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Cherry Hill Campus Transformation

TELEHEALTH is Here to Stay!

Meet Our New Jefferson Specialty Care Providers

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Drive-Thru Health Fairs
What *I Wish* People Knew About Being a DACA Recipient

Mariana Galati, 27, lives in Mt. Laurel, NJ, with her husband. She and her mother emigrated from Mexico to Camden, NJ, before Mariana turned five. She is a “Dreamer,” the nickname for the more than 700,000 DACA (Deferred Action for Childhood Arrivals) recipients living in the U.S.

In 2012, President Obama signed an executive order creating DACA so that young people brought to the U.S. as children would have protection from deportation. These teens and young adults identify as Americans, speak English fluently and have very little memory of living in another country. Some 27,000 – including Mariana – work in healthcare in the U.S., as doctors, nurses, techs and aides. Mariana works for Jefferson Medical Group in New Jersey. Since the outbreak of COVID-19, she has worked every weekend at the Cherry Hill COVID-19 Testing Site.

**I Wish** People Knew Stereotypes about Mexican People are Hurtful – People often stereotype Mexicans as farm workers, but my family was from Mexico City, not a rural area. I don’t like the term “illegal” or even worse – “illegal alien.” It has a negative connotation and sounds like you are a criminal. I’d rather be called “undocumented.” My mother was sold on the dream of coming to America for a better life, but you come here with nothing and knowing no one. It is a hard life. From a very young age, I have been translating for my mom because her English is very limited. I attended Dr. Charles E. Brimm Medical Arts High School in Camden – a magnet school for students interested in healthcare careers. I now work as a Medical Assistant for Jefferson Medical Group and I am a third-year nursing student at Rutgers University. I value my job. I go in at 7 a.m., even though we don’t start testing until 9 a.m., and I stay late to make sure everything is in order before I leave.

**I Wish** People Knew What It is Like Growing Up as a ‘Dreamer’ – I was always hiding my DACA identity from my friends. It was very depressing for me when they were applying to college. I didn’t enjoy my senior year of high school. I thought to myself: I am going to have a mediocre job, working “under the table” because as a DACA recipient, I am not eligible for a Social Security card. A Social Security card here means you exist in this country. That nine-digit number makes you a person instead of someone who lives in the shadows.

**I Wish** People Knew How Fear Instilled by Our Parents Limited Our Social Life – Parents like my mother are afraid for their kids so they scare you by instructing you not to tell anyone your undocumented status. It limits your friendships. Prior to this year, none of my friends or colleagues knew I was undocumented. Recently, I had an epiphany: This is more than just a story about me. Sen. Dick Durbin (D-Illinois) told my story on the Senate floor in April. It’s not something I usually share about myself, but I felt really proud to get my story out there.

**I Wish** People Knew How Difficult Dating is When You are Undocumented – It is hard to get close to someone when you cannot be open about your legal status. After a few months, it would be hard to hide my status so I would end the relationship. When I was dating my husband, he found out by accident when he saw my driver’s license. It doesn’t look like a regular N.J. Driver’s License. He grew up in an affluent family. His ancestors have been here since before the Civil War. Now that he understands the plight of Dreamers, he changed his political party for the one that supports a pathway to citizenship for people like me.

**I Wish** People Knew DACA Recipients are Cut Off from Extended Family – One of the saddest parts of being a DACA recipient is that I never got to bond with extended family in Mexico. My only family was my mother, and later my brother when he was born. My relatives from Mexico did come to the U.S. for my wedding five years ago, but the Visa process is very expensive, so they cannot come often.

Dreamers like me cannot leave the U.S., so I am unable to take a trip to another country or even visit my family in Mexico.

**I Wish** People Knew ‘Dreamers’ Often Have to Assume a Parental Role for Younger Siblings – My 18-year-old brother is autistic. Because of my English proficiency, I am the one who goes to IEP (Individual Education Plan) meetings for my brother and registers him for special education programs. Even though I am not his parent, I must be the responsible adult navigating the educational process for him because my mom is not fluent in English.

**I Wish** People Knew the Emotional Toll of Waiting for Homeland Security to Approve a Visit with a Loved One in Mexico – Five years ago, my grandmother had a stroke and I worked with my immigration lawyer to apply to visit her for “humanitarian reasons.” Attending a funeral or visiting a sick elderly relative falls under this category. Homeland Security has twice denied my request. My case is still pending with the agency. It would require that I go to the U.S. Embassy in Juarez (the most dangerous city in Mexico), undergo a physical and bloodwork, and then be interviewed with and without my husband. It is very risky because I may be denied reentry into the U.S. Emotionally and mentally, the waiting and the stress of this really gets to me. I just want to see my grandmother.

– Dana Earley
Joe Devine Retires from Jefferson Health

Congrats and farewell to Joseph W. Devine, FACHE, who recently announced his retirement after more than 34 years of service to Jefferson Health (and previously, Kennedy Health). Joe, who served as Chair of the Board of the New Jersey Hospital Association in 2019-2020, had most recently served as Executive VP and Chief Experience Officer for Jefferson Health.

In 2013, Joe became President of what was then Kennedy Health, leading the organization through its merger with Jefferson. During his many years of service, Joe played an instrumental role in the campus revitalization programs at both Jefferson Cherry Hill and Jefferson Washington Township hospitals and was known for his commitment to clinical excellence, community outreach, and elevating the patient experience.

We welcome Brian Sweeney, RN, MBA, FACHE, as Jefferson Health - New Jersey’s President and Chief Operating Officer.

$250M CHERRY HILL CAMPUS TRANSFORMATION SNAPSHOT

**Patient Pavilion**
- 7 stories, 230,000 square feet
- 90 all-private patient rooms
- Patient control of room environment: temperature, lighting, and window shades; tablets provide immediate access to patient information (MyChart); electronic whiteboards and room signs to keep families and patients informed throughout care
- Family space in room and waiting areas, in addition to private family consult areas on each patient care floor
- Pharmacy
- State-of-the-art kitchen to provide room service for patients and dining in a modern atrium café for family and visitors — with access to outdoor dining terrace and gardens
- Green roof space, visible from patient rooms facing south; provides a calming view, retains and reduces rainwater and flows, and reduces roof surface temperature by removing heat from the air
- Inpatient and outpatient diagnostic testing
- Rooftop helistop for ease of patient transfer, when required
- Shell space for future expansion

**Opening This Fall!**

**Medical Office Building**
- 5 stories, 100,000 square feet
- Handicapped-accessible "medical mall"
- Ambulatory Surgery Center
- Magee Rehabilitation Services (Physical, Occupational and Speech Therapy)

**Specialty offices for:**
- Advanced Gastroenterology/Endoscopy
- Advanced Wound Care & Hyperbaric Oxygen Therapy
- General Surgery/Surgical Services & Specialty Care (bariatric, breast, thoracic, vascular)
- Nephrology
- Otolaryngology - ENT, Allergy and Audiology Care; Balance & Hearing Center

**Atrium Lobby**
- 5-story, 20,000 square feet
- Community rooms, café, and gift shop
- Natural light with comfortable sitting areas throughout lobby
- Connects new hospital pavilion and Medical Office Building

**Free Parking Facility** (700 spaces)
JEFFERSON HEALTH RESUMES ELECTIVE SURGERIES

We’re Safe. So You are Safe.

Although the world is still grappling with a pandemic, our region has followed state guidelines to “flatten the curve” and this past summer began offering elective surgeries again.

We understand that surgery during COVID-19 may be stressful for some people, but it’s important that patients receive medically necessary care before their condition becomes an emergency.

The Jefferson Surgery Centers and our hospitals are prepared to care for all patients in a safe environment. Patient safety is our number one priority. The safety measures noted below are in place to keep our patients, staff, and clinicians safe so we can continue to provide the highest quality surgical care:

- Jefferson Health follows Centers for Disease Control (CDC) guidelines to minimize possible exposure to the coronavirus. This includes providing appropriate PPE for all staff members, as well as protocols and equipment to clean and disinfect areas throughout our facilities.
- All associates are required to wear a surgical mask and abide by strict hand-washing guidelines.
- Exam rooms, medical equipment and other high-touch surfaces are cleaned after each use and all commonly touched surfaces are cleaned regularly.
- All patients are screened for coronavirus by our care team using CDC guidelines. This means a patient is screened 48-72 hours before surgery and will self-quarantine after testing.
- Every patient is screened for symptoms in the Same Day Surgery area, including taking your temperature using a special thermometer.
- All patients and visitors are required to wear a mask. If you don’t have one, we will provide one for you.
- To ensure everyone’s safety, there is limited visitation and visitors wait in their car. We call visitors with updates and when the patient is ready for pick-up after surgery.
- Ongoing environmental precautions have been put in place, including adherence to social distancing (i.e., keeping six feet apart).
- We offer telehealth pre-admission visits to surgery patients via a smartphone or mobile device.

Safe and Effective Telehealth is Here to Stay

When the coronavirus exploded throughout the United States, healthcare systems everywhere went into overdrive to ensure they could provide the highest level of care to the communities they serve. With stay-at-home orders, businesses closing amid fears of spreading the coronavirus - and the immediate need for testing - Jefferson Health immediately stepped up to protect our patients and the community.

Jefferson Health in New Jersey implemented its telemedicine app, JeffConnect®, in July 2018, but it wasn’t until COVID-19 hit South Jersey, that this virtual medical appointment truly took off, becoming the safest and easiest way to see a healthcare provider.

“We had a massive uptick in telehealth visits with an overall patient visit volume of 85% – 96% of the calls for primary care,” says Vice President of Ambulatory Operations Amanda Kimmel. “Our 2020 goal was 2,500 visits and we did double that in one week during the pandemic.”

Everyone from patients needing to renew their prescriptions to those requiring post-operative or dermatologic care can do so easily, over their phone or home computer, said Kimmel, who oversees more than 30 Jefferson Medical Group practices in South Jersey. And both patients and their care providers report positive experiences with telehealth.
Parent Prep
Childbirth Courses
Jefferson OB/GYN recognizes that navigating pregnancy during the COVID-19 pandemic is unexpected and challenging for our patients. We offer weekly Zoom sessions for patients to discuss common pregnancy topics including what prenatal care looks like during the pandemic, labor and delivery and breastfeeding.

Getting Ready for Baby Class
Sign up for the Getting Ready for Baby Class to learn everything you need to know about your newborn. This is an evening class, offered monthly. Topics include:
- Newborn appearance and behaviors
- Care of the newborn
- Burping
- Diapering
- Swaddling
- Safety issues
- Parental concerns

Breastfeeding Education & Support
Breastfeeding Classes
Join us for a free class on learning the basics of breastfeeding. Lunchtime classes are offered once a month and evening classes are currently offered twice a month.

MOTHER OF FOUR SUFFERS STROKE 18 DAYS AFTER GIVING BIRTH

Natise Dubois, 34-year-old mother of four from Clementon, NJ, was two weeks postpartum with her son Saaqib, when she suddenly experienced stroke-like symptoms at home. Her boyfriend found her on the floor, unable to talk or move her left arm and leg. Natise was transported to Jefferson Washington Township Hospital’s Emergency Department with the initial thought that her symptoms were eclampsia – a rare disorder affecting postpartum women that causes high blood pressure and seizures.

The OB team quickly evaluated Natise and provided recommendations for treatment. Because stroke was still a concern, a CT scan of her head was needed, along with a CT Scan Angiogram (CTA) that allowed the doctors to visualize the blood flow through the arteries of her brain. This study revealed a complete blockage of blood flow in one of the main arteries of Natise’s brain, known as a Large Vessel Occlusion (LVO).

“The doctors and nurses were asking me to identify five pictures on a piece of paper,” Natise recalls. “I knew what they pictures were, but I couldn’t say the words.” That’s when Natise learned she was having a stroke.

Fortunately, she was taken to the hospital within the recommended timeframe (the so-called “Golden Hour”) to receive the clot-busting drug TPA, which breaks up the clot blocking the blood flow, but she continued to progressively worsen.

Vascular Neurosurgeon Hekmat Zarzour determined Natise was a candidate for a Mechanical Thrombectomy, a procedure that removes the clot through a special process, thereby restoring blood flow to the brain. Referred to as “revascularization,” this procedure, if successful, allows patients to recover and return to as close to a normal life as possible.

Dr. Zarzour operated on Natise, who did not end up needing physical or speech therapy. Her only deficit – which lasted a few days – was lack of control and sensation in her left hand and arm.

“This case was an example of how stroke can happen in young patients, especially pregnant or postpartum women,” says Dr. Zarzour. “Natise had an excellent outcome because she got to the hospital quickly. With stroke, ‘time is brain.’ Don’t delay care.”

When she was in the ICU, Natise says, “it weighed heavy on my mind that I couldn’t nurse my newborn son.”

“I wasn’t able to communicate this, but an OB/GYN – Dr. Branne Hileman – who recently weaned her own baby understood what I was stressed about,” says Natise. “She alerted the hospital’s lactation consultants, who came down every day to help me pump, which put my mind at ease.”

After three days in the hospital, Natise went home, and was able to enjoy the rest of her maternity leave before returning to her job as an HR manager at a bank.

“I had great care. It was probably one of my best hospital experiences,” she says. Jefferson Washington Township Hospital is part of The Vickie and Jack Farber Institute for Neuroscience – Jefferson Health and is a Comprehensive Stroke Center.

For dates, times and more information, or to register, visit JeffersonHealth.org/FamilyEvents, or call 856-582-3098.
The Maressa Center for MS Wellness at Jefferson
A Virtual Lecture Series for the Multiple Sclerosis (MS) Community
A monthly virtual lecture series to enhance the quality of life for patients living with MS. For information or to register, call 856-922-5095 or visit JeffersonHealth.org/NJMaressaCenter.

Made possible by the Joseph A. Maressa Fund, through the Jefferson Health Foundation - New Jersey.

Circle of Knitting & Crocheting
Lively conversation while you knit or crochet with an opportunity to show off your latest projects.
When: Wednesdays
Time: 1 - 2 p.m.

Angry Nerves ... From Carpal Tunnel to Nerve Injuries
Join Orthopedic Hand and Wrist Surgeon Dr. Michael Rivlin for a discussion on how nerve injuries can interfere with your quality of life.
When: Thursday, September 24
Time: 6 p.m.
Speaker: Dr. Michael Rivlin
Rothman Orthopaedics

NJ Medical Aid In Dying: Panel Discussion
On August 1, 2019, New Jersey officially became the ninth state in the nation to allow its terminally ill residents to hasten their death with prescribed medications. This panel discussion includes an overview of the Medical Aid-In Dying law from an attorney, as well as members of the healthcare and religious communities, sharing how the new law impacts their work. Panelists include:
- Dr. David Grube, National Medical Director, Compassion & Choices
- Dr. Todd Levin, Medical Director - Infectious Diseases, Jefferson Health
- Marianne Kraemer, RN, MPA, Ed. M, CENP, CCRN-K, AVP Safety & Quality, Jefferson Health
- Bishop William Heagan, Bishop of Lakewood
- Rabbi Richard Address, Founder & Director, Jewish Sacred Aging
- Jerold Rothkoff, Esq., Managing Attorney, Rothkoff Law
When: Wednesday, September 30
Time: 5:30 - 7 p.m.

Journaling during a Pandemic
Unleash the writer in you! Learn how to write your story about life during the COVID-19 pandemic so that others can gain the benefit and wisdom of your experiences during this unprecedented time.
When: Thursday, October 8
Time: 2 p.m.
Speaker: Dana Earley, MA
Jefferson Health

Grab. Go. Eat.
Join us and learn how to make a nutrient-dense meal that keeps you full and is fast and easy to prepare.
When: Thursday, October 15
Time: 11 a.m. & 6:30 p.m.
Speaker: Jefferson Health Nutrition & Diabetes Education Center Team

Stress Management: Coping with COVID
Are you feeling overwhelmed? This informative discussion will help provide tips on how to improve sleep hygiene, relaxation skills, and positive coping strategies, along with how to manage the increased stress and constant changes during COVID-19.
When: Tuesday, October 20
Time: 11 a.m.
Speaker: Leah Grab, LMFT
Behavioral Health Consultant
Jefferson Health

COVID-19: Where Are We Now?
Join us for an update on vaccine clinical trials, persistent symptoms of COVID-19, and treatments, including outcomes of COVID patients at Jefferson.
When: Wednesday, October 21
Time: 6:30 p.m.
Speaker: Dr. Cindy Hou
Infectious Disease
Jefferson Health

Bone Up on Bone Loss
Learn about Osteoporosis and how to identify your risk for it, what lifestyle changes can prevent it, how much calcium you need, and how to prevent falls.
When: Thursday, October 22
Time: 11 a.m.
Speaker: Brian Duffy, DPT
Physical Therapy Director
Jefferson Health

Registration is necessary. To register, visit JeffersonHealth.org/NJclasses.

**When:** Tuesday, October 27  
**Time:** 6:30 - 8 p.m.  
**Speaker:** Paul D. Levin, CFP®, ChFC®, RICP®  
Retirement Income  
Certified Professional

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**Veterans Medal Ceremony**
Each year, Camden County veterans, whether currently serving or honorably discharged, are honored with a special medal ceremony. However, due to COVID-19, we are honoring the medal recipients with a special video recognition on Veterans Day. If you would like to receive a medal at a future ceremony, call 856-374-5801 for an application. Medals presented by Camden County Freeholders, Veterans’ Affairs, Jefferson Health, Jewish War Veterans Post 126, Samaritan, and Jewish Family & Children’s Services.

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**Managing Diabetes in the Real World**
Diabetes can be a difficult disease to manage, even with the best intentions. This discussion covers the biggest challenges diabetics face and how to effectively manage them in the time of the COVID-19 pandemic.

**When:** Tuesday, November 3  
**Time:** 11 a.m.  
**Speaker:** Dr. Priya Shah  
Endocrinology  
Jefferson Health

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**Lumbar Spinal Stenosis – What You Need to Know**
Lumbar Spinal Stenosis is a narrowing of the spinal canal in the lower part of your back. Join us for a discussion on the symptoms and treatment options.

**When:** Thursday, November 12  
**Time:** 6 p.m.  
**Speaker:** Dr. Christopher Kepler  
Rothman Orthopaedics

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**Memory Challenge**
Exercise for your brain is just as important as exercise for your body. Join us for a discussion on memory and participate in challenging brain exercises.

**When:** Thursday, December 3  
**Time:** 2 p.m.  
**Speaker:** Tanya McKeown, BS, CHES®  
Jefferson Health

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**Virtual Fitness Classes**
To register, please visit JeffersonHealth.org/NJclasses.

**Basic Yoga**
A mixed-level yoga experience with the basics for new students, yet still challenging for advanced students.

**When:** Mondays  
**Time:** 6:30 p.m.

**When:** Wednesdays  
**Time:** 10 a.m.  
**Instructor:** Sherri Horner

**Strength Training**
Improve core balance, increase bone density, lose inches and tone your entire body with this complete workout. A mat and weights (3 to 5 lbs.) are recommended.

**When:** Wednesdays  
**Time:** 6:30 p.m.  
**Instructor:** Kelly Valente

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**Registration is necessary. To register, visit JeffersonHealth.org/NJclasses.**
The Importance of Practicing Mindfulness and Self-Care during the Pandemic

Self-care swiftly became a top priority for many people at the outbreak of the COVID-19 pandemic. Stress levels naturally rose in response to the extraordinary uncertainty of what was to come. For those who thought everything would be back to “normal” by now, it’s essential to keep using healthy coping mechanisms to maintain your mental and emotional well-being.

One of the biggest contributors to increased stress during this global health crisis has been the behavior of catastrophic thinking. This occurs when one constantly worries over “what-if” scenarios, impacting daily functionality and productivity, explains Jefferson Health Psychiatrist Dr. Ankila Chandran. It’s incredibly common and easy to do without realizing.

To combat catastrophic thinking, remember to take each day as it comes, says Dr. Chandran. “You can’t fix what is out of your control. Focus on what is within your control — things that are certain and constant. Maybe it’s knowing your dog loves you; you can take a walk around your neighborhood; you can video chat with a friend; or you can listen to your favorite song.”

It can also be helpful to practice mindfulness and self-care during your free time, rather than turning to unhealthy habits. Studies support that both can significantly reduce stress and anxiety.

Mindfulness, Dr. Chandran says, is all about being aware of your body and your surroundings. It’s often done through meditation or breathing exercises. If this isn’t your “cup of tea,” you can do something as simple as slowly drinking a glass of water, closing your eyes, and paying attention to how it feels.

“Believe it or not, this can help clear your mind and even give you new perspectives,” said Dr. Chandran. Some people have an easier time achieving mindfulness than others, but practice makes perfect!

Self-care is not just another term for pampering. It may be helpful to have a beauty or skin-care routine; however, self-care also requires meeting your most basic health needs. Check in on yourself, the same way you would check in on your children or parents, says Dr. Chandran.

“The more you ignore your own needs, the more likely you are to become angry or burnt-out,” explained Dr. Chandran. “Try to keep a simple checklist that you can go through at the end of each day. Did you take your medication? Did you eat enough? Are you going to bed by a decent time?”

Having this kind of schedule is key to staying on top of your mental, physical, and emotional health.

**SELF-CARE TO-DO LIST**

<table>
<thead>
<tr>
<th>Get enough sleep.</th>
<th>Don’t skip meals.</th>
<th>Take all medications.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reflect on your day.</td>
<td>Stay in touch with loved ones.</td>
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Please register for all programs by visiting our website, JeffersonHealth.org/NJclasses.

**Reclaiming Your Peace with Meditation**

Meditation — it can help you slow down, reframe your awareness and gain peace. Join us for this 45-minute Zoom class where we will discuss, discover, and practice how meditation can bring you peace during these crazy times.

**When:** Wednesday, September 23  
**Time:** 7 p.m.

**Create a Positive World through Vision Boarding**

Vision Boards are pictures, words & thoughts put on paper that help us focus on what we would like to attain in our life. But with our world now changed, haven’t many of our dreams? Let’s take this time to refocus on what is important in our lives. What are our dreams and goals even during this unrestful time? During this 45-minute Zoom creative class, you will begin to create your new Vision Board for 2020 and beyond. Upon signing up for the class, you will be sent a detailed list of the materials that would be helpful to gather prior to creating your Vision Board.

**When:** Wednesday, October 14  
**Time:** 7 p.m.

**Speaker:** Jen Fleisher  
BS Exercise Physiology  
Mind, Body & Spirit Consultant  
Exercise Physiology, BS  
Certified Meditation Instructor & Reiki Level II
New Bariatric Program Coordinator
Kimberly Brody-Muckenfuss, RN, BSN, is Jefferson Health – New Jersey’s new Bariatric Program Coordinator. Kim most recently served as an Emergency Department nurse at Jefferson Cherry Hill Hospital. She successfully underwent bariatric surgery at Jefferson Stratford Hospital in 2017. A 2006 graduate of Helene Fuld School of Nursing, Kim earned her BSN from Immaculata University in 2017. You can reach Kim at 856-346-6470. Her work cell is: 609-519-3113.

Virtual Bariatric Weight Loss Seminars

Attend a FREE virtual seminar with one of our bariatric surgeons on adjustable gastric banding, laparoscopic sleeve, laparoscopic gastric bypass and revisional surgery.

Dr. Marc Neff, Jefferson Health General & Bariatric Surgery
When: September 25, October 23, November 20, December 18
Time: 3 p.m.

Dr. Adeshola Fakulujo, Jefferson Health General & Bariatric Surgery
When: September 16, October 14, November 11, December 9
Time: 1 p.m.

Dr. Adam Goldstein, Jefferson Health General & Bariatric Surgery
When: September 9, October 7, November 4, December 2
Time: 7 p.m.

To register and receive a Zoom link for one of the above seminars, call 856-665-2017.

Virtual Bariatric Support Group

Our Center for Surgical Weight Loss is dedicated to providing information and resources to get the support you need. Pre- and post-operative patients, as well as family and friends who support them, are invited to join us for FREE Bariatric Weight-Loss Surgery Support Group meetings, held virtually on Zoom.

When: 2nd Tuesday
Time: 6 - 7 p.m.

When: 4th Thursday (3rd in Nov. & Dec.)
Time: 6 - 7 p.m.

Place: Zoom Meeting https://jefferson.zoom.us/j/92476145786

To register, contact cristin.polizzi@jefferson.edu.

Jefferson Health Nutrition and Diabetes Education Center

Our Center provides outpatient Education in diabetes care and self-management, using the expertise of experienced and highly trained healthcare staff.

The Center is staffed by Certified Diabetes Educators and Registered Dietitians, committed to educating patients on a wide variety of issues related to diabetes.

Virtual Basic Class for Diabetes Education

Jefferson Health Nutrition Center now offers a 1:1 virtual education class. For more information, or to register, call 844-309-7708.
Introducing Our Expanded Expert Care, Specialized for You

Jefferson Health has long been on the forefront of offering innovative, and often life-changing, services by renowned clinicians.

The high level of care offered by these medical experts enables us to more effectively meet the needs of our community and provide specialized services close to home for residents in South Jersey. Here are some highlights of our newest programs and experts:

**COLORECTAL SURGERY**
In October, Colorectal Surgeon Thaer Obaid, MD, will join our Medical Staff as part of the Jefferson General Surgery & Specialty Care practice, based at Jefferson Cherry Hill Hospital’s Medical Office Building.

**NEUROSURGERY**
Neurosurgeons Richard F. Schmidt, MD, and Christian Hoelscher, MD, have joined our team of skilled surgeons at our neurosurgery program in Washington Township, part of The Vickie and Jack Farber Institute for Neuroscience – Jefferson Health. Drs. Schmidt and Hoelscher are both specially trained in spine surgery. See page 11 to learn more.

**SIDNEY KIMMEL CANCER CENTER – WASHINGTON TOWNSHIP**
An advanced care hub of the NCI-designated Sidney Kimmel Cancer Center – Jefferson Health, the Sidney Kimmel Cancer Center – Washington Township welcomes Kristin L. Brill, MD, as Jefferson Enterprise Director of Breast Oncology. Dr. Brill brings expertise in a comprehensive range of services for patients with malignant and benign diseases. She will be joined by Breast Surgeon Susanna Nazarian, MD, PhD.

Eduardo Fernandez, MD; Cassandra L. Thomas, MD; and Gina Keiffer, MD, have also joined our Medical Oncology team of experts.

**VASCULAR SURGERY**
Vascular Surgeon Timothy Wu, MD, now offers a new procedure: Transcarotid Artery Revascularization (TCAR), an advanced way to deliver a stent into a blocked carotid artery for patients considered high risk for more conventional treatment. Dr. Wu has recently been joined by fellow Vascular Surgeons Susanna Hewon Shin, MD, and Elias Fakhoury, DO.

For more information, visit JeffersonHealth.org/MyDoc. Call 1-800-JEFF-NOW to make an appointment.

Need to find a doctor?
Use the online physician directory at JeffersonHealth.org/NJMyDoc to access more than 1,000 primary and specialty care physicians.
Two new neurosurgeons have joined Jefferson Washington Township hospital – Christian Hoelscher, MD and Richard Schmidt, MD – who have worked side by side during residency and fellowship training at Thomas Jefferson University Hospital for the past seven years. They bring their complementary skill sets to the team at Washington Township. This Q & A explores their care philosophies and what they are looking to as attending physicians:

[Editor’s Note: Both doctors were interviewed separately. See their photos on page 10.]

Jefferson: What drew you to neurosurgery?

Dr. Hoelscher: During med school, I took a year off to complete some research with orthopedic spine surgeons. I discovered I wasn’t too interested in orthopedics, in terms of sports medicine or trauma surgery, but I liked working with the spine. That’s what interested me in exploring neurosurgery. I was also interested in cranial procedures.

I was attracted to the tremendous variety in the field, spanning from elective surgery all the way to true emergencies, including spinal cord injury and traumatic brain injury. I have a particular interest in spine and functional neurosurgery, including epilepsy surgery and deep brain stimulation.

Dr. Schmidt: While I was doing rotations in med school, I noticed that the neurosurgical patients were often the most critically ill and the doctors who could intervene in the right timeframe made a dramatic impact on their health. Neurosurgery is very gratifying because you see patients go through horrific times and you are able to guide them through it. It allows us to connect with patients on a profound level.

The second reason for me is the pace of neurosurgery. Time is of the essence, so you always have to be on your “A-game” and make quick decisions. The third reason is that the surgery itself has an elegance to it. When operating on the brain or spinal cord, you’re dealing with margins of error less than a millimeter.

Jefferson: What are you looking forward to bringing to the Jefferson Health New Jersey team?

Dr. Hoelscher: I’ve spent about 20 years here in suburban Philadelphia and I’m looking forward to establishing a lasting neurosurgery presence in South Jersey. I’m excited to work with Dr. Schmidt to bring the expertise of a big downtown academic medical center, making it more accessible to the community in South Jersey.

Dr. Schmidt: I’m looking forward to bringing my breadth of training and holistic approach to patient care to Jefferson Health – New Jersey. In my academic career, I was involved with projects that looked at improving patient safety and streamlining workflows for critically ill patients, and I’d like to implement some of those studies here. Dr. Hoelscher and I have trained together for the past seven years, and we complement each other very well in our skill sets and specialties.

Jefferson: What interventions do you specialize in?

Dr. Hoelscher: I had the unique opportunity to do two fellowships, which means I studied two different subspecialties. I spent a year on stereotactic and functional neurosurgery, which helps treat patients with epilepsy, Parkinson’s disease and other chronic pain disorders. The other subspecialty was the spine, including complex spine surgery to treat spine trauma and deformity.

Dr. Schmidt: I spent my final year of training specializing in cerebrovascular and endovascular neurosurgery, which treats vascular diseases using major blood vessels as access points to treat the brain and spine. It can be used to treat conditions such as aneurysms, strokes and bleeding in the brain. I also have a solid foundation in open vascular surgery. Having a breadth of knowledge in both minimally invasive and open surgeries allows you to be unbiased in choosing a treatment modality so you can focus on what’s best for the patient.

Jefferson: What’s something you enjoy doing outside of neurosurgery?

Dr. Hoelscher: I enjoy traveling. My family is German, so I spent two years living in Germany when I was young and I speak German almost fluently. I’ve continued that penchant for traveling in my college years and today. I’ve spent time in Tanzania, China and Tibet, among others.

Dr. Schmidt: I play guitar and used to sing in a band in college! I’m also a big fan of the outdoors, having spent my summers in Northern Canada. I’m an expert in whitewater canoeing and wilderness survival.

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Gastrointestinal diseases affect 60 to 70 million Americans every year. This year, South Jersey residents can be relieved knowing that Jefferson Health has opened up a new advanced gastroenterology practice in Cherry Hill. We spoke with Anthony J. DiMarino, Jr., MD, Chief of the Division of Gastroenterology and Hepatology at Jefferson Health, about the new practice and what his team will offer to new and existing patients.

Born and raised in New Jersey, Dr. DiMarino has spent most of his career practicing medicine in the greater Philadelphia area. “As a longtime resident of South Jersey, it is exciting for me to know that Jefferson is expanding advanced GI services to New Jersey.”

Jefferson is the highest-ranked digestive health program in the Philadelphia area, and the 16th best in the country in 2019-2020, according to U.S. News and World Report. Dr. DiMarino’s vision is to expand upon this success and bring the same evidence-based, compassionate, and value-driven care that exists in Center City to the communities of South Jersey.

“Our plan is to offer the New Jersey residents the same kind of sophisticated, high-end care that we provide in Center City,” says Dr. DiMarino. Jefferson Health physicians in Cherry Hill will perform advanced diagnostic and therapeutic procedures. Residents of South Jersey will benefit from close, accessible care, instead of crossing the river into Philadelphia for treatment. This care will all happen in a state-of-the-art facility adjacent to the new Jefferson Cherry Hill Hospital.

Since its opening in late May 2020, the practice has already offered a number of advanced diagnostic procedures. For example, patients have the option to undergo an endoscopic ultrasound, a sophisticated test for pancreatic and gallbladder disease that also gives physicians the ability to take a biopsy. Deep enteroscopy is also being performed, which uses a long endoscope to examine the intestines, stomach, small bowel and colon. In the fall, the practice will offer motility services to measure and treat how you move and process food through your digestive system.

Jefferson Gastroenterology at Cherry Hill will bring physicians of various specialties to New Jersey on a regular basis to see patients. Dr. Donald McMahon, Jefferson Health – New Jersey Section Head for Gastroenterology, recently joined Dr. DiMarino’s GI team. With this new Cherry Hill practice in place, patients can benefit from seeing these doctors closer to home, rather than traveling to Philadelphia.

Dr. DiMarino says, “The possibilities for this practice are endless and haven’t been present in this community before.” The specialists at Cherry Hill will be able to perform some of the most advanced procedures, such as radiofrequency ablation for Barrett’s esophagus, endoscopic surgery for weight reduction and third space endoscopy procedures that treat the gastrointestinal tract. Jefferson Health hepatologists – whose transplant services are the only consistent five-star program in Philadelphia – will see patients in Cherry Hill, as will dietitians who will offer nutrition education and support for Celiac, Crohn’s, Ulcerative Colitis and other gastrointestinal and hepatological diseases.

“We are providing a higher level of diversification and decentralization of some of the best medical offerings in the area and the country,” Dr. DiMarino says, assuring that patients of the new Cherry Hill practice will have access to a majority of the services offered in Center City.
Nourishing Our Bodies during a Cancer Diagnosis
Topics will include health guidelines, supplements, and nutrient-dense foods — such as those with vitamins, minerals, complex carbs, lean protein, and healthy fats — to maximize nutrition during a cancer diagnosis.

When: Wednesdays
Time: 3 - 4 p.m.
Speaker: Sara Madden, RDN

To register, or for more information, call 856-218-5324.

Fighting Men/Fighting Cancer Prostate Cancer Support Group
Are you a prostate cancer survivor, been recently diagnosed, or are interested in learning more about prostate cancer? Join us on Zoom for a confidential education and support group that provides helpful information to patients and their caregivers. Listen to professionals and patients share their experiences with the disease, treatments, outcomes and side effects.

When: 1st Tuesday
Time: 7 p.m.
Facilitator: Joseph A. Musumeci

To register, contact: joe4seeds@gmail.com or 856-278-1679

Survivors to Thrivers: Breast Cancer Support Group
Jefferson now offers an online breast cancer survivor support group, that provides both education and open discussion through Zoom, until in-person meetings can resume.

When: 1st & 3rd Wednesdays
Time: 4:30 - 5:30 p.m.
Instructor: Sue Saporito RN, BSN, OCN, Oncology Nurse Navigator & Breast Cancer Survivor

To register, contact: Susan.Saporito@jefferson.edu

Kennedy Fitness
A Jefferson Health Affiliate

virtual Classes Offered Until We Reopen
Have fun with fitness... never be bored again...never stop getting results ...with more variety of equipment in our 6 medical-based fitness facilities.

We want you to be assured that upon reopening and post-opening we will very carefully adhere to the CDC recommendations. The entire facility will be thoroughly cleaned and disinfected, and temperatures will be taken prior to entry. We miss you and anxiously await our reopening very soon!

In the meantime, please enjoy our weekly free online Facebook Live classes by visiting: facebook.com/KennedyFitnessSJ youtube.com/user/FutureFitnessCenters/

Please Join Us for DRIVE-THRU HEALTH FAIRS at the following locations:

Tuesday, September 22
1 – 3 p.m.
Rain Date: October 6
Kennedy Fitness – Sewell
405 Hurffville-Cross Keys Rd.

The event is free and participants attend the entire fair in their vehicles. Drivers will follow a map to the stations along the health fair route, and everyone in the car can participate.

The fair will include the opportunity to have a doctor or nurse answer health questions. There will also be raffles, giveaways and health information.

To ensure the community’s health and safety, all vendors and participants are required to wear facial coverings. Vendors will be spaced apart and participants will remain in their vehicles at all times.

Health Fair is Open to Members & Non-Members

Tuesday, September 29
1 – 3 p.m.
Rain Date: October 13
Kennedy Fitness – Cherry Hill
1432 Route 70

Survivors to Thrivers: Breast Cancer Support Group
Jefferson now offers an online breast cancer survivor support group, that provides both education and open discussion through Zoom, until in-person meetings can resume.
Balance Centers
Good physical balance can be the key to independence, especially for older adults. If you or a loved one have been experiencing dizziness, vertigo and/or falls, The Jefferson-Health NJ Balance Centers in Washington Township and Stratford can get you the help you need. Our compassionate and highly trained staff will conduct a series of painless tests to help accurately diagnose the cause of your balance issues and suggest an effective treatment plan to help you regain your control. Testing at our Balance Centers does require a prescription or referral from your physician. To learn more, call 866-943-4567.

Jefferson Otolaryngology – Head & Neck Surgery is a new practice based at our Cherry Hill Medical Office Building. Patients with balance issues, dizziness, and/or hearing loss will benefit from evaluation and treatment at the office — which offers comprehensive otolaryngology, allergy care, and audiology care services, as well as eight physicians specializing in general ENT, head & neck, laryngology, otology, and rhinology. For more information, visit NewJersey.JeffersonHealth.org/ENT. To schedule an appointment, call 856-922-5030.

Nutrition Center
Turn to Jefferson Health for comprehensive nutrition counseling and diabetes education, offered by highly trained Registered Dietitians at locations in Cherry Hill, Marlton, Somerdale, Voorhees and Washington Township. Whether you have specific health issues that need addressing, or just want to feel and look your best, the Jefferson Nutrition Center is here to help you achieve your nutrition goals! Call 844-309-7708 for more information, or to schedule an appointment.

Behavioral Health Services
Jefferson Behavioral Health Services provides inpatient, partial hospitalization and intensive outpatient levels of care. Regardless of your age, background or ethnicity, we will work with you to help you live a happier, healthier and more fulfilling life. We treat children as young as kindergarten, along with adolescents, adults, and older adults. Additionally, we have groups for people struggling with alcohol and drug addictions. Our goal is to address the most important and personal needs of our clients to help improve their coping skills, increase their level of functioning, and more fully enjoy their life. For more information, or to make a referral, call 856-488-6789, ext. 2 in Cherry Hill, and 856-582-1419 in Washington Township.

Wound Care
For a wound to heal, it must be cared for correctly. The Center for Advanced Wound Care & Hyperbaric Oxygen Therapy uses a variety of diagnostic methods to help assess the type and stage of your wound. A treatment program will be developed based on your individual needs. Our staff will carefully monitor the healing process to ensure a quick and healthy recovery. The Wound Centers are located at our Cherry Hill and Washington Township campuses. To learn more, or schedule an appointment, call 866-547-4325.

Sleep Centers
Are you getting enough sleep? Are you tired during the day? Do you snore? Do you have difficulty falling and remaining asleep? These are just a few signs of a potential sleep disorder, which, if left undiagnosed and untreated, can be detrimental to your overall health. Risks of an undiagnosed sleep disorder may include high blood pressure, heart disease, stroke, obesity, diabetes and may result in accidents and relationship problems. The Jefferson Health NJ Sleep Centers provide diagnostic testing to determine if you have a sleep disorder and suggest your best course of treatment to get you the sleep you need! With three convenient locations in Camden and Gloucester counties, Jefferson’s state-of-the-art testing facilities are staffed by board-certified sleep medicine physicians and offer the latest technology in a comfortable, home-like setting. Our Centers also offer direct ship-to-patient home sleep apnea tests. To learn more, call 800-580-6364.

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During the pandemic, you may need extra assistance with food, medical care, housing, transportation, and/or other services — and that is okay.

We are here to help through our Jefferson Health Community Resource portal — which allows you to search for free or reduced-cost services, close to you.

The searchable database is powered through a third-party website called Aunt Bertha, a social care network that connects community members who seek help with thousands of verified nonprofits and social care providers that serve them.

For more information and to get started, visit NewJersey.JeffersonHealth.org/Jefferson-Health-Community-Resource.
Jefferson Health’s New Jersey Hospitals are the primary teaching affiliate of RowanSOM.

Our wellness programming has gone ‘virtual’ through Zoom technology!

Stay informed, stay educated, stay well!