



NAVIGATOR

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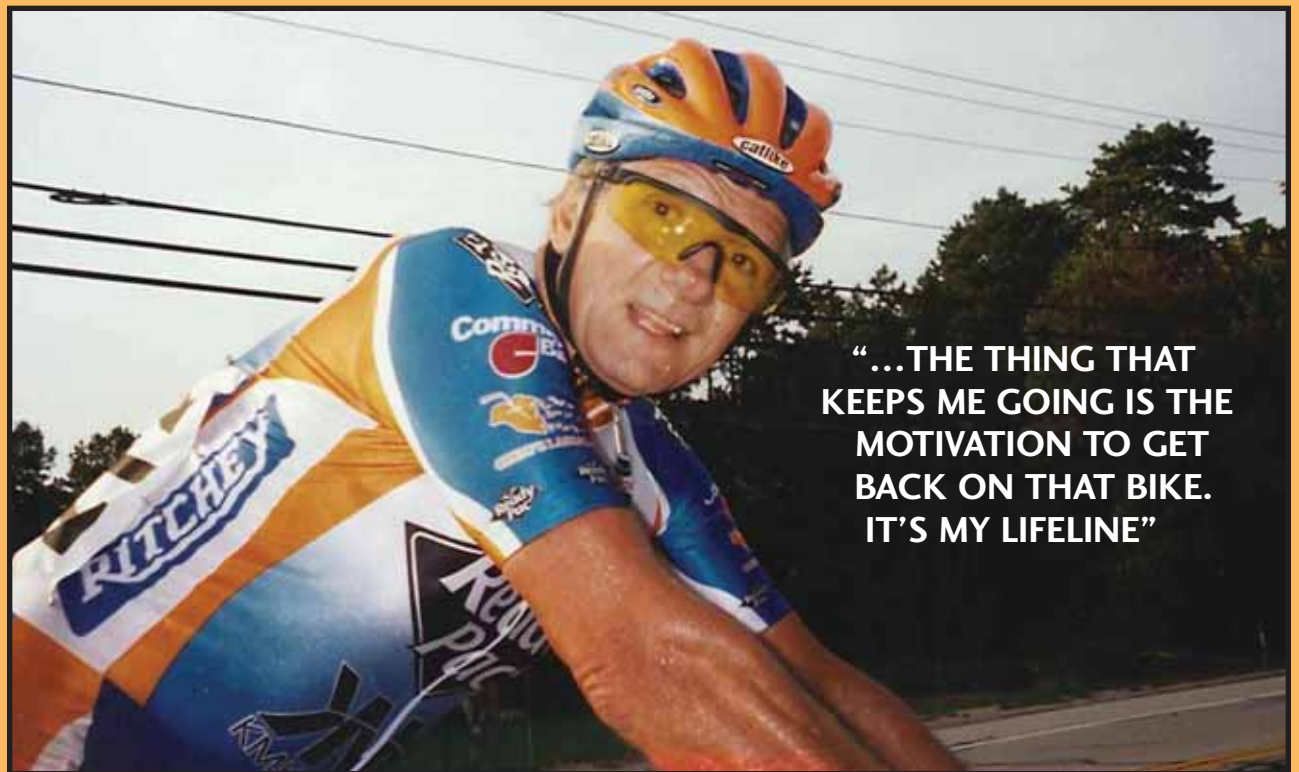
LIFELINE CHALLENGE A CYCLING EVENT TO FIGHT PROSTATE CANCER

It is sometimes said that any man who lives long enough can expect to develop prostate cancer. Prostate cancer is the most often diagnosed cancer in men after skin cancer, and it kills more men than any other cancer except lung cancer.

For all his 77 years, elite international bicycle racer Michael Lyach has been a man to be reckoned with. He's mastered tough terrain from Eastern Europe to South America and helped coach the young Greg Lemond to victory in the 1979 Junior World Championships. Back in the 1960's, he was among those who helped convince New York Mayor John Lindsay to open Central Park to bicyclists. Mike has lived on three continents and speaks several languages.

But the battle of Michael Lyach's life was his battle against prostate cancer. He won it with the help of The Cancer Center at Clara Maass Medical Center. This year, determined to support Clara Maass Medical Center's efforts to help other men beat prostate cancer, Mike led the race for Prostate Cancer Screening and Education with the LIFELINE CHALLENGE, which was held on Sunday, September 21, 2008 in Branch Brook Park.

The LIFELINE CHALLENGE took place during Prostate Cancer Awareness Month, and drew 211 bike-riding participants in addition to those who stopped by just to enjoy the spectacle. Tiered cycling events ranged



"...THE THING THAT KEEPS ME GOING IS THE MOTIVATION TO GET BACK ON THAT BIKE. IT'S MY LIFELINE"

from pro races to recreational 5, 10 and 15 mile rides. Together, races and recreational rides offered something for everyone, from elite riders and corporate teams to survivors, families, community groups and other individual supporters.

Elite professional cycling is a tight-knit community, and riders came from New York and Pennsylvania as well as throughout New Jersey to compete in a series of races in which cyclists reached speeds of close to 50 miles per hour.

"This is the happiest day of my life," Mr. Lyach repeated throughout the event, his broad smile speaking volumes.

"Prostate cancer doesn't just affect the men who are diagnosed with the disease," said

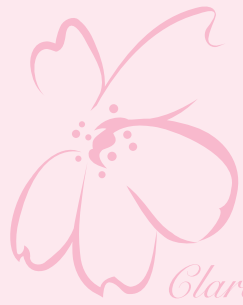
CMMC Executive Director, Thomas A. Biga addressing the crowd. "It affects all the people who care about them and depend on them. So it's good to see all the families out here today, having fun and raising money that will help make sure that their fathers and grandfathers and husbands will be with them for a long, long time."

In addition to the races and recreational rides, the LIFELINE CHALLENGE featured informational sponsor tents and food vendors.

County Executive Joseph N. DiVincenzo, Jr. was honorary chair for the LIFELINE CHALLENGE, which was sponsored by: Associates in Urology; Bard; Brookdale ShopRite; Clara Maass Auxiliary; Clara Maass

Medical Center Department of Radiation Oncology; Clara Maass Medical Center Foundation; Essex Imaging Associates; Gaccione, Pomaco & Malanga, P.C.; Kearny Federal Savings; Livingston Services Corporation; Saint Barnabas Health Care System; Sills Cummis & Gross; The Cardiovascular Care Group; The Marathon Group; Uniformity; and Valley National Bank.

The event raised \$25,000, and all proceeds will be used for prostate cancer community outreach, education and screening. For more information about next year's LIFELINE CHALLENGE, scheduled for Saturday, September 26, 2009, call the Foundation at 973-450-2277.



Clara Maass

Medical Center Foundation

“Act as if what you do makes a difference. It does.”

William James

Clara Maass Medical Center Foundation

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Dear Friends:

It's no secret that health care in the United States is in crisis. Here in New Jersey, an incredible 20 hospitals have closed over the past 10 years, and still others are threatened with closure this year. But there is one hospital that can be counted on – a hospital that has been delivering high quality, compassionate healthcare since 1868. One that keeps pace with the latest advances in medicine and technology as it continues to receive awards for quality of care and quality of management.

It is, of course, Clara Maass Medical Center. And you, as part of the community, have the power to help assure that CMMC remains strong: the power to make a difference. As a reflection of that idea, Clara Maass Medical Center Foundation has adopted a new slogan:

“With your gift...make a difference”

This motto, along with our new cherry blossom icon, appears throughout the Foundation's website, which has been completely redesigned to make it easy for visitors to explore. There, you will find the latest news about the Foundation and the Medical Center, including upcoming events that both entertain and educate. You can also use the website to examine all the ways your gift can make a difference. I invite you to the website, and hope you will visit us often at www.claramaassfoundation.org.

The new motto will also appear in the letters we send to supporters, and here in the Clara Maass Medical Center Foundation Navigator, because we believe that those six simple words say a lot about the power of each gift, working with the gifts of others, to assure a bright future for all of us.

Clara Maass Medical Center is here when you need us; we are here for the people of New Jersey. By providing your support, you will invest in the future and help assure the compassion and high level of care that patients have come to expect.

Sincerely,

Jane Newman Kessler, CFRE

Vice President

A Tasteful Experience Raises \$75,000

Now in its fourth year, Clara Maass Medical Center's signature autumn event, *A Tasteful Experience*, brought together 47 vendors, 425 guests, and ABC news anchor Ken Rosato to raise \$75,000 for hospital programs and services. Billed as "an evening of sensational food and wine," the event was held at Pleasantdale Chateau in West Orange. Prismatic Development Corporation was the evening's "Iron Chef Sponsor," while "Culinary Council Sponsors" included Johnson & Johnson Health Care Systems Inc. and Northern New Jersey Anesthesia Associates LLC. "Sommelier Society Sponsorship" was shared by Champ Corp., Hudson Construction, Kearny Federal Savings, Robert and Allegra Kuhl, Phoenix Medical Construction Co., Sills Cummis & Gross, P.C., Valley National Bank, and Wachovia Bank, N.A.

Among the restaurants who donated their time, talent and wares to raise money for the hospital was Ariane Duarte of the Montclair restaurant, CulinAriane. Duarte is a contestant on the Bravo Network's current "Top Chef New York" competition. Other top restaurants and caterers participating in *A Tasteful Experience* were: Bistro 18, Blu, Bohemia, Cabot Creamery, Church Street Kitchen, David Ellis Catering, Farm 2 Bistro, Fascino, Fitzgerald's 1928, Food Company Catering and Special Events, Gencarelli's Bakery, Gina's Bakery, Greek Delights, Joe Bartoni's Italian Market, Love My Cake, LuNello, Mehndi, Mesob, Michael Trullinger, Nanina's In The Park, Off the Hook Seafood, Osteria Giotto, The Pie Store, Pleasantdale Chateau, Prana, Raymond's, Restaurant Passionne, Señorita's Mexican Grill, Table 8, and Toast.

Beverage purveyors included Amanti Vino, Arizona Beverage Company, Bayfield Importing, Grey Goose Vodka, Hunterdon Brewing Company, JTE Spirits, Kobricks Coffee, Martin Scott Wines, Michael Skurnik Wines, Polaner Selections, Rosenthal Wine Merchants, Sussex Wine Merchants, T. Edward Wines, Warwick Valley Winery & Distillery, and Willette Wines.



Robert V Gamba (l), Chairman CMMC Foundation Board and WABC news anchor, Ken Rosato



Sharon Sevrens (far right), owner of Amanti Vino, with members of her staff



Farm 2 Bistro menus featuring locally grown foods



Gencarelli's Bakery offering pastries with an autumn theme



CulinAriane's Ariane Duarte, contender on Bravo Network's Top Chef New York, with husband, Michael



(l-r) CMMC Executive Director, Thomas A. Biga; Foundation VP, Jane Newman Kessler; with WABC's Ken Rosato

What Women Should Know About Heart Disease

Osn't heart disease just heart disease, no matter who suffers from it? Not necessarily. And it is important to understand the differences between how heart problems may show themselves in men and women. Many people think that men are more likely to have heart disease. But the reality is that more women than men die from cardiovascular disease every year. And it's a fact that women who have a heart attack are more likely to die during the following year than men.

Heart disease is the #1 killer of women. If you are a woman, you are 6 times more likely to die of heart disease than from breast cancer. While it may be hard to believe, the truth is that heart disease kills more women over 65 than all cancers combined!

Our knowledge of women and heart disease has been lacking, in part, because women weren't regularly included in scientific studies, which typically focused on men. As we are beginning to understand, there are significant differences in the ways cardiovascular disease behaves in women. We now know that obstructed blood vessels in women are not as likely to show up using traditional tests like exercise stress tests and electrocardiograms. For women, certain blood tests, stress echocardiograms and other alternative tests may be more effective in spotting heart disease.

Heart Attacks in Women

In the movies or on TV, it's easy to tell when someone is having a heart attack. They clutch their chests, gasp for breath, and quickly lose consciousness. In real life – especially if you are a woman – you may not associate the things you are feeling with a heart attack. Although the most common symptom for both men and women is some kind of pain,

pressure or discomfort in the chest, it's not always dramatic pain, especially in women.

Women also are a lot more likely to have other, more subtle symptoms. They may experience extreme and unusual tiredness; a feeling of being lightheaded or dizzy; nausea; neck, shoulder, upper back or abdominal discomfort; or feeling short of breath. By the time women arrive at the emergency room, a lot of damage may have already been done because of a failure to recognize that a heart attack was occurring.

One theory is that women's symptoms may be more subtle because they have relatively smaller arteries than men. Another theory holds that in men, bulky unstable plaques are likely to burst open, while in

women, plaques erode gradually and expose the inner layers of an artery.

The message for women is this: please do not delay in getting to the hospital if you are experiencing any of the symptoms discussed here.

What Are Women's Risk Factors?

By and large, high cholesterol, high blood pressure, obesity and smoking are the main risk factors for both men and women. Some factors, though, may play a larger role in women. Smoking is much worse for women, and there is some evidence that stress and depression may be more dangerous for women, too. Lower estrogen levels prior to menopause may contribute to developing cardio-

vascular disease, and metabolic syndrome – abdominal obesity and high blood pressure along with high blood glucose and triglycerides – has a greater impact on women.

How Can Women Reduce Their Risks?

Don't smoke. Control your weight. Stay active. Even if joining a gym, playing tennis, or jogging isn't for you, don't be discouraged. Buy an inexpensive pedometer and aim to move around enough to log 10,000 steps a day, about five miles.

If your doctor has prescribed medications to control diabetes or blood pressure, lower cholesterol, or prevent clots, take them! And take them regularly. Some women may benefit from supplements. The best advice of all is to talk candidly with your doctor.

Cardiac Care at CMMC

Clara Maass Medical Center houses an adult cardiac catheterization facility, which allows cardiologists to coordinate every aspect of testing to help determine if a patient requires medical management or angioplasty. Among the tests offered are EKGs, 24-hour holter monitoring, vascular studies, 2D Echo with Doppler & Color Flow, stress echocardiograms, nuclear stress testing and transesophageal echocardiography.

What Does the Future Hold?

Recent studies have begun to include women, and what they reveal helps researchers focus their efforts more productively. Physicians have become more aware of what heart disease looks like in women. And women are beginning to educate themselves, ask questions, and adapt healthy habits. So it is safe to say that as we work together, the future is a very promising one for women's – and men's – heart health.



CMMC a Leader in Treatment of Non-Healing Wounds

Since 1992, The Wound Center at Clara Maass has remained dedicated to caring for people with wounds that resist healing. This kind of wound can be a grave complication in people who suffer from diabetes, or have poor circulation from other chronic diseases. Sometimes, such non-healing wounds can even lead to the necessity for amputation. The presence of open wounds may also mean that necessary surgeries must be postponed, creating further health risks.

Fortunately, The Wound Center at Clara Maass Medical Center is one of the leading facilities on the East Coast in treating patients who experience difficulty in wound healing because of

lymphedema; vascular conditions (including diabetes), non-healing surgical wounds, rheumatoid poor circulation; traumatic wounds; arthritis; scleroderma and lupus; cardiac conditions, neuro-muscular conditions; bone infections and malignancies.

Lifestyle, environment and nutrition all play a role in the body's ability to heal, so Wound Center patients benefit from a comprehensive assessment which helps determine a plan of care. A team of podiatrists, vascular surgeons, infectious disease specialists, and plastic surgeons, along with nurses versed in all areas of wound care, work together to manage the most complicated wounds, encouraging the healing process while allowing patients to heal at home. The Center has achieved

a remarkable success rate, even in cases where a patient comes in with an extremely poor prognosis. At The Wound Center, the average patient experiences healing in six to eight weeks.

As more and more patients were referred to the program, The Wound Center outgrew its original quarters on the first floor of the hospital, moving to an expanded space on the first floor of the attached Continuing Care building. In its new location, The Wound Center provides patient access to all the services of the hospital such as laboratory testing, radiological and imaging studies, and vascular studies, should they be needed. The newly remodeled center incorporates several upgrades: three hyperbaric chambers instead of two, five examination rooms and

a spacious waiting room.

At the grand opening celebration on June 11th, Wayne J. Caputo, DPM, who is The Wound Center's medical director, explained the use of hyperbaric chambers to encourage healing. During outpatient treatments, patients are placed into the hyperbaric chambers which deliver high levels of oxygen under pressure to body tissues. A related effect is the increased ability of the blood to transport oxygen, and this increased oxygen level helps the tissues to heal.

The Wound Center is open from 8 a.m. to 4:30 p.m. For more information about the Wound Center at Clara Maass, or for a free brochure please call 973-844-4070.



(L-R) Frank Arena, DPM, Jonathon Levison, MD, Donald Syracuse, MD, Ahmed Taleb, MD, Ronald J. Del Mauro, President and Chief Executive Officer of Saint Barnabas Health Care System, Thomas A. Biga, Executive Director of Clara Maass Medical Center, Joseph LoBiondo, DPM, Wayne Caputo, DPM, Michael Pontoriero, MD, and Parul Amin, MD.

Grant-funded Program Takes Healthcare to Seniors at Home



Old age is no place for sissies. But thanks to *Clara Cares*, a new program that takes healthcare

right into senior residences, it may just be getting easier. As a nonprofit hospital, Clara Maass Medical Center feels a special responsibility to the community, including seniors who have difficulty getting health care due to physical limitations, transportation problems, or a fear of leaving the house. *Clara Cares* was conceived as a residence-based program to include “house call” services, screenings, and health education. *Clara Cares* also provides transportation and coordination for hospital visits that enrolled participants must make for tests or treatment. *Clara Cares* participants receive a bright red carrying case for medications,

as well as a matching red ID holder to wear around their neck.

At each participating building, *Clara Cares* launched with a mini-health fair to which every resident was invited. There, they received free blood pressure, glucose, cholesterol and other screenings. They also had their medications reviewed by the doctor, a service that is particularly important to seniors, who may take many medications prescribed by different physicians.

Supported in part by a grant from The Healthcare Foundation of New Jersey, *Clara Cares* began in April, and by October was already providing services to 133 seniors in eight buildings in Newark, East Orange, Kearny, Belleville and Montclair. The program is a partnership between physicians and CMMC. Patients enrolled in the program

receive routine visits and care in their homes, provided by physicians. Screenings, education and follow-up are provided by an Advanced

Practice Nurse from Clara Maass’s Community Outreach department. For information about *Clara Cares*, call 973-450-2398.



Nurse Practitioner Faith Fajarito of the *Clara Cares* program checks a patient’s blood pressure

Who’s New at Clara Maass



Mary Ann Donohue, Assistant VP Patient Care

Mary Ann T. Donohue, Ph.D., RN, APN, C, NEA-BC is CMMC’s Assistant Vice President of Patient Care Services. Dr. Donohue is a member of the American Organization of Nurse Executives of New Jersey, the American Nurses Association, and is Vice-Chair of the American Nurses’ Credentialing Center, Governing Council for the Institute for Credentialing Innovation. Dr. Donohue also serves as President-Elect of the NJ State Nurses Association and President of the Institute of Nursing.

Dr. Donohue’s M.A. in Nursing is from NYU, her doctorate in Nursing is from Adelphi, and her post-masters certificate—nurse practitioner, psychiatric mental health nursing— is from Columbia University.

“I am delighted to join the Clara Maass team,” she said, “and hope that my experience will help CMMC continue to meet its high standards of excellence in health care delivery.”



Tricia Pearce, Local Compliance Officer

Honesty, integrity, and a finely tuned sense of ethics are central to the code of conduct that guides Clara Maass Medical Center employees. Tricia Pearce, CMMC’s Local Compliance Officer, is here to help staff act in accordance with the highest standards of behavior. Among her responsibilities is providing compliance education for new employees during orientation, as well as annual training for all who work at the hospital.

Ms. Pearce earned her law degree from New England School of Law in Boston and earned her undergraduate degree in Finance from Providence College in Rhode Island. Before coming to CMMC, she worked at NYU’s School of Medicine, where she was Assistant Director, Finance, Grant Budget and Compliance.

“At Clara Maass, I am struck by the close relationship between the medical center and the community. Unlike huge urban hospitals, Clara Maass is much more focused on issues that affect the local communities we serve,” Tricia observed.

Congressman Pascrell Brings Health Fair to Clara Maass

On April 7, Clara Maass Medical Center was the site of Congressman Bill Pascrell, Jr.'s 2008 Congressional Health Fair. Close to 300 people took advantage of the opportunity for free blood pressure, cholesterol, and glaucoma screenings. In addition to conducting the screenings, Clara Maass Medical Center staff volunteered their time to offer body fat analysis, breast self-examination instruction, healthy heart nutritional counseling, as well as pre-natal education and counseling and information on how to kick the smoking habit. Those who attended also had a chance to learn something about emergency medicine and cancer programs at the Medical Center.

Congressman Pascrell himself was on hand to talk to the crowd about healthcare in our State.

“An important component for achieving a healthier New Jersey is preventive care,” Congressman Pascrell said. “Study after study has shown that preventive care, which helps prevent health problems or finds them before they become serious, is cost effective and leads to fewer serious health episodes. With this in mind, I want you to make sure you take advantage of every single free health screening here today. I want to thank all the medical professionals at Clara Maass for their participation and their hospitality.”

In addition to complimentary screenings, representatives of The HealthCare Institute of New Jersey offered information on programs that can help those who qualify obtain free and reduced cost prescriptions. Attendees who qualified were able to enroll right on the spot. The HealthCare Institute is an association of pharmaceutical and medical technology companies in New Jersey, and Institute members Pfizer, Roche and Schering-Plough staffed tables that offered information take-aways on the latest research



Congressman Bill Pascrell, Jr. addresses the crowd at the opening of his 2008 Congressional Health Fair, which was held at Clara Maass Medical Center. CMMC Executive Director, Thomas A. Biga (l), and Bob Franks, President of the HealthCare Institute of New Jersey, looked on.

and treatment. Also offering support was Essex County Freeholder Ralph Caputo.

Besides hosting the Congressional Health Fair, Clara Maass Medical Center regularly partners with surrounding municipalities to sponsor and take part in community health events, education and outreach.

The Medical Center conducts regular cholesterol, blood pressure and glucose screenings at various sites around the community. In addition, comprehensive blood screenings are scheduled for the fourth Thursday of each month.

A complete listing of community events can be found on Clara Maass Medical Center's website, which can be accessed from the Foundation web site www.claramaassfoundation.org.



Oncology nurses were on hand to answer questions at a table devoted to information about the diagnosis and treatment of cancer.

GALA CELEBRATES 50

On September 29, 2007, Clara Maass Medical Center celebrated its 50th Anniversary in Belleville with a 1950's-themed black tie gala at the Richard J. Codey Arena at South Mountain. Senate President and former Governor Richard J. Codey served as Honorary Chairman for the occasion, which was the first formal evening at his namesake venue. Together, sponsors, journal supporters and the 500 guests who attended helped the event raise over \$470,000.

A pink carpet, Hollywood-style lights, sock hop dancers and roller skaters helped set the 1950's mood as guests arrived. Inside, the retro-style theme continued with pink mid-century furniture and floral arrangements that looked like strawberry ice cream sodas.

Emmy Award winning TV personality Steve Adubato acted as host for the evening, which featured entertainment by the 20-plus-member Starlight Orchestra with Valerie Romanoff.

Guests included three who were actually part of the Medical Center's 1957 move to Belleville. On hand to celebrate were Phyllis Oberg, whose husband Albin was the hospital's executive director for 32 years; Sandra Gerson, who was Oberg's secretary; and Marie D'Alessandro, who served as the medical center's director of volunteer services. Also present were representatives of the Fannie E. Rippel Foundation, which rescued the 1957 construction project with a \$1 million grant, the first the Foundation ever made.

"Platinum Record" sponsors for the occasion were Barr & Barr, Ross Products, and the Medical Staff of Clara Maass Medical Center. "Gold Record" sponsors included the Orechio Foundation, Valley National Bank and Northern New Jersey Anesthesia Associates, LLC. "Silver Record" Sponsors were Apruzzese, McDermott Mastro & Murphy, P.C.; Charon Planning; Fannie E. Rippel Foundation; Roosevelt & Cross Incorporated; Prudential Financial; QualCare, Inc.; SEI Investments; Diagnostic and Clinical Cardiology, P.A.; Prismatic Development Corporation; Sills Cummis Epstein & Gross; and Emergency Medical Associates.



(l-r) CMMC Foundation Board Chairman, Robert V. Gamba; former Chairman CMMC Board of Trustees, Thomas A. Kelaher; Ronald J. Del Mauro, President and Chief Executive Officer Saint Barnabas Health Care System; Richard J. Codey, New Jersey Senate President; and Thomas A. Biga, CMMC Executive Director



YEARS IN BELLEVILLE



I'm glad I had that test!

OVERNIGHT SLEEP STUDY

I would never have wound up at Clara Maass Medical Center's Center for Sleep Disorders if it hadn't been for my wife complaining about my snoring. At first, I didn't pay a lot of attention. After all, doesn't everybody snore?

But she said it was getting so loud that I was waking her up, and if I didn't do something about it, she was going to make me camp out in the guest room. That did it. I made an appointment with my doctor to figure out what was going on. He explained that snoring can actually have medical consequences, and it can also be a symptom of several potentially dangerous conditions.

He wanted me to go to the Center for Sleep Disorders at Clara Maass to have a test called a "nocturnal polysomnogram," which is one of four different types of studies they do there. I would be spending all night in the sleep lab, hooked up to equipment to monitor my heart, lungs, brain activity and my breathing. They would also observe arm and leg movements, and see how my blood oxygen levels were doing.

At first, I wasn't crazy about the idea. Spending a whole night in a sleep lab just to find out why I snored seemed like overdoing it to me. But I decided that if one night could help me avoid a serious health problem – and being exiled to the guest room – it was worth doing.

I took clothes and grooming items for the next day, and was even encouraged to bring along my favorite pillow.

The experience wasn't bad at all. The people at Clara Maass Medical Center were great. They did everything they could to put me at ease, explaining things every step of the way.

As it turns out, they did find something. I had a condition my doctor called "obstructive sleep apnea." A blockage in my air-



way was causing breathing pauses. And when I tried to breathe, the air that squeezed past the blockage was causing the snoring. Left untreated, I would have been at an increased risk for high blood pressure, irregular heartbeats, a heart attack, stroke, or diabetes.

In my particular case, my doctor recommended a few lifestyle changes that did the trick, including losing some weight and avoiding alcohol. But for people with more severe sleep apnea, there are plenty of other treatments. All I can tell you is...

I'm glad I had that test!

STRESS TEST

I don't remember when it hit me, exactly. But I started to notice that it was a lot harder to

walk up the hill from the bus stop than it used to be. Every day for years, I'd been taking the bus to work, and I felt good about getting some exercise by walking a few blocks from my house to the bus stop, and then up the hill to work.

But gradually, I began to realize that I was really struggling to catch my breath after the climb, and that my legs felt very heavy. At first I suppose I chalked it up to getting older, but one day I just couldn't ignore it any more, and I said to myself, "Something isn't right."

I called my doctor, who said he wanted me to take a stress test at Clara Maass Medical Center. I'll admit that made me kind of nervous. I knew that they give you a stress test to help find out how well your heart is working. My doctor explained that as the body works harder during the

test, it needs more oxygen, so the heart has to pump more blood. The test can show if the blood flow in the arteries that supply the heart is reduced.

During the stress test, I was hooked up to equipment to monitor my heart. Then I walked on the treadmill while they observed my heart rate, breathing, blood pressure, electrocardiogram, and how tired I got. After a short time, they must have seen something they didn't like, because they told me to stop and get off the treadmill.

It turned out that I had a blockage in one of my arteries. Not long afterward, I had another procedure to clear the blockage, and now I'm back to my old self.

I'm really glad I had that test!

MAMMOGRAM

I didn't like the idea of a mammogram. I heard it was uncomfortable, and besides, I was embarrassed at the idea of having one. And I thought I was too young to worry about breast cancer anyway.

Then I stopped by a table that Clara Maass had at a health fair in my town. They had information on many things, including breast cancer and mammograms. I picked up a couple of brochures and started talking to the nurse who was at the table. I never knew that Latinas like me tend to develop breast cancer at a younger age than other women. Or that, if we do, the tumors tend to be faster growing.

That made up my mind. I had the mammogram, and I was relieved when I found out everything was okay. It wasn't as uncomfortable or as embarrassing as I'd been afraid of, and now I don't have to wonder what is happening in my body. Now, I will get a mammogram every year, just for my peace of mind.

I'm glad I had that test!

Renowned Artist Gives Painting to Clara Maass

This is the first time I have given a painting to a medical center. For me, it's an exceptional day!" said Ukraine-born artist Mikhail Turovsky as he unveiled his Seaside Landscape with Trees to an admiring crowd.

The occasion was a reception attended by physicians, hospital staff, and donors. They were joined by the artist's wife, Sofia, along with members of the Ukrainian community in the U.S. and dignitaries such as Nikolay Shiglik, executive director of The International Chernobyl Project and Igor Kazatsker, press secretary for the World Congress of Russian Jewry.

Mikhail Turovsky's work hangs in the permanent collections of

the National Art Museum of Ukraine in Kiev, State Tretyakov Gallery in Moscow, Yad Vashem Memorial Art Museum in Jerusalem, Herbert Johnson Museum of Art at Cornell University in New York, and Notre Dame University Art Museum, as well as 30 other museums worldwide.

Clara Maass Medical Center has now joined that illustrious company, with the additional distinction of being the only one able to boast that the Turovsky it owns was painted especially for the institution.

Mikhail Turovsky left behind a prominent career in Russia for the sake of creative freedom, arriving in the United States in 1979. He settled in New York and resumed his work there, becoming recognized and

admired for his paintings inspired by the Holocaust. His international reputation continued to grow as he exhibited in New York, Jerusalem, Paris, Brussels, Madrid, Venice, and other cities in Europe.

So how does a noted international artist come to bestow such a gift on a community hospital in New Jersey? For that honor, Clara Maass Medical Center can thank Dr. Arthur Lester, a past president of the medical staff and friend of Turovsky's as well as a great admirer of his work. The idea that art could bring hope and healing to the ill took shape during the friends' long conversations about life and work. And so, the painting was created, its trees inspired by the famous cherry blossoms of Branch Brook Park, just across

the street from the hospital.

Turovsky also loaned five other artworks for the occasion, creating a temporary gallery in the Executive Conference Room adjoining the reception area. Russian born concert pianist Vita Binder performed Rachmaninoff's Etude Cartina on the medical center's Steinway grand piano. In an appealing artistic coincidence, the Steinway was also a gift, donated to Clara Maass Medical Center by the family of Dr. Raphael Remondelli, who was instrumental in bringing the hospital to Belleville.

The reception ended with a surprise for Turovsky when a cake celebrating his 75th birthday was wheeled into the room by his friends Yelena Kimmelblatt and Dina Perepelitsky.



(l-r) Dr. Arthur Lester, artist Mikhail Turovsky, and Executive Director Thomas A. Biga flank the artist's painting.

2008 Golf Invitational Nets \$157,000

Clara Maass Medical Center Foundation's 2008 Golf Invitational was held on Monday, May 5th at the Montclair Golf Club. Nature smiled on the event with sunshine, clear skies and perfect spring weather, a welcome change from the 50 degrees-and-rain that had blanketed the area just two days before!

Perhaps out of appreciation for an ideal day, the 224 golfers in attendance were especially generous. Raffle tickets, Mulligans and Silent Auction proceeds all topped 2007 figures by impressive amounts. In all, the Golf Invitational cleared more than \$157,000 for Clara Maass Medical Center.

Honorary Sponsors for 2008 were Hunter Roberts Construction Group, Prismatic Development Corporation, SEI Investments, and Valley National Bank. The Clara Maass Medical Staff was Dinner Sponsor, and Brunch Sponsors included Banc of America Leasing Healthcare Finance, Champ Corp, Clara Maass Auxiliary and The Leegis Group.



Former Yankees Yogi Berra and Rick Cerone



(L-R) Yogi Berra, James Orsini, MD, Thomas A. Biga, and Chris Direnda

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