

Inspira Health Network Media Coverage Summary

Aug., 2014



inspira[®]
HEALTH NETWORK

www.InspiraHealthNetwork.org

www.manaraa.com

المنارة للاستشارات

August Media Summary Table of Contents

(Click on desired Article)

Page	Date	Publication	Headline
3	08/04/14	Courier-Post	It's good for the soul add art to your workplace
6	08/26/14	Courier-Post	Hospital Care Comes Home
8	08/28/14	Courier-Post	Violence in the hospitals 'rate' but difficult to stop, officials say
11	08/30/14	Courier-Post	Portfolis – Michelle Marshall
12	08/31/14	Courier-Post	Kennedy hospital shooting may pose long-term trauma for nurses and doctors
15	08/2014	The Daily Journal	Reader' Choice - Best of the Best
16	08/05/14	The Daily Journal	Grand opening of CompleteCare Family Medicine Center at Inspira Health Network
17	08/08/14	The Daily Journal	NJ's Breastfeeding rates leap 71% in State
19	08/11/14	The Daily Journal	Healthline -The Bacteria Balance, Dr. Jay Malickel
22	08/20/14	The Daily Journal	2 earn Eagle Scout honors in Vineland
23	08/20/14	The Daily Journal	Neighbors - Yogo – Fitness Connection
24	08/20/14	The Daily Journal	Vineland planners OK third urgent care center
25	08/21/14	The Daily Journal	The doctor is now in
28	08/22/14	The Daily Journal	Blood Drives
30	08/25/14	The Daily Journal	Buena school hosts emergency planning session
33	08/25/14	The Daily Journal	Inspira weight loss surgery center recognized
34	08/2014	The Daily Journal	Health Connection
46	08/11/14	Press of Atlantic City	Lung Cancer Alliance recognizes Inspira Cancer facility in Vineland
48	08/10/14	South Jersey Times	Inspira Medical Center Vineland celebrates 10-Year Anniversary
50	08/14/14	South Jersey Times	Highly skilled Neurologist joins Inspira Medical Group's Mullica Hill and Woodbury Practices
51	08/14/14	South Jersey Times	Inspira Medical Center Vineland Celebrates 10 Years of Providing Quality Patient-Centered Care
53	08/14/14	South Jersey Times	Inspira praised for lung cancer screening efforts
55	08/15/14	South Jersey Times	Inspira plans 9/11 blood drives in Vineland, Woodbury
56	08/18/14	South Jersey Times	Bob Shryock Column – Dr. Love
57	08/18/14	South Jersey Times	Deptford Mall – Healthy Cooking – Chef Barry Peyton
58	08/18/14	South Jersey Times	Inspira Woodbury's Employee of the Month – Caitlin Coles
59	08/18/14	South Jersey Times	Vineland grad passes on knowledge to next generation
61	08/24/14	South Jersey Times	Bob Shryock: Kathryn Elizabeth Jacob Jones
62	08/24/14	South Jersey Times	On Depression, S.J. doctors say condition 'not within the persons's control'
66	08/26/14	South Jersey Times	Inspira Woodbury nurses file to join union
67	08/28/14	South Jersey Times	Inspira Woodbury nurses meet with union leaders, elected officials to talk organizing efforts
69	08/2014	Various Publications	Various Articles
74	08/2014	Various Publications	Various Ads

It's good for the soul: Add art to your workplace

Melissa Pileiro, The Daily Journal 12:05 a.m. EDT August 4, 2014



In our hustle-and-bustle world, it can be hard to take time to relax and recharge.

And for many people who spend countless hours on the job, it's easy to feel drained or bored.

Wheaton Arts and Cultural Center in Millville is challenging area businesses to improve their work environment with a touch of creativity.

The new initiative, called the Arts in the Workplace contest, is meant to encourage art appreciation in the community while sprucing up the office.

"There are times when people spend 6 to 10 hours a day at their workplace, which is a huge chunk of time," said Angela Speakman, developmental coordinator of special projects at WheatonArts. "Because people spend so much time at work, we still want them to be able to appreciate our exhibits and the work that goes on here."

The idea for the contest came from WheatonArt's newest exhibit, "NJ350," which tells the story of New Jersey's history with glass art. Speakman said workers in the glass industry would often spend time after hours creating artwork just for fun.

Good for the soul

Michele Wheaton of Wheaton Realty in Millville has experienced the positive effects of art in her office firsthand.

“I thought (the contest) was a really neat idea. My office is in a home that I purchased, but I wanted it to feel professional,” said Wheaton, who oversees a staff of less than 10 people. “I have very heavily textured stucco walls and I wanted to focus on chromatherapy, or the way that colors make you feel. I chose blues, oranges and yellows to create a Mediterranean feel. I’m a big lover of art and museums, and I wanted to incorporate a lot of that into the business.”

Today, each room of the office is themed with a variety of paintings and different colored walls. Her visitors have commented that the decor helps them feel welcome and comfortable, she said.

“The contest invigorated me to add more artwork to the office. The staff love it. Everyone says that it feels good here, and that the atmosphere is calming,” she said. “Also, having different pieces of art gives us an opportunity to educate people about the pieces and the history behind them that I think people enjoy. It’s a pleasure to come in here in the morning. I’m here all day, and I want to feel good while I’m here.”

Helping employees to feel at ease is a top priority at Inspira Health Network, where nurses and medical staff can experience lengthy periods of stress on the job. The network’s hospitals are enthusiastic about the contest — they hope the art will provide a welcome respite from work-related tension.

“We’re really hoping to reach out to our nurses with this project. They have very high-stress jobs, and we want to use this as an opportunity for them and all of our staff to get involved, have some fun and relax,” said Diana Gervasi, manager of marketing communications at Inspira.

Different departments within an organization each can submit their own entry for the contest. With this in mind, Inspira is brainstorming several different project ideas. While nothing is set in stone yet, they’ve considered purchasing additional artwork for the halls and patient rooms, as well as hanging canvasses in break rooms, allowing staffers to doodle or create art that inspires and encourages them.

“Stress contributes to health in a negative way. We’ve always made an effort to offer health fairs and activities for our staff to take care of their physical health,” Gervasi said. “We offer them some chocolate and other healthy snacks, there’s tai chi or yoga, and they can talk with our nutritionists. Getting involved in this contest will give us a chance to help care for their mental and emotional well being as well.”

How it works

Businesses interested in signing up for the contest should download a form at wheatonarts.com or call the main office. There's no need to have an idea when you sign up; registering only expresses your commitment to participate. The deadline to register is Aug. 11.

"We provide some ideas on a getting started sheet, and then post additional ideas and tips on our Facebook page," she said. "Once they decide what they're going to do — something impactful, sustainable and within a company's budget — they roll out the idea with their employees and begin working."

Businesses can buy or create their own artwork, use technology to share their favorite pieces, or come up with something entirely different, such as incorporating music, drama or other artforms into their project. It also can be an employee-only project or impact

Once the project is implemented, contest entrants should create a 30-second video that displays and explains their idea. Videos will be accepted by email and on Facebook throughout the month of August. The last day to submit a video is Aug. 31.

Finally, judging will occur in early September. Using the submitted videos, a panel of WheatonArts artists, staff and volunteers will judge each project on originality, creativity, and impact. A number of finalists will be chosen, and the judges will visit each organization to learn more and see the project firsthand.

The winner will receive a one-of-a-kind glass trophy from WheatonArts and free admission for one visit.

Results will be announced at 1 p.m. Sept. 20 during Wheaton Wide-open Weekend, where admission is free to all.

"Part of WheatonArts' mission is to provide access to the arts and creative process. We want to see how well companies do that for their own employees and, if it fits their business, how they reach the community," Speakman said. "My hope is that employers see value in this, not only for this contest but afterward as well. We anticipate making this an annual contest, which can get them thinking about how to include art in the workplace all year long."

HOSPITAL CARE COMES HOME

Community paramedics do house calls

By Kim Mulford

As an **Inspira** paramedic, Karl Milano regularly responds to 911 calls for chest pain, breathing difficulties and seizures.

During his 12-hour shift, he's a mobile extension of the emergency room, able to deploy medicines and other interventions when people are experiencing a life-threatening health crisis.

Often, he says, people don't ask for help until the last minute. "When you get to the point where someone else has to breathe for you, that's a problem," Milano adds. But for the past 15 months, Milano and his colleagues have been a mobile extension of the hospital

itself, making scheduled home visits for recently discharged patients at high risk of readmission, free visits he calls a "breath of fresh air." Called "community paramedicine," the pilot program has enrolled 153 patients so far, according to James Baca, **Inspira's** director of emergency medical services. Only nine were readmitted — a 6 percent readmission rate, compared with about 20 percent nationally, he explains.

The program has cost the hospital \$20,000 to date. But since Medicare recently instituted penalties for high hospital readmission rates, hospitals are scrambling to improve patient care outside their walls.

"We're definitely saving money," Baca notes.



Karl Milano, an **Inspira** paramedic, visits Anthony Pavone in his Paulsboro home. The 57-year-old has diabetes and chronic heart failure, and was discharged from **Inspira** Woodbury in June. **Inspira's** paramedicine pilot program sends paramedics out for scheduled home visits to check on patients who are at higher risk for hospital readmission.

Originally launched with grant money from the Robert Wood Johnson Foundation, **Inspira's** pilot program

began as an extension of the hospital's care transitions program.

Similar programs are in place elsewhere in the country. Locally, Virtua expects to launch an EMS visitation program this fall for patients with chronic medical issues such as diabetes.

"It's the future of EMS," says Milano.

Indeed, every hospital in New Jersey is working on some form of patient outreach, according to Kerry McKean, spokeswoman for the New Jersey Hospital Association.

In addition to Medicare's rule changes, she adds, such efforts are part of another trend in health care: improving efficiency and integration.

"Hospitals and other health care entities are better positioned to work together, in a more coordinated fashion, to improve the care they provide to patients," McKean notes in an email.

"The approaches may vary, but virtually all use some form of proactive outreach — touching base to make sure their patients are doing well and that their recoveries remain on track." On a first visit, **Inspira** paramedics inspect the home for simple hazards such as loose rugs and absent smoke detectors. On subsequent visits, they check patients' vital signs and ask questions about their daily routines. They can also refer patients to services, if needed.

"Most of the time, people are not compliant with their (medications) and diets," Milano explains.

Patients report high satisfaction with their paramedic care, Baca adds.

On Monday, Milano set his portable heart monitor on the kitchen table of Anthony Pavone, a Paulsboro resident who spent nearly a week in the hospital this summer to treat chronic heart failure.

Diabetic with a pair of troubled kidneys and both legs amputated at the knee, the 57-year-old answered Milano's questions while getting his vitals checked.

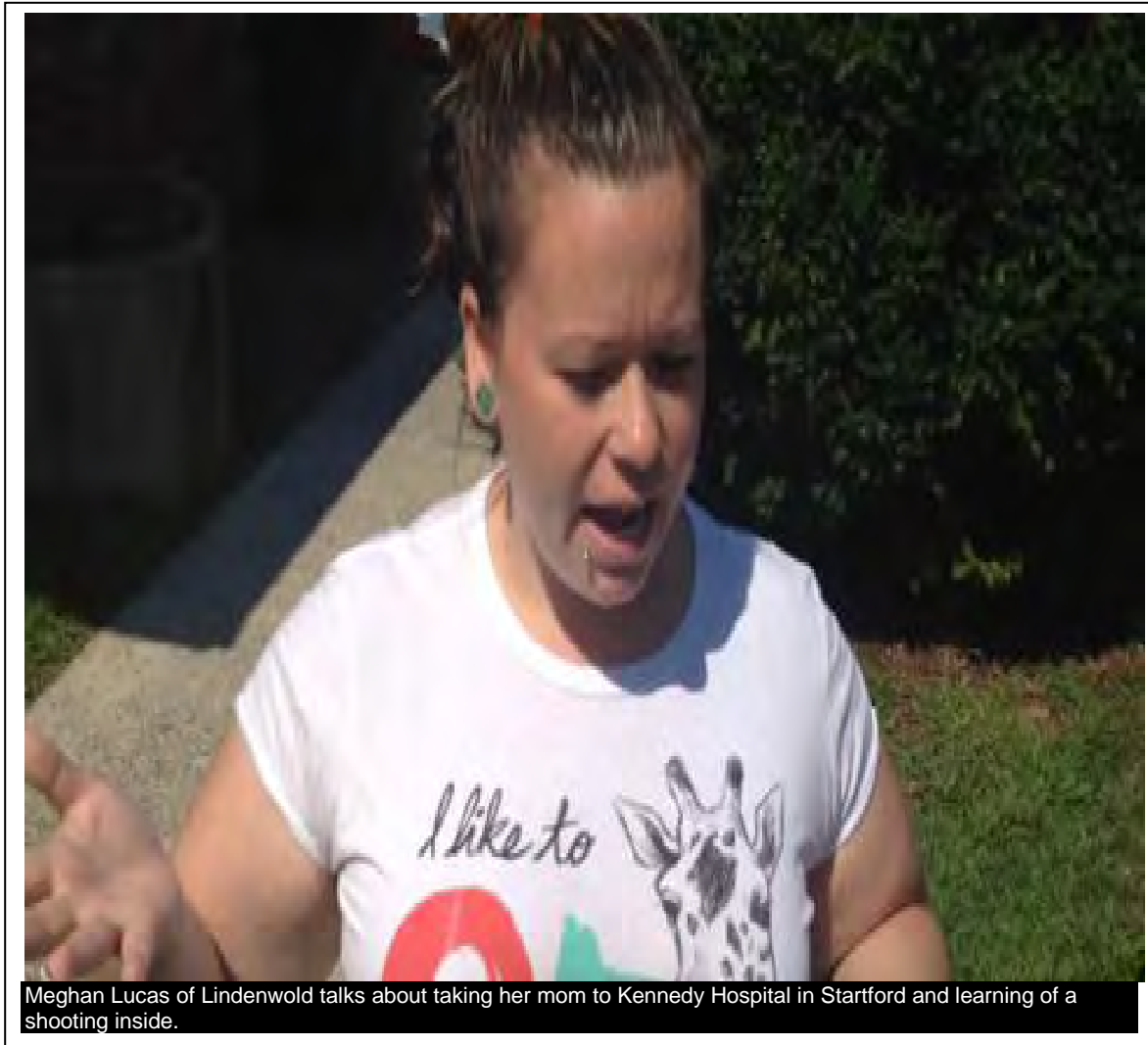
All was well.

"It's a very good program," notes Pavone, once a volunteer EMT. "I hope it continues to help keep people out of the hospital."

Reach Kim Mulford at (856) 486-2448 or kmulford@courierpostonline.com. Follow her on Twitter @CP_KimMulford

"It's a very good program. I hope it continues to help keep people out of the hospital." — ANTHONY PAVONE Paulsboro

Violence in hospitals 'rare' but difficult to stop, officials say



Meghan Lucas of Lindenwold talks about taking her mom to Kennedy Hospital in Stratford and learning of a shooting inside.

For the third time this year, deadly gunfire rang out at a South Jersey hospital Wednesday.

The slaying of a Glendora woman in her room at Kennedy University Hospital in Stratford came nine days after a man's gunshot suicide at Our Lady of Lourdes Medical Center in Camden.

Another man fatally shot himself in March at Inspira Medical Center in Woodbury.

In the wake of the latest shooting, local hospitals said they've bolstered measures to protect patients, visitors and staffers. But administrators acknowledged that no measures guarantee safety in facilities open to the public around the clock.

"In general, this type of violence at hospitals is rare," said Kerry McKean Kelly, spokeswoman for the New Jersey Hospital Association.

Related: [Cops: Man kills wife, shoots self at hospital; son found dead in home](#)

At the same time, she added, "Hospitals are not immune to violence, given their place in the community and events in our society today."

Indeed, Wednesday's shooting occurred even though Kennedy Health System formed a security task force after the Inspira incident in March.

In that incident, a 26-year-old man with a history of mental problems walked into the Woodbury hospital's emergency department and shot himself.

The Kennedy task force, with police representatives from local communities, "talked through all the best practices that would fit our patient population," said Kim Cavallaro, corporate director of safety and security for the hospital chain.



One change that came out of those talks: Kennedy is installing "panic buttons" that quickly alert security personnel to problems at any of its facilities.

Kennedy also has repositioned security personnel "so they're in higher-visibility areas," Cavallaro said.

Inspira Health Network took action after the March shooting, according to Eileen Cardile, president and CEO of the Woodbury hospital.

The health care provider retained a consulting firm "to conduct a security and risk analysis of our facilities," she said.

"This firm made several recommendations to enhance the security at all of our campuses, and these recommendations are underway," added Cardile, who offered no specifics.

Other hospital operators noted ongoing efforts to assess and improve security systems.

For instance, Lourdes Health System in Camden on Sunday held the first in a series of "escalating exercises" intended to address workplace violence and active-shooter incidents, said spokeswoman Carol Lynn Daly.

Among other measures, Lourdes staffers receive crisis prevention training in high-risk areas, including the emergency room and behavioral health department.

All employees must attend programs "to enhance communications and empathy skills, which can be seen as critical ways to mitigate any potential escalation of tension," she added.

And while Lourdes uses metal detectors to screen patients entering its mental health units, Cooper University Hospital in Camden employs the devices at its emergency room.

Cooper's downtown facility supplements around-the-clock security with patrols by off-duty Camden County sheriff's officers, said spokeswoman Wendy Marano.

"We work closely with Camden County metro police on security initiatives."

Virtua also requires annual violence-prevention training for its 8,400 employees, as well as regular drills and training exercises, noted Michael Kotzen, the organization's executive vice president of population health management.

"We know people are under stress when they're in the hospital," he said. "It sometimes makes people act in ways that they normally wouldn't."

In Wednesday's attack, authorities said, 63-year-old Raymond Wychowanec of Glendora fatally shot his 62-year-old wife, Denise, during a visit to her room, then shot and wounded himself.

The couple's 35-year-old son, Ryan Wychowanec, was later found fatally shot in the family's Price Avenue home.

"A situation like that, from a law enforcement perspective, would be called a determined shooter," said Cavallaro at Kennedy, who added such an assailant would seek to thwart security measures.

"This is our only incident in 50 years," she noted. "There's no need to be concerned or fearful."

Reach Jim Walsh at jwalsh@courierpostonline.com or (856) 486-2646.



PORTFOLIO: Michelle Marshall

Joe Cooney, Courier-Post 6:02 p.m. EDT August 29, 2014

Michelle Marshall, assistant vice president of oncology and women's health service lines at **Inspira Health Network**, has been selected to serve on the advisory board of Spirit of Women, a national network of leading hospitals dedicated to improving women's lives with innovative health and community programs. Marshall's appointment was announced to the Spirit of Women network of hospitals at their national executive meeting last month in Miami, Florida. Her term runs through June 2016.

Kennedy hospital shooting may pose long-term trauma for nurses and doctors

Andy McNeil, *Courier-Post* 1:58 p.m. EDT August 31, 2014

A different kind of trauma became reality for nurses and doctors at Kennedy University Hospital in Stratford Wednesday, after police say a [patient was fatally shot in her room by her husband, who then turned the gun on himself](#).

Helene Burns, chief nurse executive for Kennedy Health System, said the day was the most tragic in her 33-year career.

It also was her most inspirational.

Burns praised the staff for their quick response, and how they rallied together and checked every patient on the second-floor unit where the crime occurred.



"One of the things that really struck me was that in the two hours after the event, every nurse had been relieved off that unit," she added.

"Other nurses just came in from home and relieved them of their duties."

SEE ALSO: [Violence in hospitals 'rare' but difficult to stop, officials say](#)

Raymond Wychowanec, 63, of Glendora shot his 62-year-old wife Denise twice in the chest during a visit to her room, then turned the gun on himself, authorities said.

Wychowanec was flown to the trauma center at Cooper University Hospital and clings to life. His wife died at the scene.

The couple's 35-year-old son, Ryan, was later found fatally shot in the family's home. Investigators are trying to determine whether the shootings are related.

When it was all over, the hospital held critical incident debriefings for those involved and offered free counseling services to all employees and volunteers.

Dr. Stephen Scheinthal, chairman of the psychiatry department at Rowan University's School of Osteopathic Medicine, helped head up a debriefing attended by more than 50 people the day after the tragedy.

"There was quite a bit of emotion in the room," he recalled. "They were able to get out their feelings about remorse, about their sadness over the situation, about depression ... and their concerns about safety in the building."

Among them were a physician who tended to Denise Wychowanec about five minutes before she was killed, and the two doctors who oversaw the effort to save her and her husband.

"Many of the people in the room touched the patient in some way," Scheinthal said. "They're grieving as well for this person's loss."

He noted the debriefing was important because it gave hospital staff the sense they were not alone.

Dr. David Condoluci, chief of patient safety and quality at Kennedy, agreed.

"Just talking about ... your fears, your anxieties, your comfort levels, helps you to at least know that you're not alone in this."

Scheinthal noted the healing process may take six to nine weeks for those impacted and the hospital plans to hold another session at that point.

Condoluci said Kennedy wants to make sure its staff has the support to cope with their feelings both now and in the future.

"An event like that just doesn't erase from your memory," he observed.

Compounding the issue may be the pragmatic demeanor with which medical professionals steel themselves.

"We're not always the best at sharing our emotions," said Dr. John Matsinger, executive vice president and chief clinical officer at Virtua.

It's why grief counseling and town hall gatherings are important in the wake of traumatic events, he noted.

Wednesday's violence came on the heels of similar violence at other hospitals.

Nine days before the incident at Kennedy, a man shot and killed himself at Our Lady of Lourdes Medical Center in Camden. Another man fatally shot himself in March at [Inspira Medical Center in Woodbury](#).

Dr. Anthony Mazzarelli, chief medical officer and senior vice president of operations at Cooper University Health Care, said his staff prepares for the worst with active shooter drills and disaster medicine training.

He notes medical professionals need to understand their own limitations in dealing with traumatic situations and leadership needs to ensure employees have the resources they need.

Dr. Sandra Bloom, who specializes in traumatic stress studies at Drexel University, said a balanced approach is needed when treating those who have experienced unexpected trauma.

"You want to encourage people to take care of themselves initially and then try to get back to normal," she explained. "But at the same time, you don't want people to pretend that nothing happened."

The first step toward healing, Bloom noted, is to understand an acute stress response is completely normal.

Bloom likened the situation to a car crash victim who refuses to get behind the wheel for so long, they become phobic about it.

"A relatively small portion will develop PTSD after a traumatic event," she said, "but everyone will experience an acute stress reaction. It's normal."

Barbara Wren, an advanced practice nurse and faculty member of Rowan's psychiatry department, helped Scheinthal oversee the Kennedy debriefing and explained those affected may feel distracted, irritable and lonely.

"This feeling of being detached can follow any traumatized person for a few days because it's part of the body's reaction to stress," she said.

"Their sense of normalcy, their sense of what the world is, has changed."

Meanwhile, medical staff affected by the shooting may become more resilient and empathetic, according to Wren.

"In some ways, they've been given an opportunity to really grow. But unfortunately, it's quite painful."

Reach Andy McNeil at amcneil@courierpostonline.com or (856) 486-2458. Follow him on Twitter [@Andy_McNeil](https://twitter.com/Andy_McNeil).

2014

THE DAILY JOURNAL

23rd
Annual

READERS' CHOICE



BEST



Best Hospital

INSPIRA HEALTH NETWORK

One of the Best:

Cooper University Hospital

Children's Hospital of

Philadelphia

مبادرة للاستشارات

Neighbors news for Aug. 5

VIN10:25 a.m. EDT August 5, 2014

CompleteCare hosts Bridgeton carnival

CompleteCare Health Network will join health centers across the country as they celebrate National Health Center Week 2014 from Aug. 10 to 16. The theme of this year's event is "Celebrating America's Health Centers: Local Engines for Healthier Communities."

National Health Center Week works to highlight the need for health centers in communities. According to the National Association of Community Health Centers, more than 44 million people remain uninsured and 56 million others have insurance but do not have access to doctors or basic health services.

Activities during National Health Center Week aim to draw attention to the contributions health centers like CompleteCare make to the community, such as improving access to primary and preventative care, reducing health disparities, managing chronic illness, improving birth outcomes and creating jobs.

The schedule includes:

- Monday — Children's Health Carnival from 11 a.m. to 2:30 p.m. at CompleteCare Pediatric & Family Medical Professionals, 265 Irving Ave., Bridgeton. Activities will include vision and dental screenings, free immunizations, on-site Medicaid enrollment, carnival games, snacks and prizes.
- Aug. 13 — Patient Appreciation Barbecue from 11 a.m. to 1 p.m. at CompleteCare Medical Professionals, 3 Broadway, Cape May Court House. Activities will include food, giveaways and on-site Medicaid enrollments.
- Aug. 14 — Grand opening of CompleteCare Family Medicine Center at Inspira Health Network, 75 W. Red Bank Ave., Woodbury, from 12:30 to 2 p.m.

CompleteCare will host other events during the week, including a patient focus group and a celebration of National Farmworker Health Day at Centerton Nursery and Summit City Farms.

For information, call Meghan Spinelli at (856) 451-4700, ext. 2072.

NJ's breastfeeding rates leap 71% in State

Growing cultural acceptance cited as one reason

Kim Mulford, Courier-Post 12:16 a.m. EDT August 7, 2014

When Ashley Hockenbury gave birth to her first child three months ago, she had no hesitation about breastfeeding her new daughter, Charlotte.

“It was cheap,” the 27-year-old Barrington woman said while stopping by for nutrition counseling at the Gateway Women, Infants and Children (WIC) office in Blackwood this week. “It’s better for her, I’ve always been told.”

The message “breast is best” is spreading.

The state’s breastfeeding rates have increased significantly since last year, according to the New Jersey Department of Health, whose report coincides with World Breastfeeding Week. The number of babies exclusively breastfeeding at 6 months of age jumped 71 percent since 2013, up to 22 percent of infants in some areas of the state.

That’s partly due to improving support from hospitals’ maternity wards, an increase in resources for new moms, and growing cultural acceptance of the practice, explained Karen Kurtz, a lactation consultant for WIC in Camden County.

“A lot more women come in who have at least heard it’s a good thing,” Kurtz said. “It used to be, we were the first ones to tell them it’s good.”

The program offers classes and individual counseling for pregnant women and new mothers. WIC also gives its largest food package to women who exclusively breastfeed their babies, to support nursing mothers’ increased nutritional needs.

As a result, the number of WIC mothers in New Jersey who exclusively breastfeed has grown by 21 percent since 2010, according to the Health Department.



The Affordable Care Act now requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women.

Though only four hospitals in New Jersey — including **Inspira Medical Center Elmer** — have earned special recognition for their breastfeeding support practices, 22 others are working to earn designation as a “Baby-Friendly Hospital,” the department reported.

The state also adopted changes to hospital rules to support mothers who want to breastfeed in the hospital.

“Breastfeeding is the best source of infant nutrition, protects babies from illness and provides health benefits to mothers as well,” state Health Commissioner Mary E. O’Dowd said. “Mothers need information, help and skilled support when they breastfeed. That’s why the department is working with health care providers to improve support for breastfeeding mothers and their infants.”

World Breastfeeding Week celebrations are planned in South Jersey this weekend.

Gateway Community Action Partnership’s WIC program will hold an event from 10 a.m. to 2 p.m. Sunday at U-Sell Flea Market in Vineland. There will be free refreshments and prizes, entertainment and information for the community.

In Camden, the city will celebrate World Breastfeeding Week on Saturday with a free event at Dudley Grange Park. About 200 people are expected to attend the program, organized by Nurse Family Partnership of Camden and Burlington Counties, and Gateway WIC.

Yahaira Ocasio of Camden plans to attend with her 10-month-old son, Josiah. Though she had some early difficulties, the 26-year-old received advice from her nurse and her mother and soldiered through.

Now, she calls being able to breastfeed her son “a gift.”

“To me, I felt as though if God gave me milk and my breasts, it was for me to give to my child,” Ocasio said. Her son never gets pains in his belly, she added, and she’s never had to get up in the middle of the night to fix him a bottle of formula.

“I love it so much,” Ocasio said.

Laquania Hunter of Camden also plans to attend with her 3-month-old son, A’Mari Miles. The 23-year-old customer service representative has successfully breastfed her baby far longer than her family predicted. She’s the first in her family to breastfeed.

“They said I wasn’t going to last,” Hunter laughed. “You can’t knock it till you try it.”

The Bacteria Balance

Probiotics are the topic of this month's Heathline

Get your probiotics questions answered

Regina Schaffer, For The Daily Journal 12:04 a.m. EDT August 11, 2014



Doctors maintain that the best way to get beneficial probiotics is through diet, eating yogurt and cheese, instead of taking a supplement.(Photo: Getty Images/iStockphoto)

There are bacteria most people spend their lives trying to avoid — the kind that can spoil food, water, and cause stomach discomfort that can sideline a person for days.

And then there are the “friendly” bacteria.

Depending on the television commercial a person is watching, “good” bacteria, known as probiotics, are said to do everything from relieving stomach discomfort to boosting the immune system. But while probiotics can't really hurt, experts say, they may not necessarily help.

Probiotics are good bacteria that, in theory, help to restore the balance of normal bacteria in the body — most commonly into the gut or intestines, where hundreds of types of bacteria thrive, said Jay Malickel, of **Inspira Medical Group Family Medicine Centerton** in Pittsgrove Township.

Evidence has pointed to probiotics helping to treat diarrhea, especially following treatment with certain types of antibiotics, as well as preventing and treating vaginal yeast infections and urinary tract infections.

Some studies claim probiotics even can help treat symptoms of irritable bowel syndrome and Crohn's disease, reduce cold and flu symptoms, and even prevent or treat eczema in children.

But Malickel cautioned those claims may not be true. "There's a lot of mass media information out there that has probably gotten way ahead of the studies," Malickel said. "There is, however, good data on treating with probiotics for clostridium difficile colitis ... a disorder that comes from (taking) antibiotics. Probably the best evidence for (taking) probiotics exists for the treatment of that."

Probiotics naturally occur in a number of foods, including the most widely known, yogurt, which contains lactobacillus or bifido bacteria that are said to help aid digestion.

Probiotics also can be found in sauerkraut, sourdough bread, soft cheeses and even miso soup, which can contain upwards of 160 different kinds of bacteria.

There are also many supplements on the market — some just a single bacteria supplement, others a combination of several — that make a whole host of health claims.

"There are a lot of good bacteria out there — but the best are lactobacillus," Malickel said, adding lactobacillus is good for aiding digestion.

For most people, probiotics are harmless, Malickel said, so it's fine for healthy adults to try consuming more foods that contain them.

"The good thing with this is, it's probably not going to cause you any harm," Malickel said. "If patients feel it's in their best interest ... they're more likely to do it. (Probiotics) really are everywhere."

Still, Malickel cautions against anyone thinking probiotics are some kind of magic cure-all for intestinal ailments.

While mass media tends to trumpet probiotics as something that dramatically can change the way a person feels, there is no medical study that has conclusively proven that, he said.

"Let's put it this way — it can't hurt," Malickel said. "There are a bunch of very small studies that probably show benefit to (consuming) a lot of the different bacteria. But really, in medicine, we're looking for a large study. And honestly, no one has done that."

The best option, Malickel said, is to avoid the costly probiotic supplements available at health food stores and just head for the yogurt or cheese aisle at your local supermarket.

"(Supplements) are expensive," Malickel said, "And there isn't any evidence that they will help the general population any more than eating a balanced diet."

August Healthline

Probiotics are the topic of this month's Healthline, hosted by **Inspira Health Network** and The Daily Journal.

Jay Malickel, of Inspira Medical Group Family Medicine Center in Pittsgrove Township, is available to answer your questions, which may be submitted in several ways:

By fax to (856) 451-8318. By email at healthline@

sjhs.com; or visit www.thedailyjournal.com and click on the Healthline icon. The deadline to submit questions is 5 p.m. **Aug. 18**. Inquiries will be answered confidentially.

2 earn Eagle Scout honors in Vineland

From staff reports 11:08 a.m. EDT August 20, 2014



VINELAND – Nicholas Ferrara and Dimitri Raimonde recently were awarded their Eagle Scout Badges at a Court of Honor held at South Vineland United Methodist Church. The church is the charter for Troop 10, where both young men began as Cub Scouts.

Ferrara and Raimonde worked their way through the ranks and carried out Eagle projects designed to be beneficial to the community. Raimonde landscaped the area surrounding the Wi-Fi message board at Vineland Public Library, while Ferrara constructed a bookshelf in the child reception area at **Inspira Regional Medical Center Vineland**. Both chose a common mentor in Scoutmaster Patty Selby.

Many dignitaries spoke at the Court of Honor, followed by a reception in the church hall.

Ferrara is the son of Michael and Lori Ferrara, and Raimonde is the son of Rich and Julie Raimonde. Both families live in Vineland.

Neighbors news for Aug. 19

9:46 a.m. EDT August 19, 2014



Yoga classes to begin in Vineland

VINELAND – **Inspira Health Network Fitness Connection**, 1430 W. Sherman Ave., will offer a six-week yoga session.

Classes begin next week. They're scheduled at 6:30 p.m. Mondays, 6:30 p.m. Tuesdays and 10 a.m. Sundays. Also, prenatal yoga class will be offered at 11:30 a.m. Sundays. Linda Schimmel is the instructor.

The fee is \$36 for members and \$46 for nonmembers. To register or for information, call (856) 696-3924.

Vineland planners OK third urgent care center

Joseph P. Smith, jsmith@thedailyjournal.com 8:37 a.m. EDT August 20, 2014

VINELAND – Further development at the Bottino's ShopRite property on West Landis Avenue will deliver a third urgent care center here early next year.

A site plan for a 6,100-square-foot center for **Inspira Health Network** received unanimous final approval, with some waivers needed, from the city Planning Board last week.

[RELATED STORY: Inspira plans urgent center near ShopRite](#)

The application was technically complex but not controversial. It did not comply with all aspects of the municipal development plan for the area, which was a junkyard before the city bought it several years ago.

As part of the application, the owners also sought preliminary approval for future construction of a retail building and a fast food restaurant. Those projects do not have waiting tenants.

While the center is for Inspira, the applicants are Landis Avenue Properties LLC and Vineland Crossing Properties LLC. Those two corporations own the land.

According to testimony, the planned "urgi-care" will be open seven days a week from 8 a.m. to 8 p.m. The center will face toward West Landis Avenue.

Arthur James Boote, vice president of ambulatory care for Inspira, said about 10 employees are expected at the center at any time. There will be two shifts.



The doctor is now in

Joseph P. Smith, jsmith@thedailyjournal.com 1:49 p.m. EDT August 21, 2014



NOTE: An earlier version of this story contained an error regarding the type of federal medical care assistance program the Vineland Urgent Care center accepts. The center accepts Medicare patients.

VINELAND – The city's second "urgi-care" center opened on Monday in East Vineland, capping 14 months of planning for a group of longtime area physicians.

Vineland Urgent Center, a 3,700-square-foot facility, is tucked into a shopping plaza at the heavily traveled intersection of North Lincoln Avenue and East Landis Avenue.

The site is far from any competitor, current or planned. More importantly, owners and doctors David Kaufman and Sanjay Bhendwal said, the site is close to the patients they look to serve.

"It's a perfect choice for us," Bhendwal said.

"These are the people we know," Kaufman added. "And it gives great access to people from Millville coming right up Lincoln (Avenue), and to people from Buena and the western parts of Atlantic County that we border. People who traditionally have sought medical care in Vineland."

There is a national trend toward "walk-in" medical clinics. The clinics, or urgi-cares, offer services and hours that fall between a doctor's office and at a hospital emergency room.

The trend is well represented across New Jersey, but it's been slow to penetrate Cumberland County. Vineland Urgent Care is the second urgi-care to open in the city in nine months. **Inspira Health Network** should open a third center here no later than early 2014.

"I can't speak for the group (but) I think that there is a growing sense amongst physicians that we're somehow excluded from ownership in the health care system," Kaufman said. "And it's not something that sits well with us.

"This group has between us more than 180 years of clinical experience in this town," he added. "So it seems to us, if anybody knows how to take care of patients in this town — what they need, how to move them through the out-patient system, what doctor to send them to — that would be us."

Vineland Urgent Care has the equivalent of 10 full-time employees for a 70-hour work week.

Staff include two doctors with extensive emergency room backgrounds, with one assigned per shift. A registered nurse also works every shift.

Vineland's first urgi-care was opened by MedExpress Urgent Care, a multi-state operation based in West Virginia.

MedExpress opened a center on South Delsea Drive near College Drive in November 2013. It was the first in the county.

The nine doctors that formed Vineland Urgent Care had hoped their for-profit venture would be first to open here, according to Kaufman and Bhendwal.

Their idea grew from a conversation Dr. Wasig Narvel had had with Blue Cross/Blue Shield. He and other doctors were thinking about expanding hours and services at their regular practices.

"And the people from Blue Cross said to him, 'You don't want to do that. Just open an urgent care center,'" Kaufman said. "So we all got to talking and that's how it started."

The nine partners are continuing their separate practices, but they expect that many of their patients will end up using the urgi-care center as a convenience.

"Coming back to Dr. Kaufman's story with Dr. Narvel, the after-hour care is not only a need — it's a necessity of this day and age," Bhendwal said. "You cannot just take care of patients four-and-a-half days of a week and leave the patients dependent on either ER or basically phone system, answering system, to meet their medical needs."

Bhendwal said the county unfortunately lacks urgent care centers — especially true for one of the poorest areas in New Jersey.

"Medically, financially, even morally, it was necessary to have urgent care like this," Bhendawl said. "And we all feel obligated, as primary care providers, that we have to offer a comfortable after hours office care."

The center expects most patients it sees will have regular doctors and insurance. It has negotiated rates with major insurance companies and accepts Medicare patients.

However, Kaufman said, the center also accepts cash-only patients under a discounted rate.

The center's facilities and equipment include a laboratory, x-ray department, electro-cardiograms, intravenous fluid administration, asthma treatment equipment (oxygen, et cetera), a full-service orthopedic room, recovery rooms and a surgery for minor operations.

"A typical statement made nationwide is 'we are prepared to take anything' — this is what set our tone — 'that is not life-threatening or limb-threatening,'" Kaufman said.

Vineland Urgent Care has nine partners, all of whom are medical doctors: Sanjay Bhendwal; George Dendrinis; Michael Dovernarsky; David Kaufman, Rajesh Malik, Wasiq Narvel, Kirit Parmar, Rekha Sehgal; and Narasimhaloo Venugopal.

The center is at 3722 E. Landis Avenue in the Lincoln Plaza. It is open from 10 a.m. to 8 p.m. seven days a week.

For information, call (856) 213-5900 or visit www.vinelandurgentcare.com.

Blood drives

VIN12:01 a.m. EDT August 22, 2014



Inspira Health Network will host blood drives in Vineland and Woodbury in remembrance of the 9/11 terrorist attacks. Community members are encouraged to participate.

Inspira Remembering 9/11 American Red Cross Blood Drives will be held from 11 a.m. to 4 p.m. Sept. 11 at Inspira Fitness Connection, 1430 W. Sherman Ave, Vineland; and from 7 a.m. to 5 p.m. at Inspira Medical Center Woodbury, 509 N. Broad St.

These blood drives are in collaboration with the New Jersey American College of Emergency Physicians' "Safe Citizens Day," to honor those lost in the 2001 attacks. The goal of Safe Citizens Day is for all community members to participate in a positive event and to commit to being better citizens by teaching or learning things that potentially will help us, our families, our friends and our neighbors survive times of unexpected challenges.

Blood donors must bring two forms of identification, and appointments are recommended. Appointments can be made at www.redcrossblood.org. For medical questions related to the blood drive, call the American Red Cross at (800) GIVE LIFE.

Red Cross blood drives also will be conducted around the region on these dates:

- 2 to 7 p.m. Monday. Millville Elks Lodge No. 580, 1815 E. Broad St., Millville.
- Noon to 5 p.m. Tuesday. St. Mary Magdalen School, 621 Dock St., Millville.
- 2:30 to 7:30 p.m. Wednesday. Redeemer Lutheran Church, 2384 E. Landis Ave., Vineland.
- 2 to 7 p.m. Aug. 29. Weymouth Township Building, 45 S. New Jersey Ave., Dorothy.
- 9 a.m. to 2 p.m. Sept. 2. Dunkin Donuts, 360 N. Delsea Drive, Vineland.
- 8:30 a.m. to 1:30 p.m. Sept. 2. Cumberland County Library, 800 E. Commerce St., Bridgeton.
- 1 to 6 p.m. Sept. 3. Ranch Hope, 45 Saw Mill Road, Alloway.
- 11 a.m. to 4 p.m. Sept. 4. New Jersey Veterans Memorial Home, 524 N.W. Boulevard, Vineland.
- 2 to 7 p.m. Sept. 8. Moose Hall, 187 W. Wheat Road, Vineland.
- 2 to 7 p.m. Sept. 8. Port Elizabeth Volunteer Fire Company, 7 Port Elizabeth-Cumberland Road, Port Elizabeth.
- 9 a.m. to 2 p.m. Sept. 9. Federal Correctional Institute, 655 Fairton-Millville Road, Fairton.
- 11:30 a.m. to 4:30 p.m. Sept. 10. Vineland City Hall Council Chambers, 640 E. Wood St.
- 2 to 7 p.m. Sept. 12. Boscov's, Cumberland Mall, 100 S. Delsea Drive, Vineland.
- 2:30 to 7:30 p.m. Sept. 12. YMCA of Vineland, 1159 E. Landis Ave., Vineland.
- 2 to 7 p.m. Sept. 12. Franklin Township Community Center, 1584 Coles Mill Road, Franklinville.
- 10 a.m. to 3 p.m. Sept. 13. Trinity AME Church, 1107 Bridgeton-Millville Pike, Bridgeton.

For appointments or information, call (800) GIVE-LIFE, or visit www.redcrossblood.org.

Buena school hosts emergency planning session

Deborah M. Marko, dmarko@thedailyjournal.com 5:27 p.m. EDT August 25, 2014



BUENA – To prepare for chaos, the Buena Regional School District hosted a school safety seminar on Monday to calmly focus on what to do in perhaps the worse case scenario — an active shooter.

School staff, law enforcement and rescue crews gathered around a table in the Buena Middle School library to discuss how they would handle such a crisis. They shared information on resources, policies and past practices.

Debra Bell, a local school board member and NJ Emergency Medical Service Task Force state planner, often works with Devin Kerins of U.S. Department of the Homeland Security.

Kerins, the Federal Emergency Management Agency regional exercise officer, developed the program that not only addresses response but also looks at prevention.

“It was a passion of his,” Bell said, requesting he moderate the tabletop exercise at her school district where funding is tight.

The goal was to have school administrators and first responders play out what they would do if it were real situation,” she said. The “what if” scenario enabled the district to test its existing emergency operations plan.

Last year, Buena Middle School Principal Karen Santoro dealt with an emergency situation when she evacuated her school due to a bomb threat.

“Everything worked very well. The kids did exactly what they were told; nobody fussed about going out with their hands up,” Bell said.

After the event, there was time to review.

“They found a few things to tweak,” Bell said, adding the plan was updated.

“We are always visiting and revisiting security and emergency management,” Superintendent Walt Whitaker said.

Bell noted security is an ongoing issue, pointing out a new configuration at the school's entrance. A new set of double doors funnels school visitors to the main office rather than giving them access to the school's main corridor.

With school opening right around the corner, Whitaker said the district was focused on trying to prevent acts of violence. He noted all five of the district's principals were participating in the exercise and would share the findings with their school staff.

The most effective tool highlighted was communication.

“This is a particular scenario but it's to get them thinking so in any scenario ‘how would you respond, what would you do?’” Bell said.

Kerins first developed a school-shooting exercise set on college campuses after the 2007 Virginia Tech shooting that left 32 dead.

Five years later, Kerins was asked to expand the exercise after a shooter walked into Sandy Hook Elementary School and killed 20 children and six staff members.

“I developed a template exercise, it's very generic so I've conducted it multiple locations,” he said. “A lot of schools and police have worked on what you do if somebody starts shooting, but this exercise also looks at how to prevent it from happening.”

FEMA has no role in active shooter scenarios other than it has the resources to provide the drill at no cost to the school district, he said.

“We really could have picked anywhere in New Jersey to do this, but having the local tie here, I thought this community is like the perfect nightmare because we sit right on the border of Gloucester, Cumberland and Atlantic counties and we have a little tie-in with Camden,” Bell said.

“Whenever we have an incident here, a lot of our mutual aid comes from any of those counties, you have all different radio frequencies, they could be paramedics either from **Inspira (Health Network)** or AtlantiCare, you have state police on the township side and the Buena Borough Police on for the borough.”

Discussing the the scenario, each representative shared what they would do and what they could offer as the tale of two fictional troubled teens escalated in its danger.

School and law enforcement discussed how they could better address “red flags” by sharing information about incidents unfolding within school as those well as beyond the school property line, including postings on social media.

School officials detailed how they can offer students help with resources including its guidance counselors and AtlantiCare Behavioral Health Teen and Youth Center.

The input gathered at the drill will be compiled and shared with school and first responders.

“The nice thing it gives you a chance to review what you think would happen,” Bell said.

When all those involved come together to focus on the scenario, she said, they can find any loopholes.

“We can update now as opposed to when it really happens,” she said.

INSPIRA WEIGHT LOSS SURGERY CENTER RECOGNIZED

9:34 a.m. EDT August 25, 2014



VINELAND – Inspira Medical Center Vineland has been named a Bariatric Surgery Center of Excellence for the third consecutive time by the American Society for Metabolic and Bariatric Surgery.

The society says its Center of Excellence designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery.

“In 2009 to 2010, the CDC reported that more than one-third of adults in the U.S. were considered obese,” said Ahmed Attia, D.O., president and CEO of ESA South Jersey Bariatrics and medical director of bariatric and weight loss surgery at Inspira Medical Center Vineland.

“Obesity is a serious health concern, and for some individuals weight loss surgery is the only option. We are extremely proud to have been redesignated a Bariatric Center of Excellence and to be able to provide life-changing procedures to patients across the region.”

The hospital first became a Bariatric Surgery Center of Excellence in 2006.

To earn the redesignation, the hospital underwent a series of site inspections during which all aspects of the program’s surgical processes were examined and data on patients’ outcomes were collected.

HEALTH CONNECTION

SEPTEMBER 2014

GAME ON!

How to protect against sports-related injuries



INSIDE

- Vegan-friendly barbecue favorites
- Food safety do's and don'ts
- Farmer's market shopping tips

Plus

- Have a healthy Labor Day

A LONG-LASTING FIX

By Melissa Pileiro mpileiro@gannett.com

These days, we're living longer than ever before. And with improved medical care, many people are working and playing well into their senior years.

But our bodies don't always keep up with how well we feel.

Sue Lively, a 60-year-old probation officer from Bridgeton, was conducting a home visit on the job when she stepped off a curb the wrong way and rolled her ankle.

The next four years would be a blur of doctor's visits and procedures. Lively certainly isn't the only one, said foot and ankle surgeon Dr. Richard Jay of Reconstructive Orthopedics.

"I have patients that have gotten out of bed the wrong way, tripped on the stairs, runners who encounter an uneven surface, people who've been through car accidents ... we've seen all of them, from young people and athletes to older adults," said Jay, who sees most ankle injuries like Lively's while on-call in the emergency room at **Inspira Health Network**.

An X-ray and MRI revealed that Lively had a severely broken ankle as well as degenerative arthritis, a condition that causes chronic pain that worsens over time. The arthritis was likely present before the injury, Lively said.

Jay explained that Lively had three options: He could fuse her ankle, insert an external fixator (a device attached to the ankle with pins and wires that can be adjusted manually), or replace the ankle altogether.

"We want to do as much as possible to minimize harm and lessen pain. Depending on the type of your injury, rest, immobilization with a brace, cast, ace wrap or avoiding walking on it for a time can be effective. If the ligaments are ruptured or the bone is broken, we need to be more aggressive. There are a number of different surgical procedures, including repairing with wires, screws, an external fixator, or plates," Jay said.

How well each treatment method works depends on each patient. Lively used a fixator and ankle boot twice with some success, but it never lasted.

"I was okay for about two years, but then the pain started coming back. I'd be in the hallway standing and talking to someone, go to turn and my ankle would give out. A co-worker caught me twice," Lively said.

She returned to Jay's office in April 2013, and he suggested a total ankle replacement. The surgery was developed in the 1990s and continues to improve today. Replacing an ankle is more complicated than procedures for other joints because the ankle is constantly absorbing momentum and force from the legs as we move. Its movements mean injuries can be more involved.

"We tend to reserve total replacement for patients showing wear and tear, usually those are older patients," Jay said. "Younger patients are warned that another replacement might be needed down the road, simply because younger people are more active."

The idea of ankle replacement surgery was new to Lively, but it didn't surprise her. "Given that they replace hips, knees and shoulders, it made sense to me that they can do ankles now, too," she said. "I did some research and even watched



STAFF PHOTOS/CHARLES J. OLSON
Dr. Richard Jay of Reconstructive Orthopedics in Vineland displays a model of a human ankle and foot at his office. Below, Jay examines the ankle of patient Sue Lively of Bridgeton at his office.



the surgery on YouTube. Dr. Jay made me feel comfortable, and after having been through so much I trusted him.”

Jay explained that as in other joint replacements, the recovery process occurs in stages: Patients are put into a cast directly after surgery, usually for 3 to 4 weeks. After the cast comes off, they get a boot and they'll practice bearing weight while getting used to standing with crutches. Once the incision is closed and they are comfortable standing, between the sixth and eighth week, they'll start physical therapy.

Recuperation from other common ankle procedures, including ankle fusion, is much longer, Jay said. Fusion patients usually can't bear weight until the eighth week and can experience permanent changes to mobility afterward, even with physical therapy.

Following her surgery last spring, Lively was laid up and using crutches for three months and had four months of physical therapy. She was able to return to work in August, four months after the operation. For the first time in years, she has relief. She's able to ride her motorcycle and dance again, and is looking forward to a cruise to Hawaii with her sister later this year.

“(Dr. Jay) said I made a very good recovery. I was walking again faster than he expected ... Even my physical therapist said I exceeded what he expected from me. I guess I was determined,” Lively joked. “I feel great. I only get the occasional ache when the weather's bad, but that's true of just about anybody. I can do anything I want to do.”

Jay stressed that replacement of any body part is a serious procedure that carries risks of infection, vascular problems or the need for further surgery in the future. Candidates should be in good health, under 300 pounds, and not smoke during recovery.

“As with any replacement, we're aiming for mobility. People don't want to be stuck with a fixed, stiff ankle. They want range of motion. They want to be able to wear a flat shoe or high heels,” Jay said. “We see people all the time that have lived with pain for years, and they don't have to today.”

Reconstructive Orthopedics has offices throughout South Jersey. Visit <http://www.reconstructiveortho.com> or call (856) 691-0900.

'Around the world' for fitness

By Melissa Pileiro mpileiro@gannett.com



Over the years, ambitious sightseers have traveled the world with varied modes of transportation and record setting times.

This summer, **Inspira Fitness Connection** in Vineland is taking on its own global goal: To “travel” 25,000 miles — the approximate circumference of the earth — using the center’s exercise equipment.

While they’re not actually leaving the building, fitness specialist Brian Archut said that Fitness Connection’s World Tour is a fun way to get the community moving.

The program is the newest incarnation of several workout challenges the center has held over the years. In the past, individual members logged their mileage on treadmills, exercise bikes and other equipment in a friendly “race” to Myrtle Beach, S.C.

“We would track how many miles a person would walk, bike or otherwise ‘travel’ using our equipment. At the end of the summer, we would see how far people got and who went the farthest,” Archut explained.

As the Myrtle Beach challenge grew, Archut noticed that the group racked up around 15,000 miles altogether. He was impressed and decided to up the ante this year.

The World Tour is a team effort to reach 25,000 total miles over the course of one summer, from June 21 to Sept. 21.

Archut said that over 80 people have signed up as of Aug. 1, with curious newcomers joining the team every few days. Individual participants keep track of their total distance online on the honor system. They can track their progress by writing their name on a figurine that they move from place to place on the center’s large, hand-drawn world map.

"We're right on target. If everyone continues at the rate they're going now, we should be able to make it," he said.

They're also using theWorld Tour to help out local young people. Half of the \$10 signup fee will be set aside for Big Brothers Big Sisters of Cumberland and Salem Counties.

Founded in 1904, Big Brothers Big Sisters of America matches at-risk children of all ages with a volunteer mentor for the support and quality time they need. The organization has over 500 chapters.

"We found that when you're doing something with a cause, more people will sign up," Archut said. "These challenges weren't intended to be a moneymaker— we wanted to encourage camaraderie and pursuing a goal. But adding the additional challenge has really motivated people."

Fitness Connection has raised over \$500 so far.

Big Brothers Big Sisters program director Valerie Farrow said that as a nonprofit organization, even the smallest donations make a difference.

"Fitness Connection has supported our agency in various ways for some time now. They give us material support and some of our volunteers are involved with them," Farrow said. "It takes approximately five people and \$1200 to manage one (mentor and child) match. Our families and volunteers are always in need of services and supplies, and ... we can always use the help keeping the lights on and organizing events here."

The Cumberland and Salem County chapter has 271 active mentor-child pairs. The majority are female volunteers paired with "Little Sisters," and Farrow stressed that there is a need for male volunteers to step up as matches for the organization's boys.

It's not too late to get involved with the World Tour fitness challenge. New and current Fitness Connection members can sign up by calling (856) 696- 3924 or visiting the center at 1430 W. Sherman Ave. inVineland. Registration for the challenge is \$10.

To learn more about Big Brothers Big Sisters, call (856) 692-0916 or visit <http://www.southjerseybig.org>.



Robotic surgery at Inspira

By John DiAngelo Inspira Health Network President and CEO



Two surgeons (left) can work simultaneously during a da Vinci robotic-assisted surgical procedure.

FILE PHOTO

Everyone knows somebody who has had surgery. But the thought of having a surgical procedure yourself can be stressful. First and foremost, you want to be sure that you and your loved ones have access to the best surgical care possible from skilled physicians.

Many people may think that in order to get quality surgical care, you need to travel to the city.

But the good news is that there is a team of highly specialized physicians in your community that is using the latest technologies.

In fact, right here at [Inspira Health Network](#), we're providing leading-edge surgical techniques that are minimally invasive and help our patients to recover faster and have less scarring.

For nearly five years, our highly skilled surgeons have provided minimally invasive robotic procedures at Inspira Medical Center Vineland. During robotic surgery, the surgeon controls very small tools that are attached to a robotic arm and inserted through tiny incisions.

Your doctor is in complete control of the robotic system, which translates their hand movements into smaller, even more precise movements inside your body.

And by performing surgery with smaller tools and smaller incisions, your surgeon cuts less tissue. This means you can heal more quickly and can get back to your life and your family.

Now our experienced team of surgeons is among the first in our region to offer a new robotic technique that requires even less invasive incisions: single-site robotics. During single-site procedures, your physician controls all of the robotic surgical equipment through one tiny incision. The incision is commonly made through the belly button, which means that

many patients have no visible scars after surgery.

Single-site robotic surgery can be used for a variety of procedures, which means that many of our neighbors right here in our community can benefit from receiving surgery at Inspira using the least invasive techniques possible.

As one of the first health systems in our region to offer single-site robotic surgery, Inspira is leading the way in providing the latest, cutting-edge surgical techniques. At all three of our medical centers in Elmer, Vineland and Woodbury, our skilled surgeons are performing a variety of minimally invasive surgeries every day that provide a faster recovery time for our patients.

For more information about robotic surgery at Inspira, visit <http://www.InspiraHealthNetwork.org>.

Fast Facts: daVinci Robotic Surgery System

What is the da Vinci Surgical System?

The da Vinci Surgical System is a tool that utilizes advanced, robotic technologies to assist your surgeon with your operation. It does not act on its own and its movements are controlled by your surgeon.

The da Vinci Surgical System has a 3-D high definition (3D-HD) vision system, special instruments and computer software that allow your surgeon to operate with enhanced vision, precision, dexterity and control. The image can be magnified up to 10 times so your surgeon has a close-up view of the area he or she is operating on.

The da Vinci instruments have mechanical wrists that bend and rotate to mimic the movements of the human wrist—allowing your surgeon to make small, precise movements inside your body. And da Vinci software can minimize the effects of a surgeon's hand tremors on instrument movements.

Is da Vinci Surgery safe?

Over the past decade, hundreds of studies have been published on the use of the da Vinci Surgical System, demonstrating improved surgical outcomes when compared to open surgery. To date, more than 1.5 million surgeries have been performed worldwide using the da Vinci Surgical System. Talk with your doctor about all treatment options, as well as the risks and benefits of each. If surgery is the option you choose, talk with your doctor about whether da Vinci Surgery is right for you. Your doctor's training, experience and judgment are important factors to consider when making this decision.

Is da Vinci Surgery covered by insurance?

Surgery with the da Vinci Surgical System is a type of minimally invasive surgery. Most insurance plans include da Vinci Surgery in their minimally invasive coverage. Major insurance plans, including United, Aetna and Blue Cross Blue Shield, cover da Vinci Surgery. Check with your insurance provider to confirm coverage.

Learn more by visiting <http://www.davincisurgery.com>.

Salem, Cumberland Wellness Calendar

- » Advanced Cardiac Life Support, initial course: The next ACLS two-day class will be held from 9 a.m. to 4 p.m. Sept. 18 and 19 at Inspira Medical Center Vineland. For more information, call (856) 641-7535.
- » Advanced Cardiac Life Support, recertification: A class will be held 9 a.m. to 4 p.m. Sept. 11 as well as from 5 p.m. to finish Sept. 29 at Inspira Medical Center Vineland. For more information, call (856) 641-7535.
- » Alcoholics Anonymous: Sessions will be held at 7:30 p.m. Saturdays at Inspira Bridgeton Health Center and at 11 a.m. Sundays at Inspira Medical Center Elmer. For more information, call (800) 322-5525.
- » Alzheimer's Disease Support Group: The Alzheimer's Support Group of Cumberland County meets at 7 p.m. on the second Thursday of each month at the Millville Center of Genesis Eldercare, 54 Sharp St., Millville. Call (856) 691-3079.
- » Alzheimer's Family Caregiver Support Group: The Alzheimer's Family Caregiver Support Group will meet at 7 p.m. Sept. 22 at the Friends' Home, Woodstown. For more information, call (800) 272-3900.
- » Autism Support: Cumberland County Autism Links is an organization that links high functioning autistic and Asperger preteens and teens socially with others on the spectrum while learning social skills. This group meets every Thursday from 4:45 to 6 p.m. at Fourth Methodist Church, 308 Kates Blvd., in Millville. For further information email at memom52@verizon.net or call (856) 332-2433.
- » Bariatric Information Session: An information session for those who are thinking of having bariatric (weight loss) surgery, including gastric bypass, LAP-BAND and sleeve gastrectomy procedures will be held 7 to 8:30 p.m. Aug. 27 and Sept. 24 at Inspira Fitness Connection in Vineland. An additional meeting will be held from 7 to 8:30 p.m. Sept. 17 at Inspira Medical Center Elmer's second floor community room. Registration is required and seating is limited. For more information or to register, call (888) 661-8017.
- » Bariatric Support Group: A "new beginnings" group for those in the first year after weight-loss surgery will be held from 7 to 8 p.m. Sept. 3, and a "graduate" support group for those who are one to five years post-op will meet from 7 to 8 p.m. Sept. 10 at Inspira Fitness Connection in Vineland. Call (888) 661-8017.
- » Blood Drives: The American Red Cross regularly schedules blood drives in South Jersey. For specific dates, times and locations, call (800) GIVELIFE.
- » Brain Injury Support: A support group for people who have suffered brain injuries meets at 7 p.m. on the first Tuesday of every month at the HealthSouth Rehabilitation Hospital of Vineland, 1237 W. Sherman Ave., Vineland. For more information, call (856) 697-7342.
- » Breastfeeding Classes: A breastfeeding class will be held from 7 to 9 p.m. Sept. 10 at Inspira Medical Center Vineland. Classes also are held at Inspira Medical Center Elmer. For more information, call (856) 641-7535.
- » Breastfeeding Support: Mother to Mother support for nursing moms is provided by La Leche League of Vineland at 9:30 a.m. on the second Wednesday of each month. For location or assistance, contact PGardella1@comcast.net or (856) 691-9569.
- » Back to Work and Breastfeeding: A class will be held 1 to 2:30 p.m. Sept. 2 at Inspira Fitness Connection's aerobic room. For more information or to register, call (856) 641-7535.
- » Cancer Program: The American Cancer Society's "Look Good ... Feel Better" program teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. The next free sessions will be held from 7 to 9 p.m. Sept. 17 at Inspira Medical Center Vineland, garden level conference

room. For more information or to register, call the American Cancer Society at (800) 227-2345.

» Cancer Resource Center: The center is open daily from 8 a.m. to 6 p.m. in the Breast Cancer Bridge Program Office at the Inspira Medical Center Elmer. There also is a 24-hour center in the waiting area of the Transitional Care Unit at Inspira Medical Center Vineland. Free. No appointment necessary.

» Cancer Screenings: More than 50,000 people die from colon cancer each year, and many of the deaths could be prevented with early detection. The Gastroenterology Group of South Jersey is now offering more convenient hours throughout the year for routine screenings, including Saturdays. To find out more, call 856-691-1400.

» Cancer Screenings: Free screenings for breast, cervical, prostate and colorectal cancers are offered at Inspira Medical Center Vineland. The services are available to uninsured people, ages 40 to 64. For more information or to make an appointment, call (856) 641- 8686.

» Cancer Support: Inspira Health Network's Oncology Bridge Program offers support for women diagnosed with breast cancer. A community education nurse who also is a breast cancer survivor will meet with the patient in person or on the phone to offer advice, information and support. For more information, call Inspira Medical Center Vineland at (856) 641-7974 or Inspira Medical Center Elmer at (856) 363-1514.

» Cancer Support: A women's cancer support group will meet 6 to 8 p.m. Sept. 30 at the Inspira Scarpa Cancer Pavilion conference room. The next meeting will be held Sept. 30. For more information, call (856) 641-8686.

» Cancer Support: The "Man to Man" Prostate Cancer Support Group meets from 7 to 9 p.m. Aug. 27 and Sept. 24 at Inspira Fitness Connection, 1430 W. Sherman Ave., Vineland. For more information, call (856) 641-8674.

» Cancer Support: A thyroid cancer support group will meet 11 a.m. to 12:30 p.m. Sept. 20 at Inspira Fitness Connection. For more information, call (856) 641-8670.

» Child-safety Seat Inspections: The Cumberland County Sheriff's Department offers free child-safety seat inspections from 4:30 to 6:30 p.m. Tuesdays at the Millville Rescue Squad, 600 Cedar St. For more information, call (856) 451-4449, ext. 107.

» Childbirth Education Class: A one-day class will be held from 9 a.m. to 5 p.m. Sept. 20 at Inspira Medical Center Vineland. Four-week classes also are held at Inspira Medical Center Vineland. For more information, call (856) 641-7535.

» Childbirth Education Class: Inspira is now offering online childbirth education classes available at your convenience. Call (856) 641-7535.

» Childbirth Refresher Class: For more information, call (856) 641-7538.

» Childbirth Tour: Free tours of Inspira's maternity areas can be arranged by calling (888) 661-8017.

» Children's Health: The STEPS program teaches fitness and nutrition to kids. It is open to Vineland students ages 8 to 12, as well as their parents The program is held at the Cumberland Cape Atlantic YMCA in Vineland. For more information or to register, call Lisa Scheetz at (856) 691-0030, ext. 119.

» Children's Health: Shots for Tots of Cumberland County offers free immunizations for uninsured children up to age 18. The shots are offered from 9 a.m. to noon on the third Wednesday of the month at Vineland Health Dept. - Public Health Nursing, Suite 1, 610 Montrose St. Vineland, and from 10 a.m. to noon on the fourth Thursday of the month at Cumberland Co. Health Dept., 309 Buck St., Millville. For more information, call (856) 794-4000, ext. 4801 or (856) 327-7602.

» Community Healthcare: Families now are being enrolled in Complete- Care, which covers doctors visits, prescriptions and hospital stays for low-income uninsured adults, children or caregivers. Call 451-4700, ext. 2047.

- » CPR, adult, child and infant: For information, dates and times, call (856) 641-7535.
- » CPR, community class: Classes are held at Inspira Fitness Connection. For more information, call (856) 696- 3924.
- » CPR, Heart saver course: Classes are held from 6:30 to 9:30 p.m. at Inspira Medical Center Vineland. Call (856) 641-7535.
- » CPR, Healthcare Provider initial course: The course will be held from 9 a.m. to 3 p.m. Sept.13 as well as from 6 to 10:30 p.m. Sept. 9 and Sept. 17 at Inspira Medical Center Vineland. For more information and registration, call (856) 641-7535. A class will be held at Inspira Medical Center Elmer in October. Call (856) 641-7535.
- » CPR, healthcare provider renewal: The course will be held 6 to 10:30 p.m. Aug. 28, Sept. 4, Sept. 11, Sept. 18 and Sept. 25 as well as 8 a.m. to 11:30 a.m. Sept. 9 and Sept. 23 and 9 a.m. to 3 p.m. Sept. 27 at Inspira Medical Center Vineland. For more information, call (856) 641-7535. Classes will be held at Inspira Medical Center Elmer from 6 to 10 p.m. Sept. 10, Sept. 18 and Sept. 22. For information, call (856) 641-7535.
- » Depression Support Group: The depression support group of Millville provides an opportunity for those with similar life experiences to share, empathize and offer practical advice. They meet on Thursdays from 6:30 to 9 p.m. For location and to inquire about joining, please call (856) 825-3521.
- » Diabetes Exercise Program: Classes are held at Inspira Fitness Connection. For more information, call (856) 696-3924.
- » Diabetes Self-Management Education: This four-week program offered by Inspira Medical Center Woodbury gives basic information about diabetes to those diagnosed with the disease. To register or for more information, call (856) 853-2141.
- » Diabetes Support Group: The group will meet 2 to 3 p.m. Sept. 3 at Inspira Medical Center Vineland. For more information, call (856) 641-7542.
- » Diabetes Workshop: "Understanding Diabetes," a free class, will be held between noon and 1 p.m. Wednesdays Aug. 27, Sept. 10 and Sept. 24 at Inspira Medical Center Vineland, and at noon to 1 p.m. Thursdays Sept. 4 and Sept. 18 at Inspira Medical Center Elmer. Registration required. For more information, call (856) 641-7535.
- » Diabetes and Pregnancy: Class is held at Inspira Medical Center Vineland. Must pre-register. Call (856) 641- 7535 for class dates, times and to register.
- » Grief Support: "Helping Hands" is a group for parents who have lost an infant or experienced a miscarriage. Call (856) 207-0257 or (856) 641-7509.
- » Grief Support: A support group for adults living with a loss meets for daytime and evening sessions. For a schedule or more information, call (856) 575-4277.
- » Heart Failure: A free class will be held 1:30 to 2:30 p.m. Tuesdays and 10:30 to 11:30 a.m. Fridays at Inspira Medical Center Vineland. For information or to register, call (856) 641-7535.
- » Heart and Lung Support Group: The group will meet from 12:30 to 1:30 p.m. in October at Inspira Medical Center Vineland. Registration is required. For more information, call (856) 641- 7748.
- » Hip/Knee Replacement: Are you having a total hip or knee replacement? Millville Center Genesis HealthCare offers free pre-surgery rehabilitation seminars at 2 p.m. on the third Wednesday of every month. Call (856) 327-2700
- » HIV Testing: Free, rapid diagnostic HIV testing is available by appointment at Vineland Health Department, Suite 1, 610 Montrose St., Vineland. For more information, call (856) 794- 4000, ext. 4806. Testing also is available at the FamCare

Building, 30 Magnolia Ave., Bridgeton. No appointment is necessary, but you must arrive between 4 and 5 p.m.
Information: (856) 327-7602.

» Immunizations: Shots for Tots of Cumberland County offers free immunizations for children ages 2 months to 18 years who are without insurance or Medicaid eligible. No appointment is necessary. Up-to-date shot record is required. Vaccinations are given in three locations: from 10 a.m. to 12 noon at St. Andrew's Episcopal Church, 186 E. Commerce St., Bridgeton, on the second Thursday of each month; from 10 a.m. to 12 noon at the First United Methodist Church, N. 2nd and Pine streets, Millville, on the 4th Thursday of each month; and from 9 a.m. to noon at the Vineland Public Health Nursing Site, 610 Montrose St., Suite 1, Vineland, on the third Wednesday of each month. Call (856) 327-7602, ext. 1114 for more information.

» Mental Illness: The National Alliance on Mental Illness Cumberland County Chapter meets from 7 to 9 p.m. on the third Monday of each month at Chestnut Assembly of God, 2554 E. Chestnut Ave., Vineland. Call (856) 691- 9234 or (856) 794-9987.

» Narcotics Anonymous: Narcotics Anonymous meets throughout the week in various locations throughout Cumberland and Salem counties. For the full list of meetings, visit <http://www.csascna.org> or <http://www.nanj.org>.

» Nutrition: "i-Healthy Family" is a free, five-week nutritional series for parents held from 10 a.m. to 12 p.m. at ShopRite in Vineland and Bridgeton. To register, call (856) 575-4868.

» Nutrition: Free information sessions on nutrition will be offered at either 10 a.m. or 5 p.m. monthly at Inspira Fitness Connection. For more information, call (856) 696-3924.

» Parenting Support: Baby Talk Tea, a discussion group for moms of babies up to 7 months of age, is held 9:30 to 11 a.m. Tuesdays at Inspira Vineland Health Center, 1038 E. Chestnut Ave. Babies are welcome. Call (856) 641- 7538.

» Parenting Support: Baby Talk Tuesdays, a free program dealing with parenting issues, for moms with babies and tots to 3 years of age, is held from 1 to 2:30 p.m. Tuesdays at Inspira Fitness Connection, Aerobic Room II. For more information, call (856) 641-7535.

» Parenting Support: Inspira is offering a new Mommy Matters program for moms and babies. Meet other moms and learn how to navigate life as a parent. Meetings are 1 to 2:30 p.m. in English at Inspira Fitness Connection in Vineland, and 11:30 a.m. to 1 p.m. in Spanish at Inspira Health Center Bridgeton. Upcoming dates: Sept. 1, Sept. 8, Sept. 15, Sept. 22, Sept. 29. Call (609) 437-3994 for information; no registration required.

» Parenting Support: The next newborn/grandparent series of classes will be held from 7 p.m. to 9 p.m. Sept. 8 at Inspira Medical Center Vineland. For more information, call (856) 641-7535.

» Pediatric Advanced Life Support, initial course: The next PALS two-day class will be held from 9 a.m. to 4 p.m. in October at Inspira Medical Center Vineland. For information, call (856) 641- 7535.

» Pediatric Advanced Life Support, re-certification: A course will be held from 9 a.m. to 4 p.m. Sept. 8 at Inspira Medical Center Vineland. For more information call (856) 641-7535.

» Radiology Support: A patient education seminar is held at 5:15 p.m. on the second Wednesday of each month at the Center for Diagnostic Imaging, 1450 E. Chestnut Ave., Vineland. The event is free, but RSVP is requested. Space is limited. Call (856) 794-1700 or visit <http://www.CenterForDiagnosticImaging.com>.

» Senior Class: This class is for seniors who want to make new friends, learn about healthy living and enjoy an educational luncheon with fellow senior citizens. The next class will be held at noon in October at the Inspira Fitness Connection in Vineland for lunch and educational presentations from health experts. Joining Senior Class is easy, and

there is a \$6 fee for each lunch. If you are interested in joining, call Suzanne Bauer at (856) 575-4214.

» Sexually Transmitted Disease Clinic: The Vineland Health Department holds an STD testing and treatment clinic 4 to 5 p.m. Tuesdays at 610E. Montrose St., Suite1, Vineland. Clinic is located on second floor. No appointment is necessary. For more information, call (856) 794-4000, ext. 4806.

» Sexually Transmitted Disease Clinic: The Cumberland County Health Department holds an STD testing and treatment clinic Wednesdays with registration from 4 to 5 p.m. at the Fam- Care Building, 30 Magnolia Ave., Bridgeton. Call (856) 327-7602.

» Sibling Class: A class for new siblings will be held from 10 a.m. to 11 a.m. Sept. 27. For information or an appointment call (856) 641-7535.

» Stroke Support: A stroke support group meets at 2 p.m. Sept.13 at Health- South Rehabilitation, 1237 W. Sherman Ave., Vineland. Call Scott Burlingame at (856) 641-8648.

» Tai Chi: Classes run through the Arthritis Foundation and are held at Inspira Fitness Connection. For information, call (856) 696-3924.

» Volunteer Training: Inspira Health Network Hospice Care offers training for volunteers who want to help with bereavement support. For more information, call (856) 575-4278.

» Weight Management: The Better Fit Weight Loss is a 12-week program that includes consultations with a certified personal trainer and a registered dietitian at Inspira Fitness Connection. The fee is \$300 per person. For more information or to enroll, call (856) 696-3924.

» Yoga: Classes are held at Inspira Fitness Connection. For more information, call (856) 696-3924.

» Yoga Mommies: A six-week class is held 11:30 a.m. to 12:45 p.m. Sundays at Inspira Fitness Connection. Call (856) 696-3924 to register.

Lung Cancer Alliance recognizes Inspira cancer facility in Vineland

Health News

Posted: Monday, August 11, 2014 2:16 am

[Lung Cancer Alliance recognizes Inspira cancer facility in Vineland](#) By KEVIN POST
Business Editor

Inspira Health Network's Scarpa Regional Cancer Pavilion in Vineland is the first South Jersey medical center to be named a Screening Center of Excellence by the Lung Cancer Alliance.

The alliance, a national non-profit, recognized Inspira for providing clear information on who is a candidate for lung-cancer screening and for following best-practice standards developed by the National Comprehensive Cancer Network and the International Early Lung Cancer Action Program.

"Their commitment to practice responsible lung cancer screening will lead to advancements in research and many lives saved," Laurie Fenton Ambrose, Lung Cancer Alliance president and CEO, said in a statement.

The National Lung Cancer Screening Trial, which resulted in criteria for screening those at high risk, found that such screening with low-dose CT scans can reduce the chance of dying from lung cancer by 20 percent.

Sandra Murray, a registered nurse at Inspira and certified tobacco treatment specialist, said low-dose computed tomography is so far the only proven method to detect lung cancer at an early and treatable stage.

Five other New Jersey medical centers have been designated Screening Centers of Excellence by the Lung Cancer Alliance, all of them from Monmouth County north.

The alliance began recognizing centers performing appropriate lung cancer screening in 2012 after scientific studies validated the lower mortality resulting from early detection and an actuarial analysis showed the costs of lung cancer screenings were comparable to or lower than other cancer screenings.

That year, the alliance issued its National Framework for Excellence in Lung Cancer Screening and Continuum of Care, and also recognized 75 medical centers nationwide for moving swiftly to begin screening.

Atlantic Medical Imaging, of Galloway Township, was among sites recognized for offering lung screening within the alliance's framework.

The framework spells out the rights of those with, or at risk of, lung cancer; principles for excellence in screening; a continuum of care overseen by a nurse navigator; and a forum to advance the research benefits of cost-effective screening.

Fenton Ambrose said consumers have the right to know if they are at risk for lung cancer, and where they can find responsible, effective and compassionate care.

Charity Navigator has rated the Lung Cancer Alliance at four - it's highest rating - or nearly four stars for several years, with 89 percent of its 2012 budget spent on programs and services it delivered.

The Frank and Edith Scarpa Regional Cancer Pavilion, on Sherman Avenue in Vineland, began in 2004 as part of South Jersey Healthcare and was nearly tripled in size in 2010.

In 2011, Inspira Health Network was formed through the merger of South Jersey Healthcare and Underwood-Memorial Hospital. It has three hospitals, four health centers and more than 60 locations overall.

Contact Kevin Post:

609-272-7250

KPost@pressofac.com

Inspira Medical Center Vineland celebrates 10-year anniversary



By [Don E. Woods | South Jersey Times](#)

[Follow on Twitter](#)

on August 10, 2014 at 6:00 PM, updated August 10, 2014 at 6:01 PM

VINELAND — After a decade of service, 633,402 emergency room visits, 155,366 admissions, 141,750 surgeries, 21,281 births and a name change — Inspira Medical Center Vineland continues to serve its community.

The hospital celebrated its 10th anniversary on Aug. 8.

"The opening of Inspira Medical Center Vineland in 2004 set a foundation that has allowed us to bring new services, specialists and advanced technologies to the community that previously would not have been possible," said John DiAngelo, president and CEO of Inspira Health Network.

The health network — then known as South Jersey Healthcare — originally planned for the Vineland hospital to consolidate the health systems in Bridgeton, Millville and Vineland.

In 2012, South Jersey Healthcare **merged with Underwood-Memorial Hospital and formed Inspira Health Network.**

The 441,000-square-foot medical center has 262 beds and employs 1,700 people.

Ever since opening, Inspira Medical Center has expanded its residency and fellowship programs, opened the Frank and Edith Scarpa Regional Cancer Pavilion in 2005, opened the Deborah F. Sager Neonatal Intensive Care Unit in 2012, opened the Joseph Zeccardi M.D. Pediatric Emergency Department in 2013 and received awards for its staff.

"We are very proud of the growth and accomplishments we have made at Inspira Medical Center Vineland over the past 10 years" said Elizabeth Sheridan, chief operating officer of the hospital and chief nursing executive.

"Our dedication to improving the health and wellness of the communities we serve remains our top priority and as a network with three medical centers and more than 60 locations we look forward to continued growth."

Don E. Woods may be reached at dwoods@southjerseymedia.com. Follow him on Twitter [@donewoods1](https://twitter.com/donewoods1). Find the [South Jersey Times on Facebook](#).

Highly Skilled Neurologist Joins Inspira Medical Group's Mullica Hill and Woodbury practices



Alexandra Landen, D.O., M.P.T.

Inspira Medical Group is pleased to announce that, Alexandra Landen, D.O., board certified neurologist with fellowship training in movement disorders, has begun seeing patients at the group's neurology practices in Mullica Hill and Woodbury.

Board certified by the American Board of Psychiatry and Neurology, Dr. Landen will provide area patients with specialized care for a range of complex neurological disorders affecting the brain, spinal cord and nerves. She is experienced in providing treatment for various neurological and movement disorders, including muscle disorders, epilepsy, multiple sclerosis, Parkinson's disease, muscular dystrophy, stroke and more.

Dr. Landen attended medical school at the University of Medicine and Dentistry of New Jersey. She then completed a residency in neurology, followed by a fellowship in movement disorders, at Georgetown University Hospital in Washington, D.C. Prior to joining Inspira Medical Group, Dr. Landen served as a general neurologist and movement disorder specialist at Christiana Care Neurology Specialists. She is currently also affiliated with Jefferson University Physicians.

Inspira Medical Group Neurology has practice locations in Mullica Hill and Woodbury. For more information, please call (856) 467-4432.

Inspira Medical Center Vineland Celebrates 10 Years of Providing Quality Patient-Centered Care



Vineland - Inspira Health Network is celebrating the ten year anniversary of the opening of Inspira Medical Center Vineland on August 8, 2014, marking a decade that has seen incredible growth in services and technologies.

The 262-bed, 441,000-square-foot facility, which employs approximately 1,700 people, was built to consolidate the health system's former Bridgeton, Vineland and Millville hospitals and to provide one, state-of-the-art medical center for the region.

Since its opening on August 8, 2004, Inspira Medical Center Vineland has noted several milestones, including:

- The opening of the Frank and Edith Scarpa Regional Cancer Pavilion in 2005, which offers the region a comprehensive cancer program made up of board-certified physicians, registered radiation therapists and nationally certified oncology nurses. The program is designated as a Community Hospital Comprehensive Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and in 2013 the team was honored for the third consecutive time with the CoC's Outstanding Achievement Award.
- The development of a residency and fellowship training program, which began in 2009 with three podiatry residents, has now become the second fastest growing residency program in the nation. The program currently consists of 118 residents out of 140 slots and has added specialties in family medicine, internal medicine, obstetrics and gynecology, general surgery, orthopedic surgery and emergency medicine. In 2013 fellowships were added in urogynecology, nephrology, critical care and sports medicine.
- The expansion of minimally invasive surgical services in 2010 with the introduction of the da Vinci® Surgical System, a minimally invasive robotic surgery tool which provides patients with a quicker

recovery time, less scarring and less chance of infection. Initially used for urologic procedures, Inspira's physicians now perform general and gynecologic procedures using the technology.

- The opening of the Deborah F. Sager Neonatal Intensive Care Unit (NICU) in 2012 for premature, low birth-weight and critically ill infants as young as 28 weeks old. The \$6.5 million, 14,800 square foot expansion and renovation of the nursery became the region's first NICU. The unit is staffed around-the-clock by experienced neonatologists and specially trained nurses and also offers parents the comfort of a Ronald McDonald room.
- The opening of the Joseph Zeccardi, M.D. Pediatric Emergency Department in 2013, which offers an eight-bed unit designed specifically for children. The unit features specialized equipment and exam rooms, a kid-friendly waiting area and is staffed by Inspira emergency medicine physicians, specially trained nurses and pediatric hospitalists from Nemours/Alfred I. duPont Hospital for Children. In 2014, the unit expanded its hours and is now open to the community 24 hours a day, 7 days a week.
- State approval in 2013 to perform emergency angioplasty, a life-saving emergency procedure for patients experiencing a heart attack. Since the addition of this emergency procedure in Vineland, physicians and staff have consistently achieved door-to-balloon times (the time from arrival at the ER to the opening of a blocked coronary artery) that are better than the national benchmark.

The staff at Inspira Medical Center Vineland has received several awards and recognitions, some of which include Magnet® Designation for nursing excellence, ISO 9001:2008 certification through DNV Healthcare for achieving quality objectives based on international standards, and several Beacon Awards for excellence in critical care.

"We are very proud of the growth and accomplishments we have made at Inspira Medical Center Vineland over the past ten years," said Elizabeth Sheridan, R.N., M.A., chief operating officer of Inspira Medical Center Vineland and chief nursing executive. "Our dedication to improving the health and wellness of the communities we serve remains our top priority and as a network with three medical centers and more than 60 locations we look forward to continued growth."

Since the opening of Inspira Medical Center Vineland, the hospital has recorded:

- 155,366 Admissions
- 21,281 Births
- 141,750 Surgeries
- 633,402 Emergency Room Visits

For more information about Inspira Health Network, visit www.InspiraHealthNetwork.org or call 1-800-INSPIRA.

Inspira praised for lung cancer screening efforts

VIN 11:38 a.m. EDT July 23, 2014



VINELAND – Inspira Health Network’s Frank and Edith Scarpa Regional Cancer Pavilion has been named a Screening Center of Excellence by the Lung Cancer Alliance for its ongoing commitment to responsible lung cancer screening.

Low dose CT screening for lung cancer carried out safely, efficiently and equitably saves tens of thousands of lives a year, according to Inspira.

“We are proud and honored to be working with Inspira’s cancer team as a Lung Cancer Alliance Screening Center of Excellence,” LCA President and CEO Laurie Fenton Ambrose said. “Their commitment to practice responsible lung cancer screening will lead to advancements in research and many lives saved. They are an example to follow.”

Designated Screening Centers of Excellence are committed to provide clear information based on current evidence on who is a candidate for lung cancer screening.

As a Screening Center of Excellence, Inspira complies with standards based on best practices developed by the National Comprehensive Cancer Network and the International Early Lung Cancer Action Program. Those

standards are designed to ensure screening quality, radiation dose and diagnostic procedures are performed by an experienced, multidisciplinary clinical team.

“Inspira is dedicated to providing patients with the highest-quality care,” said Sandra Murray, certified tobacco treatment specialist and thoracic, head and neck oncology nurse navigator. “Low-dose CT screening has shown to be the only proven method to detect lung cancer at an early and treatable stage. We are thrilled to be part of this elite group of designated centers and to provide the community with access to a high-quality lung cancer screening program.”

Inspira’s lung cancer screening program follows the high risk inclusion criteria as established by the National Lung Cancer Screening Trial, which found screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent.

Additionally, Inspira offers a free program to help community members quit smoking through support and education from a certified tobacco treatment specialist.

Community members interested in lung cancer screening or who need help to quit smoking may contact Inspira at (856) 641-8670.

Inspira plans 9/11 blood drives in Vineland, Woodbury



By [Matt Gray | South Jersey Times](#)
[Follow on Twitter](#)

on August 14, 2014 at 12:29 PM, updated August 14, 2014 at 12:39 PM



Inspira Health Network will host community blood drives in Vineland and Woodbury in remembrance of the Sept. 11, 2001, terrorist attacks.

Inspira's "Remembering 9/11" blood drives are in collaboration with the New Jersey American College of Emergency Physicians' "Safe Citizens Day," to honor those lost in the attack.

The drives will be held Thursday, Sept. 11, at Inspira Fitness Connection, 1430 W. Sherman Ave., Vineland, from 11 a.m. to 4 p.m. and at Inspira Medical Center, 509 N. Broad St., Woodbury, from 7 a.m. to 5 p.m.

Blood donors must bring two forms of identification and appointments are recommended. Appointments can be made at www.redcrossblood.org. For medical questions related to the blood drive, call the American Red Cross at 1-800-GIVE LIFE.

South Jersey Times may be reached at news@southjerseymedia.com. Follow us on Twitter [@theSJTimes](#). Find the [South Jersey Times on Facebook](#).

Bob Shryock Column



By [Bob Shryock | South Jersey Times](#)

August 19, 2014 at 7:00 AM, updated August 19, 2014 at 7:10 AM

The Gloucester County Heart Association Golf Tournament started 46 years ago at the old Tall Pines. Today, South Jersey's longest running golf event honors the memory of Nancy Elkis, who chaired the tournament for 22 years, and Nancy's close friend and primary supporter, Dr. Jack Love. Ironically, both Nancy and Jack died of cancer.

The 46th annual memorial Elkis-Love Tournament will be played Monday, Sept. 29, at Scotland Run Golf Club, Williamstown.

Nancy supported the tournament as a golfer and committee member beginning in 1968 and then became its lifeblood, moving the event to the Jersey shore and bringing friends like Jack Love into the fold. Under her guidance, the tournament has generated in excess of \$1 million. Her daughters, Alisa and Karin, have kept the ball rolling with the move to Scotland Run a dozen years ago. They've continued her mission of supporting the American Heart Association's fight to combat heart disease and stroke, still the Nos. 1 and 4 killers in the United States.

The AHA's aim is to improve the cardiovascular health of Americans by 20 percent while reducing related deaths by 20 percent by the year 2020.

Dr. Love was founding chairman of the Department of Emergency Medicine at Underwood-Memorial Hospital which is now [Inspira Medical Center Woodbury](#).

Dr. Jim George returns as tournament chair again this September. Nancy's daughters are committee members. The committee also includes Jack's widow, Sally Love, and his son, Inspira's Dr. Thom Love. Other committee notables are Inspira cardiologist Dr. Kurt Kaulback and West Deptford's Nick Brandemarti.

Cost to enter is \$250 for the 1 p.m. start including lunch, dinner, and all golf amenities. For additional information, call 609-208-0020. Sponsorships are also available.

Make checks payable to AHA and mail to 1 Union St., Suite 301, Robbinsville NJ, 08691, c/o Elkis-Love Golf Tournament.

Title sponsors are Department of Emergency Medicine, Inspira Medical Center, Woodbury, and Archer & Greiner, attorneys at law.

Deptford Mall

Healthy Cooking



Saturday, August 16, 2014 5:05 PM

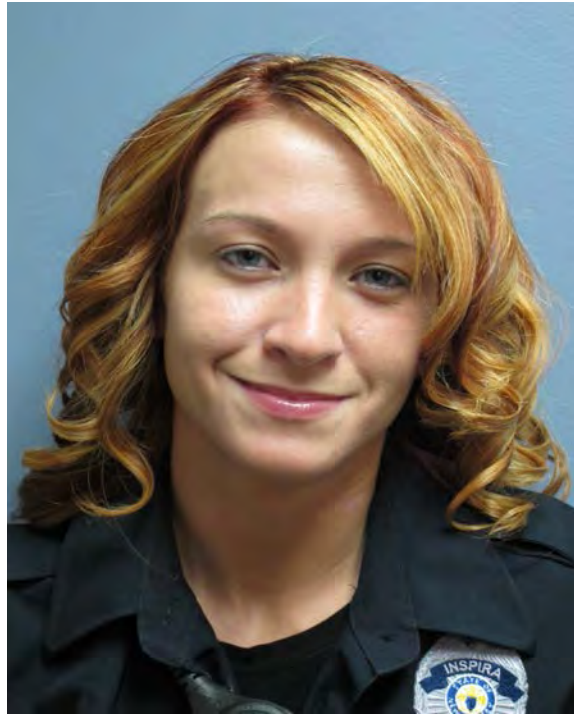


By **Joe Warner** | **South Jersey Times**

Follow

Chef Barry Peyton, from Inspira Health Network in Vineland, explains the benefits of healthy cooking during a live cooking demonstrations aimed at healthy, quick, meals for back-to-school, at the Deptford Mall, Saturday, Aug. 16, 2014.

Inspira Woodbury's May Employee of the Month



Inspira Medical Center Woodbury announces that Caitlin Coles, Security, was chosen as the Employee of the Month for May. She was recognized for her work ethic, positive attitude, and outstanding job performance.

After taking criminal justice classes in high school, Coles, decided she wanted to pursue a career in law enforcement. A graduate of Woodbury High School, she received her degree in Law Corrections from Gloucester County College and started her job at Inspira Woodbury in 2012. Her career goal is to be a corrections officer or a member of a SWAT (Special Weapons and Tactics) team.

Hired for weekends, she now has started to work the second shift. During the 10-hour shift, she rotates between the lobby, the Emergency Department, the Security control room, and rounding.

Coles is the mother of two girls, Sienna 3, and Saray, 2.

Vineland grad passes on knowledge to next generation

Deborah M. Marko, dmarko@thedailyjournal.com 1 p.m. EDT August 26, 2014



VINELAND – Hoping to become a medical researcher, Sarah Dietz is passionate about science and shared her enthusiasm with Boys and Girls Club youngsters during the summer.

Even those initially reluctant were soon eager participants in lessons that Dietz cleverly disguised as kid-friendly activities.

Dietz, 17, was a welcome addition to the summer staff, said Chris Volker, who heads up the Boys & Girls Club.

“She’s very intellectual and she related to the kids really well,” he said.

Volker isn’t the only one to recognize Dietz’s impact.

Bank of America named Dietz one of five New Jersey students to its Student Leaders program. She is the lone representative for South Jersey.

The program honors high school juniors and seniors who have shown a commitment to community engagement and volunteerism, according to Bank of America. Student leaders receive an eight-week paid internship and are invited to a student leadership summit in Washington, D.C. where they join other students in a service project.

Dietz, the Vineland High School Class of 2014 salutatorian, was a volunteer at the Inspira Health Network. She was also active in the Rotary's Interact Club, National Honor Society and Student Government Association president.

Bank of America offered her a paid internship with the Boys and Girls Club at the Carl Arthur Center.

"It was a wonderful opportunity to connect with a nonprofit organization," she said, adding she found the interaction rewarding.

Dietz tailored lessons for each age group varying from psychology to genetics.

"I was trying to make it kid-friendly and simple rather than fun," Dietz said. "I did a little bit of a lesson and little bit of an experiment — they ended up liking it."

"A couple of them said, 'I'm going to tell my mom about this, this was so cool,'" she said, enjoying passing on her passion for research.

When she was the age of her young students, Dietz said, she wanted to be an author.

"But I'd go and read the new 'Guinness Book of World Records,'" she said. "I would always go to the section where the really tall people were and read about the human body."

"It wasn't until the end of middle school that I decided I could do more with science," she said, focusing on research rather than pursuing other avenues, such as becoming a physician.

"I like the environment of research more than being in a doctor's office," she said, adding with a grin, "I love the lab coat."

While volunteering at Inspira Health Network, she said, "it just reaffirmed my interest."

Dietz is headed to the University of Virginia to pursue her degree in biochemistry but not without leaving a mark.

Fourth-grader Egypt Owens shared how Dietz taught her about the different sections of the brain and how they talked about the nervous system during the "Your Brain is Beautiful" class.

Others enjoyed role playing in a Halo Effect experiment after Dietz explained how people reactions can be influenced by certain factors, including attitude and even tone of voice.

"If you were a salesperson and you were to say something like you don't care about it, your profits would go down," said Gabriella Cumba, offering an example of a half-hearted attempt at a sale.

And Sho Agbuyui quickly countered with the flip side, trying to "sell" his pirate eye patch with a confident, cheerful delivery that made Dietz smile.

Volker, so pleased with the rapport Dietz established with the youngsters, has invited her to come back any time to fuel the students' love of science.

Bob Shryock: Kathryn Elizabeth Jacob Jones turns 100



By [Bob Shryock | South Jersey Times](#)

on August 24, 2014 at 10:00 AM, updated August 24, 2014 at 10:05 AM

Kathryn Elizabeth Jacob Jones, known affectionally as "Toby," turned a youthful 100 Thursday after being honored last Sunday at her home in **Woodbury**, where she has resided for the last 67 years and has made quite a name for herself as a registered nurse and hospital volunteer.

For 42 years, Toby worked as a registered nurse at hospitals in Gloucester and Camden counties. After graduation from Woodbury High School in 1933, she moved on to West Jersey Homeopathic Hospital's school of nursing and completed her training in 1936.

After her long tenure as a nurse, Toby retired from **Woodbury's Underwood-Memorial Hospital (now Inspira Medical Center)** in 1979.

But she continued to volunteer at the hospital an additional nine years and was honored in 1988 for logging 10,000 hours of volunteer service at UMH. She has said she was "humbled" to have been able to provide nursing care and counseling to so many who were dealing with pain and sickness.

Toby also earned a solid reputation for mentoring many through the nursing profession.

Born on the family farm in Swedesboro Aug. 21, 1914, Toby is one of the nine siblings of Theodore Jacob and his wife Rose Carlin, who was raised in County Caven, Ireland. A surviving brother, Buster Jacob, resides in a Camden County nursing facility. Toby attended elementary school in Mullica Hill.

The family left its Tomlinson Station Road farm after Theodore died, at age 42, and moved to Glover Street in Woodbury. That's where Toby would meet, and marry, Smith Hewitt Jones.

As a result of her husband's service in the N.J. National Guard, the Joneses were stationed in Mississippi and then Trenton during World War II, where he was assigned to the adjutant general's office. After the war, Smith Jones went back to his job as a Mobil research technician, retiring in 1977.

The couple raised three children in Woodbury and had five grandchildren and eight great grandchildren.

Toby's fondest memories are of her WHS classmates and the priests and parishoners at Woodbury's St. Patrick's Church. She also recalls happily summer vacations at the Jersey Shore and dinners out where dressing up was encouraged.

"But those days are gone," she says with a twinge of sadness.

On depression, S.J. doctors say condition 'not within the person's control'



Flowers and photographs are displayed Friday, Aug. 15, 2014, in San Francisco, of a makeshift memorial for actor Robin Williams outside a home which was used in the filming of the movie "Mrs. Doubtfire." Williams was diagnosed with depression and was in the early stages of Parkinson's disease at the time of his death, his wife said. Authorities said he committed suicide. (AP Photo/Eric Risberg) (Eric Risberg)



By [Kelly Roncace | South Jersey Times](#)
[Follow on Twitter](#)

on August 24, 2014 at 8:00 AM, updated August 24, 2014 at 8:10 AM

She was sitting home alone again.

A friend had called earlier to invite her out, but she just didn't feel like leaving the house.

It's not that she wanted to sit home alone, and when her friend told her to "just be happy," she wondered why being happy felt so impossibly out of her reach.

She felt hopeless in life, didn't enjoy the things she once did and wondered if life was even worth living anymore.

What she didn't realize is that her feelings of sadness aren't her fault.

What she didn't know is those feelings are brought on by a serious medical illness. She's not suffering from simple sadness or weakness, but from depression.

While this scenario is fictional, so many people live like this every day. **Actor and comedian Robin Williams**, who committed suicide on Aug. 11, was one of them.

"Depression is a medical condition which is not within the person's control," said Dr. Stephen Scheinthal, chair of the department of psychiatry at Rowan University School of Osteopathic Medicine and chief of psychiatry at Kennedy University Hospital. "Depression kills and is a dangerous disease."

As in the above scenario, many times, people who don't suffer from depression don't understand why the depressed person can't just take control and simply be happy.

"The worst thing you can say is 'just snap out of it,'" Scheinthal said. "They can't do it. It's just like heart disease diabetes, and it kills just like those diseases."

Scheinthal said depression is defined as a change in a person's mood or outlook on life.

"Feeling low, a change in sleep or appetite, not having the same energy you once had, feeling helpless in your situation, or not feeling like doing anything for more than two weeks," he said.

Local County Crisis Center Info:

Camden County

Twin Oaks Inc. in Cherry Hill. HOTLINE **856-428-4357**.

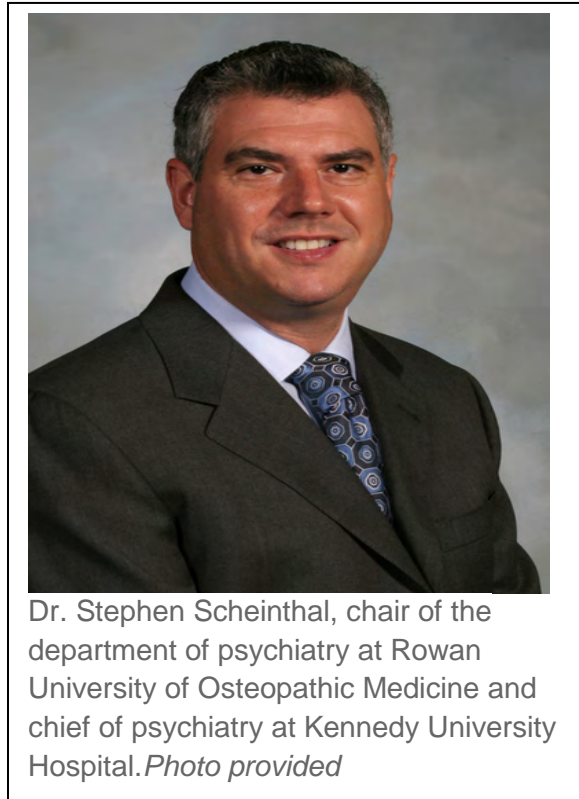
Cumberland County

Cumberland County Guidance Center at Inspira Medical Centers Inc. HOTLINE **856-845-9100**.

Gloucester County

Newpoint Behavioral Health Care at Inspira Medical Center Woodbury. HOTLINE **856-845-9100**.

Salem County



Dr. Stephen Scheinthal, chair of the department of psychiatry at Rowan University of Osteopathic Medicine and chief of psychiatry at Kennedy University Hospital. *Photo provided*

or

Healthcare Commons Inc. at The Memorial Hospital of Salem County. HOTLINE**856-299-3001**.

Many people refer to depression, as well as other mental illnesses, as a "chemical imbalance." Scheinthal said that is not a correct description of the disease.

"If you refer to it as a chemical imbalance, it lessens what is really happening," Scheinthal said. "The use of the term 'chemical imbalance' implies that all you need is a pill. We live in a society that thinks everything is just a quick fix with a pill."

Dr. Thomas Campo, DO, medical director of Behavioral Health Services at **InspiraWoodbury** said depression is a lot more than simple sadness.

"It's what we call a neuro-vegetative state which can mean either too much or too little sleep and eating too much or too little," he said, describing just a couple symptoms of the disease.

Campo and Scheinthal both said, if someone feels they may have the symptoms of depression, or see the symptoms in someone else, the person experiencing the symptoms should visit their primary care physician as soon as possible.

"If you're just not enjoying life, go to your family practice," Campo said. "Get a referral to talk to someone."

However, if the symptoms are serious including thoughts of suicide, Campo advises getting to the emergency room right away.

"Be aware of the person's risk factors," he said. "Older people, those with medical problems or substance abuse problems, or a history of mental illness can be at a greater risk," he said. "Remember it's a disease; not a weakness."

Scheinthal said depression is best treated with a combination of therapy and medication.

"They work better together, than just one or the other," he said. "You need them both to work together."

Another option that Scheinthal recommends is utilizing the county crisis system.

"All the counties have psychological emergency hot lines, crisis centers," Scheinthal said. "They are there 24 hours a day, seven days a week."

Scheinthal said these hot lines are meant to defuse a situation and provide resources.



Dr. Thomas Campo, DO,
medical director of
Behavioral Health
Services at Inspira
Woodbury. *Photo
provided*

"If it's serious and you're not feeling like life is worth living, call the country crisis center," he said. "You may need inpatient help, but all the counties have fine inpatient beds. There are also great outpatient programs for specific situations."

He said while many people frown on "being admitted" for a mental issue, if help is needed, people shouldn't "be afraid to get it."

"You shouldn't be suffering," he said. "We all have bad days. You wake up and it's raining and you don't feel like doing anything, and that's okay. That's not depression. But if it happens everyday for more than two weeks, it can be depression."

"Robin Williams hung himself, but depression kills people in South Jersey every single day. It kills our neighbors every day."

Inspira Woodbury nurses file to join union



President and CEO of Inspira Health Network Chet Kaletkowski speaks with Eileen K. Cardile, the president and CEO of Inspira Medical Center Woodbury in front of two new Inspira paramedic transport vehicles, Tuesday, April 16, 2013. (Staff Photo by Calista Condo/South Jersey Times)



By [Jason Laday | South Jersey Times](#)

on August 26, 2014 at 8:00 AM, updated August 26, 2014 at 8:08 AM

WOODBURY — A state-wide health care and nurses union has announced that registered nurses at Inspira Medical Center Woodbury have filed with the National Labor Relations Board to join its ranks.

According to the Health Professionals and Allied Employees (HPAE) union, nurses at the Woodbury hospital will host a meeting on Wednesday in West Deptford with local elected officials and other leaders to draft a mission statement and call on Inspira to "respect the rights of nurses to unionize, and to commit to holding a fair and fast election."

HPAE currently represents registered nurses at Inspira's medical centers in Bridgeton, Elmer and Vineland.

According to the union, nurses at the hospital, formerly known as Underwood Memorial, began organizing following the [medical center's merger with South Jersey Healthcare — creating the Inspira Health Network — in November 2012.](#)

Inspira Woodbury nurses meet with union leaders, elected officials to talk organizing efforts



By [Jason Laday](#) | [South Jersey Times](#)

on August 28, 2014 at 6:00 AM, updated August 28, 2014 at 6:10 AM

WEST DEPTFORD TWP. —

Registered nurses from Inspira Medical Center Woodbury met with union leaders and elected officials Wednesday afternoon to draft a mission statement and discuss their [recent organizing efforts](#).

The nurses have amassed 300 signatures from among themselves in support of joining Health Professionals and Allied Employees (HPAE), a state-wide health care union, according to officials with the organization. The hospital employs approximately 400 registered nurses.

In addition, the nurses have filed with the National Labor Relations Board (NLRB) to join the HPAE.



President and CEO of Inspira Health Network Chet Kaletkowski speaks with Eileen K. Cardile, the president and CEO of Inspira Medical Center Woodbury in front of two new Inspira paramedic transport vehicles, Tuesday, April 16, 2013. (Staff Photo by Calista Condo/South Jersey Times) (Calista Condo)

Speaking at a luncheon at RiverWinds Restaurant, in West Deptford, HPAE Vice President Bernie Gerard Jr. told the group of nurses the union will offer any assistance it can in their efforts to organize.

"It's not just about raised working conditions, it's about the patients," he said. "It will allow you to negotiate staffing ratios, which is important because the current ones are 27 years old."

The NLRB has scheduled a hearing with both the nurses and Inspira management for Sept. 9, during which time an election date will be set.

Jeanne Otersen, HPAE's public policy director, said she hopes the election process will go smoothly, without "any roadblocks put in place by the hospital."

HPAE currently represents about 800 nurses at Inspira's other three medical facilities in Elmer, Bridgeton and Vineland. However, Otersen said the election process, which took place in 2007 when the hospitals were managed by South Jersey Healthcare, before its merger with Underwood Memorial in Woodbury, had been "challenging."

"That was a challenging organization drive — they put up challenges," she said. "They can put up roadblocks, they can intimidate the nurses, but they don't have to. They can take a neutral stand and let the nurses decide for themselves."

Paul Simon, a spokesman for Inspira, has stated the hospital network would not comment on the nurses' organization efforts.

The group's move to join the HPAE has garnered support from several Democratic elected officials. Gloucester County Freeholder Dan Christy attended the luncheon in West Deptford Wednesday, and stated the nurses have the support of the full board.

"I think collective bargaining is important for fair and safe working conditions, as well as for patient safety," he said.

State Sen. Donald Norcross (D-5, of Camden) — who is currently running for former U.S. Rep. Rob Andrews' vacant seat in Congress against Republican Garry Cobb — also attended and addressed the nurses.

"I spoke to the president (of the Inspira Network, John A. DiAngelo), and urged him to work with you all, and build a great relationship working together," said Norcross.

In addition, state Senate President Steve Sweeney released a statement in support of the unionization effort.

"The nurses at Underwood are simply trying to make their working situation better — that in turn means better care for patients," read the statement, in part. "I can't see any legitimate reason to argue against that. As I have done with the nurses from The Memorial Hospital in Salem, Underwood nurses will have my full support in their efforts."

Jason Laday may be reached at jladay@southjerseymedia.com. Follow him on Twitter [@JasonLaday](https://twitter.com/JasonLaday). Find the [South Jersey Times on Facebook](#).

NJSHINE and New Jersey Health Information Technology Extension Center (NJ-HITEC) Announce Major Partnership

PRWEB.COM Newswire

August 04, 2014

NJSHINE, an electronic Health Information Organization (HIO) serving Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem Counties in New Jersey announces the formation of an alliance with the New Jersey Health Information Technology Extension Center (NJ-HITEC) to promote the sharing of electronic health information between healthcare providers and patients in South Jersey.

NJSHINE includes the following healthcare institutional and professional providers: Shore Medical Center, Cape Regional Medical Center and the **Inspira Medical Centers of Elmer, Vineland and Woodbury**. NJSHINE will also connect other area health providers such as long-term care facilities and rehabilitation centers.

The network created by NJSHINE allows patients in these areas to have access to their electronic health information records and helps to speed the delivery of high quality medical care. Eventually, the regional HIOs will be joined together into a statewide and national Health Information Exchange (HIE) network.

NJSHINE's collaboration with NJ-HITEC introduces physician practices within the area to NJSHINE and allows them to take advantage of NJ-HITEC's services. NJ-HITEC has a proven track record of working closely with the practices to achieve successful Health Information Technology implementation goals and connect them with the hospitals to ensure the continuity and improvement of patient care.

Currently there are more than 8,000 New Jersey healthcare providers receiving services from NJ-HITEC which include: assistance in meeting the federal criteria for Meaningful Use, a PQRS data registry, access to its customized member portal, direct messaging, and Account Care Organization (ACO) as well as Patient-Centered Medical Home (PCMH) support. NJ-HITEC also assists Medicaid specialists and sub-specialists.

"We are eager to begin working with NJSHINE and welcome this alliance," said Bill O'Byrne, NJ-HITEC Executive Director. "Our staff is ready to assist NJSHINE doctors connect to the electronic health information network and medical records that are supplied by the member hospitals. We will also be able to assist our provider members to meet the federal Meaningful Use Stage 1 and Stage 2 incentive requirements, PQRS, and ACO funding opportunities offered by the Department of Health and Human Services."

O'Byrne states that this work will help to transform, optimize and improve the timely delivery of high quality medical care.

"Our team is committed to assisting physicians in practice transformation and improve patient engagement, both of which are integral to improving healthcare and meeting federal criteria," said O'Byrne. "Our experience and knowledge are the keys to our success because we have worked with physicians to solve their most challenging issues."

"NJSHINE provides a provider and a patient portal to facilitate patient care in our communities," said Richard Wheatley, chief information officer, Cape Regional Medical Center and treasurer of NJSHINE. "NJ-HITEC's track record of practice transformation and presence throughout New Jersey is well known. Working with NJ-HITEC allows us to reach out to physicians in an efficient and consistent manner. "

ABOUT NJ-HITEC

NJ-HITEC is a not-for-profit organization formed by the New Jersey Institute of Technology (NJIT) in 2010 to help New Jersey's providers with the deployment and Meaningful Use of electronic health information technology. NJ-HITEC was originally formed using funding from American Recovery and Reinvestment Act (ARRA) and now it is a self-sustaining part of the New Jersey Innovation Institute (NJII), a public-private corporation designed to develop new and innovative enterprises to improve the delivery of high quality healthcare.

How healthcare executives can take the lead in population health management

Steven C. Linn of Inspira Health Network also discusses patient engagement with Hospitals & Health Networks

August 19, 2014 | By [Zack Budryk](#)

Going above and beyond in risk analysis is key to manage [population health](#), Steven C. Linn, M.D., CMO & vice president of academic affairs for [Inspira Health Network](#), a New Jersey-based charitable nonprofit organization, said in a [video interview](#) with *Hospitals & Health Networks*.

"You have to determine which group of individuals you're going to hold yourself responsible for," said Linn. "It could be a community, it could be a payer, could be a disease population." Once that is clearly defined, he said, the organization must develop cost-effective care strategies accordingly.

Because high-risk patients create higher costs, Linn said, healthcare organizations must stratify risk among their patient population to determine where and how to allocate their limited resources. "Some of the data elements that we've historically used in healthcare have ignored key aspects that are critical determinants of health, like a recent loss of a job, death of a spouse, or other change of environment that may not have seemed part of the health system, but is intricately tied to someone's health status and their ability to follow a treatment plan and take their medication and do all the things that we need them to do to stay healthy," he said.

Patient engagement during this process is "the \$64,000 question," Linn added, saying that while patient engagement in population health is possible, it will require a different approach from physicians. Linn added that there is increased pressure on hospital CEOs to maintain a population health scorecard, which is "not something that we've had to measure in the past."

A July report found that [providers that build their organization's model around population health are better prepared for coming shifts toward a value-based reimbursement model](#), and can manage population health by defining the population, providing a continuum of care, getting performance-based contracts and using all available data, *FierceHealthcare* previously reported.

Woodbury hospital's nurses seek union election

August 27, 2014 4:19PM

By [Beth Fitzgerald](#)

The nurses of Inspira Medical Center in Woodbury, one of the four hospitals in South Jersey's Inspira Health Network, have filed a petition with the National Labor Relations Board seeking a union election in which nurses would vote whether to join the Health Professionals and Allied Employees.

Jeanne Otersen, policy director for HP AE, said the union currently represents 800 nurses at Inspira's other three hospitals and is now seeking to organize the nearly 400 nurses at the former Underwood Hospital in Woodbury. Inspira was formed Nov. 1, 2012, by the merger of Underwood and South Jersey Healthcare.

Senate President Stephen Sweeney (D-West Deptford) issued a statement Wednesday in support of the union organizing effort: "The nurses are simply trying to make their working situation better — that in turn means better care for patients. I can't see any legitimate reason to argue against that."

Inspira Medical Center Woodbury Chief Executive Eileen K. Cardile, who is a registered nurse, said in a statement: "Inspira Medical Center Woodbury recognizes our nurses' right to choose whether or not they will maintain their independent voices while they partner with management in providing the highest quality patient care without having to pay union dues."

Otersen said an NLRB hearing Sept. 9 will take up the issue of scheduling a union vote. "We are calling on the hospital to allow a union election to go forward without challenges or delays," she said, adding that the petition to join HP AE was signed by 75 percent of the nurses.

Otersen said the issues that union negotiations would address include working conditions, staff levels and compensation. She said the nurses "want to join their colleagues and have a seat at the table to help set their own working conditions."

Nurse Sandy Spellman said she has worked at the hospital since 1975 and "what we want to focus on is a safe nurse/patient ratio so we can give the best care."

ALSO ON NJBIZ:

[New name at No. 1 in NJBIZ Top 100 privately held companies](#)

[Meadowlands lawmakers call for action on North Jersey casinos](#)

[Facing imminent casino closings, Atlantic City officials stress transformation](#)

The Grapevine



Marshall to Serve on National Advisory Board

Michelle Marshall, M.B.A., F.A.C.H.E., assistant vice president of oncology and women's health service lines at **Inspira Health Network** has been selected to serve on the Advisory Board of Spirit of Women, a national network of leading hospitals dedicated to improving women's lives with innovative health and community programs. Marshall's appointment was announced to the Spirit of Women network of hospitals at their National Executive Meeting last month in Miami, Florida. Her term runs through June, 2016. Marshall joins an elite group of healthcare leaders from hospitals across the country, all of whom were selected based on the scope of their responsibilities both at work and in their communities, and also, for their ability to represent the voice and needs of today's healthcare consumer. "We are honored that Michelle has agreed to share her time and talents with our board," said Tanya Abreu, President & Chief Vision Officer, Spirit of Women. "It is through the collective commitment of people including Michelle and the healthcare organizations that are part of Spirit of Women that we are able to help improve the health and well-being of their communities." The Spirit of Women Advisory Board is responsible for furthering the mission of Spirit of Women by helping to develop meaningful, memorable and action-able programming and education for communities across the U.S. Members convene annually and are involved in remote planning meetings throughout the year. Marshall is responsible for overall strategic planning, growth, and development of oncology, women's and children's service lines at Inspira Health Network, collectively worth nearly \$70million. Inspira is a 600+ bed hospital system composed of three acute care hospitals and more than 60 ambulatory locations throughout southern New Jersey.

August 27, 2014

INSPIRA HEALTH NETWORK

**1 POWERFUL
HEALTH
NETWORK**

**60+
LOCATIONS**

One goal motivates Inspira Health Network's commitment to providing the best possible healthcare in southern New Jersey – it's you. We're welcoming new hospital partners, expanding facilities and services, strengthening relationships and raising the bar even higher on talent and technology. With each initiative, Inspira Health Network is building a healthier future for you – and the ones you love.



Physician Referral Line
1-800-INSPIRA

www.InspiraHealthNetwork.org



Now open
in Mullica Hill,
Woolwich
and Glassboro!

INSPIRA URGENT CARE

The Right Care, *Right Now*

When your life gets busy, sometimes you need access to quality care that doesn't take even more time away from work or your family. That's where Inspira's convenient Urgent Care centers come in.

If your doctor is not available or your minor injury or illness does not require the life-saving services of a hospital emergency room, simply walk right in! **No appointment is necessary and you will always be seen by a physician.**

Our experienced staff is equipped to treat a wide range of minor or non-life-threatening conditions including:

- Allergies and asthma attacks
- Bladder and urinary symptoms
- Coughs, colds and flu
- Ear and eye problems
- Muscle aches and pains
- Nausea, diarrhea, vomiting
- Back, pelvic, stomach pain
- Skin rashes, bruises and bites
- Sprains and strains
- Strep and sore throat
- Upper respiratory infections

Three convenient locations!

Glassboro

1120 N. Delsea Drive, Glassboro
(856) 582-1500

Tomlin Station

201 Tomlin Station Road, Suite B, Mullica Hill
(856) 241-2500

Woolwich Township

101 Lexington Road, Suite 530, Woolwich Township
(856) 542-1300

Coming soon to Sewell

Convenient Hours

Inspira Urgent Care Centers are open
7 days a week from 8 a.m. to 8 p.m.

INSPIRING MEDICINE


inspira[®]
HEALTH NETWORK

www.InspiraUrgentCare.org

Do you want to get started with an exercise program, but not sure where to begin?

Inspira Fitness Connection's PREP (Physician Referred Exercise Program) program is designed to meet your wellness needs and goals.

When you join PREP, you will meet one-on-one with a medical fitness specialist initially and then in small group settings throughout the program.

In addition you will have full access to the Fitness Connection and group exercise classes outside of your PREP appointments.

If the physician indicates, PREP participants can also meet with a registered dietician for nutrition counseling

Specialized programs include:

- Lifestyle management
- Diabetes management
- Heart health
- Cancer survivorship
- Preparation for surgery - Hip and knee, Bariatric/Lap band

PREP
X physician referred
exercise program

Get our free app!



Stop in TODAY for more information! Or call:
(856) 696-3924 x 113

inspira
HEALTH NETWORK
FITNESS CONNECTION

www.InspirahealthNetwork.org/PREP





BIG

The region's
LARGEST
most advanced
MRI



inspira[®]
HEALTH NETWORK

IMAGING CENTERS

Refresh Yourself with *Yoga* ...and Feel the Benefits

*Y*oga is a series of movements and postures that improve flexibility, strength and muscle tone. Breathing exercises and meditation are used to promote relaxation and help manage stress.

This is a six week session beginning **August 24**

Sunday Mornings, 10am

Starting August 24

Prenatal Yoga, 11:30am

Monday Evenings, 6:30pm

Starting August 25

Tuesday Evenings, 6:30pm

Starting August 26

Instructor- Linda Schimmel



Open to non-members
Call Inspira Fitness Connection
for more information
(856) 696-3924

Get our free app!



inspira
HEALTH NETWORK
FITNESS CONNECTION

www.InspiraHealthNetwork.org/FitnessConnection

Inspira expands imaging services in our community

By John DiAngelo, Inspira Health Network President and CEO

Whether it's a screening mammogram or an x-ray of a broken bone, all of us need medical imaging services at some point in our lives. Radiology tests help your doctor see inside your body and diagnose a wide variety of health issues.

But with so many imaging centers available, you might wonder what makes one different from another. At Inspira Health Network, it's our goal to offer services that not only provide the best possible images for your doctor, but also the best possible experience for our patients. That's why we're continually looking for opportunities to enhance your comfort by providing friendly service and the latest imaging equipment to our community.

Most recently, we've added a wider MRI unit to our Imaging Center at Inspira Medical Center Elmer. The machine has one of the region's widest "bores," which is the area where you rest during an MRI. This new unit also has a shorter overall length, which means that for many exams, both your feet and head remain outside of the machine. This can reduce anxiety and provide added comfort for large or claustrophobic patients.

The "wide bore" MRI unit is also preferred by many physicians because it provides significantly better image quality than "open" MRI units. This state-of-the-art, fully digital "wide bore" machine offers faster scan times, greater

accuracy and less noise than older MRI units. All of this adds up to better images for your doctor and increased comfort for you.

We're also excited to introduce 3D mammography this summer at three locations: Inspira Women's Center at Mullica Hill Commons, Inspira Health Center Tomlin Station in Mullica Hill, and Inspira Medical Center in Vineland. This technology is an extraordinary breakthrough in cancer screening and detection. It delivers greater clarity, more certainty and is bringing a new dimension to breast health.

3D mammography allows doctors to see breast tissue detail in a way never before possible to help find breast cancer at its earliest stages, when it is most treatable. It is also detecting significantly more invasive cancers than digital mammography alone. And, data indicates that it has the potential to reduce the need for follow-up breast exams.

That's also helping us to make our patients more comfortable because you can rest assured knowing that your doctor is receiving as much information as possible from high quality scans. But in order for your doctor to make as accurate a diagnosis as possible, they need to see clear, high quality images. They also need to have their imaging reports read by skilled radiologists—physicians who are experts in interpreting imaging studies.



At Inspira, we have one of the largest and most experienced groups of radiologists in the region. Regional Diagnostic Imaging's team of board-certified and fellowship trained radiologists use their depth of knowledge to provide doctors in our community with accurate interpretations of imaging studies.

Knowing that your doctor has the support of this expert team is a comforting thought. But it's equally important that you feel comfortable when you arrive at one of our centers. With friendly staff in ten locations and online access to appointment scheduling and imaging records, Inspira is making it easier than ever for you to receive quality imaging services in your neighborhood.

For more information about Inspira Health Network's Imaging Centers, please visit our website at www.InspiraHealthNetwork.org.

INSPIRING MEDICINE

inspira
HEALTH NETWORK

www.InspiraHealthNetwork.org

Two questions to ask your OB/GYN at your next appointment.

As a young woman, what are the most important steps I can take to maintain good health?

For young women, it is important to start making healthier life choices. First and foremost it's important to learn to enjoy a wholesome balanced diet rich in nutrients, vitamins and minerals. They also should strive to maintain an active lifestyle and start a partnership with their gynecologist to address contraceptive options, sexual disorder, STD prevention, as well as receive annual Pap smear screening and well women visits.

If I am over 40, what types of health issues should I be mindful of?

The fourth decade of women's lives is marked with various changes in hormonal patterns that can cause menstrual irregularities and sexual changes. It also coincides with the peak age of many serious gynecological conditions, which can manifest themselves as pelvic pain, cramps or irregular bleeding. Most conditions are benign, but often can be signs of a cancer of the reproductive organs. Women in their forties should start the annual mammogram screening, continue Pap screening, take osteoporosis prevention measures, be aware of their family hereditary diseases, seek proper cancer screening, and discuss any new menstrual irregularities, genital or urinary symptoms, and pelvic pain with their gynecologist.

Inspira Medical Group Obstetrics and Gynecology

Elmer

525 State Street, Suite 6
Elmer, NJ 08318
(856) 363-1210

Mullica Hill

134 Bridgeton Pike, Suite A
Mullica Hill
(856) 223-1385

Khadija Najid, D.O. sees patients at the Elmer location.

Leisa O'Flynn, D.O. sees patients at the Mullica Hill location.



Leisa O'Flynn, D.O. and Khadija Najid, D.O.

While many women may not look forward to their OB/GYN visits, choosing the right physician can make it a much more comfortable experience. And many women feel more comfortable with a woman doctor. The female practitioners at Inspira Medical Group's obstetrics and gynecology practice are here to help you. With offices in Mullica Hill and Elmer, our physicians offer families in our community access to quality obstetric services and gynecological care for women of all ages.

Dr. Khadija Najid and Dr. Leisa O'Flynn specialize in caring for women, often dealing not only with their reproductive health, but also with general primary and preventive health care. They deliver at the Inspira Medical Centers Elmer and Vineland, which both offer home-like birthing suites distinguished by a staff committed to clinical excellence and personalized care.

Inspira Imaging Centers

Experts in Women's Imaging



Inspira Medical Center Vineland has been designated as an ACR Breast Center of Excellence.

It's time to take care of YOU.

You juggle jobs, households and families. But taking the time today for a proactive breast or bone density screening can save you more than time – it can save your life.

Inspira Imaging Centers offer comprehensive radiology services in comfortable, caring surroundings. In addition to digital mammograms and bone density scans, our experienced radiologists and staff now offer MRI of the breast.

And, because we know you're busy, we can save you time by offering convenient hours at all of our South Jersey locations.

The heart of expert imaging



Comprehensive imaging services, including:

- Ultrasound • Digital Mammography
- 3D Mammography in Mullica Hill – and coming soon to Vineland
- DEXA Scan • MRI • CT Scans
- New Wide Bore MRI in Elmer
- General Radiology (X-ray)

Conveniently located in:

- Bridgeton • Elmer • Mullica Hill
- Vineland • Millville • Woodbury



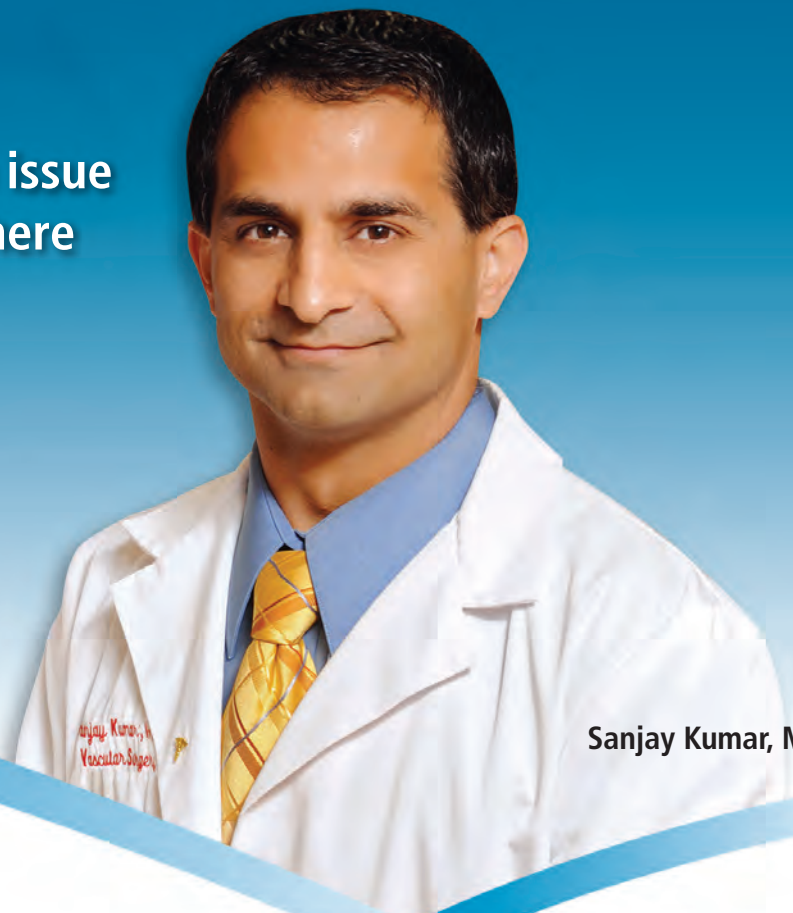
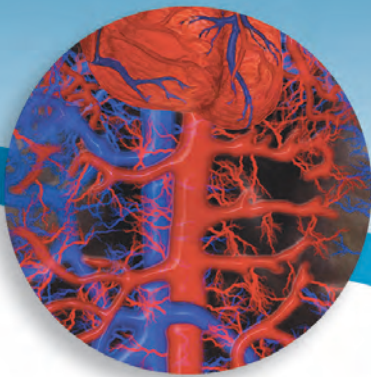
1-800-INSPIRA • InspiraHealthNetwork.org/radiology

INSPIRING MEDICINE

inspira[®]
HEALTH NETWORK
IMAGING CENTERS

Are your veins painful? Contact Dr. Sanjay Kumar.

If your physician says you have an issue with your veins, there's someone here in your community who can help.



Sanjay Kumar, MD

As a specialist in vascular and endovascular surgery Sanjay Kumar, MD, treats diseases of the vascular system – arteries and veins – through managed medical therapy, minimally invasive procedures, and surgical reconstruction.

Services include minimally invasive aortic surgery for aneurysms, peripheral arterial angioplasty/stenting, bypass, and dialysis access procedures. In addition, the following procedures are offered in the office: vascular screening, diagnostic testing, and varicose vein removal. Dr. Kumar is on staff at Inspira Medical Center Vineland.

Dr. Kumar provides high-quality vascular treatment and surgical care for adults – right here in Cumberland County.

Sanjay Kumar, MD, is an American Board of Surgery certified and fellowship trained physician specializing in vascular surgery. Dr. Kumar recently completed a two-year vascular surgery fellowship through the University of Medicine/Robert Wood Johnson School of Medicine at Cooper University Hospital. He performed residencies at the UMDNJ Robert Wood Johnson School of Medicine, Yale University School of Medicine and the University of Connecticut. Dr. Kumar joined Inspira Medical Group in 2011 as a specialist in the treatment of all vascular diseases.

In addition to treating patients, Dr. Kumar participates in clinical research studies and has recently been published in an international journal known as the Annals of Vascular for his research in the advancement of carotid surgery.



1102 E. Chestnut Avenue, Vineland
(856) 213-6375

INSPIRING MEDICINE

inspira
MEDICAL GROUP

www.InspiraHealthNetwork.org/medicalgroup

Always have to go?

Are you someone who knows what every bathroom looks like, because you go so often? Do you leak urine when you laugh, exercise or stand up? Incontinence is more than inconvenient, it's embarrassing.



There is good news!

For women who suffer from urinary incontinence or other pelvic health issues, it's important to know that these disorders are not just a normal part of aging and by visiting a urogynecologist, women can find safe, effective options to help them regain their quality of life.

At Inspira Medical Group Urogynecology Mullica Hill and Vineland, Dr. Mirone and Donna Wilezol, M.S.N., are helping women with pelvic health disorders and offering services that until now were not readily available in our community.

Featured Services

- Urinary incontinence
- Stress incontinence
- Fecal incontinence
- Overactive bladder
- Urinary urgency, day and night frequency
- Pelvic organ prolapse
- Urinary retention
- Interstitial cystitis
- Painful intercourse
- Biofeedback pelvic floor rehabilitation
- Patient education and counseling

Inspira Medical Group Urogynecology Vineland

2950 College Drive • Suite 2D
Vineland NJ, 08360

Mullica Hill

155 Bridgeton Pike • Suite C
Mullica Hill, NJ 08062

(856) 641-8680



Q&A with Dr. Mirone

1) What inspired you to pursue a specialty in urogynecology?

I was driven to pursue urogynecology for the same reasons that drove me to practicing medicine: the unique opportunity to impact another person's quality of life. As doctor's, we are entrusted with this remarkable ability. During my training, I initially pursued obstetrics and gynecology and was drawn by the miracle of birth. Having assisted many mothers in childbirth, I witnessed the effects that this had on the female anatomy, often resulting in severe damage to the pelvic floor. After heroically delivering children into the world, these women suffered pain and embarrassment due to such injuries. Through pelvic reconstructive surgery, I was able to relieve pain, improve quality of life and give these women back the dignity and self-confidence that they deserved.

2) What can patients expect when they come to see you?

As a patient in my practice, every women can expect to be treated with respect and compassion. They may be a patient, but more importantly, they are someone's mother, wife, sister, daughter. Each is given my full attention, time and consideration. My office specializes in treating only female patients. As such, they can feel comfortable upon entering my office, knowing that I and my staff understand their problems and are available to help.

3) What is your philosophy of care?

My philosophy of care is based upon the old adage, "Doctor. Listen to your patient. She's trying to tell you what's wrong with her." I will always listen to my patients and take the time to truly understand their problems so that I may best treat them. I take the time to educate my patients and empower them so that they understand all options for treatment.

**Dr. Mirone is
one of only 5 Doctors of
Osteopathic Medicine in the
Nation Board Certified in
Urogynecology!**



Gary S. Mirone, D.O. and Donna Wilezol, M.S.N.

4) What is the one thing you want women to know about urinary incontinence?

Pelvic floor disorders, including urinary incontinence and pelvic organ prolapse, are very common despite the fact they aren't talked about frequently. The one thing I want women to know about these problems is that they no longer have to live with them and pretend they're just a normal part of aging.

inspira[®]
MEDICAL GROUP
www.InspiraMedicalGroup.com

Quality Surgical Services

Here in Your Community

Ugo Ogwudu, M.D.,

Dr. Ogwudu is a fellowship-trained thoracic surgeon with subspecialty training in minimally invasive lung cancer surgery. He provides each one of his patients with quality, compassionate care matched with the latest surgical training and state-of-the-art technology.

In addition to treating patients at his Vineland office, Dr. Ogwudu is now seeing Gloucester County area patients at his new office location in Woodbury. He offers a variety of video assisted thoracic surgeries (VATS) at the Inspira Medical Centers in Woodbury and in Vineland including:

- VATS Lobectomy for lung cancer
- VATS Wedge resection for biopsies
- VATS Pleurodesis & decortications
- VATS Thymectomy
- VATS Sympathectomy for hyperhidrosis
- Video Mediastinoscopy
- Traditional thoracic surgery

Education & Background

Minimally Invasive Thoracic Surgery Fellowship:

Cedars Sinai Medical Center, Los Angeles, CA

Thoracic Surgery Fellowship: Cleveland Clinic, Cleveland, OH

General Surgery Residency: Tufts-Baystate Medical Center, Springfield, MA

M.D.: Tufts University School of Medicine, Boston, MA

Woodbury

Medical Arts Building
Suite 26 • 52 W. Red Bank Ave.
Woodbury, NJ 08096

Vineland

1102 East Chestnut Ave.
Vineland, NJ 08360

For more information, call (856) 213-6375



Ugo Ogwudu, M.D.

Todd Campbell, M.D.

Dr. Campbell is a board certified general surgeon who has more than 10 years of surgical experience, with specializations in minimally invasive general surgery and wound care.

Dr. Campbell offers friendly, compassionate care paired with the latest surgical training and technology. He enjoys partnering with physicians and staff within a multi-disciplinary patient-care team to provide our community with high quality surgical care.

In addition to his Elmer office location, Dr. Campbell is now seeing area patients in Mullica Hill and providing surgery at Inspira Medical Center Elmer. Now with two locations, patients have even more convenient access to quality care close to home.

Education & Background

Board Certification: General Surgery, American Board of Surgery

Surgical Residency: Graduate Hospital, Philadelphia, PA

M.D.: Pennsylvania State University College of Medicine, Hershey, PA

B.S.: Drexel University, Philadelphia, PA

Dr. Campbell is now providing care to Gloucester County area residents at his new office location in Mullica Hill.

Elmer

525 S. State Street, Suite 5
Elmer, NJ 08318

Mullica Hill

155 Bridgeton Pike
Mullica Hill, NJ 08062

For more information, call (856) 363-1522.



Todd Campbell, M.D.

Endocrinology Services

Here in your community!

Jodi Fox-Mellul, M.D.

Dr. Jodi Fox-Mellul is a board-certified member of the Inspira Medical Group specializing in endocrinology and metabolism. As a fellowship-trained physician, she provides expert treatment for diabetes, thyroid disorders, adrenal abnormalities, pituitary problems, bone diseases and cholesterol problems.

She offers compassionate care for her patients, helping them understand how glands and organs communicate to maintain the structure, function, nutrition and health of the whole body. She strives to look at endocrine issues in the context of the whole person.

Dr. Fox-Mellul helps to manage her patients based on the most current, scientifically-based evidence available and provides them with an individual plan of care to meet their specific needs. She does all of this in coordination with her patients' primary care providers to ensure the best care possible.

For more information or to schedule an appointment, please call 856-223-0965.

Inspira Medical Group Endocrinology Mullica Hill

34 Colson Lane, Mullica Hill

Phone: (856) 223-0965

Fax: (856) 223-1357



Jodi Fox-Mellul, M.D.

Board Certification:

Endocrinology and Internal Medicine
American Board of Internal Medicine

Fellowship:

Endocrinology, Diabetes, and Bone Disease,
Mount Sinai School of Medicine, New York

Residency:

Internal Medicine, Montefiore Hospital,
Albert Einstein School of Medicine, New York

M.D.:

Ben-Gurion University / Columbia Presbyterian
University, Israel, New York

Providing the Region with Quality Maternal and Fetal Medicine Care

Inspira Medical Group Maternal and Fetal Medicine provides the highest level of care available to women with high-risk pregnancies across southern New Jersey. Our board certified OB/GYN maternal fetal medicine specialists have nearly 50 years of combined experience providing women and their babies with high quality care.

We are pleased to announce that Shaun G. Lencki, M.D. has joined Inspira's Maternal and Fetal Medicine practice. We have also opened a new practice location at Inspira Health Center Tomlin Station in Mullica Hill to begin serving residents of Gloucester County. Beginning early in February, Dr. Konchak will see patients at the new office in Mullica Hill and Dr. Lencki will be primarily based at our existing office in the Antenatal Testing Unit at Inspira Medical Center Vineland.



Peter S. Konchak, D.O. and Shaun G. Lencki, M.D.

Peter S. Konchak, D.O., board certified in OB/GYN and maternal-fetal medicine by the American Osteopathic Board of Obstetrics and Gynecology, graduated from the University of Des Moines College of Osteopathic Medicine and Surgery in 1980. Following a one-year internship he reported to active duty in the United States Navy where he served for three years and was recalled to active duty two times. In between serving his country as a surgeon, Dr. Konchak completed a four-year obstetrics and gynecology residency, joined the faculty at Michigan State University, practiced general obstetrics and gynecology, and completed a three-year fellowship in maternal-fetal medicine at the Medical Center Hospital of Vermont. Prior to joining Inspira, he spent 16 years as an associate professor at the UMDNJ-SOM during which time he practiced primarily at Our Lady of Lourdes Medical Center in Camden.

Shaun G. Lencki, M.D. is board certified in OB/GYN and maternal fetal medicine by the American Board of Obstetrics and Gynecology and brings more than 21 years of experience to area patients. Dr. Lencki attended medical school at Georgetown University School of Medicine where he earned his degree in 1986. He subsequently went on to complete a residency at Georgetown University Hospital in obstetrics and gynecology followed by a fellowship in maternal fetal medicine. Prior to joining Inspira, Dr. Lencki was the president and owner of Treasure Coast Maternal Fetal Medicine practice in Stuart, Florida since 2005. During his 21 year career in maternal-fetal medicine, Dr. Lencki was employed at several reputable medical centers across the country, published various articles for academic publications, and won several awards.

Now with two convenient locations

Inspira Medical Group Maternal and Fetal Medicine

Vineland

1505 W. Sherman Avenue
Vineland, NJ 08360
(856) 641-7960

Tomlin Station

201 Tomlin Station Road, Suite A
(inside Imaging Center)
Mullica Hill, NJ 08062
(856) 241-2578

For more information give us a call
at either of our office locations.

INSPIRING MEDICINE


inspira
MEDICAL GROUP

www.InspiraHealthNetwork.org/medicalgroup

When every second counts we're just a heartbeat away!



Front row from left to right: A.A. Unwala, M.D., Kurt Kaulback, M.D., Farooq A. Padder, M.D., and Thomas Moccia, D.O.
Back row from left to right: Marcia Skowron-Scharle, M.S.N., A.P.N.-C., Enakshi Bajpai, D.O., John Vergari, M.D., M. Scott Dawson, M.D., and Miladys Delgado, M.S.N., A.P.N.-C.

Inspira Medical Group Cardiovascular Services

is a highly skilled team of nationally recognized cardiovascular health professionals with several convenient locations right here in your region. We offer state-of-the-art cardiac catheterization and vascular interventional suites.

Physicians in our group perform emergency cardiac catheterization with angioplasty and stenting (when indicated), also known as emergency PCI, for heart attack victims at Inspira Medical Center Woodbury – the only hospital Cumberland, Gloucester and Salem counties to perform this emergency procedure without the need to transfer patients to another facility. And, we have consistently achieved door-to-balloon times (the time from arrival at the ER to the opening of blocked coronary artery) better than the national benchmark.

If you're concerned about your heart health, don't wait. We provide comprehensive cardiovascular services, including electrophysiology, clinical diagnostic testing and cardiac interventions.

To learn more, visit InspiraMedicalGroup.com or call 1-800-INSPIRA.

Woodbury

17 West Red Bank Ave., Suite 201, Woodbury, NJ 08096
(856) 845-6807

Cardiovascular Diagnostic Center Woodbury

636 Kings Highway, Suite C, Woodbury, NJ 08096
(856) 845-9666

Woolwich Township

100 Lexington Rd., Woolwich Township, NJ 08085
(856) 845-6807

INSPIRING MEDICINE


inspira[®]
MEDICAL GROUP
Cardiovascular Services

Put your family's health first...

Inspira Medical Group does!

There is nothing more important than choosing quality medical care for you and your family and primary care is where good health begins.

The providers at Inspira Medical Group Family and Internal Medicine know that the best care is a lifelong connection built on communication, trust and understanding. That's why we offer high-quality primary medical care for all ages with a patient-centered approach.

Inspira Medical Group's Family and Internal Medicine physicians and staff will put your good health above all else, beginning with preventive care and continuing through all stages of diagnosis and treatment of common illnesses and chronic conditions.

For pre-registration and appointments call 1-800-INSPIRA.



www.InspiraMedicalGroup.com



Family and Internal Medicine

Inspira Medical Group Family Medicine Centerton

Jay Malickel, D.O.
Patricia Thomas, D.O.
798 Centerton Road, Pittsgrove
(856) 358-6161

Inspira Medical Group Family Medicine Glassboro

Joseph B. Szgalsky, M.D.
Durr-e-Shahwaar Sayed, D.O.
1120 N. Delsea Drive, Glassboro
(856) 582-0500

Inspira Medical Group Family Medicine Millville

Charles Mintz, M.D.
10 E. Broad Street, Millville
(856) 825-7372

Inspira Medical Group Family Medicine Minotola

Mavola Tench, M.D.
901 Central Avenue, Minotola
(856) 697-0111

Inspira Medical Group Family Medicine Mullica Hill Commons

Bac Nguyen, M.D.
Tara Wyche-Bullock, M.D.
Thomas McAndrew, M.D.
Maria Kent, M.D.
155 Bridgeton Pike, Mullica Hill
(856) 223-0500

Inspira Medical Group Family Medicine Pitman

Joseph DiLisi, D.O.
Christine Kimler, D.O.
Crystal Rivell, D.O.
110 N. Woodbury Road, Pitman
(856) 589-1212

Inspira Medical Group Family Medicine Tomlin Station

Gregory Stiefel, D.O.
201 Tomlin Station Road
Suite B, Mullica Hill
(856) 241-2522

Inspira Medical Group Family Medicine Woolwich

Jason Lotkowski, D.O.
Claudine DeDan, M.D.
100 Lexington Road
Building 100, Woolwich Township
(856) 467-7360

Inspira Medical Group Family and Internal Medicine Pitman

William Brennan, D.O.
410 N. Broadway, Suite 1, Pitman
(856) 589-3708

Inspira Medical Group Internal Medicine Almonesson

Linda Aquilino, D.O.
Lisa DiMedio, D.O.
1652 Cooper Street, Deptford
(856) 227-8611

Just for women.

A wide range of health and wellness services – under one roof.



Inspira Women's Health Center at Mullica Hill Commons

If you're like most women in the community, you're always on the run. Work, family and friends all demand time and attention.

Designed for that busy lifestyle – the Inspira Women's Health Center Mullica Hill helps make things less complicated. All the specialized women's medical services you need are there, conveniently located, under one roof:

Comprehensive Pelvic Health Program

The area's only comprehensive pelvic health program, with board-certified specialist physicians and nationally certified pelvic health therapists – coordinating testing and personalized treatment for pelvic floor, urinary and other conditions.

Compassionate Breast Care

Inspira's Breast Surgery practice offers women compassionate care for breast disease and cancer as well as comprehensive treatment for all benign breast disorders. The practice is led by a fellowship-trained breast surgeon and conveniently connected to Inspira's Women's Imaging Center.

State-of-the-Art Women's Imaging Center

The Women's Imaging Center provides all the imaging studies your doctor needs to make informed decisions about your health – including 3D mammography, traditional digital mammography, ultrasound and bone densitometry.

Family Medicine and Acupuncture Services

Family medicine specialists provide complete care for people of all ages, newborn to adult. A certified acupuncture doctor stimulates the body's natural healing capacity to help with many conditions.

Experienced Surgical Specialists

The Center provides access to a range of experienced surgical specialists including general surgery, breast surgery, neurosurgery and colon and rectal surgery. All are trained and experienced in leading-edge techniques, including minimally invasive surgery for faster healing and fewer complications.

Advanced Neurological Care

At the advanced neurology practice, a doctor diagnoses and treats a wide range of complex disorders affecting the brain, spinal cord and nervous system.

The Inspira Women's Health Center was built for you – providing access to the finest specialists and the most advanced care, convenient and close to home.

For more information or to schedule an appointment, give us a call today!

Inspira Women's Imaging Center
(856) 343-6100

Inspira Medical Group Breast Surgery
Malini Iyer, M.D.
(856) 478-0136

Inspira Medical Group Family Medicine and Acupuncture
Maria Kent, M.D.
Bac Nguyen, M.D.
Thomas McAndrew, M.D.
Tara Wyche-Bullock, M.D.
(856) 223-0500

Inspira Medical Group Urogynecology
Gary Mirone, D.O.
(856) 641-8680

Inspira Medical Group Colon and Rectal Surgery
Peter J. Senatore, Jr., M.D.
(856) 213-6375

Inspira Medical Group General Surgery
Todd Campbell, M.D.
(856) 363-1522

Inspira Medical Group Neurosurgery
Richard Strauss, M.D.
(856) 507-0600

Inspira Medical Group Neurology
Alexandra Landen, D.O.
(856) 467-4432

Inspira Women's Health Center Mullica Hill Commons
155 Bridgeton Pike, Mullica Hill, NJ 08062


inspira[®]
HEALTH NETWORK

www.InspiraHealthNetwork.org

BIG



**Inspira Health Network's new MRI is so big,
you might just forget you're getting an MRI.**

In fact, it's the largest in the region.

This fully digital, wide bore MRI offers:

- Unprecedented image quality – the best diagnostic information for your doctor and health care team
- Faster scan times and greater accuracy
- 30 percent more space, so it's not just roomy – it also more easily accommodates larger and claustrophobic patients

So, when your doctor orders an MRI at Inspira Medical Center Elmer – turn on your favorite tunes, stretch out and relax.



inspira[®]
HEALTH NETWORK

المنشآت للإستشارات
IMAGING CENTERS

1-800-INSPIRA

www.InspiraHealthNetwork.org/radiology
www.manaraa.com

Inspira Urgent Care

The Right Care, Right Now

When your life gets busy, sometimes you need access to quality care that doesn't take even more time away from work or your family. That's where Inspira's convenient Urgent Care centers come in. If your doctor is not available or your minor injury or illness does not require the life-saving services of a hospital emergency room, simply walk right in! No appointment is necessary.

Our experienced staff is equipped to treat a wide range of minor or non-life-threatening conditions including:

- Allergies and asthma attacks
- Bladder and urinary symptoms
- Coughs, colds and flu
- Ear and eye problems
- Muscle aches and pains
- Nausea, diarrhea, vomiting
- Back, pelvic stomach pain
- Skin rashes, bruises and bites
- Sprains and strains
- Strep and sore throat
- Upper respiratory infections

Three convenient locations!

Glassboro

1120 N. Delsea Drive, Glassboro
(856) 582-1500

Tomlin Station

201 Tomlin Station Road, Suite B, Mullica Hill
(856) 241-2500

Woolwich Township

101 Lexington Road, Suite 530, Woolwich Township
(856) 542-1300



**Now open
in Woolwich and
Glassboro!**

How does Inspira Urgent Care compare to an ER?

If you are experiencing a life-threatening injury or illness, please call 911 immediately or head straight to the nearest emergency room. For other medical events including stitches and broken bones, Inspira's Urgent Care centers provide shorter wait times and more personalized care. We also have full X-ray capabilities on site.

What is the quality of care like at Inspira's Urgent Care center?

Your care is our highest priority. Our friendly administrative staff will greet you

upon arrival and our caring physicians will treat your aches and pains. Inspira's Urgent Care centers are designated as Certified Urgent Care Centers by the Urgent Care Association of America. We are part of a select few around the country that have met all of UCAOA's nationally-standardized criteria.

Do you accept my insurance?

We accept most private insurances. If you have any insurance questions or want to make sure a visit to our Urgent Care is covered by your plan, just give us a call!

Convenient Hours

Inspira Urgent Care Centers are open 7 days a week from 8 a.m. to 8 p.m.



An Experienced Colon and Rectal Surgeon

Here in your community!

Dr. Peter J. Senatore, Jr., Inspira Medical Group Surgical Services, Colon and Rectal Surgery

Dr. Senatore is a double board-certified, colon and rectal surgeon in our community who provides patients with expert surgical and non-surgical treatment of colon and rectal problems specifically tailored to each patient's needs.

Dr. Senatore has advanced training and more than 25 years experience in the treatment of colon and rectal problems, in addition to full training in general surgery. His specialty interests include surgical endoscopy, including colonoscopy, open and laparoscopic surgery for both benign and malignant disease, office and operative therapy of anorectal conditions such as hemorrhoids, and the diagnosis and treatment of rectal prolapse, fecal incontinence and other pelvic floor disorders.

Dr. Senatore has authored several articles on the treatment of rectovaginal fistulae and perineal defects, and has worked with the American Society of Colon and Rectal Surgeons to develop and publish standards of care for numerous colorectal diseases.

In 1988, Dr. Senatore joined South Shore Medical Center in Norwell, Massachusetts, and served as Chief of Surgery from 1999 to 2001. He has been on the Active Staff at South Shore Hospital in Weymouth, Massachusetts for the past 25 years, and was Chairman of the Department of Surgery from 1997 to 2000.

Prior to joining Inspira Medical Group Surgical Services Vineland, Dr. Senatore practiced at South Shore Surgical Specialists, Inc. and maintained hospital affiliations at multiple medical and endoscopy centers in the greater Boston area. He is currently on staff at Inspira Medical Center Vineland.

**For more information, please call
(856) 213-6375.**



**Peter J. Senatore, Jr., M.D.,
F.A.C.S., F.A.S.C.R.S.**

Board Certified: American Board of Surgery
and American Board of Colon and Rectal Surgery

Residency: General Surgery, Georgetown
University Hospital, Washington, DC.

Colon and Rectal Surgery, Suburban Hospital
Bethesda, MD.

M.D.: The Johns Hopkins University School
of Medicine, Baltimore, MD.

B.A.: The Johns Hopkins University,
Baltimore, MD.

Georgetown University, Washington, DC.

Inspira Medical Group Surgical Services Colon and Rectal Surgery

1102 East Chestnut Avenue
Vineland, NJ 08360

Inspira Gentle Beginnings' Midwife Explains

The Benefits of Choosing Water Birth

Karen McEvoy Shields, C.N.M., M.S.N.

Many women choose a tub of warm water at the end of the day to find peace, seek comfort, ease pain and simply relax. So it does not surprise me that today, more women are choosing to labor and/or give birth to their babies in water.

You may not know this, but water birth is not a new concept in childbirth. In fact, women have been using water to ease discomfort and increase relaxation during labor and birth since early civilization. In the book *Gentle Birth Choices*, Barbara Hooper, R.N. talks about the first recorded modern water birth, which took place in France in 1803. It is reported in detail in a French medical journal, that a woman who had been laboring for 48 hours went into a warm bath to ease the discomfort from her labor that was not progressing. Soon after relaxing in the water, the baby was born—even before she had time to leave the bath.

Water birth found its way to the United States nearly 25 years ago. In 1998, Water-birth International was formed to meet the need for up-to-date and accurate information regarding the use of water in labor and birth. In the early 2000's, while practicing midwifery, I began noticing that a significant amount of women were inquiring about the method and many were in fact choosing water birth. Since the 2003 opening of Inspira Medical Center Elmer's "water birth suite" equipped with a tub designed especially for birth, along with the development of specific water birth protocols, I have been able to offer low-risk women the choice of water birth in a hospital setting. Over the years, I have been privileged to assist more than 1,000 women in giving birth in water.

During water birth the woman steps into a deep tub of warm water as she is entering in the later stages of active labor. You can see the woman visibly relax into the water as she reclines in the tub, fully immersing her belly. Most times the ability to relax in water assists the woman to progress to full dilatation. The lights are dim, the room is quiet, her support people are close, and her favorite relaxing music is playing. She listens to her body as she begins to push out her baby. The



Lindsay Dauphinee
C.N.M., M.S.N.

Karen McEvoy Shields
C.N.M., M.S.N.

Jane Letushko
C.N.M., M.S.

baby is gently born into the warm water and lifted to the surface. With the baby's face out of the water, the new mother floats her baby in the water; all is quiet as the baby looks into the mother's eyes and takes his or her first breath.

There are numerous benefits to consider when choosing to birth in water. The method facilitates mobility and enables the mother to assume any position which is comfortable for labor and birth. It also speeds up labor, reduces blood pressure, gives the mother an increased feeling of control, provides significant pain relief, promotes relaxation, conserves the mother's energy, reduces the need for drugs and intervention, gives the mother a private protected space, reduces perineal trauma and eliminates episiotomies, reduces cesarean rates and it encourages an easier birth for the mother and a gentler welcome for the baby. In addition, water birth is highly rated by mothers—typically stating they would consider giving birth in water again—and it is highly rated by experienced providers.

As a certified nurse midwives, Gentle Beginnings supports women emotionally, physically, mentally and spiritually to give birth naturally. Many times that means assisting women to birth in water. Whether or not a woman chooses to labor and/or birth in water is up to her, however; every woman should make an informed choice about what birth plan makes the most sense for her and her baby.

If you are interested in finding out more about water birth, or would like to have your baby born into water, please contact us at either of our office locations. Additional information about water birth can also be found at www.waterbirth.org.

Our services include:

- Gynecologic care
- Birth control
- Natural family planning
- Assistance with menopausal symptoms
- Diagnostic screening
- Health education
- Nutritional counseling
- Pre-conception screening and counseling
- Pregnancy confirmation
- Complete prenatal care
- Postpartum and follow-up care
- Breastfeeding consultations
- Specializing in natural childbirth
- Water birth
- Delivery at Inspira Medical Center Elmer Maternity Care, a Baby-Friendly® birth facility

If you have any questions or would like to arrange an appointment, please call our Elmer office at (856) 358-1100 or Haddon Heights office at (856) 265-0200.



Natural birth



New waterbirth



Interview with Jane

inspira
MEDICAL GROUP



Now accepting new patients!

Two convenient locations!

**389 Harding Highway • Suite 6
Elmer, New Jersey 08318**

**708 Station Avenue
Haddon Heights, New Jersey 08035**

Experienced family doctor

Providing quality pediatric and adult primary care!

Mavola L. Tench, M.D., is a member of Inspira Medical Group Family Medicine Minotola. She is an experienced physician who has spent more than 17 years caring for families across southern New Jersey.

Dr. Tench is board certified by the American Board of Family Practice and believes in providing care for the entire family, including children.

Dr. Tench attended medical school at Temple University's School of Medicine, earning her degree in 1993. Three years later, she became board-certified in family medicine after graduating from the residency program at Inspira Medical Center Woodbury (formerly Underwood-Memorial Hospital). She has been a physician with Inspira Medical Group since 2004.

Dr. Tench believes in a family-centered approach to medicine. Her philosophy is to provide comprehensive medical care by partnering with the patient to find the correct diagnoses and to develop and maintain a plan of care to both treat and prevent disease. In addition to providing primary care for adults, she also provides care for children of all ages and routine gynecology.



Mavola L. Tench, M.D.

Dr. Tench is now providing pediatric and adult patient care at Inspira's new family practice office in Minotola!

**Inspira Medical Group
Family Medicine Minotola
901 Central Avenue
Minotola, NJ 08341**

Accepting New Patients!

For more information or to schedule an appointment with Dr. Tench, please call

(856) 697-0111

INSPIRING MEDICINE

inspira
MEDICAL GROUP
www.InspiraMedicalGroup.com

***Award-winning
cancer care is here in
your community!***



Inspira's Frank & Edith Scarpa Regional Cancer Pavilion

**Providing comprehensive cancer care and specialists
all under one roof so patients no longer have to travel
to receive the care that they need.**

Our comprehensive, advanced cancer care facility provides:

- Complete oncology services offered by skilled, compassionate doctors and health professionals with more than 35 years of experience in providing cancer care.
- Experienced radiation oncologists and staff providing state-of-the-art treatment including Intensity-Modulated Radiation Therapy, Image-guided radiation therapy, and stereotactic radiation therapy, the latest high-dose-rate treatments.
- Enhanced clinical research capabilities administered through our ongoing partnership with the renowned Fox Chase Cancer Center.
- Improved access to community cancer specialists, with the medical practice of Southern Oncology-Hematology Associates located within the center.
- Suites for visiting and community-based physicians and surgical oncologists.
- A comprehensive nurse navigator program, where newly diagnosed patients are connected with a specially trained registered nurse who provides support and patient and family education in the form of practical and personalized information.

Recognized for excellence through various awards and accreditations

- Inspira's cancer program in Vineland is designated as a Community Hospital Comprehensive Cancer Program by the American College of Surgeons Commission on Cancer (CoC).
- In 2012 our team was honored for the third consecutive time with the CoC's Outstanding Achievement Award for providing the highest quality cancer care.
- Our Breast Center in Vineland is accredited by the National Accreditation Program for Breast Centers.
- In 2013 we were re-designated as a Magnet[®] facility for quality patient care, nursing excellence and innovations in professional nursing practice by the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program.[®]
- Our lung cancer screening program has been designated a Screening Center of Excellence by the Lung Cancer Alliance.



Conveniently located off Route 55 at
1505 W. Sherman Avenue, Vineland, NJ 08360.

For more information, please call (856) 641-8670 or visit
www.InspiraHealthNetwork.org/cancer-program.

inspira
HEALTH NETWORK

**FRANK AND EDITH SCARPA
REGIONAL CANCER PAVILION**

Fox Chase Cancer Center Partner



Every Minute Matters

ER WAIT TIMES

UPDATED EVERY FIVE MINUTES

**When an illness or injury isn't life threatening –
check the ER wait time, online.**

Knowing the wait time in advance just makes sense. It helps you know what to expect when you arrive. And it helps us better manage emergency resources for the whole community.

And that's a win-win, for everybody.



inspira[®]
HEALTH NETWORK

For serious potentially life-threatening illness, don't delay – call 911. Estimated ER wait times are posted as a convenience to help you make decisions when the problem isn't life threatening. Posted wait times are estimated – patients are seen in priority order based on severity of the condition.

InspiraHealthNetwork.org/ER-Wait-Times

www.manaraa.com

المنارة للاستشارات

Advanced neurological care, right here in your community!

Inspira Medical Group Neurology

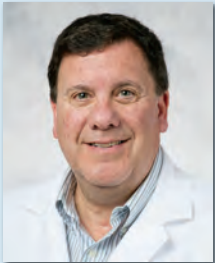


Meet Our Neurologists



Shaila Bokkala-Pinninti, D.O.

Board Certification: American Board of Psychiatry and Neurology; **Medical School:** University of Medicine and Dentistry of New Jersey; **Residency:** Hahnemann University Hospital for Drexel University



Michael Denner, M.D.

Board Certification: American Board of Psychiatry and Neurology; **Medical School:** University of Medicine and Dentistry of New Jersey; **Residency:** Georgetown University Hospital



Alexandra Landen, D.O.

Board Certification: American Board of Psychiatry and Neurology; **Medical School:** University of Medicine and Dentistry of New Jersey; **Residency:** University of Medicine and Dentistry of New Jersey University Hospital and Georgetown University Hospital; **Fellowship Training:** Georgetown University Hospital, Movement Disorders



Indrani Sen Hightower, M.D.

Board Certification: American Board of Psychiatry and Neurology; **Medical School:** University of Medicine and Dentistry of New Jersey; **Residency:** Thomas Jefferson University Hospital

Inspira Medical Group's neurology practices offer highly specialized physicians who are experienced in providing diagnosis and treatment for a wide range of complex neurological disorders affecting the brain, spinal cord and nerves.

Neurology is the branch of medicine that is concerned with the study and treatment of disorders of the nervous system. As a specialist, a neurologist sees patients with a wide range of problems and may act as a patient's principal or consulting doctor, while the family doctor, or primary care doctor, is generally in charge of a patient's total health care.

Inspira's board-certified neurologists offer treatment for various neurological disorders, including, but not limited to, the following:

- Muscle disorders and pain
- Headache
- Epilepsy
- Neuritis
- Brain and spinal cord tumors
- Multiple sclerosis
- Parkinson's disease
- Stroke
- Myasthenia gravis
- Muscular dystrophy

Two Locations in Gloucester County

Mullica Hill

155 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 467-4432

Woodbury

17 West Red Bank Avenue
Suite 204
Woodbury, NJ 08096
(856) 853-1133



PELVIC HEALTH PROGRAM



Gary Mirone
D.O., A.C.O.O.G., F.P.M.R.S.



Peter J. Senatore, Jr.
M.D., F.A.C.S., F.A.S.C.R.S.

Inspira's Pelvic Health Program features highly skilled physicians and nationally certified pelvic health therapists who have specialized training and expertise in pelvic disorders. We are committed to helping you find relief from your condition so that you can live your life to the fullest.

Our comprehensive program offers solutions for a range of issues, including:

- Urinary incontinence
- Fecal incontinence
- Painful intercourse
- Overactive bladder
- Pelvic organ prolapse
- Interstitial cystitis
- Painful voiding/bowel movements
- Hemorrhoids
- Rectal prolapse
- Inflammatory Bowel Disease (Crohns, Ulcerative colitis)

HALF OF ALL PEOPLE...



...have never talked to their doctor about care, management or treatment of pelvic health conditions.



1-800-INSPIRA

www.InspiraHealthNetwork.org

CONVENIENT LOCATIONS

Inspira's highly skilled pelvic health specialists have offices located in Mullica Hill and Vineland and we offer physical therapy at three convenient locations including Mullica Hill, Vineland and Woodbury.

For more information or to schedule an appointment, please call:

Gary Mirone
D.O., A.C.O.O.G., F.P.M.R.S.

Inspira Medical Group Urogynecology
(856) 641-8680

Peter J. Senatore, Jr.
M.D., F.A.C.S., F.A.S.C.R.S.

Inspira Medical Group Surgical Associates,
Colon and Rectal Surgery
(856) 213-6375

Please join us for...

Two Fun and Informative Spirit of Women Health Events!

Women's Health Screening & Education Day

Join us for **FREE** health screenings and healthy lifestyle information!

Saturday, September 27
9 am to Noon

Inspira Medical Center Vineland
1505 West Sherman Avenue • Vineland, NJ 08360

Free! Health Screenings

- Blood Pressure and Pulse Ox
- Body Mass Index (BMI)
- Heart Disease Risk Assessment
- Skin Cancer (Face)
- Foot and Wound Care
- Cancer Risk Assessment
- Sleep Apnea Assessment
- Step Test (Resting Heart Rate)
- Heel Bone Density

...and much more!

Pre-registration is encouraged for express check-in.

Call 1-800-INSPIRA
Walk-ins welcome!



Plus...
Fun Activities
Yoga (9:30 am)
Zumba Gold (10:30 am)
Cooking Demonstration (11:30 am)

New this year...
Your Best Self Now
Includes art therapy, dance therapy and aromatherapy



Spirit
girls
night out.

Little Black Dress Event!



Good Health Looks Good on Everyone

Just like the classic Little Black Dress, vibrant health is always in style.

You are cordially invited to a remarkable affair where good health and great fun come together!

Enjoy a fashion show, dancing, shopping, dinner and cash bar, plus a free gift for all attendees. So put on your favorite black attire, and we'll show you how health is your best accessory.

Friday, October 24
6 to 10 pm

Orchard Garden at Masso's
210 S. Delsea Drive
Glassboro, NJ 08028

Admission: \$25.00



Enter to Win a \$300 Shopping Spree at the Deptford Mall!

Anyone who is wearing a black dress for this event may enter!

REGISTER NOW!

To Register:
Call 1-800-INSPIRA
or scan this code...



Pre-registration is required.

inspira
HEALTH NETWORK

Spirit of
Women

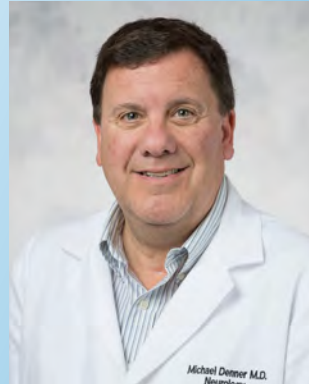
www.InspiraHealthNetwork.org/SpiritofWomen

**Advanced neurological care,
right here in your community!**

Inspira Medical Group Neurology



Shaila Bokkala-Pinninti, D.O.
Michael Denner, M.D.
Alexandra Landen, D.O.
Indrani Sen Hightower, M.D.



www.manaraa.com

A portrait of a woman with long, dark, wavy hair, smiling. She is wearing a light blue top. The background is a soft, light green.

Inspira Medical Group is pleased to announce

...that beginning in August, Alexandra Landen, D.O., board certified neurologist with fellowship training in movement disorders, will begin seeing patients at the group's neurology practices in Mullica Hill and Woodbury.

Dr. Landen will provide area patients with specialized care for a range of complex neurological disorders affecting the brain, spinal cord and nerves. She is experienced in providing treatment for various neurological and movement disorders. Dr. Landen attended medical school at the University of Medicine and Dentistry of New Jersey. She then completed a residency in neurology, followed by a fellowship in movement disorders, at Georgetown University Hospital in Washington, D.C. Prior to joining Inspira Medical Group, Dr. Landen served as a general neurologist and movement disorder specialist at Christiana Care Neurology Specialists. She is currently also affiliated with Jefferson University Physicians.

**Inspira Medical Group Neurology has practice
locations Mullica Hill and Woodbury.
For more information, please call (856) 467-4432.**

INSPIRING MEDICINE

The logo for Inspira Medical Group. It features a stylized blue wave icon above the word "inspira" in a bold, lowercase, sans-serif font. Below "inspira" is the words "MEDICAL GROUP" in a smaller, all-caps, blue, sans-serif font.

inspira[®]
MEDICAL GROUP

www.InspiraHealthNetwork.org/medicalgroup

Wouldn't you rather receive care from a "Top Doc?"

We all want the best for ourselves and our families, especially when it comes to our health. At Inspira Health Network, we're fortunate to have so many Top Docs on our staff. Top Docs are chosen by peer review for demonstrating a commitment for quality and unwavering dedication to compassionate care. These doctors represent the best of the best – true leaders in their fields.

The physicians at Inspira Medical Center Elmer, Inspira Medical Center Vineland, Inspira Medical Center Woodbury, and at all of our other facilities excel at providing the highest levels of care to our patients.

**At Inspira Health Network,
we're proud of our Top Docs.
You will be, too.**



INSPIRING **MEDICINE**

www.InspiraHealthNetwork.org

1-800-INSPIRA

**inspira**[®]
HEALTH NETWORK



YOU'LL STOP AT NOTHING FOR
YOUR CHILD
SO WE'LL DO ANYTHING TO CARE
FOR THEM.

Parents who will go anywhere for their child, come here for **inspiring OB and pediatric care**. That's because Inspira Health Network has everything families at any stage could need – a high-level neonatal intensive care unit for high-risk pregnancies, pediatric specialists from Nemours duPont, and a brand new pediatric ER to treat children and teens. It's care the whole family can feel good about.

To find a physician near you, visit InspiraHealthNetwork.org.

INSPIRING MEDICINE


inspira[®]
HEALTH NETWORK



Inspira Midwifery

Gentle Beginnings

Supporting women emotionally, physically and spiritually through natural childbirth, water birth, gynecological care and more!

Experienced Certified Nurse Midwives

Karen McEvoy Shields, Lindsay Dauphinee, Jane Letushko and Bernadette Lloyd-Sobolow

Elmer (856) 358-1100

389 Harding Highway • Suite 6
Elmer, NJ 08318

Haddon Heights (856) 265-0200

708 Station Avenue
Haddon Heights, NJ 08035





Keeping Woolwich Township Healthy Meet the Doctors in Your Neighborhood



Chiara Mariani, MD
Pain Management



Claudine DeDan, MD
Family Medicine



Xitlalomihli O'Dell, MD
Occupational Medicine



Eddie Wu, DO
Orthopedics



Jason Lotkowski, DO
Family Medicine



John Catalano, MD
Orthopedics

At Lexington Mews, Woolwich Township has access to a complete range of advanced medical care. It's close by and convenient – bringing together some of the region's finest health care practitioners in one location:

Inspira Urgent Care is ready, 8 am to 8 pm – when you need a doctor but it's not an emergency. Qualified doctors handle bumps, bruises and minor illness. Every patient sees a physician. X-ray is available on site. And no appointment is needed.

At **Inspira Medical Family Practice**, board-certified physicians provide general practice care for people of all ages – keeping

you and your family healthy. And medical laboratory services are available.

And **board-certified orthopedic surgeons** specialize in advanced spine and neck care; pain management; sports medicine; hand, wrist and micro vascular surgery; foot and ankle care; and minimally-invasive joint replacement.

1-800-INSPIRA

www.InspiraHealthNetwork.org

المنارة
www.InspiraHealthNetwork.org

inspira[®]
HEALTH NETWORK
www.manaraa.com

Please join us for...

Two Fun and Informative Spirit of Women Health Events!

Women's Health Screening & Education Day

Join us for **FREE** health screenings and healthy lifestyle information!

Saturday, September 27
9 am to Noon

Inspira Medical Center Vineland

1505 West Sherman Avenue • Vineland, NJ 08360

Free! Health Screenings

- Blood Pressure and Pulse Ox
- Body Mass Index (BMI)
- Heart Disease Risk Assessment
- Skin Cancer (Face)
- Foot and Wound Care
- Cancer Risk Assessment
- Sleep Apnea Assessment
- Step Test (Resting Heart Rate)
- Heel Bone Density

...and much more!

Pre-registration is encouraged for express check-in.

Call 1-800-INSPIRA

Walk-ins welcome!



**Plus...
Fun Activities**

Yoga (9:30 am)
Zumba Gold (10:30 am)
Cooking Demonstration (11:30 am)

**New this year...
Your Best Self Now**
Includes art therapy, dance therapy and aromatherapy



Little Black Dress Event!

Good Health Looks Good on Everyone



Just like the classic Little Black Dress, vibrant health is always in style.

You are cordially invited to a remarkable affair where good health and great fun come together!

Enjoy a fashion show, dancing, shopping, dinner and cash bar, plus a free gift for all attendees.

So put on your favorite black attire, and we'll show you how health is your best accessory.

Friday, October 24

6 to 10 pm

Orchard Garden at Masso's

210 S. Delsea Drive
Glassboro, NJ 08028

Admission: \$25.00



REGISTER NOW!

Enter to Win a \$300 Shopping Spree at the Deptford Mall!

Anyone who is wearing a black dress for this event may enter!

To Register:
Call 1-800-INSPIRA
or scan this code...



Pre-registration is required.

inspira
HEALTH NETWORK

Spirit of Women

www.InspiraHealthNetwork.org /SpiritofWomen