breast Center, had a hunch that aromatherapy could reduce anxiety in patients during image-guided breast biopsies. She was right.

A \$2,500 Foundation mini-grant let Ms. Trambert put her theory to the test. A research study of 87 patients at the Rippel Breast Center found lower stress levels in patients who used the lavender and sandalwood tabs mounted to their clothing before undergoing biopsy procedures. "The sky is the limit on how nurses can make a difference in improving patient care," she says.

The study is getting attention. Ms. Trambert shared her findings at the American Nurses Credentialing Center Magnet® conference in Atlanta, and her research was featured in *Worldviews of Evidence-based Nursing* and on the National Institute of Health's website. As a result of her hard work, select patients are now offered aromatherapy.

WE MADE THE LIST!

The Foundation for Morristown Medical Center was recently recognized as a High-Performer by the Association for Healthcare Philanthropy (AHP) and was included in its 2018 High Performer's list. Achieving High-Performer status places the Foundation in the top 25 percent of healthcare institutions surveyed, based on net philanthropic income for 2017.

"This is wonderful recognition from our international professional association," said Jim Quinn, chief development officer for the Foundation. "It speaks to the generosity of our community, the national reputation of our medical center and the hard work and collaboration among our staff, our Foundation board, our medical and nursing staffs, our administration and our Women's Association."

AHP represents nearly 4,500 development professionals at 2,200 nonprofit hospitals, medical centers and health systems worldwide.



VALIANT VOICES

They leave fearless and strong, but often return anxious and withdrawn. The statistics are staggering – one in five returning veterans suffer from post-traumatic stress disorder (PTSD). *The Many Voices of Post-Traumatic Stress Disorder* conference held on Oct. 30, 2018, was made possible by a \$6,411 gift from the Anne J. Caudal Trust.

More than 80 attendees, including veterans and their families, caregivers and clinicians, listened as panelists shared their personal traumas, resilience and hope in their journey toward healing.

Sponsored by the True North Program at Atlantic Health System (AHS), this first-ever gathering began to break the shame associated with PTSD. "Our mission is to provide support for this at-risk population," says Geri Moss, LPC, a licensed clinician with AHS.

Bottom row (l-r): Retired Captain Cherissa Jackson, speaker; Maura Glynn, caregiver of a veteran with PTSD; Veteran Sarah Jane, speaker; Christian Benedetto, Jr., presentation panel leader and founder and editor of PTSD Journal

Top row (l-r): Veronica Thomas, EdD, Manager, Atlantic Behavioral Health (ABH) at MMC; John Lynch, LCSW, ABH clinician; Geraldine (Geri) Moss, ABH clinician and Rainier (Ray) Centeno, PhD, LPC, coordinator ABH, Morristown Outpatient Programs

LEGACY *giving*



Cynthia O'Donnell, JD,
director of gift planning

Civic-Minded Legend Leaves Generous Trust to Gagnon

Q & A



Will Rooke and Payne, his great-granddaughter

Whether it was his 4:45am workouts, casting a fishing rod or navigating his private plane, the late William "Will" Withington Rooke brought a heavy dose of gusto to all his daily tasks. An accomplished businessman, Mr. Rooke thrived in his career as a stockbroker for Merrill Lynch and member of the New York Stock Exchange. He still found time to volunteer on the hospital board, with five years at the helm as chairman.

His affection for Morristown Medical Center (MMC) was

evident in his devotion to the board and his diligence with keeping abreast of the ever-changing trends in medicine and health care delivery. In the end, he made sure a \$345,000 trust was placed in his estate for Gagnon Cardiovascular Institute.

Well-versed in issues regarding health care, Mr. Rooke navigated MMC through 30 years of growth and change, well into the '90s. "He saw the hospital through various challenges during those decades on the board," says his son, Andy Rooke. The senior Rooke also found time to volunteer in his hometown of New Vernon as the head of Civil Defense with Emergency Medical Services. His wife, the late Anastasia Rooke, played an integral part in the first Mansion in May through the Women's Association for MMC.

"They touched a lot of different lives," recalls Andy Rooke. "They were on boards all over the place. That's what they gave their time to, it was important to them." Thanks to Mr. Rooke's foresight in establishing a trust, he ensured that his support of Gagnon Cardiovascular Institute would continue as his legacy for many more decades.

Why are Donor Advised Funds (DAFs) the fastest-growing charitable giving vehicle in the U.S. today?

DAFs are easy to set up and administer at low cost, providing an immediate charitable contribution deduction at the time of funding.

Beginning in 2018, the new tax law almost doubles the standard deduction, which means the tax benefit from annual donations may be reduced or eliminated. DAFs allow donors to bunch their deduction into a single year, thereby maximizing the tax benefit.

A Legacy of Love

Honorable is the word that comes to mind when Doug Stahl remembers his dad, the late Donald C. Stahl, MD. "He always tried to do right by everyone," he says.

Dr. Stahl showed this same spirit of honor when leaving a \$15,000 bequest earmarked to the Carol G. Simon Cancer Center. The gift pays homage to his wife, Amy, who dedicated 11 years of her nursing career at Morristown to the Simon Cancer Center. Then Mrs. Stahl became a patient at the cancer center and was thankful for the wonderful care she received.

The late Dr. Stahl practiced at Morristown for 30 years and served as president of its Medical Staff and chairman of the Department of Orthopedic Surgery. "He was really proud of his career – especially his leadership roles," says Mr. Stahl.

At the 25th Annual Brookfield Legacy Society Luncheon, Missak Haigentz, Jr., MD, presented Cancer Care: Making a Difference in Our Community at the Morris County Golf Club on October 11, 2018.

(l-r) Dr. Haigentz; Dr. Marcella Fornari, Director of Oncology Service Line Lydia Nadeau, RN, MBA, and Brookfield Legacy Society Chair Bill Bruen



Sal Benedetto Photography



PATIENT SPOTLIGHT

MICHAEL EATON

Michael and Christine Eaton

Michael Eaton loves manning the outfield for his baseball team, eating tons of pizza, playing video games with friends and of course, teasing his three older sisters – he's a sixth-grade boy, after all. What's not typical about this 12-year-old? The extraordinary health challenges he has faced, including 12 surgeries and counting.

Born with Goldenhar Syndrome, Michael has a congenital disability that involves deformities of the face, dental problems and spinal cord malformations. His string of operations began his first month of life when doctors placed a gastrostomy tube into his stomach. He has been back and forth as a patient at Goryeb Children's Hospital (GCH) ever since.

"It's very hard," says Christine Eaton, Michael's mom. "He gets anxious before every operation, but he's pushing through. He's stronger than anyone I know."

When other babies were teething and starting to crawl, Michael got a tracheostomy because of his unusually small airway, common in children born with this syndrome. After that, came tethered spinal cord release surgery at age two.

GCH's Craniofacial Center is in many ways Michael's home-away-from-home. Gregg Jacob, DMD, an oral and maxillofacial surgeon at the center, recently finished a procedure on Michael's jaw bone. Dr. Jacob and his colleagues take a team approach to evaluate and treat patients with a wide variety of congenital or acquired craniofacial conditions. The entire staff at Goryeb helped Michael and his family through his many procedures.

"They're very patient-oriented," says Mrs. Eaton. "Whenever Michael is there, they are focused on him. It's a great feeling. I know he's in good hands, and I don't have to worry."

Even with the more complicated operations, like the brain stem decompression surgery last year, Dr. Jacob recognizes how Mrs. Eaton's positive attitude makes a difference. "She's always very supportive of him," says Dr. Jacob. "She has been stellar. Michael's lucky to have her."

The 36-year-old single mother of four seems to finesse each of Michael's challenges with comfort and encouragement. Because Michael's left ear was missing at birth, surgeons constructed one while he was in elementary school. At the same time, he had a deep-cleaning dental procedure at the hospital's Leonard Szerlip Dental Center. Because Michael couldn't open his mouth wide enough to properly brush, the dentist pulled nine baby teeth due to decay. "Let's just say he had a very big visit from the tooth fairy that night," says Mrs. Eaton.

Boosting Michael for his bravery and spunk is also second nature for Mrs. Eaton. The ongoing medical procedures are difficult, especially now that he's in seventh grade and wants to hang with friends and play sports. His last major surgery this past spring sidelined him from baseball.

"He was sad, but in typical Michael style, he rebounded quickly," says Mrs. Eaton. "He asked if he could go to the games to cheer for his teammates."

To learn more about Goryeb and the Craniofacial Center, contact Gerri Kling, major gifts officer, at 973-593-2414 or geraldine.kling@atlantichealth.org.

here's a sampling of our FUNDING PRIORITIES

CONSOLATION AND COMFORT

PALLIATIVE CARE

Outpatient Palliative Care Program | \$306,000

Atlantic Health System's new Outpatient Specialized Palliative Care Program is a phased-plan that will embed a palliative team in two Atlantic Medical Group (AMG) practices. The team will see high-risk, medically complex patients referred for outpatient palliative services. They will also travel to various AMG practices to treat patients. The long-term goal is to expand the program system-wide and to help patients with complex and serious illnesses receive the expert symptom-management and support they need to achieve their highest quality of life. This initiative is the first system-wide fundraising effort for Atlantic Health System (AHS) and reflects its mission to make the communities it serves the healthiest in the nation. Five AHS medical center foundations are partnering to raise philanthropy to support the first three years of the project.

HEALING WITH HORSES

HIPPOTHERAPY PROGRAM

Child Development and Autism Center | \$91,000

A horse's natural gait has many hidden benefits. Equine movement has been found to create neurological changes in the brain of the horseback rider. Hippotherapy (HT) is used by physical, occupational and speech therapists to treat a range of conditions, including physical and developmental disabilities to language disorders, sensory processing disorders and autism. For children with special needs, HT can be part of a complete treatment program to improve health. Hippotherapy uses horses to bond with a child to boost neuromuscular and sensory abilities. Children can explore textures while grooming the animals. Speech and language skills come into play when children give commands.

HEALTHY MOM = HEALTHY BABY

WOMEN'S HEALTH

Diabetes in Pregnancy Program | \$125,000

Diabetes that develops during pregnancy is called Gestational Diabetes, a condition in which a pregnant woman without previous diabetes develops high-blood sugar levels. Gestational diabetes can affect the health of both the mother and fetus. All pregnant women without a history of diabetes are tested during their pregnancy. Studies have shown that special treatment for diabetes in pregnancy leads to reduction in serious newborn complications and reduced rates of complications for the mother (see pages 2&3).

THE POWER OF PETS

PET THERAPY

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

Animal-assisted therapy (pet 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 a positive attitude and relieves the loneliness and homesickness of a hospital stay. 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 provide nearly 2,000 visits each year, 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.

BRAND NEW BRILLIANCE

THE CENTER FOR NURSING INNOVATION AND RESEARCH

3-D Printer | \$23,530

At the Center for Nursing Innovation and Research, nurses exchange ideas and develop solutions to existing or emerging health concerns to improve clinical outcomes for patients and their families. Securing a 3-D Printer will facilitate the creation of new designs. The printer will allow nurses to translate innovative ideas into actual objects.

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

Memorial Wall Dedication

More than 150 family members and friends of departed loved ones gathered at Rooke Plaza on Sept. 13, 2018, for the annual Memorial Wall Dedication. The names of those honored with a memorial gift to the hospital are displayed annually on the Memorial Wall, which is open year-round to the public.

Media Services



Nicole Streger, Mayo Performing Arts Center soloist



Morristown Medical Center President Trish O'Keefe welcomes gathered guests

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