



PARTNERING WITH
OUR COMMUNITIES



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Partnering With Our Communities

— our 2012 Annual Report — highlights the important role Overlook plays in the lives of community residents, as well as the role our communities play in sustaining our nationally respected medical center.

Whether you are coming to Overlook for an outpatient procedure, a lecture, a patient visit or to recharge your cell phone (as many did during Hurricane Sandy!), you are welcomed with a smile. Here, you are assured of comfort and healthcare excellence with a friendly, yet professional touch.

In these pages, you'll meet people just like you who have happily shared their recent patient experiences at Overlook. Their lives have been saved and futures shaped because of the expertise of our healthcare team and your gifts. Take a moment to read about Robert Moore and his "Uncle Val," who benefited from the speed and efficiency of Overlook's Comprehensive Stroke Center and telestroke program; Carmella Palmisano, a senior who maintains her independence thanks to vigilant cardiac care; and Michael Desiderio, who conquered prostate cancer with painless, minimally invasive CyberKnife treatments.

We will recap memorable events, such as our Perfect Pairings Gala at the New Jersey Performing Arts Center and our Chairman's Dinner, where we presented our Lifetime Achievement Awards. We'll also spotlight programs and services that better serve our community thanks to your contributions.

Learn more about how Overlook cultivates future generations of healthcare professionals who live and work in your community. Find out how our Caregivers Center is supporting patient families during their loved one's hospitalization; and see how Atlantic Home Care and Hospice ensures quality care from hospital to home. Your partnership with Overlook has helped these programs thrive and, ultimately, create healthier communities. Thank you for your support!

On the cover: From the bright-eyed children enjoying our Teddy Bear Clinics to the eager students relishing the chance to shadow our physicians, the surrounding communities look to Overlook for more than comprehensive exemplary care . . . and find a partner in fostering their future well-being.

Partnering With Our Communities was produced by the Overlook Foundation.
Writing by Renée Biale Tesauo, RCB Communications. Graphic design and principal photography by Kathy Cacicedo.

A Message from the Overlook Foundation

Dear Friends of Overlook:

This past year, more than ever, we were reminded of the importance of community partnerships. When Hurricane Sandy caused extensive damage to our region, Overlook served not only as a healthcare provider but also as a place of refuge, comfort and support for those who live and work in our communities.

You have witnessed how your support of the Overlook Foundation enables your nonprofit regional medical center to offer clinical excellence in a wide range of specialty areas such as neuroscience, cancer care, women's and children's health, eating disorders, wound healing, bariatric surgery, pain management and palliative care. Last fall, you saw how your support also enables Overlook to care for its communities during times of widespread need.

Partnering With Our Communities – the Overlook Foundation's 2012 Annual Report – celebrates and showcases your philanthropy during the past fiscal year. Thanks to you and other caring individuals, corporations, foundations and community organizations, gifts and pledges to the hospital during the past year totaled more than \$5 million. The board of trustees and staff at the Overlook Foundation sincerely appreciate your enthusiastic support of our ongoing capital campaigns and special events.

In June, we welcomed 40 foursomes to the foundation's 22nd Annual Golf Tournament at Canoe Brook Country Club in Summit. Sponsored by Bank of America Merrill Lynch, the event raised \$105,000 to benefit patient support programs at the Carol G. Simon Cancer Center at Overlook.

On September 29, more than 500 guests attended the Overlook Foundation's 2012 Gala – Perfect Pairings – at the New Jersey Performing Arts Center in Newark. The magical evening raised \$400,000 for ovarian cancer research at Overlook, which is partnering with MD Anderson Cancer Center in Houston on a study that may change the standard for how we screen for this disease.

In 2012, the foundation embarked on two mini capital campaigns. To ensure that the Atlantic Neuroscience Institute continues to set the standard and meet the need for neurological and stroke care in New Jersey, we initiated an effort to raise at least \$2 million to fund investments in staff, technology and research. We also made a commitment to raise a minimum of \$2 million for the expansion of Overlook's eating disorders program, which has gained a national reputation.

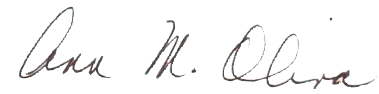
To continue to strengthen and broaden our leadership, the Overlook Foundation board of trustees appointed six new members to serve three-year terms, including Bruce (Toby) F. Wesson of Summit who was re-elected after a year hiatus. The others include Beverly J. Luehs, Christopher A. Coates, and George L. Fotiadis of Summit; Stacy W. McCann of Madison; and James C. Kellogg of Short Hills.

During the past year, employees, physicians, trustees, local agencies, and generous supporters like you kept Overlook thriving despite a hurricane, healthcare reform and ongoing economic challenges. We invite you to read on and see firsthand how your partnership with Overlook touches lives and shapes futures forever.

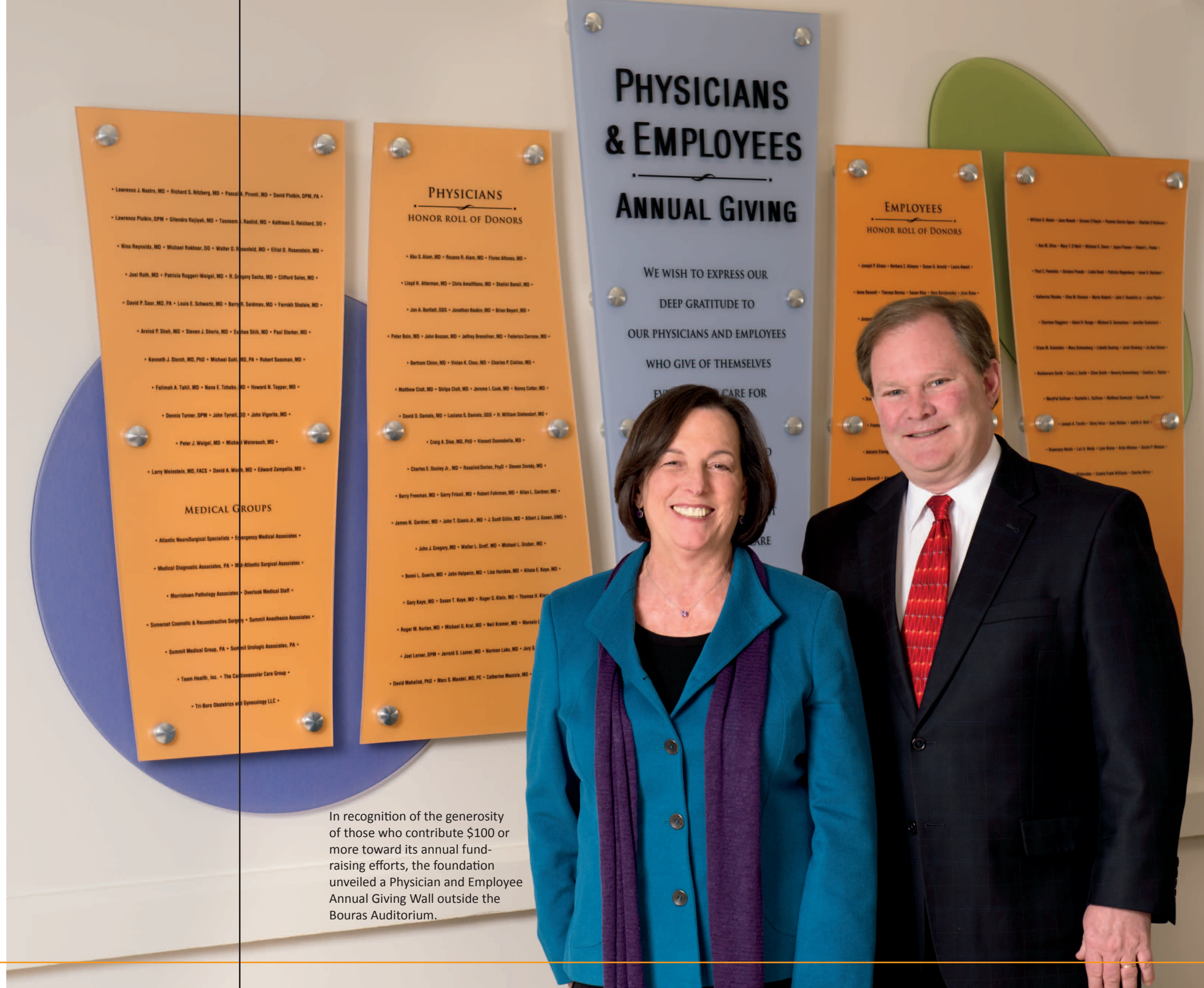
With gratitude for your support,



Stephen B. Stone
Chairman



Ann M. Oliva
Executive Director



In recognition of the generosity of those who contribute \$100 or more toward its annual fund-raising efforts, the foundation unveiled a Physician and Employee Annual Giving Wall outside the Bouras Auditorium.

A Message from Overlook Medical Center

Dear Friends:

We've all confronted major unexpected challenges at some point in our lives. Last year was one of those years for Overlook. Hurricane Sandy and another more far-reaching challenge I call "Hurricane Healthcare" descended upon us and I couldn't be more proud of our resourcefulness and response.

Thanks to advance preparedness by our Emergency Response Team and the foresight of our Facilities Management Group in installing an independent energy efficient trigeneration power system last spring, Overlook was more than the "Hospital on the Hill" during Hurricane Sandy. It was a "Beacon of Light on the Hill." The staff at Overlook Medical Center worked tirelessly not only to ensure that the facility met the health care needs of patients during the superstorm and its aftermath, but also assisted the community throughout that time.

While Hurricane Sandy swept through our region fairly swiftly, "Hurricane Healthcare" is part of an extended forecast. Federal healthcare reform, further reductions in Medicare and Medicaid reimbursement and rising insurance costs will continue to challenge our ability to deliver the highest quality healthcare at the lowest possible cost.

Building upon our ongoing efforts to expand our nationally recognized programs and services into more communities throughout the region, we are forging more collaborations among hospitals, physicians, patients and payers that will result in significant clinical and economic efficiencies. We are growing Atlantic Health System by adding another affiliate – Chilton Hospital in Pompton Plains – and initiating a partnership with Hunterdon Medical Center.

New strategic alliances will allow more physicians to join Atlantic's Accountable Care Organization (ACO), among the nation's largest, and share best practices and quality assurance activities within and across our medical staffs. Serving seven New Jersey counties, Atlantic's ACO set the standard for leadership in the changing healthcare landscape through increased emphasis on prevention, continually improved treatment options for better outcomes, broader physician access, and improved coordination of insurance coverage that will ultimately improve the health of the communities served.

This model has resulted in significant improvements in quality of care. Our readmission rate is the lowest in the state, and our mortality and infection rates have decreased 15 percent and 20 percent since 2009. Last year, we performed approximately 180 CyberKnife cases (with many patients coming from New York), treated half of the state's brain tumor cases, and served as the primary stroke center for 23 referring hospitals.

Thanks to support from the Overlook Foundation, we've made investments in facility improvements, technology enhancements and clinical talent. Our magnetoencephalography system (MEG) for evaluating epilepsy patients is one of only a handful on the East Coast. We've opened a new Interventional GI Suite, Concussion Center and Physical Therapy Satellite, and we've begun a series of renovations in our cardiac services areas.

More than 200 physicians – from primary care doctors to specialists in areas such as autoimmune disease, neurology, wound care and eating disorders – recently joined our staff. Like you, they recognize the benefits of having a nationally recognized teaching hospital in our community. They, too, recognize the benefits of raising their own families here.

I'm confident that their partnership with Overlook and our partnership with you will keep our communities healthy – through all kinds of weather.

Sincerely,



Alan Lieber, President



“Overlook was more than the “Hospital on the Hill” during Hurricane Sandy. It was a “Beacon of Light on the Hill.”

When **Stroke** Strikes Twice

One Family. Two Lives Saved.

It was déjà vu all over again for 55-year-old **Robert Moore**. He had accompanied his wife's "Uncle Val" to Overlook's Emergency Department (ED) in the middle of the night after the 80-year-old man had collapsed in his bathroom. His eye drooped, he couldn't move his left side and he was struggling to speak. Suspecting stroke, the staff began a battery of tests. As Robert stood next to Uncle Val's bedside, he was reminded of his own experience just five years earlier in the very same ED.

Robert had collapsed in his Chatham home and he, too, had trouble moving and speaking. Paramedics transported him to Overlook, where Shalini Bansil, M.D. a board-certified neurologist with the Comprehensive Stroke Center at Overlook Medical Center's Neuroscience Institute, determined he was having a stroke. She explained that there was a small window of time remaining to administer tPA (tissue plasminogen activator) – a powerful medication that dissolves clots blocking brain arteries – or risk permanent disability or possibly death. Fortunately, Robert opted for the medication and was transported to Overlook's Neurointensive Care Unit, where he regained movement and speech. He was discharged within a week and returned home with no visible side effects.

Now, Uncle Val was facing the same decision, but this time the doctor presenting the option was not even in the building. Neurologist Dr. Robert Felberg, medical director of the Stroke Center at Overlook, was talking to them via a TV monitor mounted from the ceiling. The advanced video communications technology is part of Overlook's new telestroke program, which allows doctors to evaluate and consult on stroke patients' treatment quickly and remotely via software similar to Skype.

The telestroke program, made possible in part through a grant from the F. M. Kirby Foundation, is in place at Overlook Medical Center,

its satellite Emergency Department in Union, and an increasing number of the 23 hospitals who refer patients to Overlook's regional center for stroke care. The standard course of treatment for ischemic stroke is tPA if it can be administered within 4.5 hours from the onset of the patient's symptoms. Beyond the 4.5-hour window or in instances when the onset of symptoms is unknown, patients may be candidates for catheter-based procedures, in which clots are removed mechanically and sometimes in conjunction with tPA.

"Time is tissue," states Dr. Felberg. "Every minute the patient goes without treatment, two million brain cells die. Getting immediate intervention will make the difference between returning home and going to a nursing home; between returning to normal life and being permanently impaired. The telestroke program leverages technology so people can get high-level evaluations quickly and at their local emergency department."

"It reminded me of the Wizard of Oz," says Robert about Dr. Felberg's on-screen Emergency Department consultation. "He was very friendly, poised and professional; and it felt like he was right there with us. He explained that the benefits of tPA far outweighed the risks and Uncle Val readily agreed to put his life 'virtually' in Dr. Felberg's hands."

While the approach to treatment may have been different, Robert and Val's outcomes were the same. Like Robert, Val resumed his daily life with no physical impairment, and both men have high praise for the prompt, personal attention they received at Overlook.

"Having lived in the community all of my life, I've seen Overlook grow from a community hospital into a large bustling medical center," says Robert. "Throughout this evolution, the care has always been top-shelf and very personal."

Uncle Val's wife, Irene, agrees. "We are pleased to have Overlook in our backyard. The doctors are outstanding."

“I’ve seen Overlook grow from a community hospital into a large bustling medical center. Throughout this evolution, the care has always been top-shelf and very personal.”



- First in the state to be named a Comprehensive Stroke Center by the New Jersey Department of Health and Senior Services
- Serves as a regional stroke center for 23 referring hospitals
- Recipient of the American Heart Association's Get With the Guidelines® Stroke Gold Plus Performance Achievement Award
- Awarded the Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers

Atlantic Neuroscience Institute's Stroke Center at Overlook Medical Center provides award-winning, state-of-the-art medical care to stroke victims.

A multidisciplinary team of neurologists, interventional neuroradiologists, cerebrovascular neurosurgeons, endovascular neurosurgeons, stroke nurse practitioners, stroke program coordinators and neuroscience nurse educators are committed to minimizing the immediate and secondary brain damage from a stroke and maximizing patients' opportunity for full recovery. They are part of a dedicated stroke unit and supported by a neurointensive care unit with specially trained nurses and rehabilitation therapists.

With assistance from the inpatient neuroscience unit at Overlook, the Stroke Center provides diagnostic and treatment services, plus an array of outpatient programs, including a highly successful emergency medicine service (EMS) and a community education program.

Stroke Treatment and Diagnostics

Atlantic Neuroscience Institute's Stroke Center at Overlook Medical Center provides round-the-clock, comprehensive emergency diagnosis and treatment for stroke, transient ischemic attacks, intracerebral hemorrhage, intracranial aneurysms, and arteriovenous malformations. We can transport patients via helicopter and ambulance from other stroke centers in the region.

Neuro-interventionalists and neurosurgeons at the Stroke Center at Overlook Medical treat a broad range of disorders, often using techniques that are far less invasive than traditional procedures. Our advanced stroke treatment technologies include

- Biplane neuroangiography
- Mechanical thrombectomy
- Intra-operative angiography
- Intracranial angioplasty and stenting
- Carotid angioplasty and stenting
- Embolization
- 320-slice computed tomography
- Transcranial Doppler
- Magnetic resonance imaging (MRI)

Inpatient Services

Available 24 hours a day, seven days a week, the Stroke Center team quickly diagnoses and treats stroke victims, using "clot busters"—medications, primarily tissue plasminogen activator (tPA), that dissolve the clots blocking brain arteries — and technologies such as the Merci Retrieval System®, which can extract blood clots mechanically. Acute rehabilitation is an important part of recovery; Stroke Center patients receive physical, occupational, and speech therapy, plus social work services and assistance with discharge planning. Stroke treatment and prevention education is also provided to both patients and family members.

Outpatient Care

Among the outpatient services provided by Atlantic Neuroscience Institute are evaluation and management of patients who have had ischemic and hemorrhagic strokes or transient ischemic attacks (TIAs), and patients who have carotid artery narrowing (carotid stenosis). Stroke rehabilitation services, community stroke screenings, stroke education programs, support groups, and rehabilitation and secondary stroke prevention groups are also available.

Anatomy of a Stroke

A stroke occurs when blood vessels carrying oxygen and other nutrients to the brain suddenly burst or become blocked. Without oxygen, brain cells begin to die. Without medical intervention, a person can be left with severe disabilities and impairments.

Know the Risk Factors for Stroke

- High blood pressure
- High cholesterol
- Irregular heartbeat
- Smoking
- Obesity
- Heavy alcohol use (an average of more than two drinks/day for men and more than one drink/day for women)



Drs. Robert Felberg and Shalini Bansil (inset) demonstrate the advanced video communications technology that allows them to evaluate and consult on stroke patients' treatment quickly and remotely.

Know the Signs of Stroke and Act FAST.

Call 911 immediately if you observe any of these signs.

F Face: Ask the person to smile. Does one side of the face droop?

A Arms: Can the person raise both arms without difficulty?

S Speech: Is the person's speech slurred?

T Time: If these symptoms are present, time is of the essence. Dial 911.



Atlantic Home Care and Hospice Quality Care From Hospital to Home

When a local pharmacy was unable to deliver medication to one of her home care patients during Hurricane Sandy, Carline Bruno, R.N. convinced her husband to drive her to pick up and deliver the prescriptions herself.

An 89-year-old woman falls and is transported to Overlook with a broken hip. Post surgery she is discharged for recovery at home. She needs a host of resources including nursing care, medication management, rehabilitation therapy, personal care, home safety assessment, referral to community agencies, and assistance with meal preparation.

A 75-year-old man is diagnosed with chronic obstructive pulmonary disease (COPD). He must learn to manage his condition by monitoring his vital signs, taking appropriate medication, and adjusting his lifestyle to stay healthy and independent.

For patients like these, home is where their health care needs are met. As chronic diseases and the aging population increase, home care is more important than ever.

“Approximately 68 percent of our patient population is on Medicare and most of them have some form of chronic illness, such as congestive heart failure (CHF), COPD, or diabetes,” states Mary Pradilla, R.N., M.S., director of Atlantic Home Care and Hospice (AHCH), which serves 1,300 home care patients and 150 hospice patients daily in Essex, Morris, Somerset, Sussex and Union counties in New Jersey and Pike County in Pennsylvania.

“New treatments, procedures and medications are helping people to live longer, but they are also forcing patients to face another issue – learning how to live with a chronic illness outside of a hospital setting with fewer complications and readmissions,” Mary explains.

As chronic diseases and the aging population increase, home care is more important than ever.”

“This is where home care can make a real difference. Home care nursing must focus beyond the traditional task-oriented care, where nurses visit homes to change a dressing or a catheter. Our role is to teach patients to take care of themselves and manage their conditions.”

The AHCH staff totals more than 450 employees, with over 200 registered nurses, 75 rehab therapists (physical, occupational and speech therapists), 75 support staff, 55 home health aides, six social workers, five chaplains and 80 hospice volunteers.

A multidisciplinary team assesses each patient’s needs and builds a plan that involves nursing services, rehabilitation therapy, home health aides, social services, and nutritional consultations.

“Every aspect of the program is designed to make patients partners in their own care,” adds Michele Cameron, R.N., B.S.N., M.A., manager of business development and community outreach. “For example, our Tele-Health monitoring program guides patients through the process of measuring their baseline vital signs on a daily basis and responding to a series of questions relating to their condition. For a patient with CHF that might mean measuring weight, temperature, blood pressure, oxygen saturation and pulse rate as well as answering whether their ankles are less swollen or their breathing is improved.”

AHCH services also include a state-of-the-art wound care program; orthopedic rehabilitation (part of Atlantic Health’s Total Joint Replacement Center of Excellence); disease management for COPD, CHF, diabetes and stroke; palliative care for pain control and symptom management; and end-of-life hospice care. Last year, Atlantic Hospice, one of the first home hospice programs in the nation, celebrated its 35th anniversary.

“Atlantic Home Care and Hospice has made great strides in moving healthcare into our communities and keeping people healthy at home through this model,” Mary states. “Our 17 percent hospital readmission rate is far below state and national averages of 25 percent and 29 percent. Clearly, we have developed a prescription for success that is effective in serving patients and our community healthcare system needs.”

AHCH professionals visit patients every day of the year. The office is available for referrals or questions 24 hours a day at (973) 379-8472.

Community Health Department Hits the Streets to Keep Residents Healthy

From Teddy Bear Clinics and 5Ks to stroke screenings, Overlook’s Community Health Department works year-round to provide residents of all ages with the information and resources they need to lead healthier lives. Classes, programs, screenings, support groups and lectures – many of which are free of charge and tailored to diverse populations with varying health literacy – are offered at Overlook, local schools and other community venues.

“By keeping people informed about their own health and educating them about health issues, we can help reduce the risk of heart disease, diabetes, stress and other chronic illnesses,” says Joyce Passen, B.S.N., M.B.A., manager, Overlook Community Health. “One of the best ways to do this is by hitting the streets with our Healthy Avenues Van.”

Overlook Downtown is designed to help people develop healthier lifestyles...”

Enjoying their new “Brain Power” inflatable walk-through exhibit are Raul Cadavid, Martha Schinbeckler, Manager Joyce Passen, and Susan Hanlon of the Community Health Department.



Last year, the mobile unit, funded by the Merck Company Foundation, traveled to over 40 towns providing information and screenings for symptoms of diabetes, stroke, blood pressure, cholesterol, colon health, and cancers of the skin, prostate and breast to more than 34,000 people.

With the help of in-hospital and community partners, the Community Health Department staged more than 400 lectures in 2012 on topics ranging from heart disease and nutrition to stress management and teen body image. To increase public awareness of cardiovascular disease among women (the leading health threat to American women over age 40), it continues to offer the Women’s Heart Awareness Program and, since 2005, has partnered with the American Heart Association’s Go Red Campaign. Both programs have educated thousands of women on the early warning signs and risk factors for heart disease.

More and more people are also discovering the benefits of Overlook Downtown, a storefront location at 357 Springfield Avenue in downtown Summit, which offers free or nominally priced health services through Atlantic Healthy Lifestyles

– Integrative Medicine and Overlook Community Health. Resembling a beautifully appointed high-end spa without the high-end prices, Overlook Downtown is open six days per week to anyone interested in nourishing their mind, body and spirit. “Know Your Number” Mondays feature screenings for diabetes, cholesterol, hearing and bone density, as well as programs and lectures by physicians. Classes for yoga, pilates, tai chi, qigong, Zumba, Dance Fit and meditation are also offered, along with a running program.

“Overlook Downtown is designed to help people develop healthier lifestyles by offering programs and services for every interest, budget and schedule,” comments Joyce.

Recognizing the importance of early education when it comes to healthy living, the Community Health Department offers several popular interactive and informative programs for thousands of area schoolchildren who visit Overlook annually. “A Walk in the Heart” allows children in grades 4 and 5 to walk through the state’s only giant, inflatable heart and visit interactive stations engaging them in age-appropriate lessons on the heart, nutrition and healthy living, CPR and defibrillators, and when to call 911. A similar walk-through model of the brain, designed for 5th grade students, provides a firsthand look at the physiology of stroke, epilepsy, aneurysms, and brain tumors. Entertaining in-school programs on topics such as hand-washing, nutrition, anti-smoking and bullying are also getting high-fives among the elementary school set.

For information about upcoming programs, classes and screenings at Overlook or in your community, call (800) 247-9580.



The **Beat** Goes On.

Vigilant Cardiac Care Extends Senior's Independence

Carmella Palmisano admits that she has been blessed with health and happiness throughout her long life. She and her late husband raised four children and welcomed seven grandchildren. Now, at 86, Carmella relishes the ability to continue living independently in the house she has called home for 60 years, despite recent health setbacks.

Since 2010, Carmella has had intermittent atrial fibrillation (a rapid irregular heartbeat) and valvular heart disease – conditions diagnosed while she was recovering from diverticulitis surgery at Overlook. She's also been in and out of two nursing homes and intensive care following complications from hernia surgery. But despite her health issues, Carmella is currently back home and managing well with help from her daughters and a home care nurse, who visits three times a week.

She credits her independence with the care she receives from Overlook's home care services, loving family members and her cardiologist, Steven J. Sheris, M.D., FACC, Overlook's chief of cardiology.

I'm so happy I live close to Overlook...I'm also grateful to be able to get the care I need and still remain in my own home."

"He's a wonderful, caring doctor," says Carmella of Dr. Sheris. "I didn't have a cardiologist when they discovered I had an irregular heartbeat, but Dr. Sheris introduced himself and gently explained how he would help restore my heart rhythm. Now, I call his office any time I feel my heart racing and become short of breath so that he can address the problem."

"Atrial fibrillation is common among those in their 80s," explains Dr. Sheris, "and, as the population ages, it is becoming increasingly prevalent. Carmella is a very functional 86-year-old who wants to maintain an active lifestyle and enjoy her children and grandchildren. We can manage her occasional bouts of atrial fibrillation on an as-needed outpatient basis in Overlook's endoscopy suite."

While Carmella is sedated, Dr. Sheris first performs a transesophageal echocardiogram to make sure that her heart is free of clots. He then performs cardioversion, during which an electric shock is delivered to the chest via electrodes to restore a normal heart rhythm. The procedure is effective in 90 percent of patients, although some – such as Carmella – require repeated interventions. At home, Carmella is vigilant about taking a blood thinner to reduce the risk of stroke as well as a rhythm control agent.

"As modern medicine makes it increasingly possible to extend lives and manage chronic illnesses with fewer hospitalizations, the lines between inpatient and outpatient care are blurring," comments Dr. Sheris. "At Overlook, we are doing a good job of streamlining care across specialty areas to provide patients with the best, most cost-effective experience and quality of life."

"I'm so happy I live close to Overlook," says Carmella. "When I need to go there, the nurses are darling and the facilities are beautiful. But I'm also grateful to be able to get the care I need and still remain in my own home."

- Consistently ranked among the top five New Jersey hospitals for its treatment of patients with heart attacks
- First hospital in the state to open a cardiac care unit in 1965
- First hospital in New Jersey to have a Mobile Intensive Care Unit, which was first in the state to transmit 12-lead EKGs directly to the hospital before the patient arrives
- First hospital in New Jersey to perform emergency angioplasty for heart attack victims in a community hospital setting
- Circle of Excellence Award for Women's Heart Awareness Program from the American Association of Critical Care Nurses



Cardiac Catheterization

Gagnon Cardiovascular Institute's Cardiac Catheterization Laboratory at Overlook Medical Center features digital imaging procedure labs fully equipped with high-resolution X-ray systems to perform a variety of diagnostic tests 24 hours a day, seven days a week, including emergency angioplasty procedures at night and on the weekends.

In addition to participation in the elective angioplasty C-PORT E trial, our comprehensive spectrum of procedures includes

- Right and left heart catheterization
- Coronary angiography
- Percutaneous coronary intervention (PTCA)
- Intravascular ultrasound
- Primary angioplasty
- Intra-aortic balloon placement (IABP)
- Pacemaker and defibrillator implantation

Electrophysiology and Cardiac Rhythm Management

Our cardiac rhythm management team excels at evaluating patients' heart pace, rate and electrical patterns. Using innovative technologies, our physicians

- Diagnose complex heart rhythm problems
- Map, record and store precise recordings of the heart's electrical activity
- Store three-dimensional images on high-definition computer systems for precise diagnosis and treatment
- Evaluate complex pacemakers and automatic defibrillators, including biventricular systems (CRT)
- Perform tilt table tests to aid in the identification of causes of fainting spells

Among the technologies we use to diagnose heart rhythm irregularities are arrhythmia mapping and tilt table testing.

Cardiac Imaging

One of the most accurate diagnostic techniques, cardiac imaging employs new, noninvasive and minimally invasive radiology technology to produce three-dimensional images of the heart. We offer 320-slice cardiac CT angiography in addition to echocardiograms, Doppler technology, cardiac MRI and stress testing.

Vascular Imaging

Vascular experts at Overlook treat problems in outlying or peripheral blood vessels with the same care as problems inside the heart, especially when those blood vessels are located in the abdomen, kidneys, legs, neck, and brain. Our nationally recognized laboratory, accredited by the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL), relies on the most advanced technology available to diagnose and treat various vascular conditions in the least invasive way through

- Computed tomography (CT)
- High-speed beam tomography (EBT)
- Vascular and neurovascular magnetic resonance imaging (MRI) and magnetic resonance angiography (MRA)
- Computerized electrocardiograms (ECG or EKG)
- Holter monitoring (ambulatory electrocardiogram or ECG)
- Ambulatory blood pressure (BP) monitoring
- Signal averaged electrocardiograms (SAECG)
- Event monitoring (transtelephonic)
- Cardiac impedance monitoring (BioZ)

Heart Failure Studies and Diagnostics

- Electrocardiogram (ECG or EKG)
- Echocardiogram (echo)
- Ejection fraction
- Exercise stress test (treadmill test)
- Tracer Studies (MUGA, radionuclide ventriculography, gated blood pool imaging)
- Trans-esophageal echo (TEE)
- Right heart catheterization
- Left heart catheterization

Anatomy of Atrial Fibrillation

During atrial fibrillation (AFib), the atria – the smaller chambers of the heart that normally pump blood into the larger ventricles – quiver rapidly and erratically. This causes an irregular flow of blood into the ventricles and results in a rapid and irregular heartbeat.

A normal heart rate is between 60 and 100 beats per minute at rest. During atrial fibrillation, the atria are being activated at rates in excess of 400 beats per minute in a chaotic pattern.

Atrial fibrillation affects more than two million Americans, many of whom are unaware they have it.

Know the Symptoms of Atrial Fibrillation

- Heart palpitations (feeling that your heart is racing or fluttering)
- Chest pain, pressure, or discomfort
- Abdominal pain
- Shortness of breath
- Lightheadedness
- Fatigue or lack of energy
- Exercise intolerance

Symptoms of atrial fibrillation may happen occasionally, last for a few minutes to hours, and then stop on their own. With chronic atrial fibrillation, arrhythmia is always present.

Atrial fibrillation is present in approximately 11 percent of people over 80 years of age.

Often, people suffering from atrial fibrillation do not experience any symptoms and the condition is diagnosed after a first stroke in older adults.

Those diagnosed with AFib are at higher risk for stroke, especially if they also suffer from heart valve disease, heart failure, diabetes, and hypertension. Atrial fibrillation can cause blood clots to develop in the atria, which can lead to stroke when the clot leaves the heart and travels to the brain.

Cultivating Future Generations of Healthcare Professionals From Grade School through Med School



A kindergartner's face lights up when her teddy bear gets a "checkup" at Overlook's Teddy Bear Clinic. A fourth grader stands in awe of the giant inflatable heart he is about to enter. High school students visiting Liberty Science Center sit transfixed as they watch our neurosurgeons perform a live brain surgery via advanced video conferencing technology. Will some of these students be inspired to choose a career in healthcare?

"We hope so," says John Rosellini, director, business development for Overlook Medical Center. "We go to great lengths to expose students, as early as elementary school, to the wide range of career opportunities in health and science. Then, as they reach college and medical school, we cultivate the best and brightest of these future healthcare professionals for careers here at Overlook and in our community."

So You Want to be a Doctor? Overlook Summer Internship Program Helps College Students Decide

"Many college students enter a pre-med program without ever really seeing what life is like as a doctor," says Cliff Sales, M.D., founder and director of the Overlook Summer Internship Program. "The purpose of the program is to share our insights and experiences with these students so that they can make a better informed decision before applying to med school."

The four-week program, now in its fourth year, allows interns to shadow physicians in one-day rotations to see what life is like in fields such as primary care, cardiology, neurosurgery, oncology, emergency medicine, pediatrics, general surgery and physical therapy. Rotations include experience in the operating room, emergency department, hospital floors, physician offices and/or meetings.

"The students are encouraged to ask doctors not just about their work, but what their personal lives as physicians are like, as well," comments Dr. Sales, a vascular surgeon from Millburn. "It's wonderful to get feedback later on from students, thanking us for helping them clarify their career path."

"We accept about 17 students per summer, and last year we received over 150 applications," he adds. "I can assure you, the participating doctors enjoy it every bit as much – maybe more – as the students."

For more information about the Overlook Summer Internship Program, call (908) 522-5926 or email osp@atlantichalth.org.



While preschoolers like Ben McDonald enjoy the Teddy Bear Clinics coordinated by Child Life Specialist Lisa Ciarrocca (top), elementary school children can walk through the state's only inflatable heart (bottom) to learn the importance of good nutrition and healthy living.

Externship/Professional Development Programs Ease Transition From Student Nurse to Registered Nurse

Nursing students are also welcomed to Overlook with open arms. The Summer Externship and Hire Learning Programs help ease the transition from student nurse to registered nurse by encouraging nursing students to participate in an eight-week summer externship prior to their senior year. The externship provides extensive supervised clinical experience on an assigned unit, seminar sessions and one-on-one mentoring. Following the externship, many summer nurse interns are hired as per diem patient care techs as part of the Hire Learning Program.

"Working with the students throughout the summer and during their senior year of nursing school allows us to determine whether they are a good fit and really helps the students succeed academically and professionally," observes Carol Smith, R.N., B.S.N., nurse manager of surgical floors 9CD, 7D, 6C and Atlantic Health Weight and Wellness Center.

Nursing and other allied health students who live in New Jersey are eligible to apply for tuition assistance from the Professional Development Program. Funded by a generous endowment created by community, corporate and physician leaders and maintained by the Overlook Foundation, the program pays for the student's last two semesters of tuition – up to a total of \$10,000 – in exchange for a commitment to work at Overlook for a period of time upon graduation.

According to Diane Poullos, R.N., professional development program coordinator, more than 100 scholarships have been awarded to nursing and allied health students since 2001.

"It's a wonderful way for us to attract and retain dedicated caregivers while they are students," says Diane. "Best of all, they come here and stay because they realize it's a wonderful place to work."

For more information about the Professional Development Program, contact Professional Development Coordinator Diane Poullos, R.N., at (908) 522-2835 or diane.poullos@atlantichalth.org. To contribute to the Professional Development Fund, contact the Overlook Foundation at (908) 522-2840.

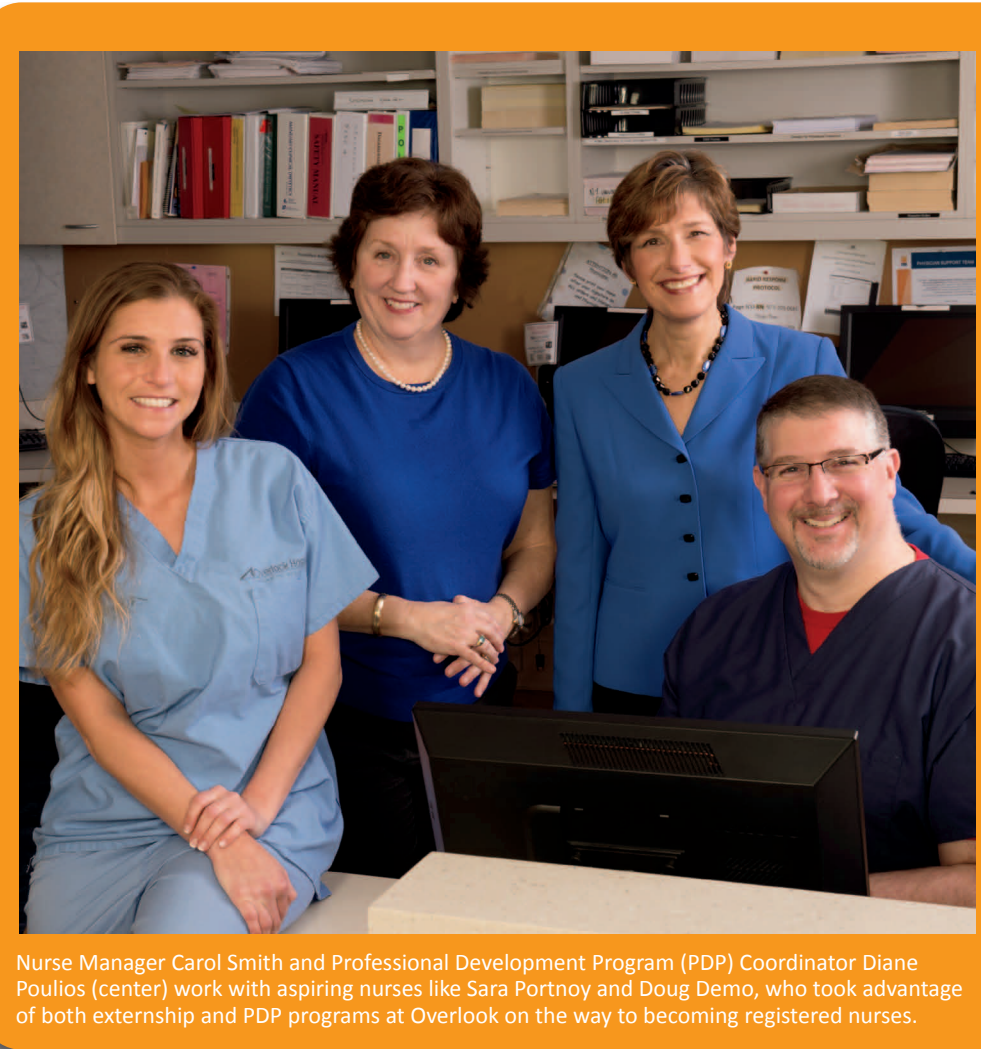
Keeping Family Doctors in the Overlook Family

Recognizing that family physicians play a key role in keeping communities healthy, Overlook's Family Medicine Residency Program is committed to providing medical residents with an academically challenging and supportive environment. In addition to offering a full spectrum of family medicine learning tracks, the program offers opportunities not often found elsewhere in palliative care, sports medicine, medical humanities and global health.

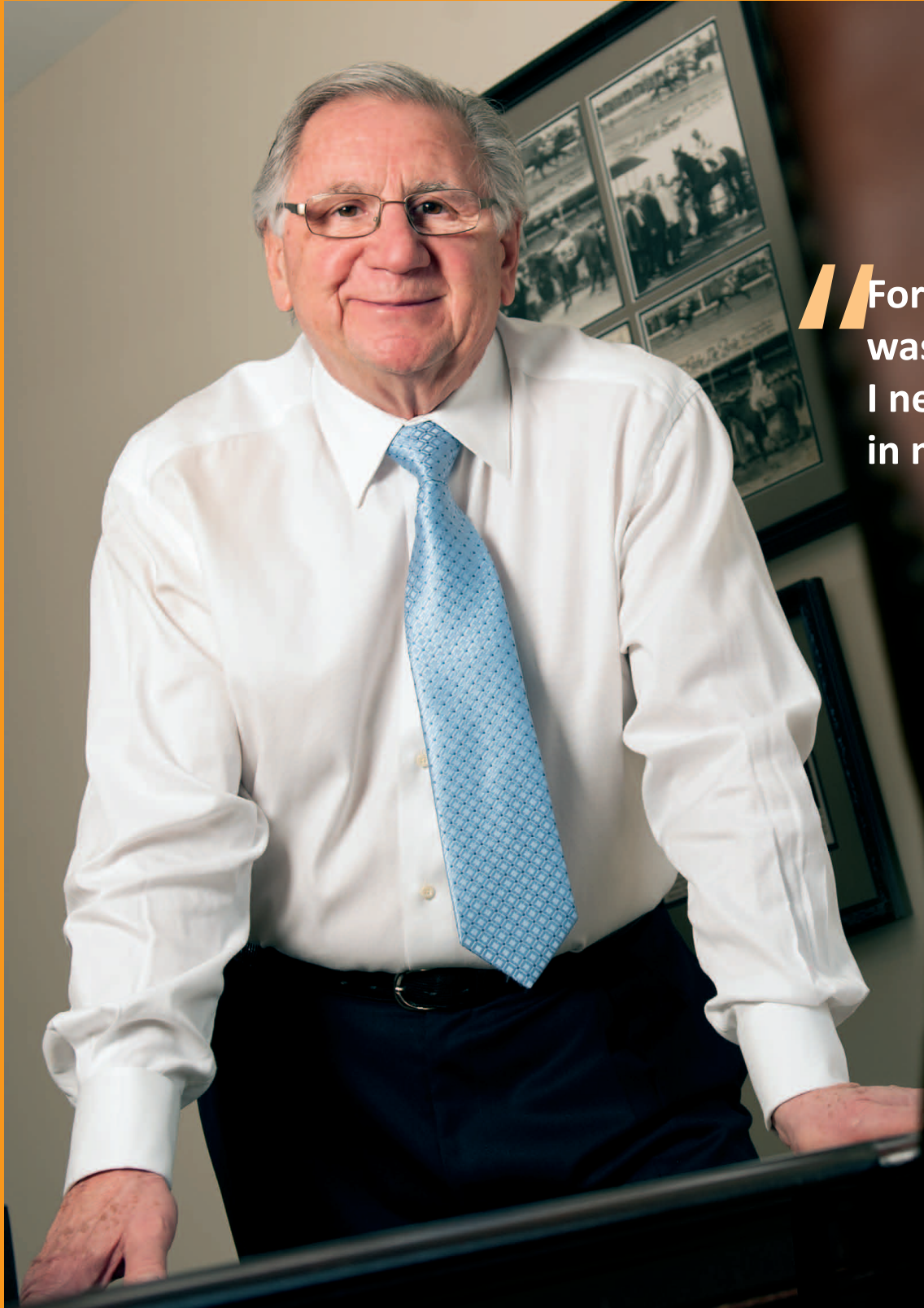
"Our residents get the best of both worlds," comments Susan Kaye, M.D., chair, Overlook Medical Center Family Medicine Department. "We offer all of the services of a larger university-based program in an atmosphere of a smaller community setting. Our bustling community-based Family Medicine Centers in Summit and Chatham provide faculty and residents with an ideal setting for learning, teaching and delivering services to a diverse population."

Additionally, Overlook's tuition loan repayment program and practice support loans provide graduates with the financial resources to make career choices that support their personal and professional interests.

"While some alumni choose careers in academia or industry," states Dr. Kaye, "20 percent of our graduates have ended up establishing thriving family medicine practices that benefit our communities. Many residents come here and realize that this is not only a great place to practice family medicine but also to raise families of their own."



Nurse Manager Carol Smith and Professional Development Program (PDP) Coordinator Diane Poullos (center) work with aspiring nurses like Sara Portnoy and Doug Demo, who took advantage of both externship and PDP programs at Overlook on the way to becoming registered nurses.



For me, CyberKnife was a no-brainer... I never missed a beat in my daily routine."

Pinpointing Prostate Cancer

CyberKnife Offers Painless Noninvasive Treatment

Florham Park resident **Michael Desiderio** was completely caught off guard when he was diagnosed with prostate cancer. The 69-year-old paper company owner had no symptoms; but a routine physical revealed an elevated PSA level, and a subsequent biopsy indicated the presence of some cancerous tissue.

Wanting to explore a variety of treatment options, Michael and his partner, Rose, visited several area doctors.

"The first doctor I saw recommended surgery to remove my prostate," says the semi-retired New Jersey native whose family was active in Garden State horseracing. "I wasn't comfortable with that. A second doctor suggested radioactive seed implantation."

Then, a friend's daughter who works as a nurse at Overlook suggested a meeting with Louis Schwartz, M.D., medical director of radiation oncology at Overlook's Carol G. Simon Cancer Center.

"We were very impressed," recalls Michael about their meeting with Dr. Schwartz. "He calmly and matter-of-factly suggested CyberKnife", a painless, noninvasive outpatient treatment option for prostate cancer."

"CyberKnife combines robotics and image guidance technology to destroy cancer cells with multiple, highly targeted doses of radiation," explains Dr. Schwartz. "Originally used only for small, early-stage tumors or inoperable tumors in the brain or spine, the treatment capabilities of CyberKnife now extend to the lungs, liver, pancreas and prostate. There is no incision, no blood and virtually no recovery time."

Dr. Schwartz's words were music to Michael's ears. To prepare for the CyberKnife treatments, Overlook technicians created a custom-molded immobilization device to keep Michael comfortable and still during each procedure. Markers were also inserted into Michael's body to create reference landmarks for the image guidance system.

Michael underwent a series of five CyberKnife treatments in one week, each lasting 30-40 minutes a day.

"I listened to music and fell asleep every time," he says. "Then I went home, showered and went to work. It was completely painless and I had absolutely no side effects."

Following CyberKnife treatment, Michael's urologist John Gianis, M.D. reported that Michael's PSA levels were less than half of what they had been and are likely to continue dropping over the next two to three years.

"For me, CyberKnife was a no-brainer," states Michael. "I never missed a beat in my daily routine. Now, I can look forward to more quality time with my two sons and seven grandchildren, and I can take Rose on that long-awaited trip to Italy this year."

Anatomy of Prostate Cancer

Prostate cancer is the second most common type of cancer in men in the United States, with approximately one in every six being diagnosed during his lifetime. The good news is that when detected early, survival rates are close to 100 percent.

Usually occurring in older men, prostate cancer forms in tissues of the prostate, a gland in the male reproductive system found below the bladder and in front of the rectum. Some prostate cancers can grow and spread quickly but, most of the time, prostate cancer grows slowly without symptoms.



The Urologic Cancer Program at Overlook Medical Center offers not only the highest quality care, but also guidance and support throughout a patient's treatment for prostate cancer.

Prostate Cancer Treatments

An experienced, multidisciplinary team of board-certified physicians, nurses and other health care professionals is dedicated to providing prostate cancer patients with the most advanced treatment, including

- Intensity modulated radiation therapy (IMRT)
- Image-guided radiation therapy (IGRT)
- Nerve-sparing radical prostatectomy
- da Vinci Surgical System robotic prostatectomy
- CyberKnife radiosurgery
- Radioactive seed implantation
- Hormonal therapy
- Chemotherapy
- Observation and monitoring
- Clinical trials

Prostate Navigate Program

Overlook Medical Center is the only hospital in the region to offer a Prostate Navigate Program – a unique, patient-centered service that allows patients to meet with a multidisciplinary team of cancer experts, including a board-certified urologist and radiation oncologist, all in the same room at the same time. They'll discuss the available prostate cancer treatment options and help determine which one is best.

Patients are assigned a nurse navigator – a trained professional with extensive knowledge about cancer symptoms, treatment and resources – to help them understand the diagnosis and treatment options presented by the physicians and provide emotional support and guidance throughout all stages of care.

Risk Factors for Prostate Cancer

While the causes of prostate cancer are unclear, certain risk factors are linked to the disease:

Age – Nearly two out of every three prostate cancers are found in men over the age of 65.

Race – Prostate cancer is more common in African-American men than in men of other races.

Nationality – Prostate cancer is most common in North America and northwestern Europe and less common in Asia, Africa, Central and South America.

Family history – Men with close family members (father or brother) who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.

Diet – Men who eat a lot of red meat or high-fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables.

Infection and inflammation of the prostate – Some studies have suggested that prostatitis (inflammation of the prostate gland) may be linked to an increased risk of prostate cancer.

Lowering the Risk

Maintaining a healthy diet and level of activity is prudent in lowering the risk of prostate cancer and other illnesses. Men of all ages should

- Eat at least 2½ cups of a wide variety of vegetables and fruits each day.
- Be physically active.
- Stay at a healthy weight.

Detecting Prostate Cancer

Prostate cancer can often be found early by testing the amount of PSA (prostate-specific antigen) in a man's blood. Most healthy men have levels under 4 ng/mL (nanograms per milliliter). Another way prostate cancer is found early is through a digital rectal exam (DRE). When prostate cancer is detected by these means, it is typically found at an early, more treatable stage.

Elevated PSA levels may also be caused by an enlarged prostate like BPH, which is not cancerous.

The American Cancer Society recommends that men talk to their doctor about whether they should be screened for prostate cancer based upon their age or other risk factors.

Know the Symptoms

Problems with urinating could be a sign of advanced prostate cancer, but more often this problem is caused by a less serious condition known as BPH (benign prostatic hyperplasia), which is common as men age.

Other possible symptoms of advanced prostate cancer are

- Trouble having or keeping an erection (impotence)
- Blood in the urine
- Pain in the spine, hips, ribs, or other bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control

The Thomas Glasser Caregivers Center Inspired by and Built for Our Community of Caregivers

A woman entered the Caregivers Center one day. She, her husband and her 97-year-old mother had just been rescued from their home after a tree crashed through the roof during Hurricane Sandy. The woman had some minor bruises and scrapes, but her elderly mother was admitted to Overlook for observation. The woman sat down with a heavy sigh and I could tell she was in need of comfort. I put a warm blanket around her shoulders, poured her a cup of tea, and sat down next to her. As I listened to her describe the terrifying ordeal of being trapped inside her home while fierce winds roared outside, tears streamed down her face. We talked for a while, and then I suggested she go into one of our private rooms for a comfortable chair massage. She came out a half hour later looking like a weight had been lifted off her shoulders. She was smiling.

“There are stories like this every day,” says Marian Teehan, coordinator of the Thomas Glasser Caregivers Center, which, since its opening in July 2011, has become a home away from home for increasing numbers of families with loved ones hospitalized at Overlook.

We’ve created an atmosphere of caring and sharing here.”

“Some people like to sit with their laptops,” adds Marian, “and many find relief in just sharing their stories. They suddenly realize that they are not alone in their struggle. They have support.”

The only in-hospital facility of its kind in New Jersey, the Caregivers Center provides a tranquil environment and free support services for families managing the stress and special needs associated with caring for a critically, chronically or terminally ill loved one during a hospital stay. Serving as a place of respite and resource for approximately 80 families each month, the beautifully appointed space is located adjacent to Overlook’s main lobby and features a massage room, a library, computer stations, private waiting areas for larger groups, and a kitchen supplied with refreshments, snacks and soups.

The Center is staffed by a full-time coordinator, a licensed clinical social worker, pet therapy teams and specially trained volunteers who regularly visit other areas of the medical center – such as ICU waiting areas – where caregivers often need support and guidance.

“As awareness of the center has grown, we’ve received more referrals from grateful families, as well as doctors, nurses and staff in other departments,” observes Susan Thomas, R.N., B.S.N., manager of the Patient Experience and Volunteer Services. “We’ve coordinated and combined resources with palliative care, pastoral care and child life services to become part of Overlook’s larger continuum of support services that extends beyond patient care to family care. Now, other hospitals are contacting us and hoping to replicate our model of excellence for caregiver support.”

The Caregivers Center was inspired by the community and came to fruition as the result of community support from the Fusco Family, the Glasser Family, the Williams Family, the Westfield Foundation, the Summit Area Public Foundation, Merck, the Overlook Auxiliary, the Overlook Community Benefit Committee and many others.

“Judging from the thank you letters and grateful praise we receive, we know we are making a difference in people’s lives,” says Marian, “and that’s all the motivation we need.”



In the soothing environment of the Caregivers Center, visitors are greeted by volunteers and staffers Rachael Heitner and Marian Teehan who, along with Manager Sue Thomas, ensure that patient families receive the support they need.

Overlook Supporters Receive Lifetime Achievement Awards

At the foundation’s Tenth Annual Chairman’s Dinner in May, Lifetime Achievement Awards were presented in four areas that are vital to the legacy of healthcare excellence that characterizes Overlook.

Dave and Kitty Hartman, the Community Service Award honorees, have been an integral part of the foundation family for nearly 20 years. Dave has served on the hospital’s board of trustees, its advisory board and several Atlantic Health System committees. Currently serving a fourth term on the foundation’s board, he has participated in numerous capital campaigns and chaired the Next Century of Healing Centennial Campaign for Overlook, which raised an unprecedented \$110 million.

Like her husband of 42 years, Kitty has volunteered her time and talents at countless foundation fund-raising events. Every week, she delivers food to Meals on Wheels clients on behalf of SAGE Eldercare, for which she serves as board secretary and development chair. Kitty also takes to the road on behalf of the Colonial Crossroads Chapter of the American Red Cross, transporting clients to doctor appointments and physical therapy sessions. In addition, she offers fund-raising support to the New Providence Library, where she serves as secretary of the Friends board.

Dr. John Vigorita, the Medical Service Award honoree, founded Summit Pediatric Associates, PA in 1979, shortly after completing his residency at Overlook, where he later became president of the medical staff. He served on the Atlantic Health System (AHS) board of trustees, was medical director of mission development for AHS, and is currently chairman of bioethics oversight for AHS and a member of the Overlook Foundation’s board of trustees.

Dr. Vigorita also serves as executive chairman of Optimus Healthcare Partners, LLC, an Accountable Care Organization (ACO) in New Jersey with over 500 member physicians from both primary care and specialist practices, committed to improving healthcare quality, patient experiences and reducing healthcare costs. He is a member and trustee of the American College of Medical Quality from which he earned a certification in medical quality and by which he was recognized as a distinguished fellow.

J. Edwin Reeves Jr., the Philanthropic Service Award honoree, has spent years making a difference by helping institutions fulfill their missions, quietly supporting numerous major capital campaigns. Funding typically takes the form of a challenge grant, which provides an organization with a sum of money that is tied to the amount it is able to raise from donors by a specified date.

It’s a formula for philanthropy that has served Overlook and its foundation well for decades. When the Reeves family moved to Summit in 1947, Ed’s parents quickly became involved in supporting their local hospital. Ed has served on the foundation’s board of trustees and is currently on the grants committee.



Our 2012 Lifetime Achievement Honorees: J. Edwin Reeves Jr. and John Vigorita, MD, of Summit; Elsa Russell of Mountainside; and Dave and Kitty Hartman of New Providence.

Over the years, Overlook has been the beneficiary of several challenge grants issued by Ed, beginning with one for the John E. Reeves Same Day Surgery Center, which opened in 1997. Other grant-funded facility enhancements include the Jeneil B. Reeves Neuro Critical Care Unit and the Michael Gordon Reeves Pediatric Emergency Unit, as well as the J. E. Reeves Chair of Medicine endowment.

Elsa Russell, the Volunteer Service Award honoree, has donated countless hours to a multitude of community organizations since childhood. When she and her husband moved to the area in 1967, she immediately put her volunteering skills to work with the Junior League of Summit. Her long association with the Overlook Auxiliary grew out of her involvement with the league, her admiration for those she knew at Overlook, and her desire to maintain first-rate medical care in her community.

Elsa chairs Short Hills Twig #27 and has been involved with numerous fund-raisers benefiting Overlook, including the Twin Maples Centennial Show House. For years, she volunteered with the Teddy Bear Clinic and edited the auxiliary’s *Pulse* newsletter. After serving on the auxiliary board as recording secretary, she has spent the past two years as co-president, recently helping to resurrect the organization’s Kitchen Tour, which raised \$37,000 for ovarian cancer research.

Dramatic Growth in the Heritage Society

During the past 18 months the foundation's Heritage Society experienced its greatest growth since its founding in 1992, welcoming 18 new members. As a result, new charitable remainder trusts, intended bequests, promised gifts from qualified retirement accounts, and charitable gift annuities will eventually benefit the cardiovascular program and unrestricted purposes at the medical center. Membership stands at an all-time high of 164.

In addition to those promises, during the past 18 months gifts from 12 estates have strengthened cardiac services, the hospice program, the pastoral care program, and other disciplines with almost \$443,000 in support.

Anyone may join the Heritage Society who has included the foundation in his or her estate plans; created a charitable gift annuity, charitable lead or remainder trust, or retained life estate using real estate; or donated a life insurance policy to the foundation.

Heritage Society membership carries such benefits as staff visits, flowers, and a free newspaper during any hospitalization at Overlook; annual influenza vaccinations when supplies and regulations permit; an annual luncheon exclusively for members; and invitations to foundation events.

To learn how to be significant through your estate plan, please call Kenneth Cole at (908) 522-2181 or e-mail him at kenneth.cole@atlantichhealth.org.

(Top to bottom) Lynn Combs and her mother, the late Lori Tower (center), with Kitty and Dave Hartman; Jack Cooper, the late Lee Hale, Dick Griggs and Ken Cole; Barbara Sutherland, Judy Flynn, Marie Walsh and Judith Rothwell

Heritage Society Members

Barbara and Alfred Alleyne
Arlene and Byron Arison
Anne S. and Paul A. Babineau
Mr. John Barker
Mr. and Mrs. Amos T. Beason
Mr. and Mrs. John P. Bent Jr.
Mr. David Bialoglow
Clelia Biamonti and Adam Psichos
Ms. Catharine N. Blanchard
Miss Audrey L. Boise
Ms. Marylane T. Burry
Mary and David Bushnell
Teresa C. Byrne
Mr. and Mrs. Ezra E. Carr
Mrs. Palma Celiano
Mr. David J. Cesarz
Diane J. Cesarz
Carol and Ed Cimilluca
Mr. and Mrs. F. Chandler Coddington Jr.
Kenneth D. Cole
Dr. and Mrs. Jerome I. Cook
Mr. and Mrs. John W. Cooper, Esq.
Dr. H. William Diefendorf
Mr. David G. Dietze
Mrs. Alice Dillon
Mrs. Jeanne B. Dillon
Mrs. Louise Donner
Christel Dynes
Timothy and Jennifer Erday
Mrs. James Farley
Mr. and Mrs. Terrence M. Farley
Amanda and Steve Ford
Mrs. William E. Ford
Mrs. James L. Gilfillan
Ms. Louise E. Gili
Ms. Janet Axelrod Gray
Dr. and Mrs. John J. Gregory Sr.
Mr. and Mrs. Gerald A. Hale
Mr. Lee M. Hale
Cassandra Hardman
Kitty and Dave Hartman
Mary D. Herberich
Mr. and Mrs. James A. Hislop
Mr. and Mrs. Warren E. Hoffman
Helen K. Hopkins
Kay and Tom Inglesby
Mr. and Mrs. Frederick Johnson
Mr. Herbert W. Kirby
Mr. and Mrs. Carl J. Kreidler Jr.
Ms. Edith Kreidler
Michael Kurak, Esq.
Amy Liss
Dr. and Mrs. Norman L. Luka
Mr. and Mrs. Julius C. Lukawitz
Mr. and Mrs. Michael Mastroianni
Nick and Tracy McKee

Ms. Ellen L. Miller
Mr. and Mrs. Gabriel L. Miller
Mrs. Ward Nessen
Mrs. John Newbold III
Dr. and Mrs. E. Richard Nightingale
Mrs. Neil V. Norelli
Dr. V. Nossiter
Anne Olesky
Ann M. Oliva
Mrs. Elizabeth E. Opie
Mr. and Mrs. Martin J. Oppenheimer
Ms. Nancy Ori
Mr. and Mrs. Henry G. Parker III
Mr. and Mrs. Roger B. Parsons
Charles Perko Jr.
Dorothy Perko
Mr. and Mrs. Frank Perrotta
Julie A. Planck
Betsy Potter
James R. Prisco Sr.
Mr. and Mrs. William A. Quinn
Mrs. William C. Ridgway
Frances K. Robinson
Mr. and Mrs. Vincent Romano
Mrs. Christos Romas
Mrs. Hal Rose
Shirley Sugermer Rosenberg, Ph.D.
Dr. Sorosh F. Roshan
Mr. and Mrs. Peter A. Santoriello
Mr. Marcus E. Scarkos
Dr. Talaxi and Mitha Shah
Mr. and Mrs. Bartholomew A. Sheehan Jr.
Arline Siegel
Sally W. Simons
Mrs. Catherine V. Smith
Mrs. Robert H. Smith
Linda and Watson B. Smith Jr.
Mr. and Mrs. Michael J. Sniffen
Barbara and Eugene Speni
Stephen and Linda Stone
Helen and Stanley Stroz
Ms. Melanie C. Sze
Dr. Fatimah A. Tahlil and Mr. John Reilly
Renée Biale Tesaro
Susan M. Thomas
Mr. and Mrs. Norman B. Tomlinson
Mrs. Harry L. Tower Jr.
Theresa Turko
Priscilla and Vincent Ursino Sr.
Mr. and Mrs. Peter J. Ventrella
Donna and Jack Walcott
Ms. Carol Way
Richard and Elizabeth Wolffe
Louis and Lillie Zachary
Dr. Carol E. Zimmermann



(Top to bottom) Ann Oliva, Anne Olesky and Nancy Ori; Janet Gray and Annette Mackie; Bud and Linda Smith

Stars Shine in an Evening of

Perfect Pairings

From start to finish, beginning to end . . . the Overlook Foundation's 2012 Gala – Perfect Pairings – coupled everything from soup to nuts to deliver an evening of star-studded elegance for a cause that stands alone with its fearsome statistics for women the world over.

In a departure from the traditional sit-down dinner, the September 29th event at the New Jersey Performing Arts Center featured a bounty of food and drink amidst stunning décor by Jim Opie of The Emerald Garden. Cocktail tables dotted the massive lobby and adjoining tent, with guests mingling and moving about to sample a vast array of tapas-style cuisine.

Signature sponsor Neiman Marcus Short Hills provided the centerpiece for this year's silent auction with a selection of distinctive fashions and accessories. Three other popular pairings rounded out guests' shopping opportunities: Wine & Spirits, with fine vintages from personal collections, rare magnums and hard-to-find wines; Baubles & Bags, including jewelry and handbags from Tiffany & Co., Furla and other elite designers; and Life & Times, offering spectacular, one-of-a-kind events and experiences.

Between sets of jazz and swing by the Dan Crisci Quartet, guests moved into magnificent Prudential Hall for a private performance of "An Evening with Patti LuPone and Mandy Patinkin." These Tony Award winners captivated the audience of more than 500 with a selection of some of the greatest songs ever written for the stage. Bantering throughout as only lifelong friends can, these Broadway legends closed out the show with a powerful and personal message that brought home "why we're all here tonight."

The most significant pairing of the evening: Overlook Medical Center and MD Anderson Cancer Center have come together to combat ovarian cancer. When treated in the earliest stages, the five-year survival rate is over 90 percent; in the later stages, the survival rate can be as low as 18 percent. Unfortunately, only 15 percent of cases are found at an early stage due to ovarian cancer's nonspecific symptoms and lack of early detection tests.

Overlook is one of just six U.S. academic institutions and the first community hospital to partner with MD Anderson on research that may change the standard of care for how we screen for ovarian cancer. Thanks to the generous support of both individual and corporate sponsors and donors, the gala raised \$400,000 to help fund Overlook's participation in this groundbreaking study to create the region's first ovarian cancer screening program.



Stars Shine in an Evening of *Perfect Pairings*

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1 Ken and Ann Oliva, Alice Heffner and Alan Lieber, Gala Chairs Clelia Biamonti and Adam Psichos
2 Joe Trunfio, Dr. Roy and Lisa Naturman, Bliss Trunfio **3** Drs. Cliff and Cathy Sales **4** Clelia Biamonti, Susan and Peter Sidebottom, Betsy and Charles Phillips, Heidi Evenson **5** Bill and Kathleen Strott, George and Mimi Ross, Toby and Betsy Wesson **6** Kate Tomlinson, John Schreiber, Ann Oliva **7** Dr. Paul and Alie Starker with Dr. Paul Mastrokyriakos **8** Dr. Greg and Barbara Sachs with Meg and Tom Healey
9 Judith Tanz, PJ and Dr. Brian Slomovitz, Iris and Dr. Jay Slomovitz **10** Joanne and Dr. John Vigorita with Mary Pat Sullivan **11** Bill Johnson and Diane Fischl with Dr. Farrokh and Haleh Shafae **12** Jen Schildge, Tim Erday, David Dietze, Dan Schildge **13** Shannon Cross, Roby and Josh Weinreich, Steve Stone
14 John and Sharon Poole with Nancy and James Laird

SPECIAL THANKS to the Overlook Auxiliary

There are several lasting legacies at Overlook, including the Overlook Auxiliary. Since 1916, the independent organization of men and women of all ages has supported the medical center by providing much-needed hands-on volunteer support and an array of creative fundraising activities. Auxiliaries, now nearly 400 strong, volunteer their time either by working as individuals or as members of one of 19 Twigs from surrounding communities.

Fundraising activities include a biennial Kitchen Tour, an annual Derby Day, designer coat sale, a holiday boutique and luminary sale, as well as themed bus trips, parties and gatherings. These activities support many important medical center-related programs including child life, hospice/homecare, oncology center, social services and palliative care, pastoral care and musical entertainment in several public areas of the medical center. The Auxiliary also provides annual funding for several nursing scholarships and has supported such large-scale building projects as the caregivers center, the Emergency Department, the pediatric playroom, and the recent refurbishing of the oncology solarium.

Overlook's Gift Shop and Bloom, located in the main lobby and staffed by Auxiliary volunteers, had another banner year, generating sales of \$509,082. Of the more than \$100,000 in profit, monies were directed to

providing chaplain's services for palliative care, a program for seriously ill patients and their families, as well as custom comfort care baskets, some 150 of which have been created by the Gift Shop to date.

For 2012, the Overlook Auxiliary executive board approved the donation of \$120,000 to the medical center. This generous contribution helped fund a variety of programs and services, including the music program, a neuroscience video for Community Health's "Brain Power" exhibit, and a three-year pledge to the eating disorders program.

Throughout the year, individual Twigs remained busy raising funds for many causes and adding some \$30,000 in donations to Overlook. Chatham Twig #6, for instance, focuses on aiding the Valerie Center, a nonprofit organization for children with cancer and blood disorders. These dedicated women held a successful trunk show in April, an annual "Rock Against Cancer" fund-raiser in June, and provided volunteers and decorations for an annual holiday party in December.

Palliative Care Chaplain Sharon Burniston, joined by Auxiliary Co-Presidents Peggy Schreck and Elsa Russell, supports patients and their families as they face the emotional and spiritual concerns attributable to advanced illness.



**In today's fast-paced world,
volunteers make all the difference"**

In April, Summit Twig #5 sponsored an anniversary celebration for Atlantic Hospice at Fairmount Country Club in Chatham. Proceeds from the evening helped fund Camp Clover, a free, week-long bereavement camp for children ages 7-15 that was held last August at Camp Riverbend in Warren. The Auxiliary is committed to supporting Camp Clover through an endowment established in 2011.

The Auxiliary's annual Spring Luncheon – Summit Twig #3's signature event – featured a fashion show that spotlighted styles from J. McLaughlin's Summit store, modeled by several good-natured Auxiliary members and their children. Thanks to the 2011 Kitchen Tour and some individual twig fundraisers, events co-chair Anne St. Clair presented special guest Brian Slomovitz, M.D. with a check for \$37,000 to benefit ovarian cancer research at Overlook.

Once again, Summit Twig #21 hosted the holiday cookie reception for staff and volunteers and teamed up with Summit Twig #3 and Short Hills Twig #18 to give Overlook a festive new look for the holiday season.

Sometimes, legacies come to an end, and so it goes with the legacy of the Auxiliary's two remaining Busy Bees – Eleanor McLaughlin and Louise Gili. For decades, these best friends have worked side by side, sewing Christmas stockings and Easter bunny bunnings for maternity ward infants and Benji Bear hand puppets for pediatric patients. As they exchange their needles and scissors for well-deserved leisure time, the Overlook community remains grateful for their longtime support.

In the coming year, the Auxiliary plans to host a Kitchen Tour benefiting the Valerie Center, a Community Blood Drive and a bimonthly tea for patients and caregivers in the Oncology Center. A new website is up and running with information about Twig events, and the Auxiliary looks forward to expanding its footprint even further with volunteer activities on behalf of Overlook.

In today's fast-paced world, volunteers make all the difference. To keep its ranks vibrant and strong and to make each patient's stay optimal, the Overlook Auxiliary must continue to build its membership. You are invited to become a part of the Auxiliary, to join or to form a new Twig group, or to volunteer when you can.

Call the Overlook Auxiliary at (908) 522-2004 or visit www.oaux.org to explore opportunities that match your interest.



Gathering for their annual spring luncheon at Rock Springs Country Club in West Orange, members of Short Hills Twig #17 include: (front) Jan Hagemann, Betty Ochs, June Carver, Julie Planck, (rear) Betty Allen, Vi Wilcock, Carol Charles, Linda Piccininno, Lolo Francis, Shirley Sarpi, Estelle Naunton, Mary Lee Greenlee and Jan Stone, whose son Steve, chair of the foundation board of trustees, attended to thank the women for their fundraising efforts and praised the Auxiliary for its accomplishments.



Cinco de Mayo came to the Chatham Fish and Game Club when Summit Twig #4 hosted a get-together to raise funds for ovarian cancer research at Overlook. With more than 100 guests in attendance, the event raised over \$2,000 thanks to the efforts of members (front) Jane Schapker, Meredith Guida, Natalie Dougherty, (rear) Marni O'Connell, Kelly Iacovelli, Katrina Walsh, Anne St.Clair, Virginia Cepeda and Hadley Peterson.

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Partnering with Our Communities is a tribute to the philanthropy of individuals, corporations, organizations and foundations who contributed \$500 or more to the Overlook Foundation from July 1, 2011 through December 31, 2012. The generosity of our donors has enabled Overlook to evolve into a nationally respected medical center, providing advanced care close to home. We gratefully acknowledge this community-wide support as we find new and exciting ways to partner with the many people who look to us for good health and more.



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Jim Hely and Marilyn Toriello



Supporting the Overlook Foundation 22nd Annual Golf Tournament were some 160 golfers from many corporations, organizations and medical groups who collectively raised \$105,000 for patient support programs at the Carol G. Simon Cancer Center at Overlook. Among those who enjoyed a beautiful June day on the links at Canoe Brook Country Club were (above) Michael Hintz, Mark Voorhees, Joseph Fitzpatrick and David Pires from Fitzpatrick & Associates and (below) Robert Booth, Mark Larner, Jeffrey LeBenger, M.D. and Richard Nitzberg, M.D. from Summit Medical Group.



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Overlook's pediatric patients have enjoyed doing bedside craft projects with the "Bead Lady" for years. Now, Jody Baker-Goodman has taken her support to a new level through the Hannah Foundation, named for her grandmother. Starting with an eBay site, and recently opening "Jody's Closet" in Millburn for consignment and showroom sales, Jody donates a percentage of sales each month to our Child Life Program.

"Hoops for Humanity 2012" at Summit Middle School raised \$4,000 for the Thomas Glasser Caregivers Center at Overlook. Grateful for the support she received there during her late husband's extended illness, school guidance counselor Jane Parkinson (center, with grandson Dylan) suggested the center as this year's beneficiary. Joining in the fun were Sue Thomas, Luke Glasser, Marian Teehan, Dylan Glasser, Gerry Glasser, and Connie Williams.

Matching Gifts • Bequests

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Estate of Helen Tiensch

In-House Scholarships Awarded to Overlook Staff



Joining in the recognition ceremony in which six 2012-2013 Ann M. Oliva Nursing Education Scholarships were awarded: recipient Celeste Castle and Mary Pat Sullivan; recipient Fernanda Thompson and Kathleen Morgan; recipient Alexis Cusido and Donna Watridge; and Ann Oliva. Missing: Denise Brenner, Mary Ellen Daly, and Bonnie Forshner.



On hand to celebrate the awarding of the 2012-2013 Dorothy and Edward Brill & Muriel and Donald Groff, MD Scholarships were four of the five recipients and their nominating managers. Pictured: Lucy Duffy, manager, and Mattie DeJesus, awardee; Dr. Walter and Patricia Groff; Charlie Pepper and Jessica Alberto, awardees; Carol Smith and Lisa Bucher, managers; and Aerian Hall, awardee. Missing: Rachel Tan.

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After volunteering their time to serve at Overlook's annual employee barbecue, Dan Whelan and John Rosellini pick up their own lunches to enjoy with fellow staffers.

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Stopping by to enjoy a dessert reception at the unveiling of the Physician and Employee Annual Giving Wall are Francine Hoh, Ph.D., Michele Elkins, M.D. and Rita Dyer.

GIVING AT A GLANCE

The Overlook Foundation

The Overlook Foundation raises funds that are used to purchase state-of-the-art equipment and fund special programs to help Overlook Medical Center remain in the forefront of medical care.

If you would like to become a member of the "Overlook Medical Center Family" by supporting the foundation, you may

- Become a "Friend of Overlook Medical Center" with an annual gift of \$100 or more;
- Designate your gift for a restricted or specific project or allow the foundation's board of trustees to determine the most needed application of your donation;
- Make a donation to memorialize or commemorate an individual, family or group;
- Make a planned or deferred gift to maximize tax advantages and/or protect current or future income, thereby becoming a member of the Heritage Society.

All Overlook Foundation gifts are tax deductible and remain at Overlook.

For more information about how you can help further Overlook's mission to provide exemplary health care services to its communities, please contact:

The Overlook Foundation
36 Upper Overlook Road, P. O. Box 220
Summit, NJ 07902-0220
(908) 522-2840
www.overlookfoundation.org

Donors Step Up to Support Two New Mini Campaigns

Following the successful completion of its \$110 million Centennial Campaign, the Overlook Foundation has launched mini campaigns designed to broaden the scope of services offered by two of Overlook's most widely respected programs that draw patients from throughout the tri-state area and beyond.

The Atlantic Neuroscience Institute at Overlook Medical Center is the region's top provider of neuroscience care, with a breadth and depth that rivals – and in many cases surpasses – what is available at some of our nation's top medical centers.

Ranked by Castle Connolly as the number one neuroscience hospital in the state, the program features the first Comprehensive Stroke Center and one of only two Level 4 Epilepsy Centers in New Jersey. Additionally, in place at Overlook are all the elements necessary for the diagnosis and treatment of virtually every neurological issue, including concussion, neck and spine, Alzheimer's and Parkinson's disease, and pain management.

The foundation is seeking to raise funds to support the institute's continuing need for the most cutting-edge talent and technology. The Atlantic Neuroscience Institute already has attracted renowned

physician-scientists from leading academic medical centers across the country . . . and has put into use some of the most innovative technology available, including the new magnetoencephalography (MEG) system, one of only a handful on the entire East Coast.

Looking forward, an endowment of \$1.5 million will create a named chairmanship for the Department of Neurosciences and resulting initiatives, enabling Overlook to build on its successes and explore groundbreaking ideas and treatments. An additional \$500,000 will allow for the purchase of a Stealth microscope for complex imaging during brain surgery, as well as a non-magnetizable anesthesia machine for MRIs of critically ill patients.

The Eating Disorders Program at Overlook Medical Center is the only medically based program in New York or New Jersey, and the only one in the region that treats exclusively adolescent patients. Of eleven similar programs in the United States, only one other has the full complement of services offered here.

A complex group of medical and psychological illnesses, eating disorders represent the third most common chronic illness among

teens and the most deadly of any psychiatric illness. People with eating disorders, primarily anorexia and bulimia nervosa, tend to suffer from other coexisting illnesses, such as major depression and anxiety disorders, making them among the most difficult mental disorders to treat effectively.

Opening its intensive partial hospitalization track in mid-2010, the adolescent program exceeded its 2014 volume projections in just 18 months. In addition, hospitalizations for eating disorders in children under the age of 12 have risen dramatically, with no outpatient programs in the state to meet the needs of this younger group of patients.

Therefore, the foundation will raise \$2 million first, to expand Overlook's current adolescent eating disorders services for those requiring hospitalization, monitoring all inpatient meals, providing psychological therapy for patients, and coaching parents in effective food control techniques. Second, Overlook will develop an innovative, evidence-based family treatment program designed specifically for 8- to 12-year-olds with treatment targeted to their unique emotional, social and cognitive level.



Giving at a Glance • July 2011 through June 2012
Total \$5,080,049 Restricted Gifts for Capital & Program \$3,328,139
Unrestricted Annual Support \$1,751,910

OVERLOOK AT A GLANCE

Accreditations, Awards, and Accomplishments

Part of Atlantic Health System, **Overlook Medical Center is a 504-bed, nonprofit regional medical center with more than 1,400 attending physicians and medical residents and some 3,500 employees. Located in Summit, New Jersey, Overlook was founded in 1906 by Dr. William H. Lawrence Jr.**

Now in its second century of healing, the hospital has a long history of providing primary health services in the community and is increasingly active in organizing and funding numerous health promotion and quality-of-life activities. **Classes, support groups, and screenings – many of which are free of charge – are offered year-round. Our Healthy Avenues Van provides health care information and screenings for symptoms of diabetes, stroke, high blood pressure, colorectal disease, and various cancers to residents of 24 surrounding communities.**

Overlook Medical Center

- Accredited by The Joint Commission, reflecting our commitment to meeting the highest performance standards
- Primary academic and clinical affiliate in New Jersey of Mount Sinai School of Medicine and The Mount Sinai Hospital
- Best Regional Hospital in four specialties: gastroenterology, geriatrics, nephrology and urology (U.S. News & World Report, 2011-12)
- National Medal of Honor for Organ Donation (US Department of Health and Human Services)
- Access to Quality of Care Award (New Jersey Hospital Association)

Atlantic Neuroscience Institute at Overlook

- Ranked No.1 for the Treatment of Stroke and Neurological Disorders in New Jersey (*Inside Jersey* magazine partnered with Castle Connolly Medical Ltd.)

Stroke Center

(core component of Atlantic Neuroscience Institute at Overlook)

- First Comprehensive Stroke Center in New Jersey (New Jersey Department of Health and Senior Services)
- Stroke Care Certification/Gold Seal of Approval™ for Primary Stroke Centers (The Joint Commission)
- Get With the Guidelines® Stroke Gold Plus Performance Achievement Award (American Heart Association and American Stroke Association)
- Primary referral center for 46 percent of New Jersey hospitals

Epilepsy Center

(component of Atlantic Neuroscience Institute at Overlook)

- One of only a few centers in New Jersey designated a Level 4 Epilepsy Center
- First center in New Jersey – and one of only a few in the country – to evaluate epilepsy patients using magnetoencephalography (MEG)

The Carol G. Simon Cancer Center

- Major clinical research affiliate of The Cancer Institute of New Jersey
- Outstanding Achievement Award and Three Year Approval with Commendation (American College of Surgeons' Commission on Cancer)

The Breast Center

- Accredited by the American College of Radiology and the Mammography Quality Standards Act
- Breast Imaging Center of Excellence (American College of Radiology)
- Outreach Award from BMW and Susan B. Komen Foundation

The Thomas Glasser Caregivers Center

- First hospital-based center in New Jersey dedicated to the caregiver of loved ones with extended hospital stays

The Institute for Rheumatic and Autoimmune Diseases at Overlook Medical Center

- The only hospital-based institute of its kind in New Jersey

Gagnon Cardiovascular Institute at Overlook Medical Center

- Elective Angioplasty C-PORT E Trial (New Jersey Department of Health and Senior Services)
- Cardiac Rehabilitation Center Accreditation (American Association of Cardiovascular and Pulmonary Rehabilitation)
- Vascular Laboratory Accreditation (Centers for Medicare and Medicaid Services and Intersocietal Commission for the Accreditation of Vascular Laboratories)
- Echocardiography Laboratory Accreditation (Intersocietal Commission for the Accreditation of Echocardiography Laboratories)

Maternity Services

- Level III Intensive Perinatal Unit (New Jersey/ Department of Health and Senior Services)
- Care Award (International Lactation Consultant Association)

Atlantic Health System Weight & Wellness Center

- Center of Excellence in Bariatric Surgery (American Society for Metabolic and Bariatric Surgery)

Center for Sleep Medicine

- Accreditation by The American Academy of Sleep Medicine

Orthopedics

- Gold Seal of Approval™ - Cervical Spine Treatment Certification and Lumbar Spine Treatment Certification (The Joint Commission)

Emergency Department, Union

- Lantern Award (Emergency Nurses Association)

Women's Heart Awareness Program

- Circle of Excellence Award (American Association of Critical Care Nurses)

Wound Healing Program

- Accreditation (Undersea & Hyperbaric Medicine Society)
- Gold Seal of Approval™ Disease-Specific Care Certification (The Joint Commission)

Eating Disorders Program

- The only eating disorders program in the state to provide comprehensive treatment exclusively for adolescent patients between the ages of 12-21 as both inpatients and outpatients.

Atlantic Health


- Selected by *Fortune*® magazine five years in a row as one of the 100 Best Companies to Work For®.

Helping through the Hurricane

During Hurricane Sandy and its aftermath, the staff at Overlook Medical Center worked tirelessly to make sure that the facility was able to meet the health care needs of its patients as well as assist the community.

These efforts included

- Serving more than 6,000 meals to patients, staff, emergency responders and members of the community in need during the actual storm.
- Donating infant supplies to the Union County Regional Shelter.
- Providing comfort, respite and electricity to those who needed warmth and a place to charge and use their computers and cell phones.
- Accommodating more than 20 private physician practices that had lost power, enabling them to continue to care for their patients.
- Sheltering 420 physicians and staff at Overlook, in order to make sure that the needed staff was on-hand at all times.
- Working with Summit Police and Summit Office of Emergency Management to get a local gas station up and running in order to ensure critical hospital staff, as well as town emergency responders, were able to get fuel.
- Providing continuous updates on weather alerts, emergency resources, important phone numbers, and urgent patient and physician notifications through intranet, e-mail, website and Facebook, in order to keep both its employees and the public informed.



Overlook's trigeneration system, which went into operation earlier in the year, enabled the hospital to maintain its power needs throughout this devastating event without tapping into the public electrical grid. Overlook was the first hospital in the state to install the combined cooling, heating and power system that also enhances energy efficiency, reduces costs and benefits the environment.

In a letter to Errol Brudner, Overlook's protection and security services manager, Summit City Administrator Christopher Cotter writes:

"The efforts of Overlook Medical Center were instrumental in the city's ability to successfully respond to and recover from the impact of Hurricane Sandy. Please extend my thanks to the members of your staff for their characteristic response of professionalism, commitment and compassion – the community was, indeed, very well served by their outstanding efforts."

2012 OPERATING STATISTICS

admissions **23,775** births **2,397** emergency department visits **92,424** average length of stay **4.67 days** same day surgical procedures **9,842**

inpatient surgeries **5,759** outpatient visits **217,752**

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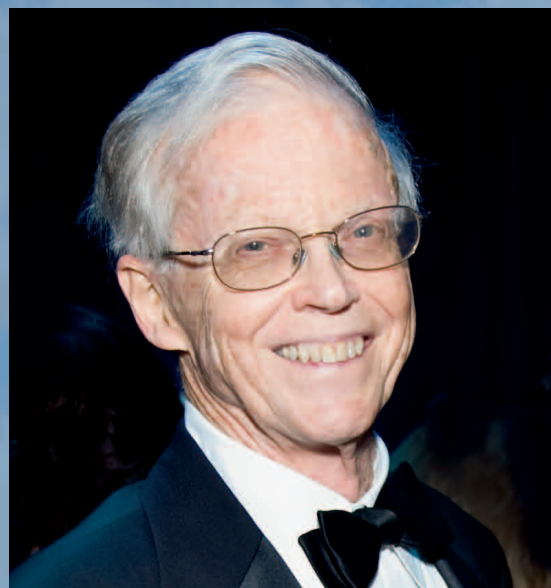


FRIENDS REMEMBERED

Since our last report, we have lost several beloved members of the Overlook Foundation family. We recognize their special contributions to Overlook and to our community, and we extend our heartfelt wishes to their families.

Frances B. Barker
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Ted Connell
Tiffany K. Corbett
Russ J. D'Arcangelo
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Robert E. Dillon

Leaving behind a legacy of generosity and leadership, Bob Dillon was an integral part of the Overlook Foundation family since he and his wife, Alice, made their first gift some 30 years ago. He joined the board in 1991 and went on to serve as treasurer, vice chair, and ultimately chair of the board. One of the world's true "good guys," Bob will be missed, not only for all that he gave in time and talent, but also for all that he was as a person and a friend.

**OVERLOOK
FOUNDATION**

36 Upper Overlook Road • P.O. Box 220
Summit, New Jersey • 07902-0220