

A Publication of  
**NEWARK BETH ISRAEL MEDICAL  
CENTER AND CHILDREN'S  
HOSPITAL OF NEW JERSEY**

Fall 2022

# healthy *together*

**QUALITY  
HEALTHCARE:  
REACHING  
MORE PEOPLE**

**CELEBRATING  
PEDIATRIC  
CANCER  
SURVIVORS**

**TROUBLE-FREE  
HOLIDAY  
EATING**

**HELPING PATIENTS  
NAVIGATE CANCER**



## MESSAGES FROM LEADERSHIP



“Being recognized nationally for excellence is an important validation. That’s why I am delighted that Rutgers Cancer Institute of New Jersey together with RWJBarnabas Health achieved High Performing status in the adult specialty category for cancer in the most recent *U.S. News & World Report* Best Hospitals survey. This demonstrates the extraordinary, multidisciplinary care we provide for our communities, informed by groundbreaking cancer research, scientific leadership and transformational discoveries alongside exceptional patient experience.”

**BARRY H. OSTROWSKY** | Chief Executive Officer, RWJBarnabas Health



“As New Jersey’s largest and leading academic healthcare system, we pride ourselves on providing exceptional care for our communities together with our partners such as Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center. We congratulate Rutgers Cancer Institute on receiving the highest score in New Jersey in the adult specialty category for cancer in *U.S. News & World Report*’s annual Best Hospitals survey. This validates the exceptional level of cancer care we provide across our health system.”

**MARK E. MANIGAN** | President, RWJBarnabas Health



“At Newark Beth Israel Medical Center, we are proud to deliver world-class care and an excellent experience to our patients and their loved ones. This year, we received our fourth consecutive World’s Best Hospital designation from *Newsweek*, our sixth HEI recognition for delivering inclusive care to the LGBTQ community, and we continue to rank among the nations top 15 heart transplant centers. In addition, our weight loss surgery program recently earned national accreditation for meeting the highest patient safety and quality standards. These are just a few of the many awards and recognitions that speak to our commitment to our patients and the communities we serve.”

**DARRELL K. TERRY, SR.** | President and Chief Executive Officer, Newark Beth Israel Medical Center and Children’s Hospital of New Jersey

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## HEALTH NEWS



### METABOLIC AND BARIATRIC SURGERY PROGRAM EARNS NATIONAL ACCREDITATION

NBI’s Metabolic and Bariatric Surgery Program has been accredited as

a Comprehensive Center by the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), for meeting the highest patient safety and quality standards.



### EXCELLENCE AWARD™ DISTINCTIONS IN LABOR AND DELIVERY AND OB/GYN

NBI received two distinctions—the Labor and Delivery Excellence Award™ and the Obstetrics and Gynecology Excellence Award™—from Healthgrades and was recognized as a 5-Star Recipient for C-Section Delivery. The Healthgrades 2022 Women’s Care Awards recognize the top 10 percent of hospitals in the country for clinical excellence in labor and delivery, obstetrics and gynecology and gynecologic surgery.



### GOLD ACHIEVEMENT FOR CARDIAC RESUSCITATION

For the sixth year in a row, NBI has received the American Heart Association’s Get With The Guidelines® Resuscitation Gold Achievement Award for following protocols for patient safety, medical emergency team response, effective and timely resuscitation (CPR) and post-resuscitation care.



### EXCELLENCE IN ELDER CARE

NBI is a NICHE (Nurses Improving Care for Healthsystem Elders) Exemplar Hospital. NICHE

is an international program designed to help hospitals improve the care of older adults. The Exemplar status is the highest of four possible designations, and earning this recognition for over a decade signifies NBI’s ongoing commitment to providing exceptional geriatric care.

# healthy *together* contents

FALL 2022



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# HEART'S CONTENT



**AFTER LIFE-  
SAVING CARDIAC  
SURGERY, A LOCAL  
JAZZ SINGER IS  
BACK WHERE SHE  
BELONGS—  
ON STAGE.**

September 15, 2020, was supposed to have been a special day for then 71-year-old jazz singer Rosalind Grant. It was her brother's birthday and



FREDERIC SARDARI, MD

would end with a jam session in Jersey City, where the Irvington resident would wow the crowd with jazz favorites.

But on the drive home, Grant suddenly got sick and began vomiting

uncontrollably and had to pull over. "At first, I thought it was food poisoning," Grant recalls. She continued to drive but had to stop several more times along the way and felt so ill that she thought about detouring to a hospital along her route. "Something told me to keep going," she says. "I felt like God tapped me on the shoulder and turned me home, closer to Newark Beth Israel Medical Center (NBI). I'm so grateful for that."

Once home, Grant sat down briefly with her son, Kenyon, hoping that the vomiting would subside. But she began





A very grateful Rosalind Grant is once again doing what she loves.

## **"I'M FOREVER GRATEFUL TO GOD, DR. SARDARI AND THE NBI EMERGENCY TEAM."**

*Rosalind Grant, Jazz Singer*

to feel worse, and Kenyon called an ambulance to transport his mother to NBI. Though Grant doesn't remember the trip itself, she does recall that when she arrived at the Emergency Department, she expected she'd be treated for food poisoning. "I had no idea how serious my condition was," she says. In addition to the vomiting, she told the ED team that she'd been experiencing back pain and chest pressure. The emergency medicine physician ordered a CAT scan, which confirmed the suspected diagnosis: aortic dissection, a dangerous and potentially deadly condition that occurs when there is a tear in the inner layer of the body's main artery, the aorta.

Frederic Sardari, MD, Vice Chairman of the Department of Cardiothoracic Surgery and a member of RWJBarnabas Health Medical Group, was called in to perform the complex and risky surgical procedure to repair the tear. As she was being prepped for emergency surgery, Grant recalls feeling an overwhelming sense of calm, despite the serious

diagnosis. "I remember telling Dr. Sardari, 'God and I got this,'" she says.

"Rosalind had a partial tear of the aorta, the main artery that comes out of the heart," says Dr. Sardari. "This procedure is especially challenging because the part of the aorta that tears is between the heart and the brain, so you must be extremely careful not to cause damage to either." The aortic dissection repair surgery was Grant's only hope—and the clock was ticking.

In fact, says Dr. Sardari, "About a quarter of patients never make it to the hospital and die before they get there."

The surgery, which generally takes six to seven hours, is especially complicated because it is usually done, according to Dr. Sardari, by stimulating deep

hypothermia in the patient to stop the heart. "The heart and lung machine pumps the blood and cools it down from 37 degrees Celsius to 18 degrees Celsius," Dr. Sardari explains. "The brain and heart can survive for a period without blood flow so we can make the repair. We start circulation again when the repair is complete by warming the patient's blood back up."

Dr. Sardari was able to make the repair. Grant's surgery was a success, and, thanks to the meticulous care and expertise of the nursing staff in NBI's critical care cardiac ICU, her recovery was smooth. "I'm feeling great, and I no longer have high blood pressure," says Grant, who's also lost more than 50 pounds since her surgery. "My mobility gets better every day, too," she says. "I've made drastic lifestyle changes and cut out sugar, junk food and salt."

Grant is back at church, where she got her start as a singer at age 5, and she's once again engaging in her passion—jazz singing. She also continues to do breathing exercises, which have helped her regain and maintain her stamina and her voice.

On May 8 of this year—Mother's Day, which was also her 73rd birthday—Grant made what turned out to be a triumphant "comeback," performing at Moore's Place in Jersey City, her first gig since her surgery. Grant says she's glad she heeded that "tap on the shoulder." If not for the Emergency Department's quick and accurate diagnosis, Dr. Sardari's expert surgery and the excellent post-surgical care she received at NBI, Grant likely would not have survived, let alone made it to the stage.

Dr. Sardari believes Grant's determination and positive outlook played a huge role in her healing as well. "I'm forever grateful to God, Dr. Sardari and the Newark Beth Israel emergency team for my survival that night," Grant says. "I didn't know that I almost died. I just wanted to get back to my life and be able to sing again."



Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Newark Beth Israel Medical Center, call 888.724.7123 or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).





# SWEET SIXTEEN AND CANCER-FREE

Pediatric cancer survivor Shariah Marsden, 16, battled stage 4 Undifferentiated Embryonal Sarcoma of the Liver (UESL) at age 11.

**FOUR YEARS AFTER BEING DIAGNOSED WITH A RARE AGGRESSIVE CANCER, SHARIAH MARSDEN IS HEALTHY, HAPPY AND LOOKING TOWARD THE FUTURE.**

No parent wants to hear that their child has cancer. In fact, “children” and “cancer” are two words that nobody ever wants to hear uttered in the same breath. Unfortunately, childhood cancer does occur, and, when it does, having a knowledgeable, experienced, compassionate healthcare team can make all the difference in the world. But comprehensive cancer care should go beyond surgery and medical treatments to help children and their families navigate the many physical, psychological, spiritual and practical aspects of their diagnosis and all that it entails.

## SHARIAH'S JOURNEY

Nobody knows this better than Shareen Henderson and her daughter, Shariah Marsden, who was diagnosed with a rare cancer called Undifferentiated Embryonal Sarcoma of the Liver (UESL) in August 2018, when she was just 11 years old. Shariah had been suffering from stomach pains and had a distended abdomen, so her mother took her to

Newark Beth Israel Medical Center's pediatric emergency center. “It was a Sunday morning,” Henderson recalls. “On Monday, she was rushed to emergency surgery.” The abdominal mass removed during surgery was the size of a basketball.

As if mother and daughter weren't bewildered enough already, that Friday, when Henderson took Shariah to a follow-up appointment at the Valerie Fund Children's Center at NBI, they were told by pediatric hematologist-oncologist Surabhi Batra, MD, that Shariah's cancer was stage 4—and it was very aggressive. “She took us into a private room with her team—Dr. Bhatla, Dr. DeBenedictis and Nurse Kelly,” says Henderson. “We were in shock. I couldn't process it. I had to have Dr. Batra call my aunt and sisters to help me understand.”

Shariah, however, proved to be remarkably

pragmatic and resilient—and a source of strength for her mother. “After processing her diagnosis, she was ready to fight,” says Henderson. “I can honestly say that if she wasn't as strong as she was, there is no way I would have made it through.”

Because Shariah's cancer was so aggressive, treatment started almost immediately. “The first step was chemo,” says Henderson. “It was administered in the hospital for five consecutive days every three weeks. I called Newark Beth our vacation home.” Shariah's treatments, which included 30 consecutive days of radiation followed by a final week of chemotherapy, lasted six months.

“It was the hardest thing in my life,” Henderson says of her daughter's diagnosis and the immediate aftermath. “Watching her lose her hair, throwing up from treatment, not being able to attend school, getting blood transfusions—it was an emotional roller coaster. I did a lot of praying and crying.”

Shariah, says her mom, “was a champion. The first time her hair came out, we were preparing for her 12th birthday gathering,” she recalls. “I didn't know what to do. Shariah said, ‘It's no problem, Ma; I'll wear a scarf.’”

Shariah's healthcare team at the Valerie Fund Children's Center at NBI was “second to none,” says Henderson. “And Nurse Kelly was phenomenal. She had everything laid out for me—every medication, its side effects, everything. She put my mind at ease.”

## SWEET 16 AND CANCER-FREE

Four years after her diagnosis, Shariah, who celebrated her Sweet 16 in

September, is a junior at Bard

Early College in Newark,

where she's a straight-A student who is at the

top of her class, with

a 4.025 GPA. “Cancer

didn't have Shariah,”

says Henderson.

“Shariah had cancer—and she's now been cancer-free for three years.”



RWJBarnabas Health and Newark Beth Israel Medical Center, together with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment options. To learn more, call 844.CANCERNJ or visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).



# BELIEVE IN MAGIC

**AT THE VALERIE FUND CHILDREN'S CENTER FOR CANCER AND BLOOD DISORDERS AT CHILDREN'S HOSPITAL OF NEW JERSEY (CHONJ) AT NEWARK BETH ISRAEL MEDICAL CENTER (NBI), THE MAGIC CLINIC SUPPORTS CHILDREN WITH CANCER AND THEIR FAMILIES LONG AFTER DIAGNOSIS.**

**A**t CHoNJ's Valerie Fund Children's Center for Cancer and Blood Disorders, patient support doesn't end when treatment concludes or even when a patient's cancer goes into remission. Patients and their families need many types of support long after diagnosis—and the support they receive here is nothing short of MAGIC.

The MAGIC (Marvel and Grit Inspired Cancer Survivorship) Clinic was established in September 2018 by Teena Bhatla, MD, Director of Pediatric Hematology-Oncology at the center. "Survivors and their families often experience post-diagnosis distress," says Dr. Bhatla. "We knew that our survivors needed some dedicated services, so we assembled all the resources they would need." The MAGIC Clinic's multidisciplinary team includes board-certified pediatric hematology-oncology physicians, nurses, nurse practitioners, a survivorship coordinator, social workers, a nutritionist, a child psychologist, an education liaison, and a child life and integrative medicine specialist.

Dr. Surabhi Batra, who coined the 'MAGIC' acronym, serves as Director of the Childhood Cancer Survivorship Program. The clinic, which supports approximately 250 patients, offers a range of services and works with survivors from completion of treatment until age 29.



To learn more about the Valerie Fund Children's Center for Cancer and Blood Disorders at the Children's Hospital of New Jersey at Newark Beth Israel Medical Center, call **973.926.7161** or visit [www.rwjbh.org/childrenshospitalofNJ](http://www.rwjbh.org/childrenshospitalofNJ).



The MAGIC Clinic celebrated its First Annual Pediatric Cancer Survivorship Day on June 5, 2022, at Branch Brook Park in Newark. "Our first annual event was originally slated for 2020," says Dr. Bhatla. "Then COVID hit, and we had to hold off for two years." The 2022 event was a fun-filled day of socializing, support, education and more. Activities at the picnic were supported by the Valerie Fund and the Leukemia and Lymphoma Society and included face painting, T-shirt painting, stuffed bear creation and DJ music. Chair massage and aromatherapy activities were offered by CHoNJ's integrative medicine specialist, Mariella Silva, who is an integral part of the MAGIC Clinic team. Among the speakers were survivors Shariah Marsden, 16, who has been cancer free for three years, and Sanketa Patel Vaish, who's been cancer-free for more than 20 years and recently gave birth to a baby girl.



**TOP:** The MAGIC Clinic team with (starting fifth from left) Joshua Rosenblatt, MD, CHoNJ Chair of Pediatrics & Chief Academic Officer; CHoNJ pediatric oncologists Harini Rao, MD; Surabhi Batra, MD; and Teena Bhatla, MD, Director of Pediatric Hematology-Oncology. **ABOVE, clockwise from left:** Speaker and cancer survivor Sanketa Patel Vaish (center) with her family; Dr. Teena Bhatla welcomes attendees to the MAGIC Clinic picnic; attendees arrive at the welcome table.





In the aftermath of the murder of George Floyd and at the height of the pandemic, employees of Newark Beth Israel Medical Center kneel in solidarity for eight minutes and 46 seconds on June 5, 2020.



# WHITE COATS FOR BLACK LIVES

HOW THE AFTERMATH OF A SENSELESS MURDER SPAWNED A LOCAL INITIATIVE AT NEWARK BETH ISRAEL TO PROMOTE HEALING, UNDERSTANDING AND COMPASSION

It all started in 2020 with the murder of George Floyd and the firestorm of protests it ignited across the country and around the world. Shortly afterward, White Coats for Black Lives, a local initiative based on a larger national concept, was formed at Newark Beth Israel Medical Center (NBI). “We galvanized our employees to plan for a moment of silence on June 5, 2020, and we kneeled for the eight minutes and 46 seconds that Mr. Floyd suffered,” says Atiya Jaha-Rashidi, MHA, RN, Chief Equity Officer and Vice President of Community Relations at NBI. “We shared it with our sister facilities in the RWJBarnabas Health system, and we all stopped what we were doing at the same time, across the system, and took a knee.”

After that day, according to Jaha-Rashidi, NBI created safe spaces for employees to be able to express what they were feeling at the time and to

have race discussions. “We understood that their psychological safety is essential to be able to take care of our patients,” she says.

White Coats for Black Lives also addresses important topics such as healthcare disparities in Black and Brown populations, as well as microaggressions and implicit biases and how they affect interactions between colleagues and between medical staff and patients. These issues have even been topics of discussion in NBI’s Grand Rounds, monthly presentations and discussions on various issues for medical students and staff. “The White Coats for Black Lives initiative has enabled many of our internal medicine doctors who attend Grand Rounds to broaden their insight into the social determinants of health, in addition to the established basic science underpinnings,” says NBI Department of Medicine Chair Marc Cohen, MD, FACC, who is in charge of

Grand Rounds at the hospital.

Jaha-Rashidi believes that it’s important for these topics to be discussed intentionally, specifically and openly in order to effect change. It’s also not enough to recognize that there are health disparities—medical professionals and others need to know and understand the whys behind these disparities. White Coats for Black Lives delves into areas that are not taught in medical school, says Jaha-Rashidi, noting that seemingly innocuous actions, such as language choice, can have a profound impact on the way patients—and colleagues—are perceived and treated.

Everyone has lived experiences, Jaha-Rashidi explains, so we’re not necessarily at fault for our implicit biases. However, she says, “We have to be, or have to learn to be, self-aware and recognize these biases, and that’s where White Coats for Black Lives comes in. It’s not just about raising awareness of healthcare disparities relating to Black and Brown people. It’s about raising our own self-awareness when interacting with patients and colleagues.”

For more information about health equity initiatives at RWJBarnabas Health, visit [www.rwjbh.org/healthequity](http://www.rwjbh.org/healthequity).





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**RWJBarnabas**  
**HEALTH**

**Let's be healthy together.**







# HOLIDAY BLUES? HERE'S HOW TO COPE



## WHY THE HOLIDAYS CAN BE AN EMOTIONAL MINEFIELD— AND WHAT YOU CAN DO TO HELP KEEP NEGATIVE EMOTIONS AT BAY

The days are getting shorter, the weather's getting cooler and soon the holidays will be here. For some of us, the weeks and months leading up to the holiday season are filled with eager anticipation. But for many others, this time can be an emotional minefield fraught with crippling anxiety and depression. Here, psychiatrist Arnold Williams, MD, Medical Director of the Behavioral Health Center, part of RWJBarnabas Health's Behavioral Health and Addictions Services, explains the link between the holidays and depression—and offers advice to help you cope.

### Why do people get depressed around the holidays?

The holidays coincide with late fall and winter, when exposure to sunlight is decreased. This can have a profound effect on mood. In addition, many businesses slow or even shut down during the holidays, and, for some, that may mean fewer opportunities for social interaction.

### Do the holidays tend to exacerbate existing depression?

The holiday season is a time of reflection and gift-giving, which can be rewarding for those in fortunate circumstances. However, isolation, separation from loved ones and anniversaries of loss can all worsen depression.

### What's the difference between being depressed and simply feeling sad?

Depression implies a wide constellation of symptoms over several days or weeks. The emotion itself is



ARNOLD A. WILLIAMS, MD

only one component. Most commonly, that emotion is sadness, but there can also be anger, loneliness, worry or anxiety, as well as changes in thoughts and behaviors. Examples include losing interest in things you usually enjoy, a decrease in energy, changes in appetite or sleep

## 7 WAYS TO COUNTERACT HOLIDAY DEPRESSION

According to RWJBarnabas psychiatrist Arnold Williams, MD, there are things you can do to mitigate depression:

1. Maintain contact with friends and family, if possible.
2. Get as much natural sunlight as you can.
3. Exercise—walk, run, move.
4. Practice yoga, mindfulness and meditation. They work!
5. Recognize that this too shall pass. You've survived all of the bad days you've had so far—that's proof that things can get better again.
6. Don't try to ease the pain with substances; it will compound the problem.
7. Know that you're not alone. Reach out to a professional who can help you.

patterns and reduced self-esteem. At its most extreme, depression can include suicidal thoughts or feelings of not wanting to be alive.


### Do depression and anxiety always go hand-in-hand?

They can happen together or separately. Philosophically, depression and anxiety are two sides of the same coin. Anxiety is an anticipatory “what if” reaction, dreading the unknown and fearing the worst. Depression is a conclusion that the worst is happening right now and may not ever get better.

### How does grief impact depression and vice versa?

Grief can be a trigger for a relapse in depression, and a person who's been depressed may experience a prolonged grief period. The holidays are difficult partly because they're usually connected to memories of a lost loved one.

If you or a loved one are in need of mental health treatment, call our Access Center, open 24 hours a day, at 1.800.300.0628 to learn more about your mental health options or visit [www.rwjbh.org/behavioralhealth](http://www.rwjbh.org/behavioralhealth).



# HELPING YOU NAVIGATE YOUR CANCER JOURNEY

## **ONCOLOGY NURSE NAVIGATORS OFFER COMPREHENSIVE SUPPORT AND SERVICES TO PATIENTS AND THEIR CAREGIVERS.**

Being diagnosed with cancer is life-changing. It can have a profound effect on your psyche, leaving you feeling frightened, confused and overwhelmed. At the same time, you need to make calm, clear and timely decisions about important matters such as doctors and treatment options.

That's why RWJBarnabas Health (RWJBH) and Rutgers Cancer

Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, developed the Oncology Nurse Navigation Program.

For a person with cancer, a nurse navigator is not just a valuable resource, but a smiling face and a caring individual to help you and your family maneuver the often uncharted territory of your cancer journey.





RWJBarnabas Health, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provides close-to-home access to the most advanced treatment options. Call 844.CANCERNJ or visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).

**EACH NAVIGATOR  
BRINGS A WEALTH  
OF KNOWLEDGE,  
ENERGY AND  
EMPATHY. YOU’RE  
UNIQUE WITH YOUR  
OWN STORY, AND  
THE NAVIGATOR IS  
THERE TO LISTEN  
AND HELP.**

Jeanne Silva, MSN, RN-BC, Assistant Vice President, Oncology Access and Nurse Navigation, Oncology Services, explains what the Oncology Nurse Navigation Program is and how it works.

### **What does the Oncology Nurse Navigation Program do?**

If you’re diagnosed with cancer and are a patient at RWJBH, the program

places an expert at your side who advocates for you and provides direction, support and information through all phases of treatment at no additional charge. The nurse navigator is the hub of your care team, communicating your needs across departments and answering your questions about what to expect, what to do, where to go and why. Having a trusted, committed expert guiding

you helps you participate fully in treatment decisions, achieve quality outcomes and reduce stress.

### **When was the program developed, and how has it changed since its inception?**

The RWJBH nurse navigation program began in 2018 with 18 navigators. Today we have 45 navigators and are growing. Oncology nurses receive navigation-specific training as well as ongoing education to improve care through measures such as shortening the time between diagnosis and meeting with an oncologist and improving access to palliative care.

Our program is the state’s largest. We routinely conduct quality improvement projects and have presented our outcomes nationally to share best practices. We are one team across our facilities. If you see an oncologist from Rutgers Cancer Institute, for example, but want to receive radiation therapy closer to home or need to see an RWJBH subspecialist, we help coordinate your care seamlessly between sites.

### **What are some benefits that patients might find surprising?**

You’re quickly assessed for any barriers to care and provided resources to overcome them. Barriers often include lack of knowledge, transportation difficulties and financial hurdles. Helping you ease worries allows you to focus on getting well. One aspect is that anxiety and fear of the unknown sometimes prevent people from starting potentially life-saving treatments. We’ll assess this and provide support so you can get the right care. Or, for example, if you’re a candidate for a clinical trial, the navigator can educate you about that and connect you with a research team.

Each navigator brings a wealth of knowledge, energy and empathy. You’re unique with your own story, and the navigator is there to listen and help.





# ONE STEP AT A TIME

SPINA BIFIDA COULDN'T STOP LITTLE NIKOS.  
THE TEAM AT CSH WOULDN'T LET IT.





Thanks to the dedicated care and support of his physical therapists (previous page) at CSH, the love of his parents and his own indomitable spirit, Nikos Kaymakcian, who was born with spina bifida, continues to make great strides.

at RWJBarnabas Health.

CSH physical therapist Tara Iannello, who has been working with Nikos since then, “is an angel,” says Nicole. Nikos also works with physical therapist Natalie Vulpis. “She gives Nikos a push when he doesn’t want to do something and has also been a great fit for him,” says Nicole.

The CSH physical therapists go out of their way, not only to provide great care, but to customize it and make it fun. “Last year, Nikos loved superheroes,” says Nicole, “so Tara set up superhero action figures in stations so he had to practice walking to each one.”

Though Nikos has some weakness in his ankles and feet due to nerve damage, he’s on par with all other milestones for his age and, says his mom, “he’s now walking with braces and his walker, taking steps on his own.

“I can’t say enough good things about what the people at CSH have done for my son. We’re so blessed.

We love them with all our heart.”

The feelings are mutual.

“He’s such a sweet and funny kid, and he’s gotten so strong,”

Iannello says of Nikos. “We have no doubt that he’s going to do great things in this world.”



Nikos Kaymakcian is a happy little boy who loves pirates and practicing karate with his older brother, Arman. As he approaches his fourth birthday, his parents, Nicole and AJ Kaymakcian, can’t help but wonder how their lives might be different if they hadn’t sought a second opinion when Nicole was pregnant with Nikos. It was then, at their 20-week ultrasound, that Nicole and AJ were told that their son has spina bifida, a neural tube defect (NTD) that often results in spinal cord and nerve damage. “The doctor told us that our son would never walk or be able to use the bathroom on his own and would require a shunt to drain fluid from his brain,” Nicole recalls. In one fell swoop, their hopes and dreams for their baby came crashing down.

But a friend whose child had received a similar diagnosis recommended that

Nicole contact her neurosurgeon for a second opinion. After examining Nicole and her baby, the doctor told Nicole to go home and enjoy her pregnancy. “He said, ‘When your son is born, we’ll do surgery and take it from there,’” she remembers. And that’s what happened.

In October, 2018, Nicole gave birth to Nikos at Monmouth Medical Center, and the neurosurgeon performed the baby’s surgery the following day. Before his first birthday, Nikos began early intervention with physical therapy at Children’s Specialized Hospital (CSH), part of the Children’s Health Network

To learn more about outpatient programs and services at Children’s Specialized Hospital, visit [rwjbh.org/cshoutpatient](http://rwjbh.org/cshoutpatient) or call 888.244.5373.

At Children’s Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Eatontown, Egg Harbor Township, Hamilton, Jersey City, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.



# THE LOWDOWN ON LOW-DOSE ASPIRIN

## WHAT YOU NEED TO KNOW ABOUT THE LATEST GUIDELINES FOR HEART ATTACK AND STROKE PREVENTION

For years, taking a daily low-dose aspirin for the prevention of heart attack and stroke has been a widely accepted practice. But the U.S. Preventive Services Task Force (USPSTF) recently issued updated guidelines recommending against its use in certain patients for primary prevention of heart disease. Here, cardiologist Jeffrey S. Lander, MD, Co-Director of Sports Cardiology at RWJBarnabas Health, Co-Medical Director of the Cardiac Care Unit at Cooperman Barnabas Medical Center and a member of RWJBarnabas Health Medical Group, explains.

### How are the new guidelines different from the previous guidelines?



JEFFREY S. LANDER, MD

The 2022 guidelines state that using aspirin in select 40- to 59-year-olds may have some benefit in preventing heart disease, but it is not recommended for people aged 60 and older.

This is a big change from the 2016 guidelines, which recommended using aspirin for primary prevention in adults aged 50 to 59 who were at risk for cardiovascular disease, and to consider its use for certain adults aged 60 to 69 who were at risk for cardiovascular disease.

### What prompted these new recommendations?

Older trials of aspirin use for primary prevention showed benefits—for example, reduction in heart attacks. However, more recent studies did not show a significant reduction in cardiovascular disease. In addition, many of these trials also showed significant risk of internal bleeding among those taking daily aspirin. Given these findings, the recommendations changed.

### Are there exceptions to the new guidelines?

It's very important to remember that these recommendations don't pertain to patients with a prior history of heart attack, stroke, bypass surgery or a

recent stent procedure. If someone has that history, it's generally beneficial to take a low-dose daily aspirin as it helps reduce the risk of recurrent cardiac disease or events.

### If someone has been following a low-dose aspirin regimen for years, what should they do?

In that case, it's important that they speak to their doctor or healthcare provider before making any changes. All of the risks and benefits should be weighed prior to stopping aspirin. Most of the time when aspirin is to be stopped, it's OK to simply stop; a step-down approach isn't needed.

### How will the new guidelines change your recommendations to patients?

I feel that most of the latest evidence is in support of the new guideline recommendations.

Each patient is unique, and when recommending to either use or not use aspirin for primary prevention of heart disease, the risks and benefits should be discussed and weighed by doctor and patient to make an individualized plan.

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at RWJBarnabas Health, call 888.724.7123 or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).





5

# WAYS TO ENJOY HOLIDAY EATING WITH GERD



## YOU DON'T HAVE TO MISS OUT ON FESTIVE HOLIDAY FARE THIS SEASON. YOU JUST NEED TO TAKE A FEW PRECAUTIONS.

If you live with GERD (gastroesophageal reflux disease), you know how unpleasant it can be; eating the wrong foods at the wrong times or in the wrong quantities can cause you hours of misery and guarantee a sleepless night.

Not familiar with GERD? Think of it as acid reflux on steroids. Reflux occurs when food and stomach acid back up into the esophagus, causing a burning pain in the chest (heartburn). This acidic backwash can also cause a bitter taste

or the sensation of “throwing up in your mouth.” While most people experience acid reflux or heartburn once in a while, those with GERD experience more intense symptoms



SMRUTI R. MOHANTY, MD

more often (at least twice a week). Talk about dampening your holiday spirit.

Fortunately, says Smruti Mohanty, Director of Gastroenterology at Newark Beth Israel Medical Center, “It’s absolutely possible for people with GERD to enjoy holiday eating.” Though there are some foods you really should try to avoid—such as especially rich, deep-fried or fat-laden foods—in many cases, moderation is key. Here, Dr. Mohanty offers five ways to help make sure your holiday meals are a source of comfort and joy.



### 1. Beware of reflux triggers.

Chocolate, peppermint, alcohol and coffee are a few examples of foods and drinks that increase acid secretion. They also relax the lower esophageal sphincter (LES), a ring of muscle at the bottom of the esophagus

that normally stays closed except when food is entering the stomach. “This is a problem because when this sphincter is relaxed, food and acid can flow back into the esophagus,” says Dr. Mohanty. “So, try to minimize your intake of these reflux triggers.” And instead of full-caf coffee, consider chamomile or ginger tea, both of which are known to quell acid reflux. If you’re having an alcoholic drink, don’t smoke at the same time. “Smoking and drinking alcohol together produce significantly more acid and leave the sphincter wide open,” cautions Dr. Mohanty.



**2. Eat mindfully.** Animated conversation around the holiday table can deflect your attention from how fast and how much you’re eating, and overeating or eating too quickly can cause reflux. Dr. Mohanty recommends eating smaller portions, particularly of rich holiday foods like gravy, buttery mashed potatoes, and cakes and pies. And be sure to pace yourself with sips of water between bites.

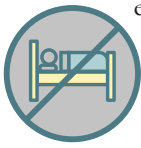


### 3. Take an antacid at least 30 minutes before a meal.

Proton pump inhibitors like Nexium, Prilosec and Prevacid reduce the production of stomach acid, so even if eating does trigger reflux, it’s likely to be less painful if you’re proactive with medications.



**4. Wear loose clothing.** “Tight clothing, such as tight jeans or belts, can exert pressure on the stomach,” says Dr. Mohanty. “This causes stomach acid to move up into the esophagus, resulting in acid reflux.”



### 5. Don’t eat before bedtime.

“Lying down on a full stomach can trigger reflux,” says Dr. Mohanty, “so try to plan your meal at least two to three hours before bedtime.” (And save that late-night turkey sandwich for the next day’s lunch.)

To learn more about GERD or to make an appointment with a gastroenterologist at Newark Beth Israel Medical Center, call 973.926.3535 or visit [www.rwjbh.org/newarkbeth](http://www.rwjbh.org/newarkbeth).

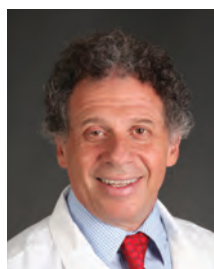




# BLOWING IN THE WIND

**HERE'S HOW TO HELP  
PROTECT YOUR KIDS FROM  
ALLERGY AND ASTHMA  
TRIGGERS DURING THE  
SCHOOL YEAR.**

**A**utumn is in full swing and the excitement (or dread) of heading back to school seems like a distant memory for most kids.

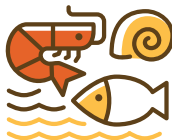


**JOEL MENDELSON, MD**

However, while children have been settled into their school routines for weeks now, if you have a child with asthma or allergies, you're likely not so settled.

"When children head back to school in the fall, they face a challenging time with allergies and asthma triggers, and so do their parents," says Joel Mendelson, MD, Director of Pediatric Allergy and Immunology at RWJBarnabas Health. Even if you've worked to keep such triggers at bay in your home, environmental allergens like dust, dander and pollen are usually present and often prevalent in school buildings and classrooms. This can cause kids to experience renewed allergy attacks, making them feel miserable





and adversely affecting their concentration and performance in class. “These environmental allergies can be quite a burden for families to deal with,” says Dr. Mendelson.

## COMMON ALLERGENS AND ASTHMA TRIGGERS

The early days and weeks of the new school year coincide with seasonal changes, which can last well into fall and which can be especially difficult for children with asthma and allergies. “Asthma can be triggered by weather,” Dr. Mendelson explains. “A new allergy season begins in mid-August, featuring ragweed and the pollens of other weeds, and it lasts through the first frost, usually in November. Some children are unable to handle the switch from warm to cold, which can cause coughing and wheezing.”

During other seasons, pollen also comes from trees, plants and grasses. These common triggers can cause red eyes, coughing and sneezing. “Pollen has become the most common environmental allergen,” says Dr. Mendelson. “This is largely due to the growth of greenhouse gases; pollen loves a greenhouse.” According to Dr. Mendelson, there’s clear evidence that over the past 15 years pollen seasons have started earlier, ended later, and produced more pollen because of climate change.

Another, more obscure, trigger is called thunderstorm asthma. “This relates to those who have pollen allergies,” Dr. Mendelson notes. “There is an environmental change that takes place just before a storm that permits pollen to rise up in the air to breathing levels and can result in sudden onset asthma episodes.”

### ✔ WHAT PARENTS CAN DO

Parents can request that classroom windows be closed whenever pollen counts are high. This can also help with mold and dust allergies. However, closed windows are a problem when there are viruses, such as COVID-19, that require increased ventilation for classroom safety. “In these cases, masking definitely helps for both allergy and disease prevention,” says Dr. Mendelson. “Eyeglasses are also protective, especially sports eyeglasses.”

## OTHER ALLERGENS AND ASTHMA TRIGGERS

- **Mold spores** are another allergen prevalent in autumn. When leaves drop to the ground, they produce mold, which becomes airborne. Indoor mold can be found in dark, humid areas of buildings, such as basements, and near leaking pipes and water fixtures. Inhaled mold spores can result in coughing, sneezing and wheezing.

Since mold allergies are more prevalent in warm weather, asking schools to control temperature and humidity with air conditioners and air filters can be helpful. Visual inspection is often enough to locate mold, which can be eliminated with a bleach cleaning solution.

- **Dust mites** are yet another source of allergies and the primary source of allergens in indoor dust. They’re typically harbored in carpet, upholstery and clothing. These virtually invisible mites feed on dead skin scales, and their fecal pellets are the main allergen source.

### ✔ WHAT PARENTS CAN DO

Installing air filters and keeping rooms vacuumed and dusted can help control these mites.

**Pet dander** is an allergen that can be

transported to school on the clothing of students with household pets, causing a reaction in anyone who sits in the same vicinity. Cat dander is a particularly potent asthma trigger.

Classroom animals, such as rabbits and mice, may also trigger allergic and asthma symptoms. These animals should be kept in areas separate from students.

### ✔ WHAT PARENTS CAN DO

Since dander is often hidden in carpets and drapery, dusting and vacuuming rooms can help keep it at bay. And make sure to ask your child not to share sweaters or coats with other students.

## OTHER PREVENTATIVE MEASURES

Besides these steps, there are other preventative actions a parent can take during the school year to advocate for an allergic child.

If you suspect your child is allergic, but don’t have a clear diagnosis, it’s crucial to initiate testing with a board-certified allergist. If a child tests positive and you discover particular allergens, make certain your child is aware of triggers and symptoms and how to manage them.

Make an appointment to visit the school and make sure your child’s teachers, the school administrator and nursing staff are aware of your child’s specific allergies and have a copy of your child’s treatment plan, including medications. It’s also important that emergency treatments are available at school, including anaphylaxis medications such as epinephrine (epi-pens).

These interventions are vital for minimizing allergic reactions as well as enabling your allergic child to perform well in school—no matter what the season.

For more information or to make an appointment with a pediatric specialist at Children’s Hospital of New Jersey (CHoNJ) at Newark Beth Israel Medical Center, call 973.926.7280 or visit [www.rwjbh/childrenshospital](http://www.rwjbh/childrenshospital).

Newark Beth Israel  
Medical Center

Children's  
of New

Mayra Rodriguez  
celebrates 14 years  
with her LVAD.



# MATTERS

**MAYRA RODRIGUEZ'S MECHANICAL HEART PUMP WAS SUPPOSED TO GIVE HER FIVE YEARS. FOURTEEN YEARS LATER, SHE'S BECOME THE LONGEST-LIVING LVAD PATIENT IN NEW JERSEY.**

When Union County resident Mayra Rodriguez, just 26 at the time, was diagnosed with Stage 3 non-Hodgkin's lymphoma back in 2005, she knew she had a long, hard road ahead of her. What she could not have imagined, however, is that cancer would not be her most formidable opponent and that beating cancer after three years would not be her hardest-won battle.

Though Rodriguez survived non-Hodgkin's lymphoma, the chemotherapy that had helped put her cancer in remission had also severely damaged her heart. In 2007, after giving birth to her son, Gabriel, she was diagnosed with cardiomyopathy.

The following year, Rodriguez, a native of Costa Rica, began suffering from painful swelling in her limbs. She came to Newark Beth Israel (NBI), where doctors quickly realized that the

29-year-old mother was in heart failure, a condition in which the heart doesn't pump well enough to provide sufficient oxygen throughout the body. "I remember the nurse telling



MARGARITA CAMACHO, MD



Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Newark Beth Israel Medical Center, call 888.724.7123 or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).



# OF THE HEART

me that I was in very bad shape,” she recalls. “I just wanted to get home to my baby, but the nurse said, ‘If you leave this hospital, your baby will not have a mother.’”

In the days that followed, Rodriguez went into cardiac arrest and had bleeding in her lungs.

It looked as if she needed a new heart—but, because of her battle with cancer, she was medically ineligible for a transplant. So, doctors saw only one option: a mechanical heart pump called a left ventricular assist device, or LVAD, which is implanted during open heart surgery and helps the left chamber of the heart pump blood to the aorta and throughout the body.

As serious as her situation was, it turned out that Rodriguez had come to the right place—NBI was the only hospital in New Jersey that had access to the HeartMate II, the most advanced LVAD at the time.

The HeartMate II was originally designed as a bridge-to-transplant option—it was meant to keep people alive while they awaited a heart transplant—but was then in clinical trials for use as destination therapy for people not eligible for a heart transplant. (In 2010, the Food and Drug Administration approved it for that use.)

“We were hoping for five years,” says Margarita Camacho, MD, Surgical Director, Cardiac Transplantation, Newark Beth Israel, RWJBH Medical Group, who performed Rodriguez’s surgery and



Mayra Rodriguez and Dr. Camacho share a warm embrace.

implanted the device in May, 2008.

Instead, in May of this year, Rodriguez celebrated her 14th year living with her HeartMate II LVAD, making her the longest-living person in New Jersey with an LVAD—and one of the longest-living LVAD patients in the country. In fact, just 40 people in the United States have lived more than 14 years with the device.

Rodriguez has nothing but accolades for Dr. Camacho and the Advanced Heart Failure Treatment and Transplant Team at NBI. “I am so thankful for them,” she says, noting how grateful she is and how fortunate she feels to be here today and to have spent the last 14 years with her family—including her baby, Gabriel, now a teenager.

Dr. Camacho is happy to see Rodriguez living her life to the fullest. “She goes to the gym regularly, she’s been to the Grand Canyon,” says Dr. Camacho. “She has that joie de vivre because she’s been given such an important second chance.”



## NEWARK BETH ISRAEL MEDICAL CENTER CAN HELP

To learn more about LVADs or to make an appointment with an Advanced Heart Failure and Transplant cardiologist at Newark Beth Israel Medical Center, call **973.926.7205** or visit **[www.rwjbh.org/NBIHeartTransplant](http://www.rwjbh.org/NBIHeartTransplant)**.

# CONNECTED TO THE COMMUNITY

## REACHING OUT IN COUNTLESS WAYS



Panelists, Left to Right: Nicola Pemberton, MD; Rashmi Aggarwal, RN, BSN, MSN, APNC, FNP; Brenda Blackmon; Mahtab Ayatollahi, MSW, LCSW; Safiyya Quintiliani, MD; Rebeca Kane, DNP, APN-BC, CCRN; Molly Fallon Dixon, MS, RDN; Atiya Jaha Rashidi, MHA, RN

### NBI'S 8TH ANNUAL WOMEN'S HEALTH DAY

On Saturday, June 4, NBI welcomed area women to its 8th Annual Women's Health Day at the Newark Airport Marriott. More than 300 women attended the event, which included a panel discussion on health and wellness moderated by four-time Emmy Award-winning news anchor and entrepreneur Brenda Blackmon and featuring women's health experts from NBI (see photo). The panel discussed a variety of women's health issues including heart health, reproductive health, nutrition, behavioral health and family health and wellness issues.

Attendees received free health screenings, fitness demonstrations, paint and sip sessions, Reiki, meditation, door prizes and more.



### NBI CELEBRATES ITS VACCINATION HEALTHCARE HEROES

Newark Beth Israel Medical Center thanked its Vaccination Staff for vaccinating more than 20,000 employees and community members over the course of 18+ months during the

pandemic by treating them to a night out in June at South Valley Barbecue and Lounge in West Orange.



Newark Beth Israel Medical Center and Children's Hospital of New Jersey President and CEO Darrell K. Terry, Sr., and Assistant Vice President of Marketing and Public Relations Linda Kamateh onstage at Horizon Foundation's Sounds of the City at NJPAC in July.

### SOUNDS OF THE CITY

Since 2015, NBI and RWJBH have been a major sponsor of Horizon Foundation's Sounds of the City, New Jersey Performing Arts Center's free Thursday night summer outdoor music series. The NBI Community Relations team provided free blood pressure screenings and health information. On the July 21, Newark Beth Israel Medical Center and Children's Hospital of New Jersey President and CEO Darrell K. Terry, Sr., greeted attendees and introduced hip hop group Digital Underground.



During the ribbon-cutting ceremony, community partners assembled including Kim Cook, Director of SICI at NBIMC (white shirt) and Khaatim Sheerer-El, Executive Director, Clinton Hill Community Action (holding scissors to her left).

### NEWARK BETH ISRAEL MEDICAL CENTER SICI SUPPORTS NEW CLINTON HILL COMMUNITY ACTION FOOD HUB

On Friday, July 8, NBI's Social Impact & Community Investment Department (SICI) helped local partner organization Clinton Hill Community Action (CHCA) celebrate the launch of their Food Hub initiative by making the first donation of farm-fresh produce through a partnership with the Common Market. The donation of 50 10-pound boxes was part of the SICI commitment to address food insecurity as a social determinant to health. A ribbon-cutting ceremony marked the opening of a walk-in refrigeration and storage unit at Zion Hill Baptist Church in Newark, where Rev. Douglas L. Williams, III, presides as Pastor. The Food Hub initiative was established to support Clinton

Hill pantries with needed storage and refrigeration space for donated foods and goods, thereby allowing wider access to locally grown, fresh and healthy food for distribution to the communities they serve in South Ward.

To learn more about upcoming community events sponsored by Newark Beth Israel Medical Center, visit [www.rwjbh.org/NBlevents](http://www.rwjbh.org/NBlevents).





## FALL QUINOA SALAD

Yield: 4 servings (1 cup per serving)

This fall quinoa salad has great health benefits. Quinoa is high in fiber, which can help to reduce risk of heart disease and certain cancers including colon and breast cancer. Quinoa is also high in protein and provides all of the essential amino acids our bodies need. This tasty fall recipe is an easy way to benefit from all the healthy qualities quinoa has to offer. Enjoy!

### INGREDIENTS:

- 1 cup quinoa
- 1/4 cup sliced almonds
- 2 Tbsp. cider vinegar
- 2 Tbsp. honey
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 cups kale, finely chopped
- 1 Granny Smith apple, diced
- 1/3 cup raisins
- 2 Tbsp. parsley, finely chopped

### DIRECTIONS:

- Cook quinoa according to package directions. Set aside to cool to room temperature.
- Meanwhile, add almonds to a small dry sauté pan and toast over medium heat for about 3 minutes until fragrant. Set aside to cool.
- In a large bowl, whisk together cider vinegar, honey, olive oil, salt and pepper. Add chopped kale and toss with hands for 3-5 minutes until kale has softened.
- To the cider vinegar and kale mixture, add the cooled quinoa, apple, raisins and parsley; toss to combine. Serve and enjoy!

**Nutrition Facts:** 322 Calories; 9 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 171 mg Sodium; 54 g Carbohydrate (6 g Fiber, 20 g Sugar, 8 g Added Sugar); 9 g Protein; 25% Daily Value (DV) Vitamin A; 60% DV Vitamin C; 0% DV Vitamin D; 10% DV Calcium; 17% DV Iron; 12% DV Potassium



# ENJOY YOUR FAVORITE HOLIDAY FOODS

## ...WHILE KEEPING YOUR HEALTH ON TRACK

**B**etween office parties, dinners, family get-togethers and other events, it's likely you'll have lots of festive food calling your name this holiday season, making it all too easy to overindulge. Here, Emily Ho, Registered Dietitian for Wellness Services at NBI (with the help of graduate student and dietetic intern Sarah Holick), offers some easy tips to help you enjoy delicious holiday fare without overeating:

• **PLAN AHEAD.** If you're going to a holiday party, eat breakfast and lunch, drink water throughout the day and have a small balanced snack before you arrive so that you're not famished when you get there. That way, you'll be able to enjoy a small portion of your favorite holiday foods without feeling deprived.

• **FRUITS AND VEGGIES FIRST.** Fill half of your plate with colorful vegetables and fruits. They're full of vitamins and minerals to keep your body nourished, and they contain fiber to help break down cholesterol and make you feel full.

• **SLOW DOWN.** It takes about 20 minutes for your brain to recognize when your stomach is full. So, chew slowly and savor each bite. Your goal is to feel satisfied, not stuffed.

• **DON'T USE FOOD TO DE-STRESS.** At this hectic time of year, we're often tempted to de-stress with a sweet treat. Instead, take a walk, dance to some holiday music or engage in a favorite hobby.

For more healthy recipes or to learn about wellness and cooking programs at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center at Newark Beth Israel Medical Center, call 973.926.7371 or visit [www.rwjbh.org/NBIEvents](http://www.rwjbh.org/NBIEvents).



# Getting Healthy Together!

When in-person meetings can't happen, we can still help. Newark Beth Israel Medical Center is ready to meet you virtually for a telehealth appointment, consultation or support. Below are some of our in-person and virtual support groups and educational programs. To learn about more of our programs, visit [www.rwjbh.org/NBLevents](http://www.rwjbh.org/NBLevents).

## Home Friend Program

FREE light chore services to qualified seniors, age 60 and older, and to disabled adults in Newark's South Ward or in Irvington who do not have Medicaid. For more information or to see if you qualify, call 973.926.6771.

## Senior Wellness Connect (Virtual)

**Mondays, 10 to 11 a.m.**  
 Focused on health and longevity for adults 55 and over. To register and receive call-in information, call 973.926.6771.

## Seasonal Eats (Virtual)

**Mondays, 1 p.m.**  
 Simple recipes using local, farm-fresh food. To register and receive call-in information, call 973.926.7371.

## Healthy Kids in Hannah's Kitchen

New! In-Person and Virtual Options  
**Tuesdays, 4:30 to 5:30 p.m.**  
 Healthy cooking class for ages 8 to 12 (adult supervision required). To register and receive call-in information, call 973.926.7371.

## Healthy Lifestyles

**Thursdays, 1 to 2 p.m.**  
 Nutrition, exercise and healthy living information for all ages. To register and receive call-in information, call 973.926.7371.

## Learning to Live with Cancer (Virtual)

**Third Thursday of the month, 1:30 to 2:30 p.m.**  
 Offered by the Frederick B. Cohen, MD, Cancer Center. To register and receive call-in information, call 973.926.7976.

## October is Breast Cancer Awareness Month!

Frederick B. Cohen Comprehensive Cancer & Blood Disorders Center and the Healthcare Foundation of New Jersey Breast Health Center at Newark Beth Israel Medical Center remind all that there is no time like the present to make an appointment for your yearly mammogram. To make an appointment, call 973.926.7466. Healthcare Foundation of New Jersey Breast Health Center at Newark Beth Israel Medical Center, 201 Lyons Avenue, L Building 3rd Floor, Newark, NJ 07112.

## ONLINE SUPPORT FOR NEW AND EXPECTING MOTHERS

### Maternity Tours at Newark Beth Israel

Expecting a baby? We are ready to welcome you and help you plan for the big day. Let us show you our rooms and amenities, expert labor and delivery support, and high-tech neonatal intensive care unit (NICU) so you will be absolutely comfortable with choosing us for your maternity care.

**Tours offered 7 days a week**

**9:30 to 11 a.m.; 4 to 6 p.m. and 8 to 9 p.m.**  
 RSVP required. Call 973.926.7108.

### Breastfeeding Support

**Every Monday from 12 to 1 p.m.**

International Board-Certified Lactation Consultants will provide guidance and answer questions about latch issues, breast/nipple pain, milk supply concerns, pumping, supplementation, returning to work and weaning. Register at [www.rwjbh.org/breastfeedingsupport](http://www.rwjbh.org/breastfeedingsupport).

### Perinatal Mood and Anxiety Disorders

**Every Wednesday from 11 a.m. to 12 p.m.**

One of the most common complications of childbirth is anxiety or feelings of anger or sadness. You are not alone. Join our judgment-free and supportive virtual community, led by a perinatal mood disorder certified specialist. Register at [www.rwjbh.org/PMADsupport](http://www.rwjbh.org/PMADsupport).

### Beth Babies Breastfeeding Class

**Every Tuesday from 1 to 2 p.m.**

Receive skilled guidance from lactation counselors. To register and receive call-in information, email [janine.marley@rwjbh.org](mailto:janine.marley@rwjbh.org).

### Prenatal Yoga with Ignite One (Virtual)

**Saturdays, noon to 1 p.m.**

Gentle yoga for expecting moms. To register and receive call-in information, call 973.926.7371.



## FARMERS MARKET

**Thursdays, 11 a.m. to 4 p.m.**

The Beth Greenhouse  
 Corner of Osborne Terrace and Lehigh Avenue, Newark. Now accepting SNAP, WIC and Senior Farmers Market Vouchers. For more information or for online ordering, call 973.926.7371.

## NEWARK BETH ISRAEL MEDICAL CENTER'S RAY MURPHY MEN'S HEALTH NIGHT

**Thursday, October 27, 5 p.m.**

Cedar Hill Country Club  
 100 Walnut Street, Livingston, NJ 07039  
 Come for the health & fitness advice, stay for the game: Ravens vs. Buccaneers  
 Registration required: visit [rwjbh.org/nbimenshealth](http://rwjbh.org/nbimenshealth).

## TRANSPLANT SUPPORT GROUPS

### Heart Transplant Support Group

**Second Wednesday of the month, 1 to 2 p.m.**

A transplant education and psychosocial support group for patients listed and awaiting transplant. To register and receive call-in information, call 973.926.2416.

### Lung Transplant Support Group

**First Thursday of the month, 2 to 3 p.m.**

A variety of topics presented by a member of the Advanced Lung Disease and Transplant Program team. To register and receive call-in information, call 973.926.2280.