

CONNECTING  
WITH  
YOU

OVERLOOK FOUNDATION  
ANNUAL REPORT 2015

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## A MESSAGE FROM OVERLOOK MEDICAL CENTER

...connecting  
with our  
communities  
is vital to the  
delivery of  
exceptional  
health care.

Dear Friends of Overlook:

There are many reasons to be grateful for living in this area, and healthcare is certainly one of them. Overlook and its Atlantic Health System (AHS) partners are committed to delivering the right care, at the right quality, at the right time, at the right place, and at the right cost to anyone who enters our facilities.

We have built a *Trusted Network of Caring™* to empower our communities to be the healthiest in the nation.

It's a network that combines world-class technology, integrated delivery systems, and programs and services developed in partnership with the communities and people we serve.

During the past year, we upgraded our existing CyberKnife Radiosurgery System (the first in the northeastern United States) with the next generation CyberKnife® M6™. It can treat larger tumors of the brain, spine, lung, liver, pancreas, and prostate faster and with even greater accuracy. We've also added PINPOINT® Fluorescence Imaging Technology for colorectal surgery and an O-Arm® Intraoperative Imaging System for spine surgery.

One of our most exciting advances – Telestroke – allows our stroke physicians to treat patients remotely, no matter where the physician is located. While we have used this technology in AHS emergency departments for the past four years, we can now assess patients in ambulances before they arrive. We are the first *in the world* to use this approach, further decreasing our already stellar door-to-treatment time by a third!

Our integrated delivery system includes Atlantic Rehabilitation in New Providence and Chatham Physical Therapy; urgent care facilities in Clark and Greenbrook; emergency services, wound care, imaging, and cardiology in Union; infusion centers in Essex County; and a network of more than 600 community-based physicians – all connected electronically to ensure continuity of care in managing your health.

## AND THE OVERLOOK FOUNDATION

In the following pages, we'll highlight some of these initiatives as well as collaborations with community partners that address important health issues, such as access to care, physical activity and nutrition, and behavioral health.

As the theme of our 2015 Annual Report suggests, connecting with our communities is vital to the delivery of exceptional health care. Your connection with Overlook is equally vital and impactful. During the past fiscal year, gifts and pledges to our semi-annual appeals, capital campaigns, and special events from you and other caring individuals, corporations, foundations, and community organizations totaled well over \$6 million.

So much of what we've accomplished and what is yet to be accomplished is because of you. Your gifts enable Overlook to connect with communities and deliver world-class healthcare services right where we all want them most...close to home.

With sincere appreciation for your support,

**Alan Lieber**  
President  
Overlook Medical Center

**Clelia Biamonti, Ph.D.**  
Board Chair  
Overlook Foundation

**Ann M. Oliva**  
Executive Director  
Overlook Foundation



# MANY ROADS TO RECOVERY

**Location, location, location.** It's a major consideration when buying real estate; and it's important when choosing a rehabilitation center after a knee replacement, a stroke, a concussion, or cancer treatment.

"When people require rehabilitation to restore their health and functional abilities following an accident, an injury, an illness, or surgery, convenience is a big factor," says Dan Whelan, manager of Atlantic Rehabilitation services for Overlook Medical Center.

"That's why we've established rehabilitation centers in four convenient locations in Overlook's service area – Summit, Union, New Providence and Chatham. Soon, there will be others in West Orange and Warren, as well as an expansion of the New Providence center. It's all designed to meet the needs of the growing number of patients requiring rehabilitation, as well as provide support to the growing number of community-based primary care physicians in these areas."

As a hospital-based provider, Atlantic Rehabilitation is part of a large system furthering the care of physicians in a variety of geographic locations and specialties and, oftentimes, helping patients transition from inpatient to outpatient therapy.

The multiple centers offer physical therapy, occupational therapy, speech therapy, audiology, stroke rehabilitation, concussion care, lymphedema management, pelvic floor rehabilitation, and more with treatment plans uniquely tailored for every patient's needs. Nearly 100 highly trained staff members include physiatrists; physical, occupational and speech-language pathologists; audiologists; and athletic trainers.

"Our biggest growth area has come from oncology," observes Dan. "From 2013 to 2014, the number of cancer patients coming for rehabilitation has doubled. The aftereffects of lifesaving cancer treatment can include pain and problems with coordination, balance, range-of-motion, strength, endurance, and flexibility. We help restore optimal physical functioning following cancer surgery, chemotherapy, or radiation with a plan that is STAR Program® Certified for cancer rehabilitation by Oncology Rehab Partners, considered the gold standard in cancer rehabilitation care.

"Whether you're a high school athlete with an ACL tear or an 85-year-old with Parkinson's, patients have access to the very latest diagnostic tools and technologies, as well as the added assurance of having the same medical team throughout their sessions to maximize recovery."

## Now Offered in New Providence

**Aquatic Therapy at Berkeley Aquatics** – For patients with reduced mobility and limited strength, underwater treadmills and resistance jets are part of the new aquatic therapy program.

**Personal Fitness Training** – Patients who want to continue with supervised instruction after they've completed physical therapy can now participate in a monthly fitness program offered in a newly designed 1,200-square-foot space at the New Providence center. For a nominal fee, an exercise physiologist will custom design a fitness regimen in collaboration with a patient's primary care physician and help the patient gain the confidence to manage the program independently.

## Specialized Rehabilitation Programs

- Amputee Walking School
- Aquatic Therapy
- Balance Center
- Cancer Rehabilitation
- Concussion Care
- Lymphedema Management
- Orthopedics and Sports Rehabilitation
- Parkinson's Disease
- Pelvic Floor Rehabilitation
- Stroke Rehabilitation
- "Swing Away" Golf Fitness



## AlterG

The aging population has contributed to an increase in the number of patients coming to Atlantic Rehabilitation facilities following hip and knee replacements. Rehabilitation team members help get them up and running again with a customized treatment regimen incorporating specialized care and state-of-the-art equipment like the AlterG antigravity treadmill. Developed with NASA technology, the AlterG allows patients to exercise sooner, at a lower body weight, regardless of limited mobility or weight-bearing restrictions.



Dan Whelan

## Athletic Training

Sports injuries can occur anywhere. To improve the delivery of health care to athletes of all ages in our communities, Atlantic Rehabilitation offers athletic training services to schools, athletic leagues, and organizations hosting race or sporting events. Certified athletic trainers provide pregame stretching exercises, taping and bracing; protective padding; coverage of games, races and tournaments; on-the-scene evaluation and assessment of injuries; education on injury management and follow-up care; nutritional counseling; and post-rehabilitation programs to facilitate a safe return to play.

# NEW CyberKnife DELIVERS MORE POWERFUL PUNCH TO TUMORS

If you were a boxer, would you prefer to take down your opponent with small jabs or a big right hook?

That's the question Lou Schwartz, M.D., chair of radiation oncology at Overlook Medical Center and director of its CyberKnife Center, poses when asked about the differences between standard radiation versus CyberKnife in treating tumors of the brain, neck, spine, prostate, lung, pancreas, and liver.

"You can deliver small doses of radiation over a longer period of time, or multiple doses of very targeted radiation over a shorter time period. Our experience tells us that small jabs add up, but it's the big one that gets the knockout," explains Dr. Schwartz.

In 2004, Overlook was the first CyberKnife Center in the northeastern United States to treat complex tumors and malformations of the brain and spine, in addition to lung, liver, pancreas, and prostate cancers. Since then, Dr. Schwartz and his colleagues have witnessed the remarkable benefits of delivering multiple, precisely targeted doses of radiation to both malignant and benign tumors, using a combination of robotics and image-guided technology.

"Very few places in the country can match Overlook's experience and volume. We have treated more than 1,000 brain tumor patients, as well as the second-most prostate cases in the world," says Dr. Schwartz.

"We've treated more than 1,650 patients with CyberKnife at Overlook and reduced the number of radiation treatments required to eradicate prostate tumors from 44 to five," he adds. "Patients appreciate the fact that the treatment is noninvasive, quick, painless, and has no side effects."

Now with a dozen years of CyberKnife experience under their belts, Dr. Schwartz and his team of radiation oncologists are using the latest generation of CyberKnife technology – a brand new system that can treat larger tumors, faster and with even greater pinpoint precision. Not only does it offer more opportunity to customize treatment, it also has the potential to treat a wider array of tumors throughout the body.

"For a lung cancer patient with emphysema, for example, the new CyberKnife® M6™ Series will be even more effective at preserving healthy lung tissue while targeting malignant cells," comments Dr. Schwartz. "Plus, the treatment time will be cut in half. Patients will be in and out within an hour.

*"The gold standard of radiosurgery just got better; and we're delighted to be able to offer patients the best available treatment technology, once again."*

## Dr. Kay Redfield Jamison Shares Her Journey with Bipolar Disorder

Best-selling author Dr. Kay Redfield Jamison visited Overlook in October to address "Depression and Bipolar Disorder: Recognizing It and Dealing with It" before an audience of more than 200 physicians, medical staff, and community members.

Dr. Jamison went public with her own struggle with manic depression in a 1995 *Washington Post* article and subsequent book, "An Unquiet Mind: A Memoir of Moods and Madness." The book became a *New York Times* bestseller that, according to renowned neurologist Oliver Sacks, "stands alone in the literature of manic depression for its bravery, brilliance, and beauty." Since its release, she has become a trusted advocate for the millions who suffer from mental illness.

In addition to another national bestseller, "Night Falls Fast: Understanding Suicide," Dr. Jamison has authored "Exuberance: The Passion for Life," "Touched with Fire: Manic-Depressive Illness and the Artistic Temperament," and "Nothing Was the Same." She co-authored "Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression," which was chosen by the American Association of Publishers as one of the most outstanding books in biomedical science.



*Dr. Peter Bolo, Dr. Kay Redfield Jamison, Marlene Glasser, and Joan Bryant*



*Dr. Roz Dorlen and Dr. Art Patchett (below) Dr. Charles Ciolino and Dr. Harish Malhotra with Dr. Jamison and Dr. Bolo*



A professor of psychiatry at The Johns Hopkins School of Medicine, Dr. Jamison was chosen by TIME as a "Hero of Medicine" and is considered an international authority and researcher on mood disorders.

This was the sixth in a series of lectures on health and the public interest made possible by a generous gift from the Glasser Foundation and endowed through the Overlook Foundation.

*Dr. Lou Schwartz knows that experience matters . . . and when it comes to CyberKnife®, Overlook has more of it than any other program in the northeastern United States.*

# CONNECTING & COLLABORATING

## Empowering Our Communities to Be the Healthiest in the Nation

Overlook and other Atlantic Health System medical centers have a commitment not just to treat illness, but to empower our communities to be the healthiest in the nation by preventing illness. We provide a *Trusted Network of Caring™* through partnerships with many other community organizations and, collaboratively, offer programs and services that identify and meet the health care needs of our diverse population.

"Our vision for healthier communities begins with offering every child an equal opportunity for a bright future, every person access to affordable and understandable health information and services, and every senior control over his/her own health," says Chris M. Kirk, Ph.D., director, Mission Development for Atlantic Health System, who also serves as president and chair of The North Jersey Health Collaborative, a partnership of more than 100 organizations that actively share data and resources to improve the health status of residents in Morris, Passaic, Sussex and Union counties.

In 2014 alone, Atlantic Health System contributed more than \$150 million to improve the health and well-being of the people it serves. In addition, it contributed substantially to the local economy, purchasing millions of dollars in goods and services and employing more than 12,200 people.

### Overlook Partnerships Pave Way to Success

"Collaboration is the key to meeting the healthcare needs of our communities," comments Raul Cadavid, manager of Community Health at Overlook Medical Center. "That's why Overlook partners with the New Jersey Healthy Communities Network, which brings together local, regional, and state leaders to support communities in developing healthy environments for people to live, work, learn, and play.

"We can lead the effort, but to be truly effective, the programs must be identified and implemented by partner organizations who have their finger on the pulse of their communities. Our success is linked to all of our partners."



*Overlook's Healthy Avenues Van, funded by The Merck Company Foundation, brings more than 100 screenings and educational programs to over 34,000 people in 24 surrounding communities each year. Inside the van, health-care professionals can examine individuals for symptoms of diabetes, stroke, hypertension, elevated cholesterol, colon health, skin cancer, and more. They provide multi-lingual information, as well as referrals and resources for follow-up care.*

Chris Kirk

Over the past two years, Overlook and its community partners have focused on addressing three areas of concern among Union County residents:

**Access to Care** – low-income and Hispanic/Latino residents often have difficulty accessing medical care and have higher rates of mental and chronic illness due to limitations in affordability, accessibility and health literacy.

**Behavioral Health** – residents have high rates of poor mental health status, anxiety, depression, and drug and alcohol consumption; while seniors have high rates of isolation and caregiver needs.

**Physical Activity and Nutrition** – almost one in five Union County residents are physically inactive and nearly 60 percent are overweight or obese.

Collaboratively, Overlook and its community partners invested their resources in three initiatives targeted at children, adults, and seniors.

#### Healthy Schools

Teachers can go online and choose from among several mobile educational programs available to their schools, including nutrition, Tar Wars (smoking cessation), Project Fit America, and inflatable teaching tools such as Brain Power and A Walk through the Heart.

#### New Jersey Healthy Communities

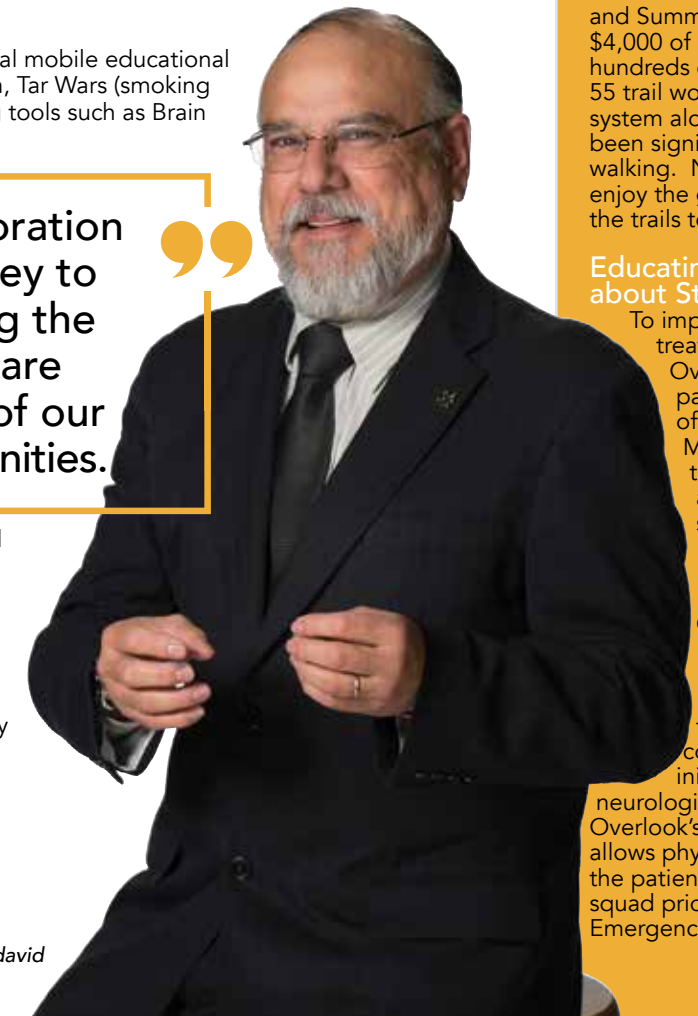
A broad spectrum of programs to increase access to health care, including healthcare resource cards, healthcare literacy, screenings, and education programs targeted at low income and Hispanic/Latino residents.

Grants to support sustainable programs that address healthy living and eating, including improving the Summit trail system along the Passaic River, hosting bike safety programs in Maplewood and Union, and supplying fresh fruit and vegetables to the East Orange-Orange Community Development Corporation.

#### New Vitality

More opportunities for isolated seniors, such as weekly exercise programs and Lunch-and-Learn sessions at Overlook Downtown, a Senior Supper Club, a one-on-one coaching program to encourage healthy lifestyles, and visits to senior centers and faith-based organizations with the Healthy Avenues Van.

Collaboration is the key to meeting the healthcare needs of our communities.



Raul Cadavid

#### Safe Cycling

In Union, schoolchildren and their families were introduced to the joys of bike riding through a program that helped build their skills and confidence levels. Funded by Overlook Community Health and the Gateway Family YMCA, participants had an opportunity to learn basic balance and pedaling skills as well as more challenging handling maneuvers, bike safety, and traffic navigation. Free helmets were an added incentive to start pedaling!

#### Encouraging Residents to Take a Hike

Thanks to a \$10,000 grant from the Overlook Medical Center Healthy Neighborhoods Initiative to the Summit Environmental Commission and Summit Conservancy, over \$4,000 of in-kind donations, and hundreds of volunteer hours by 55 trail workers, the Summit trail system along the Passaic River has been significantly improved for walking. Now, more residents can enjoy the great outdoors and blaze the trails to better health.

#### Educating First Responders about Stroke

To improve response time for treating stroke victims, Overlook Community Health partners with public health officials and local Emergency Medical Service squads to educate first responders about the signs and symptoms of stroke. EMS squads are better equipped to pre-notify Overlook's Command Center when stroke victims are en route to the Emergency Department to reduce time to treatment when minutes count. The educational initiative, conducted by neurologists, goes hand-in-hand with Overlook's Telestroke program, which allows physicians on-call to evaluate the patient and interact with the EMS squad prior to their arrival in the Emergency Department.



## OVERLOOK SUPPORTERS RECEIVE LIFETIME ACHIEVEMENT AWARDS

*Our 2015 Lifetime Achievement honorees: Al and Martha Driver of Mountainside; Dr. Walter Groff of Chatham; Linda Smith and Diane Swett, both of Summit; and the Westfield-based Glasser Foundation, accepted by Marlene Glasser.*

At the foundation's 13th 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.

**Al and Martha Driver** – the Community Service Award honorees – have spent years applying their education, expertise, and intellect to diverse organizations and causes. Martha, a former investment officer at Teachers Insurance and Annuity Association and owner of an investment banking firm, and Al, a general counsel at J. C. Penney Co., retired from their day jobs in the 1980s and spent the next 22 years working side by side. In 1992, they founded The Metropolitan Corporate Counsel, a monthly newspaper distributed nationally to 25,000 corporate counsel. With Martha as publisher and Al as editor, the public service project provided in-house lawyers with information from law firms and legal reform organizations to assist in their legal practices.

**Dr. Walter Groff** – the Medical Service Award honoree – rotated through Overlook during his surgical residency and returned there to stay in 1984. During the ensuing years, he helped Overlook develop a reputation as a leader in conquering colorectal diseases through minimally invasive surgery, advanced treatment protocols, and a multidisciplinary

approach to patient care. Dr. Groff also was instrumental in financing and creating Overlook's GI motility lab, which helped diagnose and treat problems of the gastrointestinal tract. Collaborating with his peers in oncology, he helped introduce preoperative radiation and chemotherapy prior to rectal cancer surgery, which has dramatically reduced local recurrence.

**Linda Smith and Diane Swett** – the Volunteer Service Award honorees – are both longtime Summit residents and long-time volunteers. When they met at a Junior League meeting, they were young stay-at-home mothers trying to make a difference in their communities. Now, decades later, they continue to make a difference at Overlook as patient relations volunteers.

Since her first volunteer assignment in the hospital coffee shop, Linda has joined Summit Twig 30 and performed a variety of duties, including bringing the gift cart to patients' rooms, transporting patients to tests, and serving as a messenger. She was one of the first to sign up as a patient relations volunteer when the program began in the 1980s. Also beginning her volunteer service in patient relations some 30 years ago, Diane is active in Short Hills Twig 27 and, as a co-president of the Auxiliary, serves on both the hospital and foundation boards of trustees.

**The Glasser Foundation** – the Foundation Service Award recipient – was created by Gerald J. Glasser, Ph.D., a philanthropic leader, valued trustee, and former chairman of the Overlook Foundation board. Just days later, when his son, Thomas, tragically perished in the September 11 attacks, Gerry named the foundation in his memory. Since then, the foundation has provided financial support to numerous health care, social service, educational, cultural, youth, and faith-based organizations throughout New Jersey and beyond.

At Overlook, Gerry developed and endowed the Thomas Glasser Lecture series which, since 2005, has featured presentations by renowned speakers on topics concerning health and the public interest. He also served as a leader in the development and funding of the Thomas Glasser Caregivers Center, the only hospital-based center of its kind in the state. Since Gerry's passing in 2013, his family has carried on his legacy of caring through the renamed Glasser Foundation.

## Overlook Foundation Junior Board Awards Grant to Eating Disorders Program

Student representatives from 12 area high schools completed the first full year of a Junior Board program with the Overlook Foundation in June, which culminated in their awarding of a \$10,000 grant to the Eating Disorders Program at Overlook Medical Center.

The program included one student each, all juniors, from: Chatham High School, Governor Livingston High School, Kent Place School, Millburn High School, Newark Academy, New Providence High School, Oak Knoll School of the Holy Child, Oratory Preparatory School, The Pingry School, Scotch Plains-Fanwood High School, Summit High School, and Westfield High School.

Meeting the first Monday of every month, the students were exposed to the operation of a hospital foundation as the fund-raising arm of a nonprofit regional medical center. They interacted with hospital personnel, as well as foundation trustees and staff, enabling them to better understand the importance of philanthropy in meeting the needs of Overlook's patients and their families.



*Overlook Foundation Junior Board Co-Chairs Max Block and Katie Vigilante (left rear and front, respectively), who participated in last year's pilot program, join members of the 2014-15 Junior Board at their final meeting of the school year: (rear) Gersie Gonsalves-Domond, Meg Gordon, Sarah Elia, Emily Bean, Sama Manchanda, Danielle Gabuzda, Andrew Vita, Lorik Berisha, (front) Christen Hillenbrand, Kate Musso, Hannah Curtis, and Paige Willian.*

The Junior Board was also charged with developing a grant application that was distributed to hospital departments of their choosing, with the decision-making process for awarding the grant left in their hands. After raising close to \$5,000, which was matched by an Overlook Foundation trustee, they conducted department visits and evaluated the needs within each of these areas.

"As a group, we reviewed every application and discussed the benefits that would be realized with these funds," explains Hannah Curtis, now a senior at Pingry. "We felt that we could have the greatest impact by awarding the grant to the Eating Disorders Program in support of its efforts specifically for 8- to 12-year-olds, which were underway in the fall."

Hannah and another current senior, Andrew Vita from Oratory Prep, have returned to the board room this year as co-chairs of the 2015-16 Junior Board, using what they've learned to help guide a new group of students through the experience.

## Honoring a Life of Love and Service

Longtime foundation supporters Frank and Penny Bolden (left center) were among the community members who gathered at Overlook to celebrate the life of Capitola Dickerson and to dedicate a plaque in honor of her lifelong commitment to the people of Summit. The event brought together members of Miss Dickerson's church, friends and students whose lives she touched during nearly a century of piano and voice lessons, volunteer service, and support of the arts, health care, education, and human rights.



## GUESTS WEAR WHITE TO RAISE GREEN

In May, the Overlook Foundation joined with Equinox Summit to host an outdoor celebration in support of our Campaign for Emergency Services. Guests at the fitness club's Annual White Party were treated to a live DJ, light bites and cocktails, and a silent auction that attracted the support of Overlook friends and employees, including April Sussman, Liz Newell, Alana Eliwatt, and Stefanie Colton.



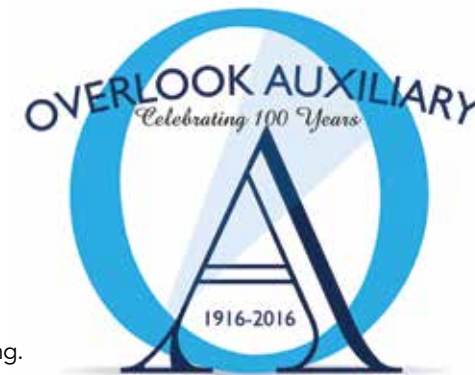
## CAMPAIGN FOR ATLANTIC NEUROSCIENCE SURPASSES GOAL

At the dawn of 2015, the Campaign for Atlantic Neuroscience at Overlook had surpassed its goal set two years earlier, raising \$2.43 million to broaden the scope of services offered by one of the most widely respected programs in the tristate area.

Endowment dollars will enable Overlook to build on its successes and explore groundbreaking ideas and treatments by supporting research initiatives and providing startup funds for new programs and faculty. Funding has also allowed for the purchase of a new Stealth microscope, portable CT scanner, and MRI anesthesia machine, as well as enhancements to our life-saving Telestroke technology and renovation of the neuroscience inpatient waiting room.



On hand to demonstrate some of the cutting-edge technology benefiting Overlook's neuroscience patients are (above) Jane Rubin, Rob Riley, and Regina Wimes with a portable CT scanner and (below) Carla Errico and Liz Newell with the Telestroke wireless video unit.



## Celebrating 100 Years of Service to the Hospital and Community

In 1916, sixteen community-minded women banded together to form the Women's Auxiliary of Overlook Hospital. Their mission: to cultivate a compassionate and comforting environment throughout the entire hospital community with active volunteering and imaginative fund raising.



Kitchen Tour co-chairs Christina Goulding and Laura Bojanowski

Through two World Wars, the growing ranks of Auxilians organized fund-raisers for the hospital, sewed all of the linens, folded bandages, attended to patients, and pitched in wherever needed. They created Twigs in the 1940s, increasing membership tenfold. They sang and danced through the 1950s in lively "Overlook Follies" musical productions. They organized trips to Broadway shows in the '60s; hosted fashion shows in the '70s; and launched cookbooks, kitchen tours and luncheons in the '80s, which continue today.

Now, with more than 350 members volunteering their time and talents, either as individuals or as members of one of 16 active Twigs, the Overlook Auxiliary continues to be a major source of support and funding for Overlook Medical Center. Over the years, Auxilians have raised millions of dollars for facilities, equipment, nursing scholarships, programs and services.

In 2015, the Overlook Auxiliary Gift Shop & Bloom – a popular shopping destination for patients, staff and visitors – generated approximately \$500,000 in sales, of which some \$80,000 was earmarked for Overlook programs. In addition over \$2,800 was donated in the form of comfort baskets for 23 palliative care families. The biennial Kitchen Tour – featuring several distinctive Summit homes – raised \$31,935 for Overlook's Adolescent Eating Disorders Program. Twig fund-raisers to date generated another more than \$35,000.

The Auxiliary welcomes members of all ages to join its commitment to community service in its next century of caring. Call 908-522-2004 or visit [www.oaux.org](http://www.oaux.org) to explore opportunities that match your interests!



Auxiliary Co-Presidents Elsa Russell and Diane Swett



# OVERLOOK WEIGHS IN



Despite the abundance of information and education in recent years touting the benefits of eating healthier and exercising more, the prevalence of obesity in the United States has more than doubled over the past four decades. More than one-third (34.9 percent or 78.6 million) of adults are considered obese (having a BMI  $\geq$  30); and in

New Jersey, the statistics aren't much better. Roughly 27 percent of adults in the Garden State are tipping the scales of an epidemic that contributes to a host of preventable health problems – heart disease, stroke, type 2 diabetes, high cholesterol, sleep apnea, joint disease, depression, and certain types of cancers.

“Obesity needs to be viewed in the broader context of overall health,” says Ajay Goyal, M.D., FACS, medical director of The Center for Advanced Bariatric Surgery at The Atlantic Health Weight and Wellness Center at Overlook Medical Center. “The American Medical Association recognizes obesity as a disease, and we need to treat it that way. There are genetic factors and environmental factors at play, too. It's not just the result of overeating and lack of physical activity.

“Overlook Medical Center offers a wide spectrum of weight management services to help patients reach their health goals, as well as the support and resources necessary to maintain a healthier lifestyle moving forward.”

Bariatric surgery is one of the options available for people who have a BMI of 40 or a minimum BMI of 35 and suffer from obesity-related health problems, explains Dr. Goyal, who oversaw a 93% increase in the number of bariatric surgeries performed at Overlook during the past decade. “Surgery is a powerful tool for weight loss, but the support services a patient gets after surgery is critical in their ability to maintain weight loss.

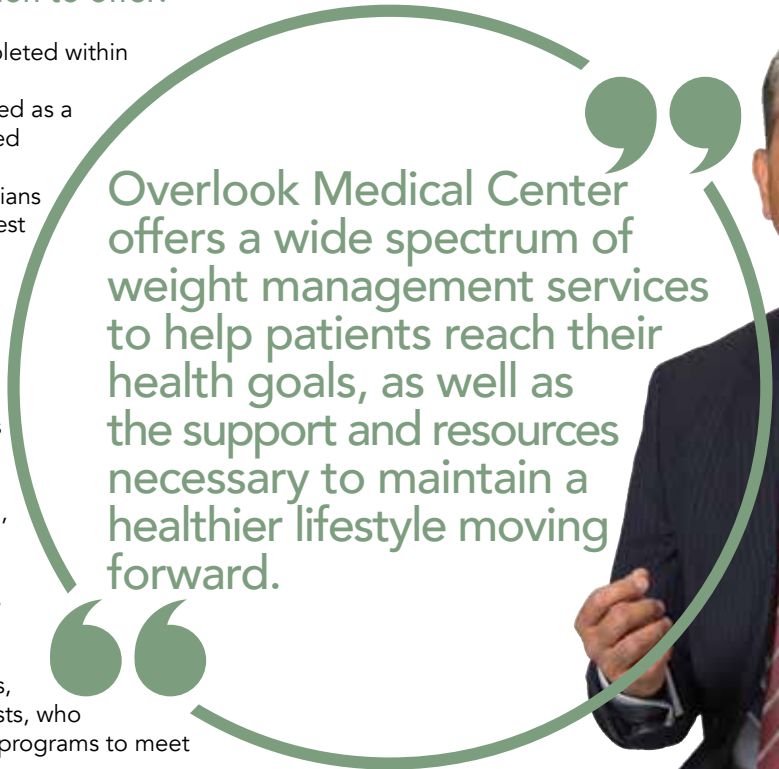
“We have a metabolic program to assess how patients burn the calories they consume, nutritional guidance, behavioral therapy, and exercise programs ranging from physical therapy to trainers and gyms. It's a multidisciplinary approach designed to help people make substantial lifestyle changes that will keep them healthier for the long term.

“Support groups also play an important role in weight management,” adds Dr. Goyal, “so we link patients to other patients and professionals in their own communities where they feel empowered to share their experiences and offer strategies for success.”

# ON OBESITY EPIDEMIC BY HELPING COMMUNITIES SLIM DOWN

The Atlantic Health Weight and Wellness Center is one of the only hospital-affiliated programs in the region to offer:

- Comprehensive patient testing completed within 24 hours.
- A bariatric surgery program recognized as a Center of Excellence, with a dedicated patient unit and a team of surgeons, anesthesiologists, nurses, and technicians and facilitators. It has one of the highest volumes of bariatric surgeries in New Jersey.
- A metabolic medicine program, led by Danhua Xiao, M.D., Ph.D., which addresses not just how many calories you consume, but also how your body burns those calories. It includes a complete metabolic assessment, nutrition counseling, customized physical therapy or exercise program, behavior modification, and possibly medication.
- A patient navigator to guide patients and families through the weight management process.
- Collaboration with physical therapists, exercise physiologists, and nutritionists, who design and implement personalized programs to meet each patient's individual goals.
- Collaboration between the American College of Nutrition and Morristown Medical Center to incorporate research-based protocols into patient treatment plans.
- Classes and support groups to share strategies for weight loss success and offer support after bariatric surgery.



Thanks to the program's proven track record of safety and history of positive patient outcomes, Overlook Medical Center is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program – a joint accreditation program between the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

Coming Soon.... A bariatric surgery program for patients with serious obesity-related medical conditions, such as type 2 diabetes, but whose BMIs fall below the current minimum for surgery, and an adolescent bariatric surgery program under a study protocol.

Dr. Ajay Goyal

David Dietze, Anne Plaut, Jack Cooper, and Dr. Bob Butts



Lorie McDonald, Pat Gould, and Michelle Norelli



Attendees at the annual Heritage Society Luncheon in December heard about one extraordinary donor who had just created her 17th charitable gift annuity, an arrangement by which she receives income for life in return for her gift. Over the years this anonymous donor has benefited such causes at Overlook as the palliative care program endowment, emergency services, cardiac services, the Carol G. Simon Cancer Center, the neuroscience campaign, the pediatric emergency department campaign, and the unrestricted fund.

# HERITAGE SOCIETY MEMBERS

# CONTINUE TO SAVE LIVES



Judy Chicka and Jane Nessen



Stanley and Helen Stroz with Ken Cole

Membership in the society hovers near its all-time high with four new members since the previous luncheon. During that same time, the society lost members Watson "Bud" Smith and Carol Way of Summit, John Barker of Basking Ridge, Jeanne Mellen of Hightstown, and Charles Perko of Westfield. These five donors chose to support Overlook's family services program, nursing education, and the unrestricted fund.

Anyone who names the foundation in his or her will, creates a charitable trust or provides a gift via a living trust, funds a charitable gift annuity, designates an IRA or retirement account for Overlook, or donates a life insurance policy or an eventual interest in real estate qualifies for membership in the society. Members receive an invitation to the annual society luncheon and other events, flowers and complementary newspapers during any hospitalization at Overlook, an annual influenza vaccination, access to the foundation's 24-hour donor hotline, free parking at the medical center, and more.

To learn how you too can save lives with a gift through your estate plan, please call Kenneth Cole at (908) 522-2181 or e-mail him at [kenneth.cole@atlanticealth.org](mailto:kenneth.cole@atlanticealth.org).



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- 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;
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- 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

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\$4,896,566	\$1,480,857	\$6,377,423

## John J. Gregory, M.D. Fund for Palliative Care Established



Several generations of family and friends, physicians and other health care colleagues gathered at Echo Lake Country Club in Westfield last fall to pay tribute to Dr. John J. Gregory Sr. who is retiring after nearly five decades with Overlook. Donations from well-wishers totaled more than \$75,000 to establish the John J. Gregory, M.D. Fund for Palliative Care at Overlook in recognition of his dedication to patients facing chronic and terminal illness.

Dr. Gregory was director of the Palliative Care Program at Overlook since its inception in 1999. He was co-investigator for Care2000, a palliative care education and development project funded by The Healthcare Foundation of New Jersey, and site co-investigator for a pilot study of palliative care outcomes for patients, coordinated by New York Beth Israel Medical Center.

Since March 2006, he was administrative medical director of Atlantic Hospice and was the 2008 recipient of the Jo and Julia Quinlan Award in recognition of his work in bioethics and palliative care. For more than 20 years prior, Dr. Gregory was director of the Cardiopulmonary Department at Overlook and was named the hospital's medical director in 1996.



(left)  
 • Dr. John and Alice Gregory  
 • (rear) Kristen Goldberg, Joe D'Auria, Marcia Vetter, Dr. Janice Baker, Dr. Gregory, Linda Roche, Shawn Brown, (front) Diane Coloney, Mary Pradilla, Michele Cameron, and Florence McAlvanah

(above)  
 • Dr. Jeff Brensilver, Dr. Gregory, and Dr. Jerry Lozner  
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(top to bottom) Terry Turko and Amy Liss, Vince Ursino and Dr. Norm Luka, Jess Chang and Dave Hartman

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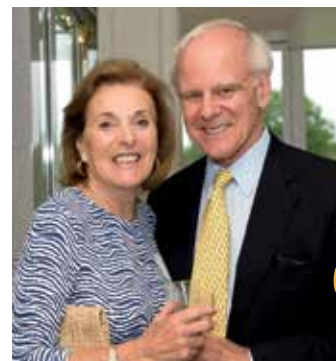
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Golf Outing Attracts Record Numbers

More than 200 golfers hit the links last June, raising more than \$130,000 to benefit the Palliative Care Program at Overlook. The foundation's 25th Annual Golf Tournament, held at Canoe Brook Country Club in Summit, attracted the largest field of golfers in the history of the outing, including Don Scobell, Mark Melillo, Pat Zinno, and Wayman Ferguson.



Bar Method Hosts Exercise Event

In October, the Overlook Auxiliary partnered with The Bar Method in Summit, inviting area women to try a new approach to health and fitness by joining a beginner workout class. All proceeds benefited the fund-raising campaign for the Eating Disorders Program at Overlook which, by year's end, was nearing its \$1.8 million goal to expand services to children between the ages of eight and 12.

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**Family Waiting Area Renovated**

In recognition of Overlook's dedicated and caring nurses, longtime friend of the foundation Anne Olesky and her family funded the renovation of the family waiting area for ambulatory surgery patients. Located on the fourth floor of the hospital, this space provides a warm welcome, hot coffee, and comfortable seating for dozens of visitors each day.

**Drawing for Charity**

Fifth-grader Charlie McGarity (second from right) created personalized comic books for his friends at Washington Elementary School in Summit, collecting a nominal fee that would go to charity. Child Life Specialist Maura Strickland gratefully accepted his donation to the pediatric playroom, which was augmented by some additional funding from his brother, Jack, and their mother, Debbie.



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Dr. John Halperin and Alan Lieber



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Rosemary Walsh and Dr. Rozana Alam



Dr. John Boozan with Nick and Tracy McKee



# OVERLOOK AT A GLANCE

Founded in 1906, Overlook Medical Center is a nationally recognized, nonprofit regional medical center in Summit, New Jersey. With 504 beds, 1,544 attending physicians, 85 medical residents, and 3,431 employees, patients have access to the some of the nation's top doctors, the most advanced technology and treatments, and the highest level of compassionate care, right in the heart of their community.

Overlook Medical Center is part of Atlantic Health System, one of the largest nonprofit health care systems in New Jersey. Its *Trusted Network of Caring™* promises our communities that anyone who enters our system will receive the right care, at the right quality, at the right time, at the right place and at the right cost.

- "Best Regional Hospital" for **Neurology** and **Neurosurgery** (U.S. News & World Report, Best Hospitals List for 2014-15)
- The largest and most experienced **CyberKnife** program in New Jersey
- Level IV **Epilepsy** Center
- One of 10 U.S. "**Tourette Syndrome** Association Centers of Excellence" (The National Tourette Syndrome Association)
- Advanced Comprehensive **Stroke** Center (The Joint Commission)
- Center of Excellence in **Bariatric Surgery** (American Society for Metabolic and Bariatric Surgery)
- Most **spine surgeries** in NJ (Gold Seal of Approval™ from Joint Commission for Spine Program)
- Access to **Quality of Care** Award (New Jersey Hospital Association)
- **Breast** Center of Excellence (American College of Radiology)
- The Carol G. Simon **Cancer** Center  
Major clinical research affiliate of The Rutgers Cancer Institute of New Jersey
- The Thomas Glasser **Caregivers** Center  
First hospital-based center in New Jersey dedicated to the caregiver of loved ones with extended hospital stays



## Atlantic Health System Announces New Branch Campus

The Sidney Kimmel Medical College (SKMC) at Thomas Jefferson University has entered into an agreement with Atlantic Health System (AHS) to establish a branch campus at Overlook and Morristown medical centers. Starting in July 2018, a group of students will have the opportunity to complete their third and fourth years of clinical training at the new SKMC/TJU-AHS Branch Campus.

Students enrolled in this program will participate in a longitudinal integrated curriculum, a unique program in which students follow a panel of patients throughout their clinical training – an approach that differs from traditional rotations and reinforces continuity of care and patient-centered treatment.

SKMC and AHS have had an affiliation since July 2015 in which students have had the opportunity to select third year clinical rotations at Overlook and Morristown. While the SKMC/TJU-AHS Branch Campus will be based at these two hospitals, the students' training will also take place throughout the health system. The birth of the branch campus further strengthens the relationship between the two organizations, allowing for a greater impact on the education of these students.

"We have had a positive and fruitful working relationship with Atlantic Health System and we are thrilled to enhance our partnership. We look forward not only to expanding our footprint as a medical school, but also to broadening a connection with a valued partner," said Mark Tykocinski, M.D., The Anthony F. and Gertrude DePalma Dean of Sidney Kimmel Medical College.

Brian Gagnolati, AHS president and chief executive officer, shared his thoughts on the agreement: "The trusted network of Atlantic Health System is the setting for nearly every experience a student could expect to encounter in healthcare – an outstanding environment to train the next generation of physicians. Academics, research and scholarly activity in healthcare settings drive excellence to reach optimal patient care. Jefferson shares our focus on population health and primary care which will be emphasized on our campuses. We believe that Jefferson is a perfect fit and are excited to begin this academic journey with them."

# 2015 OPERATING STATISTICS

Admissions  
24,700

Average Length  
of Stay  
4.4 days

Births  
2,482

Same Day  
Surgical  
Procedures  
9,835

Inpatient  
Surgeries  
5,775

Emergency  
Department  
Visits  
99,622

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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 condolences to their families.

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