Getting Outside & Enjoying Life!

INSIDE

Cherry Hill and Washington Township Campus Transformations

Meet Our Jefferson Primary Care Providers

Virtual Wellness Programs

Outdoor Health Fairs
If you have been driving around Cherry Hill or Washington Township lately, you may have noticed some monumental changes at Jefferson Cherry Hill and Washington Township Hospitals. The transformation at both campuses will enhance the patient and family experience, enable new clinical programs and keep specialized care close to home.

In December 2020, Jefferson Cherry Hill Hospital wrapped up a five-year, $250-million renovation project with the completion and opening of its new seven-story, 230,000 square-foot Patient Pavilion. Originally built in 1960, the updated hospital is now the first of the Jefferson Health – New Jersey hospitals to offer all-private patient rooms in our Patient Pavilion—90 of them to be exact.

Jefferson Washington Township Hospital, built in 1972 and under construction since May 2018, will soon offer the same. Its $222-million renovation includes a 240,000 square-foot, seven-story patient tower, complete with 90 private beds. Named The Silvestri Tower, it will open in July 2021.

**Improving the Patient Experience**

The addition of private rooms will greatly improve the patient and family experience, as well as the health and safety of those staying and working in the hospitals. All rooms are designed with patient comfort and preferences in mind.

“When interviewing our patient and family advisory committee, we received feedback that they wanted to be able to control things like blinds, lights and temperature in the room,” said Lisa Dutterer, Chief Administrative Officer of Jefferson Cherry Hill Hospital.

“So, we added remotes to all rooms so patients can control their environment and television, and also call their nurse without leaving their bed.”

“It can be very stressful to be in a hospital, so the comfort of rooms and the amount of light coming in the windows can make a world of difference for patients and their families,” added Brian Sweeney, President of Jefferson Health – New Jersey.

Each room also has a “family zone” with a pullout couch. “We hope, once COVID-19 restrictions are lifted, to encourage family members to stay overnight with their loved ones by giving them a comfortable place to do so,” said Dutterer.

**An Integrated Model of Care**

Each room is equipped with an electronic patient information board to provide patients and their families with essential information: a list of patient providers and scheduled treatments on each given day. This allows patients and families to stay engaged and fully informed about their care plan.

“It’s empowering for patients and families to have complete transparency about their care. We want them to be involved, to know what questions to ask and to play an active role in their own health.”

Dr. Kelly Schiers
Section Head of Critical Care
Jefferson Health – New Jersey
Over the last several years, Jefferson Health has made a $500-million investment in new physician offices, telehealth, surgery centers and hospitals for the South Jersey community. “It’s important for us to support the growing community and be able to provide the most advanced treatments and research to locations close to where people live. We’re bringing all the knowledge and expertise of a large academic health system to people who previously may have had to go into the city to access quality care,” said Sweeney.

Hospital staff members were also invited to provide input into the design: “Engineers, designers and architects aren’t using the spaces every day, so it was important to have feedback from providers and staff who live and work there to identify potential roadblocks,” said Jefferson Health – New Jersey Section Head of Critical Care Dr. Kelly Schiers. The hospital pavilions were also designed with safety in mind. “We’ve added designated sterile elevators to transfer supplies directly to operating rooms. Trash and laundry chutes are located on each floor to avoid carting trash and dirty linens throughout the hallways. There’s even a dictation area between every two patient rooms, so nurses and clinicians can enter notes to patient charts close to their rooms,” said John Graham, Chief Administrative Officer of Jefferson Washington Township Hospital.

Named after Jefferson Health supporter and board member John P. Silvestri, The Silvestri Tower at Jefferson Washington Township Hospital will offer high-end services to medical and surgical patients and those requiring intensive and intermediate levels of care. According to Graham, The Silvestri Tower is designed to provide specialty care for our patients in all service lines, including: Oncology, Neuroscience (Neurology and Neurosurgery), Cardiology, Vascular and General Surgery, Urology, Gynecology, Gastroenterology, Pulmonary, Thoracic, Podiatry and Otolaryngology. The Silvestri Tower features a main lobby with access to pre-operative testing and lab work services for seamless and accessible care for the duration of every patient’s hospital stay. “The tower will be an asset to the community and will allow us to continue expanding our offerings and services,” said Graham.

A Bright Future for South Jersey

Highly Specialized Care in Washington Township

Designed with Staff in Mind

The renovations at Jefferson Cherry Hill and Washington Township Hospitals not only benefit the patients, but also the staff. “Burnout is a real risk factor for providers, so we made sure to include amenities for staff, including break rooms and a meditation room with massage chairs,” said Sweeney.

The hospital pavilions were also designed with safety in mind. “We’ve added designated sterile elevators to transfer supplies directly to operating rooms. Trash and laundry chutes are located on each floor to avoid carting trash and dirty linens throughout the hallways. There’s even a dictation area between every two patient rooms, so nurses and clinicians can enter notes to patient charts close to their rooms,” said John Graham, Chief Administrative Officer of Jefferson Washington Township Hospital.
Infectious Diseases Expert Weighs In

Before you receive one of the COVID-19 vaccines, it’s essential to rule out the misinformation surrounding them. We sat down with Dr. Mark J. Condoluci, Infectious Diseases Specialist, to help set the record straight. See what he had to say:

**FICTION:** The vaccines can’t be safe because of how quickly they were developed.

**FACT:** To date, the available vaccines – Moderna, Pfizer, and Johnson & Johnson – are proven to be as safe and effective. While they were developed at a fast pace, they have been authorized through vigorous studies. There are various checkpoints used during these studies, and if there’s any indication of an issue, there’s a hard stop, followed by intense investigation.

After a temporary pause, J&J vaccines have since been permitted to resume and are issued with a warning. This pause occurred after extremely rare reports of a blood clotting disorder – thrombosis with thrombocytopenia syndrome (TTS) – developed in six female vaccine recipients, between the ages of 18-49, out of nearly 7 million overall recipients. The CDC, FDA, and other regulatory agencies continue to investigate these cases, and the overall efficacy of the vaccine has not changed.

If you have any concerns that arise after vaccination, there are public platforms to report on, such as the Vaccine Adverse Event Reporting System (VAERS) and the CDC’s VSAFE.

**FICTION:** The vaccine will alter my DNA.

**FACT:** This can’t happen for several reasons. Both Moderna and Pfizer are mRNA based. To alter DNA, these vaccines would need the ability to enter a cell’s nucleus, which they don’t have. They would also need to contain certain enzymes that can translate RNA into DNA, which they also don’t have.

The J&J vaccine is different in that it uses a viral vector, or a piece of virus to deliver the necessary machinery to your cells to develop immunity. Viral vectors cannot alter your DNA. This one-dose vaccination is highly effective, and there is evidence suggesting that it protects against asymptomatic (without symptoms) infection.

**FICTION:** The vaccine will cause female infertility.

**FACT:** There’s no data that supports this. With trials done with women who became pregnant on Pfizer and Moderna, no complications have been found. During the Pfizer trial, 23 women became pregnant – 12 of whom received the vaccine, and 11 the placebo. Only two experienced a complication, and this was on the placebo, so it was unrelated to the vaccine. In the Moderna study, 13 pregnancies were reported. Six received the vaccination, and seven were in the placebo group. Two pregnancy events occurred, but both were in the placebo group.

There are additional ongoing trials, so there will be more information to come. Currently, it’s recommended that any woman planning on getting pregnant in the future receive the vaccine.

**FICTION:** If I already had COVID and recovered, I do not need to get vaccinated.

**FACT:** You should still seek to become vaccinated. You can consider waiting until 90 days after your illness to become vaccinated. The bigger issue is the length of natural immunity; data shows that natural immunity may not last as long as vaccine-based immunity.

**FICTION:** The first dose of the vaccine is enough to give me immunity.

**FACT:** For Moderna and Pfizer, you can develop some extent of immunity from one dose, but it should be complemented with a second dose to achieve the best level of immunity. For J&J, a single dose is sufficient. We recommend following the recommendations (and the science) for each vaccine.

**FICTION:** The vaccine will cause severe side effects/allergic reactions.

**FACT:** It is not uncommon to experience a handful of side effects, such as arm pain, fatigue, muscle soreness, headache, or fever, especially after the second dose. These are only temporary and are an indication of a natural immune response.

Severe allergic reactions to these vaccines are incredibly rare. The CDC recommends that those with a history of allergies to foods and other products, such as latex, still get vaccinated. Those with a history of allergies to medications, on the other hand, should discuss with their primary care provider whether vaccination is right for them.

Rare cases of blood clots have been linked to the J&J vaccine, particularly in adult women younger than 50-years-old. However, current data suggests that the risk of this side effect is extremely rare. Based on the cases observed, reactions have occurred between six and 13 days after getting the vaccine; during this time-frame, you should be cautious of symptoms that may indicate blood clots, such as severe headache; shortness of breath; abdominal pain; or pain in the backs of your legs.

If you experience any of these, inform your doctor as soon as possible.

**FICTION:** Getting the vaccine means we can return to “normal.”

**FACT:** As we move forward, we have to define what our ‘new normal’ is. For the time being, while receiving vaccinations, we must continue the safety precautions we’ve been practicing for the past year. We advise this because, even with the vaccine, we can still be exposed to the virus and spread it to others who have not yet been vaccinated.

Above all else, if you have any questions regarding the vaccine, do not hesitate to reach out to your primary care provider to get the information you need.
Walking for Your Heart Health, Diabetes & More

Looking to improve your health this spring and summer? It doesn’t take a full-fledged workout at the gym. Getting outdoors and walking—and soaking up some sun and fresh air—can “go the distance” for our cardiovascular system, diabetes management, and overall physical and mental well-being.

HEART HEALTH
All kinds of aerobic exercise are important for the heart—walking often being the simplest and most convenient—as they strengthen cardiac muscles and improve circulation. One of the greatest benefits is a reduced risk of blockages (in the heart and legs) and decreased significance of ones that already exist, explains Dr. Timothy Wu, Chief of Vascular Surgery at Jefferson Health – New Jersey.

“Imagine you’re on the turnpike and there’s a bad traffic jam. Are you going to stay on it, or are you going to go a different way?” asked Dr. Wu. “That’s how your blood travels throughout our body. Exercise allows new blood vessels to grow and ‘detour’ the blood to where it needs to be.”

This means exercise can, in fact, help “reverse” heart disease. Many people with heart disease can still exercise, so you shouldn’t be afraid to move, says Dr. Wu. However, if you haven’t routinely exercised in a while, you should consult with your cardiologist first about what you can tolerate.

VASCULAR HEALTH
Walking is also considered first-line therapy—and the most effective way to manage symptoms—for those who suffer from peripheral artery disease (PAD). This disease typically causes painful cramping in the legs, keeping people from walking long distances. Because of this, many people with PAD think walking will be harmful, but it’s the exact opposite, adds Dr. Wu.

How much should you walk? Different recommendations are made for different conditions. For those with PAD, the Society for Vascular Surgery recommends a walking routine of two to three days a week for around 30-45 minutes.

“Keep in mind, changes don’t occur right away. It takes around three months for symptoms to start improving,” said Dr. Wu. “It’s a lot of effort, but it’s well worth it, especially if it means avoiding unnecessary surgery.”

DIABETES MANAGEMENT
Fortunately, anything that’s good for the heart is also good for diabetes management. Walking can improve diabetes control in a number of ways. First and foremost, when you exercise, it pulls energy from glucose (the molecule detected when measuring blood sugars), explains Endocrinologist Dr. Bryan Davis. Also, physical exertion increases metabolism and the rate at which fat is burned. Any subsequent weight loss will also help improve blood sugar levels.

If you have diabetes-related foot complications, it may deter you from exercising, adds Dr. Davis. “However, if you get permission from a podiatrist, exercise can definitely be beneficial for you. Because it improves vascular blood flow, it can help improve foot health.”

The general rule of thumb for heart health, diabetes, and more, is 30-45 minutes three to five days a week. Remember, that this is cardiovascular exercise, so your attention should be focused on increasing heart rate, notes Dr. Davis. A light, leisurely stroll won’t yield all of these great benefits.

HOW TO STAY ON TRACK

- Finding a walking partner can help keep you motivated and hold you accountable.
- Setting a daily reminder on your calendar provides helpful visual feedback to whether or not you’re completing your exercises.
- Complement your walking regimen with strength-training/resistance activities on other days (Discuss specifics with a healthcare provider to help prevent injury.).

Keep in mind, walking can’t be the “end-all” answer. For the best possible results, it’s key to also follow a well-balanced diet and avoid harmful behaviors, such as smoking and drinking. These steps will all work hand-in-hand to support an overall healthier life.
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.

**Sculpting Class with Nicole Blank**
- **When:** Wednesday, May 26
- **Time:** 11 a.m.

**Yoga Sessions**
- **When:** Thursdays, June 3, 10, 17
- **Time:** 11 a.m.

**Food Demonstration**
- **When:** Wednesdays, June 9 & July 14
- **Time:** 11 a.m.

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.

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**Cervical Stenosis: What You Need to Know**
Cervical Stenosis occurs when the neck’s protective spinal canal narrows due to degenerative changes or trauma. Join us for a discussion on the symptoms and treatment options.
- **When:** Tuesday, July 20
- **Time:** 5:30 p.m.
- **Speaker:** Dr. Christopher Kepler
  Rothman Orthopaedics

**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:** Tuesday, August 3
- **Time:** 2 p.m.
- **Speaker:** Tanya McKeown
  Jefferson Health

**Common Hand Problems: Not Everything is Carpal Tunnel Syndrome**
Join Hand and Wrist Surgeon Dr. Jonas Matzon for a discussion on a variety of common hand problems.
- **When:** Wednesday, August 18
- **Time:** 6 p.m.
- **Speaker:** Dr. Jonas Matzon
  Rothman Orthopaedics

**Shoulder Replacement: State of the Art**
Join Shoulder Surgeon Dr. Luke Austin, of Rothman Orthopaedics, for a “state-of-the-art” discussion on shoulder replacement.
- **When:** Wednesday, September 22
- **Time:** 6 p.m.
- **Speaker:** Dr. Luke Austin
  Rothman Orthopaedics

Registration is necessary. To register, visit JeffersonHealth.org/NJclasses.
**Diabetes Support Group**
Members provide emotional support and advice to each other. Presentations by a Registered Dietitian every other fourth Monday.
When: 2nd & 4th Monday (except holidays)
Time: 1:30 - 2:30 p.m.

**Stroke Support Group**
The forum to meet, share information, and offer encouragement in caring for a loved one or surviving a brain injury or a stroke. Monthly meetings address issues such as diagnosis, symptom management, life changes, caregiver stress, and other important subjects. This group is led by experts from The Vickie and Jack Farber Institute for Neuroscience – Jefferson Health. The group provides emotional and practical support. Patients, families, and friends are all invited to attend free of charge.
When: 2nd Tuesday
Time: 2 p.m.

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**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

**Smoking Cessation Support Group**
Quitting smoking is hard, but the Sidney Kimmel Cancer Center – Washington Twp. is here to help with free counseling and support groups. To register, contact: 856-218-5324, opt. 3 or Sandra.Murray@jefferson.edu.
When: 2nd and 4th Wednesdays
Time: 3:30 - 4:30 p.m.
Facilitators: Sandra Murray, BSN, RN, OCN, ONN-CG, NCTTP, TTS
Emma-Ruth Paz-Querubin, APN-C, TTS

**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. To register, contact: joe4seeds@gmail.com or 856-278-1679.
When: 1st Tuesday
Time: 7 p.m.
Facilitator: Joseph A. Musumeci

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**Uncovering Your Joy — How to Overcome Pandemic Re-entry Anxiety**
After more than a year of not seeing friends, staying at home, and being virtual for just about everything, things are beginning to open up. Along with the happiness, may come some anxiety of how to navigate this new normal. Join us to discuss some helpful steps you can use to ease your way back into the world and create happiness in your life along the way!
When: Wednesday, June 9
Time: 7 p.m.

**Just Take a Deep Breath: Using Meditation to Bring Back Your Joy**
Want a reset going into this summer? Meditation is a great start. It can help you slow down, gain peace, and reframe your awareness of the world. Join this class to discover and experience how meditation can set you on a course for joy this summer and the rest of your life.
When: Wednesday, June 16
Time: 7 p.m.

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**Support Groups**
To register or for information about all other Jefferson Health support groups, visit JeffersonHealth.org/NJsupport.

**Diabetes Support Group**
Members provide emotional support and advice to each other. Presentations by a Registered Dietitian every other fourth Monday.
When: 2nd & 4th Monday (except holidays)
Time: 1:30 - 2:30 p.m.

**Stroke Support Group**
A forum to meet, share information, and offer encouragement in caring for a loved one or surviving a brain injury or a stroke. Monthly meetings address issues such as diagnosis, symptom management, life changes, caregiver stress, and other important subjects. This group is led by experts from The Vickie and Jack Farber Institute for Neuroscience – Jefferson Health. The group provides emotional and practical support. Patients, families, and friends are all invited to attend free of charge.
When: 2nd Tuesday
Time: 2 p.m.

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When: 1st Tuesday
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**Mind, Body & Spirit Series**

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Want a reset going into this summer? Meditation is a great start. It can help you slow down, gain peace, and reframe your awareness of the world. Join this class to discover and experience how meditation can set you on a course for joy this summer and the rest of your life.
When: Wednesday, June 16
Time: 7 p.m.

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**Fitness Classes**
Jefferson Health offers a wide variety of fitness and dance 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
12 Strange Ways Stress Can Impact the Body

When the pandemic struck, an already fast-paced world was met with countless new stressors. With heightened stress also came more physical issues, as stress affects all systems of the body, including the musculoskeletal; respiratory; cardiovascular; gastrointestinal; endocrine; nervous; and reproductive systems.

Stress is your body’s natural way of responding to any demand or threat, explains Family Nurse Practitioner Terry Lindsay, of Woodbury Primary & Specialty Care. “Small amounts of stress are natural, and we’re well-equipped to handle them. Stress helps us rise to challenges, set goals, and meet deadlines.”

However, as stress becomes more chronic, the mind and body can pay a high price. Short-term stress often causes a rapid heart rate, chest tightening, muscle stiffening, and a spike in blood pressure.

Long-term stress may lead to more detrimental impacts, such as:

1. **GASTROINTESTINAL UPSET**
   Loss of appetite, bloating, constipation, diarrhea, and irritable bowel syndrome are common results of stress, which can be triggered by muscle tension and the weakening of the intestinal barrier (which allows more gut bacteria to flood into the body).

2. **SHORTNESS OF BREATH/ DYSPNEA**
   As stated above, stress causes all muscles to tighten, including those in the respiratory system. This is arguably one of the most frightening stress responses – leading people to panic, thus having even more trouble breathing – but it’s important to recognize that it’s typically not indicative of a serious physical problem.

3. **HEADACHES/MIGRAINES**
   These are also closely associated with muscle tension in the upper torso, neck, and head.

4. **HAIR LOSS/ALOPECIA**
   Stress can cause hair follicles to enter what is known as a “resting phase,” in which they don’t produce any new strands. Over time, the old strands start to shed easily.

5. **SUPPRESSED IMMUNE SYSTEM**
   People with chronic stress may find themselves sick more often, as stress hormones hamper the immune system’s effectiveness and ability to fight off harmful antigens.

6. **SKIN IRRITATION**
   Chronic skin problems like acne, psoriasis, and eczema can be exacerbated with stress, because cortisol increases inflammation. Symptoms may be provoked more if we neglect our normal skincare routine. Stress may also cause hives, new rashes, or even cold sores.

7. **HYPERTENSION/ HIGH BLOOD PRESSURE**
   A continuous release of stress hormones, constriction of blood vessels, and rapid heart rate can affect the nervous system’s ability to regulate blood pressure. The less we manage stress, the more likely we are to develop long-term hypertension.

8. **HOT FLASHES**
   As heart rate and blood pressure rise, often so does body temperature, leading to a feeling of flushing and/or excess sweating.

9. **IRREGULAR MENSTRUAL CYCLES**
   Cortisol has a direct impact on women’s estrogen and progesterone levels, which can make periods late, longer or shorter, or stop entirely.

10. **WEIGHT PROBLEMS**
    Because stress can cause GI upset, some people may not eat as much, leading to weight loss. For others, “stress eating” may become a habit, leading to weight gain.

11. **SLEEP DISTURBANCES**
    Tension, cortisol, and overwhelming thoughts can keep us awake at night. This is a vicious cycle, as sleep deprivation only worsens stress further.

12. **PSYCHOLOGICAL AND EMOTIONAL STRAIN**
    Chronic stress can also increase feelings of isolation and loneliness and the likelihood for development of long-term conditions, such as an anxiety disorder and clinical depression.

Being able to recognize and manage chronic stress symptoms is incredibly important to our overall wellbeing and quality of life, continues Lindsay. A few behaviors that can be beneficial to adopt are:

- **Getting regular exercise** – at least 150 minutes a week of moderate aerobic activity.
- **Relaxation techniques**, such as yoga, meditation, stretching, and mindfulness exercises.
- **Eating a well-balanced diet**, rich in fruits, vegetables, lean proteins, and omega-3 fatty acids, with little refined foods.
- **Limiting/avoiding** alcohol and tobacco use.
- **Maintaining** a healthy sleep schedule.
- **Spending time socializing** with family and friends.
- **Setting aside time** for hobbies/personal interests.

Of course, finding time to do these things and actually reducing stress levels isn’t always simple, adds Lindsay. “Everyone is different. It all comes down to finding the right ways to cope that work for you.”

Stress can take a serious toll, but it doesn’t have to; don’t be afraid to ask for help on different issues you are experiencing, reminds Lindsay. “We are here to help.”
Dr. Adam Goldstein, Jefferson Health General & Bariatric Surgery
When: June 2, July 7, August 4, September 1
Time: 7 p.m.

Dr. Adeshola Fakulujo, Jefferson Health General & Bariatric Surgery
When: June 9, July 14, August 11, September 8
Time: 1 p.m.

Dr. Marc Neff, Jefferson Health General & Bariatric Surgery
When: June 18, July 23, August 20, September 17
Time: 3 p.m.

When: May 27, June 24, July 29, August 26, September 23
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. For upcoming dates & times or to register, call 609-707-7298.

Virtual Bariatric Nutrition Program
Now offering nutrition counseling sessions 100 percent online for your convenience. New appointment types include:
- Cooking with Your Dietitian
- Accountability Classes
- Meal Prep Planning
To schedule or for more information, call 856-665-2017.

A BARIATRIC SUCCESS STORY:
Lynzie Miller Finds a New Lease on Life After Surgery

From the first time I met Dr. Adeshola Fakulujo and his staff, they assured me we were all in this together.

I – like many others – opted to have bariatric surgery to ease the burden of weight-related health complications. I no longer felt like myself, and I was struggling to enjoy my life.

Life-Saving Surgery
In August 2017, I had gastric sleeve surgery. I lost 151 pounds, and my life has changed for the better – physically, emotionally, and socially.

Physically, I’m much more agile and energetic. I can stay on my feet longer, which helps with my career as a phlebotomist. It feels great to be able to get to my patients faster and not have to sit down for breaks in between.

Emotionally and socially, I have so much more self-love and a thirst for adventure! I love to shop and try on clothes, because I love the way I look. I’m more open to going out and having fun in public, because my health and self-esteem don’t hold me back.

Bariatric surgery, hands down, has been one of the best decisions I’ve ever made (next to my children, of course)!

If you’re considering having surgery, I highly encourage it. However, you must be fully committed first.

The Importance of Soul Searching
Take your time and make sure this is something you can handle. It’s also important to educate yourself. Do all the research you can; ask questions; study the protocol; and – once you’ve started the process – always follow the advice of your doctors and dietitians.

You don’t have to go at it alone. I know that I wouldn’t have been able to succeed without such a strong support system. Find someone who can help motivate you and hold you accountable, whether it’s a close friend, family member, or even a stranger online.

My mom, brother, and cousin have been a driving force for me since day one. My cousin was inspired to have surgery herself, and we’ve been partners throughout the process.

In Good Hands
Dr. Fakulujo and his staff always made me feel fulfilled, informed, and loved – all things that make you feel comfortable and confident with strangers. I knew I was in good hands, and I can’t thank them enough.

– Sarah Galzerano

To learn more, visit JeffersonHealth.org/NJBariatrics
Jefferson Health Primary Care is here for your healthcare needs. A Primary Care Provider (PCP) serves as the “gatekeeper” for your health – connecting you with specialists if you need one and reminding you of the important health screenings for each stage of your life.

- Jefferson Medical Group has more than 60 primary care physicians and numerous Advanced Practice Providers (Nurse Practitioners and Physician Assistants)
- With locations in Camden, Gloucester and Burlington counties
- Weekend and evening hours available at many offices
- Lab draw stations at 18 offices
- Download the MyJefferson Health mobile app (formerly MyChart) to make appointments, schedule a telehealth visit, renew prescriptions and email your PCP!

MEET SOME OF OUR PRIMARY CARE PROVIDERS:

- Kafi Rudolph, DO
  Fish Pond Primary & Specialty Care
- Karen Dong, MD
  Voorhees Primary & Specialty Care
- Beena Daniel, MD
  Redman Avenue Primary Care
- Andrew Johnstone, APN-C
  Marlton Primary Care
- Bradley Johnson, DO
  LGBTQ+ Affirming Practice Haddonfield
- Molly Hammond, APN
  Woodbury Primary & Specialty Care
- Keefe Giffin, PA-C
  Point Plaza Primary Care

To make an appointment, call 844-542-2273.

Medical Neighborhood of Jefferson Health - New Jersey

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. Or call 844-542-2273 to make an appointment.
Adapting to life after an ostomy – a surgery that redirects the bowel to an opening (stoma) in the abdomen for waste to exit through an external pouch (colostomy bag) – can be difficult, but it doesn’t have to be.

Adequate and accessible follow-up, education, and support services are key to helping patients who’ve undergone ostomies live their best lives. This is why Colorectal Surgeon Dr. Thaer Obaid, started the Ostomy Clinic at Jefferson Cherry Hill Hospital’s Medical Office Building.

Held the 1st Thursday of every month, Dr. Obaid and his team of certified wound, ostomy, and continence nurses provide pre- and post-op care for patients with temporary or permanent stomas.

If you or a loved one has had an ostomy, Dr. Obaid reminds us, “they’re meant to improve your life – not hold you back. If you have any questions or hesitancies regarding your stoma or colostomy bag, we are always here to help.”

For more information on Colorectal Surgery and Ostomy Clinic services at Jefferson Health – New Jersey, call 856-665-2017.
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, please 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 specialized 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 and Diabetes Education Center
Turn to Jefferson Health for comprehensive nutrition counseling and diabetes education, offered by highly trained Registered Dietitians, Registered Nurses, Certified Diabetes Care and Education Specialists, and Health Coaches at locations in Cherry Hill, Marlton, Somerdale, Voorhees, and Washington Township. Whether you have specific health issues you would like to focus on or are looking for guidance to living your healthiest life, the Jefferson Nutrition and Diabetes Education Center is here to help you achieve your goals! Call 844-309-7708 for more information, or to schedule an appointment.

Center for Advanced Wound Care & Hyperbaric Oxygen Therapy
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.

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.

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.
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 and receive a Zoom link for the above seminar, call 856-218-5324.

Healing Words - A Virtual Writing Class for Cancer Patients
Class is limited to Cancer Survivors, including those newly diagnosed or actively in treatment.
Participants will engage in journaling and learn about the benefits of writing during and after a cancer diagnosis.

When: 1st and 3rd Thursdays, except holidays
Time: 6 p.m.
Facilitator: Linda Beverett, Author
To register and receive a Zoom link for the above seminar, call 856-218-5324.

Virtual Art Therapy Class for Cancer Patients
Class is limited to Cancer Survivors, including those newly diagnosed or actively in treatment.
Creating art in a nourishing, peaceful environment often allows the mind and body to relax, experience stillness, and enter a zone of acceptance. Explore your creativity through various art techniques. No artistic experience is required.

When: Tuesdays, except holidays
Time: 2:30 - 4:30 p.m.
Instructor: Mary Barnett, BFA
Fine Artist & Muralist
To register and receive a Zoom link for the above seminar, call 856-218-5324.

Virtual Well-Being Yoga Classes for Patients with Cancer
Well-Being Yoga: Increases flexibility, range of motion and strength, and may bring additional benefits — both during and after cancer treatments.

When: Tuesdays
Time: 1:15 - 2:15 p.m.

Chair Yoga: All poses are performed seated or standing, using a chair as support.

When: Wednesdays
Time: 1:15 - 2:15 p.m.

Instructor: Cindy Sporer ACSM CPT, CES
Yoga Fit
To register and receive a Zoom link for the above seminar, call 856-218-5324.

Preparing for Chemotherapy and Immunotherapy
This class provides education and support for patients and their caregivers preparing to receive chemotherapy and/or immunotherapy treatment. How chemotherapy and immunotherapy works will be reviewed, as well as tips and tools for managing common side effects.

When: Wednesdays
Time: 4 - 5 p.m.
Instructors: Allison Gibase, BSN, RN, OCN
Traci Loud, BSN, RN, OCN
Stacey Jacobs, BSN, RN, OCN
To register and receive a Zoom link for the above seminar, call 856-218-5324.

22nd Annual Cancer Survivor & Thriver Day
If you are a cancer survivor, please join the Jefferson Health Enterprise for a FREE virtual event featuring an inspirational chat with Ben Alldis, Peloton Instructor and Melanoma Survivor, an expert panel discussion, and breakout sessions.

When: Friday, June 18
Time: 11 a.m. - 2 p.m.
To register, visit: tinyurl.com/jx5249zh
Let’s Get Back to Fun & Fitness -

As an affiliate of Jefferson Health, we take a sensible, scientific approach to fitness to ensure continuous progress. When anyone does the same exercises, day in and day out, the body adapts and progress ceases. This mistake is a common one and often leads to boredom and giving up.

We can help you stay on track. With a larger variety of exercise equipment than any other institution in the Delaware Valley, we offer swimming pools; spinning rooms; huge aerobic floors; small group fitness classes; and much more. Plus, our trainers and professionals change their exercise programs regularly to keep your mind and body engaged.

Not to mention, our swimming lessons for all ages and daycare center guarantee that there’s something for everyone to enjoy. So, while we’re getting back to fun and fitness, let’s also get back to strength, positive energy, and improved immunity!

- Craig Ehleider, President of Kennedy Fitness

COVID-19 PRECAUTIONS: We can assure you that all our facilities are CDC compliant. Equipment is thoroughly cleaned and disinfected on a regular basis; masks are required at all times; prior to entry, temperatures are taken; and social distancing is highly encouraged. If you have any questions or concerns, please call 1-800-875-2720.

Visit KennedyFitness.org to learn more.
Please Join Us for OUTDOOR HEALTH FAIRS at the following locations:

**Thursday, June 17**
1 – 3 p.m.
**Rain Date: June 24**
Kennedy Fitness – Sewell
405 Hurffville-Cross Keys Rd.

**Tuesday, June 22**
1 – 3 p.m.
**Rain Date: June 29**
Kennedy Fitness – Medford
180 Route 70

These events are free and will include the opportunity to speak with hospital and community representatives.

To ensure the community’s health and safety, all vendors and participants are required to wear facial coverings. Vendors will also be spaced apart.

Health Fairs are Open to Members & Non-Members

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**Community Events**

**Veterans Drive-Thru Health Fair**
**Tuesday, May 25** (Rain Date May 26); 3:30 – 6:30 p.m.
Camden County College, Blackwood Campus, Parking Lot 1

**Al Fresco Affair Food Truck Series**
Enjoy great food and live music in the park.
**Last Thursday, May – September; 5 – 7:30 p.m.**
Croft Farm, 100 Bortons Mill Rd, Cherry Hill

**Haddon Twp. PRIDE Parade & Events**
**Thursday, June 10 – Saturday, June 12** (Times & Locations vary)
Visit htpride.com/events for more information.

**Cherry Hill African American Civic Association**
**Juneteenth Festival & Parade**
**Saturday, June 19** (Rain Date June 20); 10 a.m. – 5 p.m.
Croft Farm, 100 Bortons Mill Rd, Cherry Hill

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**The New Jersey Patient Care Fund**

Jefferson Health is committed to improving lives in our community with compassionate and clinically advanced caregivers, multi-disciplinary patient services, and a patient experience that exceeds expectations. Every day, we support people like you – with the help of people like you.

Many patients are underinsured or uninsured and are unable to afford out-of-pocket expenses. The New Jersey Patient Care Fund helps patients acquire medical equipment, personal products, transportation, short-term housing, food, and more – giving them access to the services they need despite limited insurance coverage or financial means. Our community programs change people’s lives for the better and your support makes it happen. If you are interested in helping, go to: JeffersonHealth.org/NJPatientCareFund

For more information, contact Jefferson Health Foundation - New Jersey at info.JHFNJ@jefferson.edu or call 856-566-2008.
Haddonfield Primary & Specialty Care

An LGBTQ+ affirming practice

At our primary and specialty care practice, you’ll find a welcoming and inclusive environment to address all your healthcare needs. Our new practice offers expertise in primary care, infectious diseases, HIV and behavioral health needs. Services offered include Hormone Replacement Therapy (HRT), Medication-Assisted Treatment for opioid use disorder, and Pre-Exposure Prophylaxis (PrEP) for HIV prevention.

► CONVENIENT, SOUTH JERSEY LOCATION WITH FREE PARKING
► ONE BLOCK FROM PATCO HIGH SPEED LINE
► STAFF AND PROVIDERS PROFICIENT IN LGBTQ+ CARE

Call 1-844-542-2273 to schedule an appointment.