

LOOK NO FURTHER THAN OVERLOOK was produced by the Overlook Foundation.

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A Message from Overlook Medical Center and the Overlook Foundation

Legacies are built by a consistent desire for excellence – in the present and for the future. During her 27 years as executive director of the Overlook Foundation, Ann Oliva facilitated fundraising initiatives that generated more than \$175 million for the enhancement of services, facilities, technologies, and programs at Overlook Medical Center. It's a legacy we proudly honor as we continue to advance clinical excellence and compassionate, patient-focused health care in our region.

We are pleased to announce that, for the fifth year in a row, Overlook Medical Center has been recognized as one of America's 100 Best Hospitals for Stroke Care™ by the consumer health care rankings group Healthgrades®. For the third consecutive year, we've been named one of America's 100 Best Hospitals for Critical Care™, and for the second year in a row, one of America's 100 Best Hospitals for General Surgery™. Our Bariatric Surgery Program – which performs the most bariatric surgeries in the state – is ranked among the top five percent of programs at hospitals evaluated for bariatric surgery and is a five-star recipient for clinical excellence two years in a row.

In these pages, we highlight why patients can look no further than Overlook for world-class health care. You will learn how the Gerald J. Glasser Brain Tumor Center – a collaboration of resources between Atlantic Neuroscience Institute and the Carol G. Simon Cancer Center – provides state-of-the-art care and renewed hope to those facing benign and cancerous tumors of the brain, skull base, spine, and spinal cord. We will show you how Overlook's Comprehensive Joint Replacement Program is helping patients – from teachers to triathletes – regain mobility and return to their normal routine. We will spotlight the lifesaving capabilities of the Frank and Mimi Walsh Maternity Center and Level III Perinatal Center, as well as Gastrointestinal Interventional Endoscopy Services for the treatment of early digestive tract cancers.

Your generous support of Overlook is critical to developing and sustaining world-class programs such as these, close to home. During the past fiscal year, gifts and pledges to our semiannual appeals, capital campaigns, and special events from you and other caring individuals, corporations, foundations, and community organizations totaled more than \$6.6 million.

With your continued support in 2018, we will be able to complete the \$5 million comprehensive campaign for the Gerald J. Glasser Brain Tumor Center. We will provide mobility support to inpatients and bone health screening to mitigate fractures in our communities. Your gifts will allow us to develop a bariatric research program that will create access to clinical trials, purchase our first 3D printer for Clinical Engineering, and so much more.

Chlia Biand.

This 2017 Annual Report is a tribute to your philanthropy and your legacy at Overlook!

With sincere appreciation for your generosity,

Alan Lieber President

Overlook Medical Center

Clelia Biamonti, Ph.D. Executive Director Overlook Foundation Michael A. Tanenbaum Board Chair Overlook Foundation



It was the last day of a picture-perfect summer vacation in Italy, and 57-year-old Denise Frisoli developed a headache that would not let up. When over-the-counter medication before and after the long flight home did little to relieve the pain, both Denise – a registered nurse – and her husband, Anthony – a physician – grew concerned. Two days later, instead of joining Anthony at Martinsville Family Practice, where they've worked side by side for 30 years, Denise had an MRI. Detecting something suspicious, the radiologist asked Denise to return the next morning for another scan. The second scan confirmed a mass in Denise's brain and the radiologist suggested a meeting that afternoon with Yaron Moshel, M.D., Ph.D., co-director of the Gerald J. Glasser Brain Tumor Center at Overlook.

"When I met Dr. Moshel, he asked me if I wanted to see my MRI," recalls Denise. "There was a tumor the size of an egg."

When Dr. Moshel questioned Denise's matter-of-fact reaction to the MRI, Denise explained that she was drawing upon the strength she summoned following her son's horrific car accident a few years earlier. "Greg was on a ventilator and in ICU for a month. He broke his back, suffered brain trauma, and had compound fractures in both legs. It took him months to sit up and many more before he would walk again. If I didn't freak out at his bedside then, I wasn't about to freak out now. I have a wonderful husband, four sons, daughters-in-law, and a grandson. Everyone will help me get through this."

Dr. Moshel explained that the first line of treatment would be to surgically remove as much of the tumor as possible without impacting other critical functional areas of the brain. In the past, this was a delicate balancing act as surgeons used their best judgment in distinguishing between normal brain tissue and tumor tissue. Now, using intraoperative functional brain mapping (producing real-time 3-D imaging), Overlook neurosurgeons can see in real time both the location of the tumor and the areas of functionality, which vary from person to person, during surgery.

"Everyone's brain is wired differently," explains Dr. Moshel. "If you're bilingual, ambidextrous, or artistic, for instance, your circuits are arranged differently. Overlook's state-of-the-art imaging system allows us to tailor every surgery for every individual patient."

Dr. Moshel removed 85 to 90 percent of Denise's brain tumor, which was determined by neuro-pathologist John-Paul Bouffard, M.D., to be a glioblastoma multiforme, the most common and aggressive form of brain cancer. Dr. Bouffard – one of only about 1,000 physicians who are board-certified in neuro-pathology – not only provides intraoperative consultations while patients are still on the operating table, he arranges a full histology and molecular genetic profile of every patient's tumor. Such testing enables doctors to individually tailor each patient's post-surgical course of treatment.

"Having a dedicated neuro-pathologist on staff is a huge advantage in treating brain tumors," observes neuro-oncologist Kurt Jaeckle, M.D., who joined Dr. Moshel as co-director of the Gerald J. Glasser Brain Tumor Center after 16 years at the world-renowned Mayo Clinic in Jacksonville, Florida. "This level of pathology is routine at Overlook, but it's something that is usually found only at large academic centers."

Following surgery, Denise underwent 30 radiation treatments, under the guidance of radiation oncologist Joana Emmolo, M.D., as well as oral chemotherapy.

"I haven't been a patient since having my children, but I can truly say that the care I've received at every level has been stellar," she remarks. "There have been supportive teams of people every step of the way – through surgery, recovery, radiation, chemotherapy, and integrative treatments such as massage and reiki. I've never seen so many resources available.

"When you are faced with something like this, you can only look forward and have faith in something greater than you," Denise adds. "It also helps to live so close to some of the best brain tumor experts in the country."

Atlantic Neuroscience Institute at Overlook Opens New Brain Tumor Center

Thanks to a generous gift from the Westfield-based Glasser Foundation, the Gerald J. Glasser Brain Tumor Center is expanding the progressive, groundbreaking neurological care already provided at Overlook through continued investment in the area of neuro-oncology.

Renowned neuro-oncologist Kurt Jaeckle, M.D. and neurosurgeon Yaron Moshel, M.D. serve as co-directors of this comprehensive brain tumor center, located in the heart of the Atlantic Neuroscience Institute at Overlook. With the adjacent Neuroscience Outpatient Center, Inpatient and Critical Care Units, the fifth-floor area near the hospital's main entrance allows patients to receive consultations, testing, and care in one convenient location.

The Gerald I. Glasser Brain Tumor Center features a multidisciplinary panel of experts who, together, review each patient's medical history and create individualized treatment plans to address benign and cancerous tumors of the brain, skull base, spine, and spinal cord.

"A brain tumor diagnosis is a traumatic event," acknowledges Dr. Jaeckle. "We understand that, and we're always working to give patients the chance to stay one step ahead of their disease."

Currently, more than \$2 million has been raised toward a \$5 million goal to fund the relocation and expansion of the dedicated outpatient center: a conversion and relocation of a dedicated neuro-operating room; an advanced practice nurse, nurse navigator. research nurse, and data coordinator; support programs including integrative medicine, palliative care, and social work; and educational outreach.

Drs. Jaeckle and Moshel are also dedicated to building a robust research program which will provide patients with the best access to groundbreaking medical trials and treatments. As a member of the National Cancer Institute Cooperative Group System and the Alliance for Clinical Trials in Oncology, the center is able to offer the latest cutting-edge treatments and most novel therapies available.

For the more than a thousand patients cared for each year, the Gerald J. Glasser Brain Tumor Center delivers state-of-the-art care while easing minds, comforting families, and keeping hope alive. On a national and even global level, countless patients stand to benefit from ongoing research that looks to revolutionize the field of neuro-oncology for years to come.



Joining in the late fall ribbon-cutting ceremony for the Gerald J. Glasser Brain Tumor Center at Overlook were family members (front, center) Marlene Glasser, Laura Glasser-Baker, Marqie Ticknor, Anne Glasser, Rebecca Glasser-Baker, Meg Glasser, (rear, center) Jack Ticknor, Mark Ticknor, and Sam Ticknor. Also on hand for the festivities were Kurt Jaeckle, M.D. and Yaron Moshel, M.D., co-directors of the center; Joana Emmolo, M.D., radiation oncologist; John Halperin, M.D., director, Atlantic Neuroscience Institute at Overlook; Alan Lieber, president, Overlook; and Brian Gragnolati, president and chief executive officer, Atlantic Health System.

Gerald J. Glasser Center for Neuro Rehabilitation **Offers Specialized Therapy**

Patients with strokes, brain injuries, movement disorders, vestibular disorders, neurodegenerative diseases, gait/balance dysfunction, and spinal cord injuries are now receiving specialized care in the Gerald J. Glasser Center for Neuro Rehabilitation. The state-of-the-art center opened last March at the Atlantic Rehabilitation facility in New Providence, thanks to a special gift from Overlook Foundation trustee Gale Metzger, a longtime friend and business partner of Mr. Glasser.



"We saw an increasing need for specialized therapists and a dedicated space for this patient population." states Christina Miranda, a physical therapist who oversees neuro rehabilitation services. "Although people with neurological disorders can be treated anywhere, they can now participate in a comprehensive program with physical therapy, occupational therapy, speech/language pathology, and audiology in one convenient location."

A team of therapists with advanced training and education in neuro rehabilitation evaluates each patient and collaboratively develops an individualized plan of care to improve physical functioning, communication skills, swallowing, visual/perceptual deficits, and cognitive dysfunction.

"The center includes a specialized gym with unique equipment and features for neuro rehab patients," Christina points out. "We have a ceiling harness to provide body weight support if someone cannot walk independently, an electrical stimulation system to help patients with foot drop, and specialized equipment for patients with visual and/or vestibular disorders.

There is also a full working kitchen and washer/dryer for occupational therapy, private treatment rooms, and a biweekly prosthetic/orthotic clinic."



BEATING THE ODDS AGAINST GASTROINTESTINAL D | S E A S E

Joseph Dragona has many interests, and at the top of that list are fast horses and Italian food.

"I've been to 62 racetracks around the country and I've worked in the restaurant business for over 42 years," claims the 70-year-old Secaucus resident. "I love to bet on horses and I love a good Italian meal."

So when Joe began having trouble swallowing, it soon became painful for him to eat – not only Italian food, but just about anything.

"I thought I had the flu, but I mentioned my swallowing problem to my family doctor during my annual physical," recalls Joe. "He sent me for an endoscopy and I was shocked to learn that I had stage 4 esophageal cancer."

Over the next several years, Joe underwent simultaneous rounds of chemotherapy and radiation treatment, but the cancer came back – three times. By then, Joe's esophagus was compromised from the previous treatments and he was not a candidate for surgery or further radiation.

Joe's oncologist referred him to Tamir Ben-Menachem, M.D., M.S., a leading member of Overlook's Gastrointestinal Interventional Endoscopy Program and one of the few gastroenterologists in New Jersey with extensive experience in the use of endoscopy to diagnose, stage, manage, and treat diseases of the digestive tract.

Endoscopy is a minimally invasive procedure that uses a thin, flexible tube (or endoscope) equipped with a camera and light at its tip. The endoscope is inserted either in the mouth or rectum and passed through the esophagus or intestines to produce color images of the esophagus, intestinal tract, and even surrounding organs.

"We've entered an entirely new frontier when it comes to the far-reaching capabilities of interventional endoscopy for detecting and curing early-stage cancers of the digestive tract," observes Dr. Ben-Menachem, an associate professor of medicine at Rutgers-Robert Wood Johnson Medical School and former director of gastrointestinal endoscopy at Robert Wood Johnson University Hospital and chief of the Therapeutic Endoscopy Program.



"Thanks to advancements in endoscopic imaging, technology, and techniques, we are able to remove tumors from the walls of the intestines or stomach without surgery, see and access areas beyond the GI tract, and actually advance scopes into the liver, gallbladder, and pancreas. This allows us to also treat a variety of benign conditions, such as gallstones, chronic pancreatitis, and liver blockages. The benefits to patients include fewer complications, quicker recovery, lower costs, and no overnight hospital stay."

Physicians affiliated with Overlook's program, which is recognized by the American Society for Gastrointestinal Endoscopy for promoting quality in endoscopy, are also utilizing their endoscopic expertise for nonsurgical bariatric procedures, palliative care nerve blocks and feeding tubes, bile duct blockages, post-surgical drainage issues, and establishing critical connections between organs.

Dr. Ben-Menachem performed an outpatient endoscopic procedure called endoscopic mucosal resection to remove the cancer from Joe's esophagus. Once free of cancer, he then performed radiofrequency ablation to remove precancerous tissue from the esophagus in order to prevent recurrence of the cancer. During the 45-minute procedure, an electrode mounted on a balloon catheter (endoscope) delivered heat energy directly to the diseased lining of the esophagus. The process destroyed precancerous tissue, which sloughed off after 48 to 72 hours and was replaced over the next six to eight weeks by normal tissue.

After several treatments in Overlook's dedicated interventional suite and follow-up visits with Dr. Ben-Menachem, Joe's cancer is gone.

"I can eat anything now," says Joe, happily. "I'd follow Dr. Ben-Menachem to China. He truly cares about his patients and I trust him completely.

"I've visited several top hospitals in our region and many of them treat you like you're in a bakery. You get 10 minutes and that's it. Here, it's different. The staff is courteous and professional, and they always call to make sure everything is OK after my procedures.

"I'd put my money on Dr. Ben-Menachem and Overlook, anytime!"

THE OVERLOOK HERITAGE SOCIETY

Three-dimensional imaging and computer-assisted tissue removal now help create custom-shaped joints for partial knee implants, according to orthopedic surgeon Jeffrey Leary. In a presentation that repeatedly drew oohs and ahhs, Dr. Leary spoke to Overlook Heritage Society members at their annual luncheon in December. The reduced trauma, he reported, means that a majority of his patients enjoy same-day discharge after their procedures.

The 55 members and their guests who attended also heard how the gift of a house three decades ago is still generating opportunities for student nurses to reduce their tuition costs and find a work-home at Overlook Medical Center.



Clelia Biamonti with Kay and Dr. Tom Inglesby



Arline Siegel and Robert Kaeppel



r. Jeff Leary with Kris and Dr. Norm Luka

Membership in the society remains near its all-time high, with 169 members. The society added five new members since the 2016 luncheon and lost members Louise Donner of Littleton, Colorado, Ellen Miller of Springfield, Stanley Stroz of Basking Ridge, John Bent of Hillsboro Beach, Florida, Baxter Graham of Summit, and Mary Nightingale of Maplewood.

All people who name the foundation in their will, designate a gift from their IRA or retirement account, donate a life insurance policy or an interest in real estate, or create a charitable trust or annuity qualify for membership in the Overlook Heritage Society.

To learn more about how you can change someone's life through your estate plan, please call Kenneth Cole at (908) 522-2181 or e-mail him at kenneth.cole@atlantichealth.org.

Mrs. Robert Abelson Barbara Alleyne Anne S. and Paul A. Babineau Mr. and Mrs. Amos T. Beason lanet Bent Mr. David Bialoglow Clelia Biamonti and Adam Psichos Miss Audrey L. Boise Ms. Marylane T. Burry Mr. and Mrs. David C. Bushnell Teresa C. Byrne Mrs. Palma Celiano Diane I. Cesarz Bernard H. Chaiken, M.D. Ms. Jessalyn Chang Mrs. Judith A. Chicka Carol and Ed Cimilluca Mr. and Mrs. F. Chandler Coddington Jr. Kenneth D. Cole Dr. and Mrs. Jerome I. Cook

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THEBENEE OF BRINGING HOM

more than 2,500 babies each year and 99 percent are routine procedures. It's the one percent that is the ultimate measure of our capabilities..."

"We deliver

When Kim Keenoy, her husband, James, and their five-year-old daughter, Emmy, decided to relocate from Hoboken nearly two years ago, they - like many young families – were looking for a more a relaxed suburban lifestyle with top-shelf urban amenities. The Keenoys got that and more when they moved to Westfield and chose to have their second child at Overlook.

"We can't say enough about the nurses and doctors who took care of our baby Mara when she spent a week in Overlook's Neonatal Intensive Care Unit (NICU)," comments Kim, a vice president at Bank of America in Iselin. "Everyone was so nice, we felt Mara was in good hands, and we were back home and doing well in no time."

During a routine, prenatal visit close to the term of Kim's pregnancy, an ultrasound revealed that Mara's growth was restricted. Kim's obstetrician Dr. Laura Zimmermann, director of Obstetrics and Gynecology at Summit Medical Group, arranged for Kim to come to Overlook to be induced. When

> contractions began after Kim's arrival to Overlook, however, the baby's heartrate began to drop. Recognizing that the baby might not safely tolerate the stress of labor, Dr. Alice B. Gibbons, Dr. Zimmermann's partner and the obstetrician/gynecologist on call, performed an emergency caesarian section.

> According to Dr. Gibbons, a knot in Mara's umbilical cord was depriving her of nutrients and oxygen-rich blood, which would likely explain her low birth weight (under 4 lbs. at 38 weeks) and drop in heartrate prior to delivery.

"Like its name implies, a true knot forms when the umbilical cord loops or interweaves around itself, particularly when a baby moves and turns during pregnancy," explains Dr. Gibbons. "Cord knots occur in less than two percent of pregnancies. Most are relatively loose and don't present a problem. However, if a baby's umbilical cord is knotted early in the pregnancy, the baby's growth and future movements can tighten the knot, squeezing off blood and oxygen to the baby. True knots get more dangerous the closer a baby is to birth, and in worse-case scenarios can cause asphyxia, leading to brain damage or death."

"A C-section is the safest way to deliver a baby when a true knot and/or fetal distress are present," adds Dr. Zimmermann. "We deliver more than 2,500 babies each year and 99 percent are routine procedures. It's the one percent that is the ultimate measure of our capabilities ... those cases that require rapid response, effective intervention, and coordinated teamwork to ensure the health and wellbeing of the mother and baby. That's what separates great medical centers like Overlook from good medical centers."

Designated as a Level III Intensive Perinatal Center by the New Jersey Department of Health, Overlook Medical Center is equipped to care for the highest risk mothers and

babies. Its 15-bed NICU, where Mara spent the first week of her life, offers emergency support and state-of-the-art treatment for a wide range of neonatal conditions, including respiratory, cardiac, genetic, surgical, neurological, hematological, and metabolic diseases.

"I visited her multiple times a day and had great preparation for bringing her home," says Kim, who appreciated the pampering and comforts of home offered in her private room in Overlook's Frank and Mimi Walsh Maternity Center. "The nurses gave me advice on breastfeeding, walked us through the feeding schedule, showed us how to use the car seat, and gave us their phone numbers for 24/7 on-call help."

Overlook's philosophy on caring for babies has earned it the prestigious international designation of Baby-Friendly Hospital by Baby-Friendly USA – an accolade only given to those hospitals who implement successful breastfeeding practices and provide ongoing support for mothers and families.

It's a philosophy that rings true for many families, like the Keenoys, who have discovered that life and health care can be better in the "burbs."

Kim and James Keenoy with their daughters Emmy and Mara, Dr. Laura Zimmermann and Dr. Alice Gibbons



Overlook Supporters Receive Lifetime Achievement Awards



Since 1994, the Overlook Foundation has honored members of its communities who have made significant contributions to Overlook in the areas of community, medical, volunteer, and corporate/foundation service.

At the Foundation's 15th Annual Friends of Overlook Dinner last May, Chair Mike Tanenbaum presented these awards to 2017 Lifetime Achievement honorees Mike and Joan Gambro of Summit; Ed Gaudette of New Providence; Summit Area Public Foundation, accepted by Reagan Burkholder; and Dr. Paul Starker of Summit.

Dr. Lucy Kalanithi Discusses When Breath Becomes Air at Overlook

Speaking to a capacity crowd, widow of the #1 New York Times best-selling author Dr. Paul Kalanithi, Stanford internist Dr. Lucy Kalanithi discussed his book, *When Breath Becomes Air*, in Overlook's Bouras Auditorium last spring.

Dr. Paul Kalanithi was a successful neurosurgery resident at Stanford when he was diagnosed with advanced lung cancer. He died two years later at the age of 37, soon after his infant daughter was born. His critically acclaimed memoir has moved both the medical and literary worlds with its exploration of mortality and how coming face to face with your own death changes both nothing and everything.

Dr. Lucy Kalanithi with Margie and Sam Ticknor of the Glasser Foundation

Having penned the book's stunning epilogue, Dr. Lucy Kalanithi spoke about the writing of *When Breath Becomes Air*, the power of literature to illuminate the human condition, and her husband's compelling message about living a meaningful life. She also reflected on her own experience, standing beside her husband and shepherding his book to publication after his death.

This engagement was the seventh 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.

Joan and Mike Gambro for Community Service

Mike joined the Overlook Foundation board of trustees in 2006 and together, he and Joan have demonstrated tireless enthusiasm and support for Overlook Medical Center. Most recently, they championed the "Gambro Challenge" to help complete the \$2 million Campaign for Atlantic Neuroscience Institute. A senior partner at Cadwalader, Wickersham & Taft, Mike serves as the president of the Lenox Underground Foundation, raising money with his band to support music education for children. An interior designer by trade, Joan is the founder of Bellevue Interiors and associated with Ashlee Anthony Design.

Dr. Paul Starker for Medical Service

Consistently a "Top Doctor" in the tri-state area and currently chair of surgery at Overlook, Dr. Starker has also been director of surgical education for more than two decades. He graduated from Harvard University and Columbia University College of Physicians and Surgeons, and serves as associate director of surgical training and director of surgical residency at Columbia University Medical Center. A recipient of the Blakemore Prize for excellence in research, Dr. Starker has authored 19 peer-reviewed articles and six book chapters, edited two books, and is a valued Overlook Foundation trustee.

Ed Gaudette for Volunteer Service

Ed started volunteering in the Overlook messenger room nearly 25 years ago and has accrued more than 17,500 hours of service. A Boston native and graduate of Boston College, he is a Korean War veteran and a retired vice president of Mutual Benefit Life Co. While Ed loves to travel, noting trips to China and Israel among his numerous adventures, he finds his days at Overlook to be equally gratifying, traveling the hallways with his trademark Wall Street Journal folded in his back pocket. A parishioner of Our Lady of Peace Church, he also enjoys spending time with his four children.

Summit Area Public Foundation for Foundation Service

Founded in 1972, the Summit Area Public Foundation (SAPF) fosters philanthropy in the community by identifying local needs and offering donors flexible ways to make a difference in the lives of their neighbors. To date, SAPF has provided nearly \$1 million to Overlook's Pediatric Orthopedic, Eating Disorders, and Delirium Prevention programs, its Palliative Care Endowment, Atlantic Neuroscience Institute, Thomas Glasser Caregivers Center, and multiple Emergency Department campaigns. Their efforts continue to serve to enhance the local community through education, partnership, and awareness.



Dr. Sophie Morse, Marlene Glasser, Dr. Lucy Kalanithi, and Alan Lieber



Maggie Brady, Kerry Ricci, Johannah Sakimura, Sandra Wrigley, and Donna Seidman

ARTIFICIAL JOINTS -





"I rode my bike to my first post-op visit, just two weeks after surgery. After 10 weeks, I was competing in a short triathlon. Overlook's Joint Replacement Program is in a class by itself!"

Marc "Mickey" Syrop, – Total Knee Replacement Physical Therapist, Triathlete The onset of symptoms is usually gradual. You can't move like you used to. Climbing stairs is more difficult. Walking for long periods becomes painful, and standing up from a chair or getting in and out of a car is harder. If you've tried injections, medicine, and physical therapy and nothing seems to help, it may be time to consult an orthopedic surgeon about total hip or knee replacement surgery.

Hip and knee replacement operations are among the most commonly peformed operations in the U.S. with studies showing that an estimated 7.2 million Americans are living with artificial knee and hip joints. As the baby boom population ages and the prevalence of osteoarthritis rises (the main reason for hip and knee replacement surgery), many more people will be candidates for joint replacement surgery.

"By removing the bone surfaces within the joint and replacing them with synthetic materials – durable, wear-resistant plastic or metal – we can help most patients regain full mobility and resume an active, fulfilling life," says Jeffrey Leary, M.D., an orthopedic surgeon, who completed his fellowship training in both orthopedic trauma and complex hip and knee replacements following two combat tours of Afghanistan as a member of a select Special Operations Surgical Team.

Now, Dr. Leary and his colleagues are helping patients to significantly improve their quality of life, thanks to the expert compassionate care provided by Overlook's Comprehensive Joint Replacement Program team.

"Once we determine that the patient is a good candidate for joint replacement surgery, they (and often their caregivers) spend a full day here preparing for it," explains Dr. Leary. "I call it Joint Day Camp! They go through pre-admission testing, attend a class where they meet the nurses and physical therapists who will care for them, and learn in advance what to expect following surgery."

"We want to ensure the best possible outcome for every patient, so we perform a head-to-toe evaluation to determine what – if any – risk factors need to be addressed prior to surgery," adds Gina LaCapra, M.D., FACP, director of Overlook's Pre-Op Medical Evaluation Center and associate director for the Internal Medicine Residency Program, which trains future physicians in pre-op optimization.

"Pre-op nurses obtain a patient's full medical history with the help of the patient's primary care provider and a comprehensive questionnaire; and we perform diagnostic tests, including EKGs, chest x-rays, and blood work," continues Dr. LaCapra. "We might determine that certain risk factors, like diabetes, obesity, or other medical diseases, need to be addressed before surgery can occur."

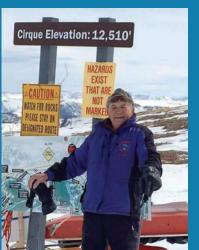
"We're taking a much more personal, modern approach to joint replacement surgery here," says Dr. Leary. "Our surgical staff is at the forefront of many advances in orthopedic surgery specialties, including anterior approach hip replacement, robotic-assisted joint replacement, minimal incision surgery, and computer-navigated surgery."

When it comes to pain management, Dr. Leary says that the Overlook team prefers a multi-modality approach, incorporating non-narcotic medicines, anti-nausea drugs, steroids, and nerve blocks rather than high doses of opioids. "The majority of patients are off pain meds in two weeks," Dr. Leary states.

Another standard operating procedure is early mobilization. Most hip replacement patients are home the next day, while knee replacements are home within two days. After a patient's discharge from Overlook, in-home physical therapy begins five days a week for two weeks, along with visiting nurse services to monitor patients' vital signs – and is followed by outpatient therapy.

"Convenience is key for the growing number of people undergoing rehabilitation following hip and knee replacement surgery," observes Dan Whelan, director of outpatient rehabilitation services. "That's why we've established rehabilitation centers in multiple locations throughout Overlook's service area with highly trained staff members and leading-edge equipment to maximize recovery."

"We're not just sending patients home and saying 'good luck,'" explains Dr. Leary. "We're providing an entire support system to ensure the best possible return to their normal routine – whether they are teachers or triathletes."



"I put off having surgery for seven years, but I was home the same day and driving the next. Now, I'm skiing again."

Siegfried Szardenings, 83

– Robotic Partial
Knee Replacement
Avid Skier, Golfer,
Outdoorsman

THE HIP WAY TO STAY MOBILE



"Despite several complications from a previous hip replacement, Dr. Leary managed to give me a hip that is better than ever. There was no pain.

I have total mobility. I can climb stairs with ease; and within five months of my surgery, I qualified for the Duathlon
World Championships."

Ed Wright, 71 – Hip Replacement Triathlete

 $\mathbf{1}$

GIVING AT A GLANCE



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 \$500 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 Gift of Gratitude in honor of a caregiver;
- 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

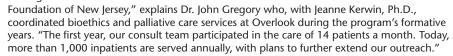
The Overlook Foundation 36 Upper Overlook Road P. O. Box 220 Summit, NJ 07902-0220 908-522-2840 www.overlookfoundation.org

\$2.5 Million Raised for Palliative Care at Overlook

Donors and staff gathered last summer to celebrate completion of the Overlook Foundation's Palliative Care Campaign, which surpassed its original goal by raising more than \$2.5 million to endow positions that are crucial to the program, some of which are not covered by insurance.

Palliative care is for people of any age, and at any stage in illness, whether it be curable, chronic, or life threatening. Typically, the team of professionals who deliver such care includes physicians, advanced practice nurses, chaplains, and consulting psychiatrists, dieticians, and social workers. Their goal is to provide patients with relief from the symptoms and stresses of serious illness, whatever the diagnosis.

"We first sought funding for a palliative care program in the late 1990s and began developing it after receiving an initial grant from the Healthcare



Only two-thirds of U.S. hospitals provide palliative care services, with Overlook being one of fewer than 20 hospitals in the country to have a chaplain certified in palliative care.

Not to be confused with hospice or end-of-life care (which Overlook pioneered in New Jersey back in 1978), palliative care can be helpful in offering another layer of support for patients who are undergoing often difficult medical treatments such as curative chemotherapy. In addition to helping relieve a patient's pain, anxiety, and/or loss of appetite, the team addresses psychological, social, and spiritual concerns that may arise for seriously ill patients and their families.



(above) Celebrating a successful fund-raising campaign are Kitty and Dave Hartman, campaign chair, with Dr. John Gregory, founding medical director of the program, and his wife, Alice.

(left) Dr. Rashmi Kaura, medical director of the Palliative Care Program at Overlook, offers guests information about how this specialty is transforming patient care.

Liam's Room Continues to Comfort Children and Their Families

Since opening in the spring of 2009, Liam's Room has provided a home away from home for children suffering from chronic or potentially life-limiting illnesses that require frequent hospitalizations and rehabilitative treatments.



This unique inpatient palliative care room on the Meri and Sol Barer Pediatric Unit in the Goryeb Children's Center at Overlook was the first of three Liam's Rooms in the state created by the McNamara family of Westfield, in loving memory of their son, Liam Hayden McNamara.

Today, reaching beyond its original scope, Liam's Room welcomes many young patients who are in need of a little extra TLC. Some have come from out of state for special surgical procedures, while others who are in long-term care facilities may require some inpatient care. Patients who might require a lengthier stay, as those suffering from sickle cell or an eating disorder, also make use of the room.

We are so fortunate to have this beautiful, nome-like setting that allows many children with pecial medical needs to spend time with their amilies during care," says Carrie Vallacchi, pediatric linical coordinator. "With our staff's guidance and upport, they experience a visit to the hospital in a yay that no other space can provide."

Up to 20 families each year have found comfort in Overlook's Liam's Room. Decorated in a colorful beach theme, it includes a desk, night stand, armoire, flat-screen television, computer, video games and player, books, microwave, and a pull-out couch for family members who stay overnight.

Patients Buoyant Over Benefits of Aquatic Therapy

Patients with reduced mobility, limited strength, and painful conditions, such as osteoarthritis and fibromyalgia, are enjoying the benefits of aquatic therapy, offered by Atlantic Rehabilitation Services at Berkeley Aquatic Club in New Providence.

"This center stands out because we offer both physical therapy and medical fitness services in a therapeutic pool setting," comments aquatic leader Jaime Cozine, a physical therapist with over 17 years of experience in aquatic rehabilitation. "The buoyancy and warmth of the water in the therapy pool provides relative weightlessness and relaxation, allowing patients to exercise in a safe, comfortable environment under the direction of a physical therapist."

The facility offers underwater treadmills, resistance jets, and external resistance devices, such as paddles and weights, for improving function, balance, strength, circulation, sensation, and motor control. There is a gym area for land physical therapy, as well as locker facilities available for patient use.

"We're open five days a week and see between 20 and 40 patients during that time," adds Jamie. "Clients especially love the warm water, which is kept at a comfortable 92 degrees."

For more information or to schedule an initial evaluation appointment, call 908-522-2215 and ask for Aquatics.



THE HONOR ROLL OF DONORS

of individuals, corporations, organizations, and foundations who contributed \$1,000 or more to the Overlook Foundation from July 1, 2016, through December 31, 2017.

The generosity of our donors has enabled Overlook to evolve into a nationally respected medical center, providing advanced care close to home. We are proud of the world-class treatments, technologies, and programs that are right here for our patients and their families . . . and gratefully acknowledge the donor support that makes them possible.



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A Fond Farewell

In 1969, when Ann Oliva began working at Overlook as a young nurse, little did she know the twists and turns her health care career would take. From the hospital's inpatient floors, to the Community Health and Public Relations departments, and finally to the Foundation, Ann's dedication to Overlook is legendary to all whose paths she crossed over the past 48 years.

Gathering this past fall at the home of trustee Meri Barer and her husband, Sol, many Overlook Foundation trustees, past and present, were on hand to celebrate Ann's retirement.

In recognition of her early nursing career, well-wishers have contributed more than \$250,000 to the Ann M. Oliva Scholarship for the Professional Development Program at Overlook which was created and endowed nearly a decade ago in honor of Ann's 40th anniversary of service to Overlook. To date, scholarship funds have helped more than 50 local nursing students defray the cost of their nursing school education.



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A Letter from the Overlook Auxiliary



Christina Amundson and Anne St.Clair

Since the Overlook Foundation was formed, it has enjoyed strong synergy with the Overlook Auxiliary. Unquestionably, we work well together. We share our primary focus: to raise funds for Overlook Medical Center with the Overlook Auxiliary routinely providing funds for many important projects that the Overlook Foundation undertakes on behalf of the hospital, and most recently collaborating on the Emergency Department renovations for which the Overlook Auxiliary has pledged \$100,000. As a result of this synergy, we magnify each other's efforts to improve the patient experience at Overlook Medical Center, each in our own distinct way.

In addition to raising needed funds, the Overlook Auxiliary provides hands-on volunteer efforts. Personal service was the focus when the Overlook Auxiliary was founded in 1916, when the founding members cleaned and changed hospital linens and took on other needed operational tasks. We are deeply grateful that personal service continues to be an important component of today's Overlook Auxiliary with our members hosting bimonthly Oncology Teas and acting as Patient Care volunteers.

Our members bring the holidays to Overlook's hallways, honoring Christian and Jewish traditions. They also run the Auxiliary Gift Shop & Bloom, as well as multiple vendor events throughout the year; host the popular Holiday Reception for staff and volunteers; help to relieve stress for patients and staff alike by curating many beautiful "Art at Overlook" exhibits; and, in the fall, hosted the very successful 2017 Kitchen Tour so that patients of Atlantic Hospice can receive complementary therapies. This priceless personal service sets the Auxiliary apart and brings an extra dimension to Overlook Medical Center.

Transitions and continuity mark this year for both the Foundation and the Auxiliary. We welcome the leadership of Clelia Biamonti and applaud her efforts and that of her team to continue the proud legacy of Ann Oliva while forging their own approach to support Overlook's continued journey of medical excellence and innovation. We are proud to stand beside Clelia and her team on this journey as we lead the Overlook Auxiliary after reaching a milestone century of support for Overlook Medical Center. With a new website, improved communications, and passionately involved membership, the Overlook Auxiliary looks forward to working together with the Overlook Foundation for many more years of contributing to the compassionate care that is the hallmark of the Overlook Medical Center community.

With our heartfelt gratitude,

Christina Amundson and Anne St. Clair, Overlook Auxiliary Co-Presidents



The 2017 Overlook Auxiliary Kitchen Tour raised more than \$41,000 for the Atlantic Hospice Complementary Therapy Program. Among the several hundred visitors who enjoyed a peek at five beautiful Summit homes were Jean Marie Volpe, Patty Avelino, Clelia Biamonti, Stacy McCann, and Lucy Lord.

THE HONOR ROLL

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Meri Barer, Ann Oliva, and Dr. Lisa Hurckes



Dr. Brian and Andrea Beyerl with Dr. Rob and April Sussman



Dr. Jim Gardner, Dr. John Vigorita, and Kerry Mowry

Hitting the Links

Trustee Jess Chang, Wayne Paglieri, Jonathan Norton, and Linda Carubia were among the golfers who enjoyed a beautiful June day at Canoe Brook Country Club, Summit, for the Foundation's 27th Annual Golf Tournament. Some \$115,000 was raised for the Gerald J. Glasser Brain Tumor Center at Overlook thanks to the generosity of participating individuals and corporate sponsors.



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Children's Center at Overlook to deliver each and every dollar they raised with their lemonade stand last summer. It is their hope that our youngest patients will realize that other children are wishing them a speedy recovery and return home. The girls are the granddaughters of past Overlook Foundation Trustee Philip Davies.



Estate of Shirley Grenz

Estate of Ellen L. Miller

Estate of Florence A. Minifie

Estate of Theresa M. Murphy

Estate of Barbara J. Sutherland

Estate of Henry G. Parker III

Estate of Dorothy F. Weiss

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Dr. Dennis Lowenthal, Dr. Robert Fuhrman, and Dr. Mark Zimmerman



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Patient Makes Gift of Gratitude

Loretta and Don Smith (second and third from left) recently made a gift to the Foundation in gratitude for the outstanding care delivered by members of the Radiation Oncology team including Donna Delicio, Dr. Joana Emmolo, Marilyn Cuevas, Joanne Winnick-Merullo, and Murtaza Versi. The Gift of Gratitude program provides an opportunity for patients and their families to say thank you to those Overlook staff members and departments who go the extra mile in caring for them or their loved ones.



Madison Toy Drive Delivers

The children who visit Overlook's child life playroom during their inpatient stay will have a lot more toys to enjoy, thanks to the efforts of the Madison Police Department and Mayor's Office. Delivering piles of goodies from their town toy drive were Mayor Bob Conley, Chief Darren Dachisen, Det. Sgt. Paul Kosakowski, Lt. Joseph Longo, Lt. John Miscia, and Corporal Lisa Esposito.

OVERLOOK AT A GLANCE

Overlook Medical Center – located in Summit. New Jersey – is a nationally recognized, nonprofit regional medical center whose achievements have been recognized by some of the country's most prestigious health care organizations. Since its founding in 1906, Overlook has been committed to delivering the highest standards of health care, with an emphasis on quality, compassion, and innovation.

With 504 beds, 1,553 attending physicians, 87 medical residents and 3,746 employees, Overlook offers patients access to state-of-the-art technology; a comfortable, family-friendly environment; and clinical care that is on the forefront of medicine.

Overlook Medical Center is part of Atlantic Health System, one of the leading nonprofit health care systems in the state. Its Trusted Network of Caring® promises our communities that all who enter our system receive the highest quality care delivered at the right time, at the right place, and at the right cost.

Accolades

- One of 'America's 100 Best Hospitals' for clinical excellence by consumer health care rankings group Healthgrades®, placing Overlook in the top two percent of hospitals in the nation for clinical performance
- One of 'America's 100 Best Hospitals' for stroke care, general surgery and critical care (Healthgrades®)
- Among the top five percent of hospitals in the nation for Bariatric Surgery and a five-star recipient two years in a row (Healthgrades®)
- 2017-18 Best Regional Hospital by U.S. News & World Report
- 2017-18 'High Performer' in the following four specialties: Colon Cancer Surgery, Diabetes & Endocrinology, Heart Failure, and Neurology & Neurosurgery (U.S. News & World Report)
- The Joint Commission's Disease-Specific Care Certification for Depression awarded to Atlantic Behavioral Health at Overlook
- The Joint Commission's Perinatal Care Certification, recognizing Overlook's commitment to integrated, coordinated, and patientcentered care for mothers and their newborns, one of a small number of U.S. hospitals to achieve this distinction
- One of 10 New Jersey hospitals designated a baby-friendly birth facility by the World Health Organization and UNICEF
- Practice GreenHealth Emerald Award, Greening the OR Award, Becker's Hospital Review's list of Greenest Hospitals in the nation for sustainability efforts, including tri-generation power plant and recycling efforts, beehives, and community gardens
- Leader in LGBT Healthcare Equality (Human Rights Campaign Foundation Healthcare Equality Index 2017)
- National Medal of Honor for Organ Donation (U.S. Department of Health and Human Services)
- Atlantic Health System, recognized by Fortune as one of its 100 Best Companies to Work For® (ninth consecutive year)

Milestones

- 10th anniversary of Overlook's Union Campus Emergency Department, which earned its third consecutive Lantern Award from the Emergency Nurses Association
- 100th patient transfer to Atlantic Neuroscience Institute at Overlook via our rooftop helipad
- 10th anniversary of the Breast Center at Overlook
- Among first in the nation to implement the new Siemen's 3T MAGNETOM Vida
- Gerald J. Glasser Brain Tumor Center at Overlook opens

Community Health Impact

- 157 screenings, educational programs and initiatives
- 11,437 people reached
- \$785,000 in services donated to community

Cultivating the Future

- 52 new research studies opened, including several new trials in the Brain Tumor Center
- First patient in a Humacyte trial randomized by OMC
- Hosted inaugural class of Union County's Project SEARCH, a program helping young people with developmental disabilities prepare to enter the workforce through on-the-job internships, and was the first organization to hire from among the class of interns

GREENHEALTH EMERALD





2017 **OPERATING STATISTICS**

> **Admissions** 24,480

> > **Average** Length of Stav **4.4** days

 Five percent increase in discharges home following launch of mobility initiative, designed to get patients safely on their feet sooner

First invention to be featured and promoted through Atlantic Health System's Innovation Center, the ISSI Box was developed by the Overlook Pharmacy to reduce insulin waste

• Launch of online medical record system, empowering patients to control their health care and medical history in one secure location

AMERICA'S **100 BEST** HOSPITALS 2017 **** healtharades

Births

2,733

PERFORMING HOSPITALS **USNews**

COLON CANCER SURGERY DIABETES & ENDOCRINOLOGY **HEART FAILURE** NEUROLOGY & NEUROSURGERY

Same Day Surgical **Procedures**

9,603

AMERICA'S 100 BEST

US News

2017-18

TO WORK FOR

FORTUNE

BARIATRIC SURGERY FIVE-STAR RECIPIENT 2017 **** healthgrades

== 2017 ==



AMERICA'S 100 BEST

CRITICAL CARE

2017

Inpatient Surgeries 5,440

> **Emergency** Department **Visits**

> > 100,393

From the joy of welcoming a new life into the world, to a commitment

> to solving the most complicated medical mysteries, we strive to

create "Moments That Matter."

LEADERSHIP

ATLANTIC HEALTH LEADERSHIP

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Overlook Junior Board Awards Grant to NICU

Philanthropy took on new meaning for teens from the Overlook community as they learned how a nonprofit board functions, worked through the grant process, and raised funds for their chosen cause. Student representatives from 13 area high schools served as members of the Overlook Foundation Junior Board for the 2016-17 school year, which culminated in their awarding of a \$40,000 grant to the Neonatal Intensive Care Unit (NICU) at Overlook Medical Center.



Accepting on behalf of the NICU were (rear left) Dr. Gaines Mimms and Dr. Denise Hassinger, joined by Junior Board Sarah Pishko, Chatham HS; Sydney VonOehsen, Scotch Plains-Fanwood HS; Brent Faecher, Governor Livingston HS; Emily Blumstein,

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