

# In Good Health

A publication of **Community Medical Center**



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Barry H. Ostrowsky  
President and CEO  
RWJBarnabas Health

# Dear Friends,

## **2016 has certainly been a milestone year.**

Recently, Barnabas Health announced the merger with Robert Wood Johnson Health System to form RWJBarnabas Health - the most comprehensive health system in the state, and the 15th largest in the nation. Our statewide network will provide a tremendous opportunity for greater, more convenient access to high quality care by building upon our already strong network of physicians, outpatient centers and hospitals throughout the state.

Patient care will be more coordinated and will benefit from our commitment to the development of the most advanced, culturally competent services, as well as expanded access to cutting-edge clinical trials. We will also be in a better position to attract, retain and train the finest national and international health care experts.

Together, we'll build a healthier community for Toms River and all of New Jersey.

We look forward to telling you more about this exciting partnership. Read more about the merger in this issue.

We wish you good health.



Michael Mimoso, MHA, FACHE  
President and CEO  
Community Medical Center

## **Community Medical Center Welcomes Michael Mimoso, MHA, FACHE as President and CEO**

Michael Mimoso, MHA, FACHE, recently assumed the position of Community Medical Center's President and Chief Executive Officer, providing strategic direction and daily oversight to the hospital.

Mr. Mimoso is no stranger to Barnabas Health. He worked as President and CEO of Monmouth Medical Center, Southern Campus for four years, where he developed and executed the strategy to merge clinical programming of Kimball Medical Center with Monmouth Medical Center. Earlier in his career, Mr. Mimoso served as Vice President of Operations for Kimball Medical Center, where he was responsible for opening the women's diagnostic center and implementing patient satisfaction initiatives.

Mr. Mimoso has served in a variety of executive positions at some of the leading health care organizations in the country,

including Robert Wood Johnson University Hospital, New Brunswick, NJ; Health Quest Systems, Inc., Poughkeepsie, NY; and Northern Dutchess Hospital, Rhinebeck, NY.

His areas of expertise include strategic planning and execution, employee and community relations and physician recruitment and relations.

"We are pleased that Michael has taken on this role after such a strong history with Barnabas Health," says Barry Ostrowsky, President and Chief Executive Officer of RWJBarnabas Health. "He brings a wealth of experience that will benefit Community Medical Center and the people it serves."

Mr. Mimoso received a Bachelor of Science in Health Services Administration at Providence College, a Master of Science in Health Services Administration at The George Washington University and has been a Fellow of the American College of Healthcare Executives for nearly a decade. Throughout his professional career, he has remained steadily involved in the community by serving on many boards.

# RWJBarnabas Health

## New Jersey's Most Comprehensive Health System



*Barry H. Ostrowsky, President and Chief Executive Officer, RWJBarnabas Health and Stephen K. Jones, Chief Academic Officer, RWJBarnabas Health.*

**Barnabas Health** and **Robert Wood Johnson Health System** announced in April the completion of the merger of our two health systems to form the most comprehensive health system in the state of New Jersey and the 15th largest in the nation – RWJBarnabas Health. The partnership creates a new organization that will reach approximately 5 million people – more than half of the state's population.

### As one health system, RWJBarnabas Health will:

- Improve the overall health of our populations;
- Continuously advance the quality of care we provide;
- Collaborate with physicians for a closely coordinated continuum of care;
- Contribute to local, regional and state economies by remaining a major employer in our communities;
- Focus on the well-being of the diverse communities we serve with a commitment to high quality, culturally competent care; and
- Foster and support a mission of academic excellence, including a commitment to research and medical education.

"Barnabas Health and Robert Wood Johnson Health System share many attributes – depth of quality clinical services, skilled and dedicated clinicians, a legacy of teaching, a commitment to partnering with the diverse

communities we serve, a responsibility as major contributors to our economy and so much more," said Barry H. Ostrowsky, RWJBarnabas Health's President and Chief Executive Officer.

The new system will train more than 1,000 residents and interns annually and embrace the mission of academic medicine, which includes quality clinical care, joined with groundbreaking research and a commitment to medical education.

Through coordination of existing academic and teaching medical centers and numerous community hospitals, RWJBarnabas Health will continue to attract and retain the finest health care professionals and physicians, and be better prepared to strengthen the health of our state's diverse populations.

"Both Barnabas Health and Robert Wood Johnson Health System have a shared commitment to advancing medical education in our state," said Stephen K. Jones, Chief Academic Officer, RWJBarnabas Health.

RWJBarnabas Health is New Jersey's second largest private employer – with more than 32,000 employees, 9,000 physicians, and 1,000 residents and interns. The health systems contributed a combined total of over \$550 million in community benefit services annually. These investments support charity care, food pantries, community gardens, patient education, outreach and engagement programs and programs with schools and religious groups to keep people healthy and promote wellness.

"By working together, we know we can combat disease and promote wellness in our region – truly making our communities healthier," said Mr. Ostrowsky. "We will be working every day – with your help – to ensure that our vision becomes New Jersey's reality."

For more information, visit [www.rwjbhinfo.org](http://www.rwjbhinfo.org)

**RWJBarnabas**  
**HEALTH**

Let's be healthy together.





## Two Sets of Twin Boys Equal Double the Fun for Local Family

Imagine giving birth to one set of twin boys. Then, imagine giving birth to a second set of twin boys less than three years later.

Kaitlyn and Jason Prior did just that. The Bayville couple doubled the number of their children – from two to four – on February 11 when they welcomed their second set of twins Colton and Dallas. The first set of twins – Aiden and Brayden – were born in 2013.

**Twins** are part of Kaitlyn and Jason's DNA; they have nine sets of twins in their extended families. Both sets of the Prior twins were conceived naturally. Studies show that the chance of having a second set without fertility is about 1-in-3,000.

Despite the family history, Kaitlyn didn't think she would have twins again, but her husband did. When Kaitlyn first learned this was the case, she had a million thoughts racing through her head. "At first, I was overwhelmed and I wondered how I was going to be a mom to four kids under 3-years-old especially since I planned on returning to work as a special education teacher. But then, I realized that you're only given what you can handle and I knew it would all work out."

Prior to her recent delivery, Kaitlyn was in pre-term labor five times and eventually delivered Colton and Dallas via C-section at 38-weeks. Coincidentally, both sets of twins were delivered by the same doctor and labor and delivery nurse at Community Medical Center.

Amadi Rezai, M.D., a board-certified OB/GYN with Barnabas Health Medical Group, who delivered both sets of twins, has been practicing obstetrics for 16 years and says Kaitlyn is his only patient who has had two pregnancies and four babies. "Twins are more common with IVF and ART, but Kaitlyn's babies were conceived naturally," says Dr. Rezai. "The interesting part is that if these twins are identical, then the incidence is one in tens of thousands but if the new twins are fraternal, then the incidence is one in roughly 3,000. Because these twins had their own placentas and amniotic sacs and are the same gender, the only way to tell is through genetic testing."

"I can't say enough good things about my doctors and the entire staff – they were amazing. The nurses were phenomenal. They were caring and supportive and helped keep me calm," says Kaitlyn. "I would absolutely recommend Community Medical Center to any expectant mom."

While things are super busy at the Prior household, Kaitlyn is grateful for the hands-on help she gets from her mother and mother-in-law who live nearby. Aiden, Brayden and "Diesel," – a 6-pound teacup Yorkie – are adjusting well to the changes in the household and really like their new brothers.

"When we first got home, it was a lot to take in," admits Kaitlyn. "We love our new life with our four boys – we're so happy."



Amadi Rezai, M.D.,  
Department, Obstetrics/Gynecology

# Safety and Comfort Enhanced for Breast Cancer Patients

## Advanced Technology Limits Exposure to Heart and Lungs

Patients with early-stage breast cancer who require whole breast radiation to eliminate tumors have traditionally been treated in the supine position, face-up.

To reduce unwanted radiation exposure to nearby organs and tissues, particularly the heart and lungs, Community Medical Center has introduced prone breast radiation therapy — new cancer fighting technology that treats breast cancer in the prone position, or face down.

The Pivotal™ Prone Breast Care System by Varian Medical Systems positions patients on a comfortable, specially designed table that frees the breast from the body so that it can be more easily isolated for radiation treatment. In addition to sparing organs and the skin from damage, the radiation in prone breast therapy is distributed more evenly, consistently and accurately.

"We are using prone position radiation therapy in tandem with other technologies such as IGRT (Image Guided Radiation Technology) and 3-D that allow us to shape and target radiation more precisely," says Rajesh Iyer, M.D., Board Certified Radiation Oncologist and Chair, Department of Radiation Oncology. "By sparing healthy tissue from radiation, we can reduce side effects and help patients get through their treatments without any disruptions."

The heart is especially vulnerable to radiation damage when the left breast

is treated because of its close proximity — and can be at risk for future disease. The prone breast position is most often used when radiating left breast cancer, although it can be used for treatment in both left and right breast cancer patients.

Dr. Iyer notes that some women, especially those with large breasts, experience skin fold issues when undergoing radiation face up. "The side effects can be so painful that the treatment schedule may be disrupted. Through prone breast radiation, we can eliminate the skin fold and associated side effects," says Dr. Iyer. Prone breast radiation therapy has been found to be especially useful for women with large breasts, although there are some patients for whom this approach may not be appropriate, such as those requiring lymph node radiation therapy. Other factors such as tumor location and internal organ structure must be considered when deciding whether to use the prone or supine position.

For more information on the J. Phillip Citta Regional Cancer Center, visit [cmccancer.org](http://cmccancer.org) or call **732.557.8148**.



Rajesh Iyer, M.D.,  
Chair, Department of  
Radiation Oncology

## About The J. Phillip Citta Regional Cancer Center

Community Medical Center offers a comprehensive array of services including advanced cancer care in the J. Phillip Citta Regional Cancer Center. The Cancer Center offers a full continuum of preventive, diagnostic, therapeutic and support services in an inpatient and outpatient setting. The center offers state-of-the-art technology including a Rapid Arc Linear Accelerator, Cyberknife, Infusion Center and access to clinical research trials. Our oncology program is the recipient of the Outstanding Achievement Award from the Commission on Cancer of The American College of Surgeons and is one of only two hospitals in New Jersey and one of 75 in the nation to receive this prestigious designation.

The J. Phillip Citta Regional Cancer Center takes a holistic approach to cancer care and offers patient navigators to assist patients and their families, including Breast Cancer, Lung Cancer, Survivorship and American Cancer Society navigators. In partnership with the American Cancer Society, the Inspiration Boutique offers a free wig clinic to patients undergoing treatment, reiki therapy and access to other complementary therapies and education programs.



# Physicians of Distinction

## Award Recipients Honored

Continuing its tradition of recognizing physicians for their outstanding service and commitment, Community Medical Center Foundation recently named three outstanding board certified physicians as “Physicians of Distinction” award recipients. Medhat El-Kharboutly, M.D., an emergency department physician; Mark Kasper, M.D., an orthopedist; and Isabel Guerrero, M.D., an epidemiologist, were honored at the Foundation’s annual Winter Holiday Ball held at Eagle Oaks Country Club.

“We’re pleased to give special recognition to our highly skilled physicians who work tirelessly to provide Ocean County residents with the highest possible level of care,” says Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center.



**According to Russell Harrell, M.D.,** president, Community Medical Center Medical Staff, “Over the years, Drs. El-Kharboutly, Kasper and Guerrero have

demonstrated their passion and commitment to helping Ocean County residents lead healthier lives – their award is well deserved.”

The Physicians of Distinction selection committee includes prior award recipients Elena Buenviaje, M.D., Internal Medicine; Antoine Chaker, M.D., Otolaryngology; Gerald Ferencz, M.D., Neurology; Richard Hartwell, M.D., Neurosurgery; Yesh Nayak, M.D., Pulmonology; James Pasquariello, M.D., Cardiology; John Pino, D.O., Family Practice; Elmo Samuel, M.D., Orthopedics; Michael Spedick, M.D., Ophthalmology and Renato Ynaya, M.D., Cardiology. Additional committee members are Lewis Wetstein, M.D., thoracic surgery; Angela Clute; and Board of Trustee members Jerry Boisseau and Peter Van Dyke.



**Dr. El-Kharboutly** is a Board certified Emergency Medicine physician who has been on staff at Community Medical Center for over 40 years. In 1993, he served as the hospital’s Chairman of Emergency Medicine. He is also a physician with Toms River-based Emergency Medical Associates. Dr. El-Kharboutly is a diplomate of the American Board of Internal Medicine

and the American Board of Emergency Medicine. Fellowship-trained in cardiology, he received his medical degree, diploma of internal medicine and doctorate in internal medicine at Faculty of Medicine Cairo University and completed an internal medicine residency at Cairo University hospitals.



**Dr. Guerrero** has been a member of Community Medical Center’s Medical staff since 1985, serving as a Hospital Epidemiologist and Antibiotic Steward, and Infectious Disease Consultant. Board certified in Internal Medicine, Dr. Guerrero is also the medical director for the Ocean County HIV Clinic. As a medical epidemiologist, Dr. Guerrero traveled

around the world investigating infectious disease epidemics and was in the forefront of the investigation of the first cases of AIDS. She was assigned to the New Jersey State Health Department to initiate an AIDS surveillance program and performed grand rounds at various hospitals, including Community Medical Center. Dr. Guerrero earned her medical degree from the University of the Philippines Medical School and completed her residency in internal medicine at D.C. General Hospital in Washington DC, where she served as chief resident. She completed her fellowship in infectious disease at the University of Pennsylvania.



**Dr. Kasper** is a Board certified Orthopedic surgeon at Ocean Orthopedic Associates in Toms River and a consulting physician. A member of Community Medical Center’s staff since 1986 and its President in 2009-2010, Dr. Kasper has served the hospital in many capacities. He’s past Chairman of the Department of Orthopedics and the Medical Staff’s Quality Committee and

a past member of the Performance Improvement Council. Dr. Kasper has also served as a member of Community Medical Center’s Board of Trustees. In 2014, he received the Patient’s Choice Award and Compassionate Doctor Recognition. Dr. Kasper received his medical degree from Temple University’s School of Medicine, and completed his residency in surgery at Louisiana State University School of Medicine in New Orleans and his residency in orthopedic surgery at Georgetown University.

# Community Medical Center Awarded Re-certifications from Renowned Independent Agencies



## Nationally renowned independent agencies have once again awarded Community Medical Center re-certifications in key clinical areas.

Community Medical Center earned **The Joint Commission's Gold Seal of Approval®** by demonstrating compliance with its national standards for health care quality and safety in six areas: Stroke, Acute Coronary Syndrome, Heart Failure, Cardiac Rehabilitation and Total Joint Replacement Knee and Total Joint Replacement Hip.

The Joint Commission's Gold Seal of Approval® was awarded after CMC underwent a rigorous, voluntary onsite survey process through the Disease-Specific Certification program. During the reviews, Joint Commission expert surveyors evaluated a number of areas and conducted on-site observations and interviews.

Community Medical Center's **Center for Sleep Disorders** received its ninth re-accreditation from the **American Academy of Sleep Medicine (AASM)**. AASM Accreditation of Sleep Disorders Centers is a voluntary process for the assessment of sleep programs. The Center treats sleep disorders such as insomnia, disruptive snoring, obstructive sleep apnea, narcolepsy and restless leg syndrome, offering sleep studies on site or in the comfort of patient's homes.

*"Earning re-certification from these prestigious third-party agencies demonstrates our ongoing commitment to continuously raising the bar and providing exceptional care to our patients."*

— Michael Mimoso,  
MHSA, FACHE, President  
and Chief Executive Officer,  
Community Medical Center.

**The National Association of Epilepsy Centers (NAEC)** has reaccruited Community Medical Center's **Epilepsy Program at the Jay and Linda Grunin Neuroscience Institute** as a Level 3 Epilepsy Center. Level 3 epilepsy centers have the professional expertise and facilities to provide the highest-level medical evaluation and treatment for patients with complex epilepsy. The program treats children, adolescents and adults, and provides access to world-class technology to diagnose and treat seizure disorders, including video-EEG.

The **J. Phillip Citta Regional Cancer Center** is also the recent recipient of the **Commission on Cancer of The American College of Surgeons' Outstanding Achievement Award**. It's one of only two hospitals in NJ and one of 75 in the nation to receive this prestigious designation.

For more information on Community Medical Center's awards and accreditations, visit [barnabashealth.org/About-Us/Awards-and-Accreditations](http://barnabashealth.org/About-Us/Awards-and-Accreditations).

An illustration of the human digestive system, specifically the large intestine (colon), rendered in a translucent blue color. The colon is shown in its characteristic S-shape. On the right side of the image, there is a cluster of red, bumpy, polypoid growths attached to the inner lining of the colon, representing colorectal cancer or precancerous polyps. The background is dark, making the blue and red elements stand out.

# Q&A

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## Colorectal Cancer: Preventable, Treatable, Beatable

Excluding skin cancers, colorectal cancer – a cancer that starts in the colon or the rectum - is the third most common cancer diagnosed in both men and women in the United States. This year alone, there will be an estimated 95,270 new cases of colon cancer and 39,220 new cases of rectal cancer, according to the American Cancer Society. Despite these sobering statistics, colorectal cancer is preventable, treatable and beatable.

Paul J. DeMartino, MD, FACG, attending Board certified gastroenterologist/hepatologist at Community Medical Center and Chair of the hospital's Colorectal Cancer Awareness Fair for 12 consecutive years, is committed to raise awareness about colorectal cancer and the importance of early colonoscopy screenings. Dr. DeMartino answers a few common questions about colorectal cancer screening.



**Q: What should people know about colorectal cancer?**

A: Colorectal cancer is generally asymptomatic, so people may have the disease without even knowing it. This is why colon screening is absolutely critical. Early detection and intervention can reduce mortality by up to 90 percent. It's one of the most preventable and curable cancers when detected early. By increasing public awareness and speaking out, we can drive more and more people to get screened and fight back against colorectal cancer.

**Q: What is a colonoscopy and why is it important?**

A: A colonoscopy is the gold standard in screening to detect colorectal cancer or precancerous polyps in people who have no symptoms of the disease. Screening can also prevent colorectal cancer by finding and removing polyps before they turn into cancer. A colonoscopy enables doctors to see inside the entire colon and rectum to search for polyps or any other early signs of cancer. Using a thin, flexible tube with a tiny camera on the end, the doctor views the internal images on a TV screen. The exam takes roughly 30 minutes and patients are required to prep the night before by taking liquid or tablet laxatives.

**Q: Who should get screened and when?**

A: Typically, adults should begin screening at age 50. However, there are many different risk factors that require screenings more frequently or at an earlier age, including: prior colon polyps, family history of colorectal cancer, women with ovarian, uterine or breast cancer and individuals with inflammatory bowel disease. Be sure to discuss your personal risks with your doctor to determine when you should get screened.



## Eat Right to Improve Colon Health

What you eat is incredibly important to your colon and the rest of your gastrointestinal tract. A healthy diet can lower your risk of developing colon polyps, colon cancer and inflammatory bowel diseases.

**Increase fiber.** Whole grains, fruits and vegetables will up your fiber intake and protect your colon against cancer and other diseases.

**Decrease saturated fat.** Red meat is high in saturated fat and has been linked to increased rates of colon cancer.

**Increase unsaturated fats.** Fish and plant-based oils contain omega-3 fatty acids and other unsaturated fats, which improve cell health and can decrease colon cancer risk by 12 percent.

**Limit alcohol.** Excessive drinking can irritate the digestive tract and liver.

To learn more about how to eat healthy to improve colon health, talk to your health care provider or contact the Outpatient Nutrition Counseling Department at Community Medical Center at 732.557.8000 ext. 11484.

For a referral to a gastroenterologist, call 1 888.724.7123.

**Q: What are symptoms of colorectal cancer?**

A: While most people don't experience symptoms, some people may experience bleeding, abdominal pain, changes in bowel movements, unintentional weight loss, anemia and changes in appetite. But, don't wait for symptoms – get screened!

**Q: What is the 80% by 2018 initiative?**

A: The American Cancer Society, the Centers for Disease Control and Prevention and the members of the National Colorectal Cancer Roundtable have created a national initiative designed to increase colorectal screening rates to 80 percent by 2018. Thanks to screening, over the last 10 years, colorectal cancer incidence rates have dropped 30 percent in the U.S. among adults 50 and older. However,

23 million Americans between the ages of 50 and 75 are not being screened. In New Jersey, only 55 to 60 percent of eligible residents get screened. We need to change that to ensure people are benefitting equally from this life-saving technology.

**Q: Why don't more people get screened for colon cancer?**

A: Most people avoid getting a colonoscopy because they feel awkward, embarrassed or uncomfortable. With respect to those feelings, the positives clearly outweigh the negatives.



Paul J. DeMartino, MD, FACG  
Gastroenterologist/  
Hepatologist

## Did you Know?

The New Jersey Cancer Education and Early Detection Program (NJCEED) provides cancer screenings, breast, cervical, prostate and colorectal screenings to residents who are uninsured and meet income eligibility guidelines. Through the program, a take home fecal immunochemical test (FIT) - a screening test for colon cancer that tests for hidden blood in the stool - is provided to individuals and results are processed at the Community Medical Center Lab. Individuals with positive results, a family history or are experiencing symptoms such as bleeding, are referred to a gastroenterologist for further evaluation. For more information, call 732.557.3202.

# Providing Kids with a Whim

Commanding the attention of 150 third graders is no easy task – especially when the topic is healthy eating.

In this spirit, “The Whimsical Foodtastic Fun Tour – Children’s Nutritional School Assembly” was born. This interactive, in-school program was designed to help children in kindergarten through 3rd grades learn about healthy eating decisions and the benefits of exercise in a fun, high-energy way.

The assembly is based on the award-winning nutritional video written and produced by Community Medical Center’s Administrative Director of Hospitality Services and Certified Executive Chef Thomas Yanisko entitled “What You Eat...It’s Up To You.” Chef Tom is a certified culinary administrator and a member of the American Academy of Chefs through the American Culinary Federation.

“Community Medical Center is one of the largest employers in Ocean County, so I think we have a responsibility to give back,” says Chef Tom. “I wanted to capitalize on my role as a chef to influence young children about making healthy eating choices. Plus, nutritional education should be fun and presented in the right way so children can retain the information.”

This healthy eating initiative takes advantage of the popularity of chefs with children and leverages that relationship into the Whimsical Foodtastic Fun Tour experience. From the second Chef Tom rolls into the cafeteria on his shopping cart, children become attentive since they never know what is going to happen next. Catchy songs such as “Grains on my Brain,” “Keep it Lean” and the inspirational song about trying fruits and vegetables “So Mom’s Not Mad,” make the Whimsical Foodtastic Fun Tour a kid favorite.



# Whimsical Look at Nutrition

## Good Chef Bad Chef

Making healthy food choices at each meal can be a challenge, but making learning fun is the key. A show highlight is the “Good Chef Bad Chef” segment where kids learn about decision making with the help of some special friends and test their knowledge when they play “Chef Tom’s “Stop and Think.” During this activity, children choose the best food choices to win special prizes and nutritional snacks. At the end of the game, Chef Tom reminds all the students that it all comes down to making sound nutritional decisions when they eat. He asks the students: Are you a good chef or a bad chef?

While eating is important, so is exercise. When Chef Tom announces that it’s time for a dance competition, students jump to their feet and dance to impress the judges and their classmates.

## Kids Give Tour a Big Thumbs Up

Since its inception in 2012, the Whimsical Foodtastic Fun Tour has performed over 30 assemblies in Ocean County and educated more than 7,000 students. The program received high marks from students and teachers at an assembly at Joseph T. Donahue Elementary School in Barnegat.

“The Whimsical Foodtastic Fun Tour was very entertaining and interactive,” says school Principal Josh Toddings. “Kids get bored when they sit around too much, but this assembly really catered to their needs and kept them engaged.”

Andrew, a third grader, who proclaims to know a lot about good nutrition, says he even learned a few new things



from the tour. “I’m going to try harder to eat right because I want to be a good chef, not a bad chef.” Ashley, another student, says “Instead of ordering pepperoni on a pizza, I’m going to order mushrooms because they are better for me!”



# In Their Own Words... **WHY I WORK HERE**

**Angela Romano, RN,** (Below) has worked as a nurse at Community Medical Center (CMC) since she completed her clinical rotation at the hospital five years ago. “When I was here learning, everyone was so nice and friendly,” says Angela. “CMC has always been such a warm and welcoming environment, from my first day walking through the doors.”

Angela, who always wanted a career where she could help people, decided to pursue her full-time position as an RN at Community Medical Center upon graduation. “Before my clinicals began, I knew what a

great reputation CMC had and I knew I was lucky to be able to do my rotation here,” says Angela. “As soon as I started, I knew that I could learn a lot at CMC, not just as a student, but each day as a full-time RN as well.”

While deciding where she wanted to work after graduation, Angela compared a few hospitals in the area before deciding she wanted to continue at CMC. “Aside from being able to work in such a great environment, there are so many benefits for nurses here.”

During her time at CMC, Angela says she has grown professionally through the tuition reimbursement program and benefits from the wealth of knowledge from her colleagues.

Angela works in tandem with physicians and staff to provide daily assessments for patients and help create daily patient plans. Additionally, Angela also helps patients with testing, medications, dressing changes and coordinates with case managers on a daily basis.

“Working at CMC is truly like working with family,” says Angela. “I’m really happy here - it’s a great place to work.”

**Nicole Powasnick, BSN, RN, CEN** (Upper right) is passionate about being a nurse in Community Medical Center’s Emergency Department.

“I love being an emergency room nurse, and wouldn’t want to work in any other hospital department,” says Nicole, who is the Administrative Director of Patient Care of the department. “It’s rewarding to see patients come in really ill or injured and leave in much better condition.”

Since May 2015 Nicole has been overseeing a team of over 200 staff members that includes nurses, technicians, mental health associates and patient



*“I knew what a great reputation CMC had and I knew I was lucky to be able to do my rotation here.”*

support associates. She is responsible for running day-to-day operations and schedules and ensuring the care of all patients while maintaining safety and quality standards.

The Toms River resident began her career in emergency nursing at another hospital system in 2004. She took the management position at CMC so that she could finally serve in her own community.

"The team here is completely committed to providing the best care to our patients," Nicole says.

The Emergency Department at CMC is one of the busiest in New Jersey, serving well over 200 patients a day in 82 treatment areas, including those dedicated to pediatric and psychiatric patients. In addition, a Fast Track program is in place to assist patients who come in with less complicated health issues.

Nicole, who is certified in emergency nursing, received her bachelor's degree in nursing from Kean University in Union, New Jersey, where she is now working on her master's degree in Clinical Management.

**James Kwarteng**, (Lower right) who started his career at Community Medical Center as a student, knew from his first day that he wanted to be part of the CMC team.

As a radiology technologist, James provides diagnostic imaging procedures, such as X-rays, magnetic resonance imaging (MRI) scans and computed tomography (CT) scans. James works to provide the best quality images to radiologists so they can make accurate diagnoses.

A Toms River resident, James experienced CMC's hospitality from an outsider's perspective before making the choice to pursue his career as a radiology technologist. "My last child was born here, and I remember asking a nurse, "Do you all make everyone feel at home like this?"

"As a full-time employee, I see firsthand how the entire staff goes above and beyond for the patients. We all work as a unit, in tandem with the doctors and other staff to treat patients, never hesitating to lend a hand when needed," says James.

"It's truly a privilege to say I work for Community Medical Center. I loved learning here, and I love working here. I am proud to be part of a team that I can contribute to every day with new knowledge."



*"It's rewarding to see patients come in really ill or injured and leave in much better condition."*



*"I see firsthand how the entire staff goes above and beyond for the patients."*

# New Program Helps Community Stay Healthy

To help keep members of the community as healthy as possible and out of the hospital, Community Medical Center has introduced the Community Outreach Program.


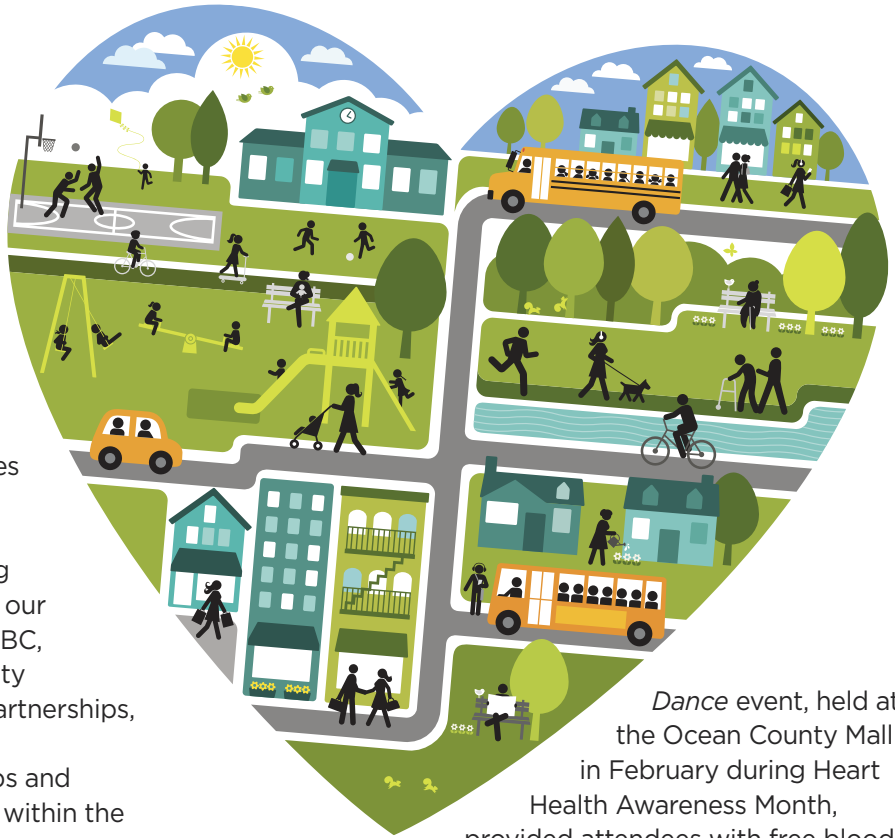
Through this initiative, Community Medical Center works with local agencies and organizations to identify specific health care needs within the community and the best way to deliver health care programs and services. The program features community education programs, health fairs and a speaker's bureau.

“Community Medical Center has a strong commitment to the health and well-being of our community,” says Teri Kubieli, DNP, MSN, NE-BC, Assistant Vice President. “Through community outreach, we seek to establish meaningful partnerships, promoting wellness within the community.”

Since connecting with community groups and understanding the unique health care needs within the community is a critical part of the program's success, program representatives regularly meet with community leaders including educators and members of the clergy. Keri Britske, Community Outreach Manager, says "We recognize that people who are deeply rooted in the community know the health care needs and concerns of community members better than anyone. We defer to them for advice on how best to present health care information as the approach may vary depending on the culture and specific population we're trying to reach."

“It’s important to give people as much information as possible to empower them to take charge of their health,” says the Chair of Department of Medicine, Karambir Dalal, M.D., board certified in internal medicine. “Through the Community Outreach Program, the medical staff at Community Medical Center is able to connect with local residents and help them access care in convenient locations throughout their community.”

The Community Outreach Program offers programs and education for a variety of populations. *The Day of*



Dance event, held at the Ocean County Mall in February during Heart Health Awareness Month, provided attendees with free blood pressure screenings and heart health information. Dance team performances from local high schools, dance groups and adult communities demonstrated the importance of staying active. A Latino Health and Wellbeing Fair featured information and lectures in Spanish. The Community Outreach Program is also partnering with schools to promote concussion and cardiac awareness for athletes.

“The Community Outreach Program is all about building a relationship with our community and promoting health and wellness,” adds Dr. Kubieli.



Karambir Dalal, MD  
Chair, Department of Medicine



# Event Spotlights Good Health for First Responders

When an emergency strikes, first responders jump into action to save lives. To make sure the EMTs we rely on are as healthy as possible, Community Medical Center held a First Responder training. Presented by John A. Merlino, III, D.O., Board certified in Cardiovascular disease and cardiac electrophysiology and attended by dozens of first responders from neighboring towns, the event was designed to explain risk factors for cardiovascular disease and the signs of heart attacks and strokes to these very important team members.

Significant studies show that first responders have higher rates of cardiovascular disease than the general population due to a variety of factors. One of the culprits is high cortisol levels, that over time, negatively impact the cardiovascular system. High cortisol levels result from continual stress and even shift work that is so common for this group. When a first responder goes into action, cortisol levels, heart rate, and blood pressure spike, which can be a deadly combination.

Michael Mimoso, MHSA, FACHE, CMC's President and Chief Executive Officer, complimented first responders for

the important role they play in the success of Community Medical Center.

He noted that on average, 60 ambulances arrive at CMC every day which equates to nearly 22,000 patients a year who are brought to CMC by paramedics and Emergency Medicine teams. "About 25 percent of patients who come to the ED arrive with the help of first responders," says Mr. Mimoso. "We value the important work of our first responders, and want to do everything we can to help them get healthy and stay healthy."

As part of our community outreach, Community Medical Center will continue to support first responders' health and wellbeing through education and other support services.

John A. Merlino, III, D.O.  
Department of  
Medicine/Cardiology



## Here's what our first responders are saying about Community Medical Center:



*"CMC is different from other EDs. We have great interactions with the staff which develops into good relationships. We care about each other and that helps us give patients the best care. We're confident our patients will be taken care of when we bring them to CMC."*

**Robert Leach**, Silverton EMS



*"Many patients ask to be brought to CMC. I do my best in the field to stabilize patients and bring them to the CMC ED team. Once I arrive at CMC, I know the patient is in good hands. I feel confident they will get the best care. Compared to other hospitals, we are spoiled coming to CMC."*

**Christopher Hansson**, EMT,  
Toms River Police Department



*"My experience working with Community Medical Center is really good. All of the staff is very courteous and professional. It's not like they just see us as the middle man - they take the time to say hi and know our names. You can really tell they care and are genuinely nice."*

**Michael Botts**, Brick Township  
Police Department EMS Program

# Community Medical Center

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