

# Meridian HealthViews

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## Spine Surgery Restores Patient's Active Lifestyle

*Meridian Health System provides  
orthopedic services that are among  
the best in the country.* Page 2

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**Meridian**  
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## Spine Surgery Renews Patient's Lifestyle

*After barely being able to walk, Mark Castellano is enjoying life again, thanks to our skilled orthopedic surgeons.*

**M**ark Castellano was always used to being on the go. A managing director of a Wall Street brokerage firm for the past 26 years, Mark worked hard and played hard. When he began to feel a pain in his left leg, the 47-year-old Middletown resident figured it was from a softball injury. But even off-season, the pain in Mark's leg refused to go away. When he started to have trouble walking, he knew it was time to seek medical help.

A doctor in New York City diagnosed Mark with *spondylolisthesis*, a deformity of the spinal column caused by the gliding forward of one vertebra. It's a degenerative condition that can result in both back and leg

pain, interfering with one's daily activities. Mark says he never dreamed that the pain he was experiencing in his leg could be related to a problem with his spine.

"The New York doctor wanted to operate right away, but I wanted a second opinion," Mark recalls. "So I found Dr. Lospinuso through friends, and he confirmed the diagnosis. The disc was pushing forward and pinching the spinal cord. At this point, the pain was becoming unbearable."

At first, Michael Lospinuso, M.D., an orthopedic surgeon on staff at Jersey Shore Medical Center, recommended other, less invasive alternatives to treat Mark's condition, such as physical therapy and epidural injections. But after about a year, it became clear to Mark that his

condition was serious enough for him to finally consider surgery.

"Dr. Lospinuso said that I would either have to spend the rest of my life living with the pain or undergo spine surgery,"

Mark notes. "So, I chose to have him perform my operation at Jersey Shore Medical Center."

### Among Best in Nation

Jersey Shore's orthopedic services are among the best in the country, according to the most recent data analysis provided by the nationally recognized health care rating organization, HealthGrades.com. The Medical Center was awarded a five-star rating in the categories of Back and Neck Surgery, Total Hip Replacement Surgery, and Total Knee Replacement Surgery. Jersey Shore was the only hospital in Monmouth and Ocean counties to receive the five-star rating in all three areas. And for Back and Neck Surgery, the ratings showed Jersey Shore's patients experience less complications compared with the national average. The major complication rate was recorded at only 1.54 percent, significantly lower than the predicted rate of 18.5 percent.

"Jersey Shore's spine program offers the most sophisticated treatment techniques in the region for all aspects of spine surgery," Dr. Lospinuso notes. "As a regional referral center, we treat trauma patients, patients with spinal deformities and fractures, as well as those who have had prior

### Message to the Community

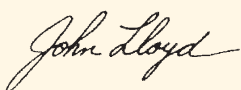
## Do you believe in miracles?

At Meridian, we do. We aren't miracle workers, but we are privileged to witness the miracle of health, the miracle of life, and the miracle of the human spirit each and every day.

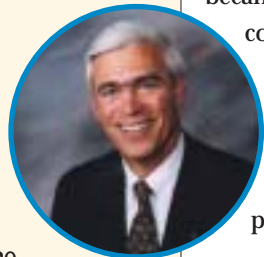
The theme of National Hospital Week, May 12-18, is "Where Miracles Happen Every Day." This powerful and uplifting theme is a wonderful tribute to the dedicated doctors, nurses, and health care providers.

As the president of the area's largest local health care system, I salute the Meridian team for their humanity and their expertise.

Sincerely,



John K. Lloyd, FACHE  
President



After exploring several options, Mark Castellano of Middletown had his spine surgery performed by Michael Lospinuso, M.D., an orthopedic surgeon affiliated with Jersey Shore Medical Center.



reconstructive surgery that failed to alleviate their problem.”

### Two Complicated Procedures, One Great Outcome

The complex reconstructive spinal surgery that Dr. Lospinuso performed on Mark in May 1999 actually involved two procedures that required going through his back and abdomen.

“We had to realign Mark’s spine, as well as balance him with a tiny scaffold-like device,” Dr. Lospinuso explains. “He was up and walking the next day, back in his Wall Street office in six weeks, and resuming most of his activities in six months.”

Mark says Dr. Lospinuso cautioned him that he might still have some discomfort as a result of nerve damage caused by the spondylolisthesis, but Mark has been pain-free for the past three years. He visits Dr. Lospinuso for his annual checkup and has resumed such activities as horseback riding and water skiing.

“What’s ironic about my experience is that I went to Dr. Lospinuso for a second opinion about surgery, and initially he didn’t even want to operate on me,” Mark adds. “He felt it was more important to explore other options first, and that showed his real concern for me as his patient. For someone who dreaded walking for awhile, it is such a pleasure to be able to enjoy life again.”

Look for more information about Meridian Orthopedic and Rehabilitation Services in the upcoming September/October issue of *Meridian HealthViews*.

 Pati Caldwell

#### Meridian Orthopedic & Rehabilitation Services

Meridian Health Line 1-800-560-9990

Meridian Web site [www.meridianhealth.com](http://www.meridianhealth.com)

## A Twist of Fate

*When Dr. Robert Ranucci moved back to New Jersey, he never could have guessed what would happen to him. Luckily, Medical Center of Ocean County was there for the unexpected.*

**W**hen 71-year-old Robert Ranucci, M.D., left his psychiatric practice in Arizona and moved back east, he was looking forward to a fresh start. However, fate had something else in mind. While working last summer on his new home in Point Pleasant, Dr. Ranucci collapsed onto the floor. Luckily, a worker at his house called 911. Dr. Ranucci was rushed to Medical Center of Ocean County (MCOC), where he fell into a coma that lasted 26 days. He awoke on September 11, 2001, at 10:00 a.m. to the horrific images of the World Trade Center on his television.

### What Happened?

Dr. Ranucci had suffered from a reputed *abdominal aortic aneurysm* (AAA). An aneurysm is a ballooning of a weakened artery wall. Most aneurysms seem to occur in the *abdominal aorta*, the main artery in the center of the abdomen. As with any aneurysm, there is the fear that it will leak or burst, causing life-threatening bleeding as it did in Dr. Ranucci’s case. According to the American Heart and Lung Institute, 15,000 Americans die each year from a ruptured AAA.

AAA can be treated successfully if detected. However, most of them enlarge slowly with no symptoms. Some people may experience back pain, but not always. “I was feeling fine that morning,” recalls Dr. Ranucci. “I did experience an unusual pain in my back for about a minute the night before, but because it was so brief, I was not overly concerned.”

Vascular surgeon Scott Cluley, M.D., performed emergency surgery on the collapsed patient. Dr. Cluley and Frank Sharp, M.D., of Jersey Coast Vascular Institute, handled his follow-up care. “We are proud to offer the community options when it comes to vascular disease,” says Dr. Sharp, who along with Dr. Cluley and Louis Grella, M.D., recently opened Jersey Coast Vascular Institute at MCOC, where board certified vascular



Photo: Randy Allen

Robert Ranucci, M.D., of Point Pleasant is recovering from vascular surgery thanks to the skilled surgeons at Medical Center of Ocean County.

surgeons provide medical, endovascular, and surgical treatment to patients with *peripheral vascular disease*, such as hardened arteries, varicose veins, and thrombophlebitis.

### Care Close to Home

After seven weeks of acute care and inpatient physical therapy followed by ongoing outpatient rehabilitation, Dr. Ranucci is in good health. He is

*Continued on page 5*

#### Meridian Vascular Surgery

Physician Referral 1-800-560-9990

Meridian Web site [www.meridianhealth.com](http://www.meridianhealth.com)

## Taking the Emergency Room “to Heart”

*A 62-year-old man who suffers from arrhythmia boasts about the “ER in his chest” that saved his life.*



Photo: Randy Allen

Michael Skerchek of Toms River, at home with his wife, Suzanne, has a pacemaker and defibrillator in his chest that monitors his heart.

**R**etiree Michael Skerchek of Toms River suffered his first heart attack about six years ago. According to the 62-year-old, who used to work at International Vitamins in Freehold, his long-time smoking habit, plus the stress of managing his own air conditioning company for several years, led to the development of *arteriosclerosis*, the hardening and thickening of the artery walls.

A *stent* (tubular structure) was inserted inside Michael's artery to support it and keep it open. Unfortunately, the stent closed, and a subsequent stent also failed to keep his artery open.

Then last June, Michael suffered a heart attack while he was driving on the Garden State Parkway with his then fiancée, Suzanne. He was taken to Jersey Shore Medical Center, where staff cardiologist Raymond Resnick, M.D., performed an angioplasty. This technique uses a catheter to widen a narrow or blocked blood vessel located on the heart wall without surgically

removing the plaque. But Michael says his second heart attack caused about 30 percent damage to his heart, leaving him with severe *arrhythmia* — an irregular heartbeat.

### Correcting Heart Abnormalities

To correct this problem, Ihab Girgis, M.D., conducted an electrophysiology study on Michael in the Electrophysiology Lab at Jersey Shore Medical Center, the region's leading provider of cardiac care, performing over 7,000 procedures a year, including cardiac catheterizations and electrophysiology studies. These studies, which involve inserting special catheters into the heart through veins in the leg or neck, provide an accurate assessment of the heart's electrical activity and help detect any abnormalities.

Dr. Girgis inserted a pacemaker, a device connected to the heart to stimulate heart contractions at an appropriate rate, and a defibrillator, an implantable device that regulates a

rapidly beating heart, into Michael's chest. (Traditional defibrillators pass an electric current through the heart to re-establish a normal heart rhythm.) Two weeks after he had these procedures, the defibrillator went off.

“I was sleeping, and all of a sudden I had this unbelievable pounding in my chest,” Michael recalls. “It was a pretty scary experience.”

The defibrillator did what it was intended to do — slow down Michael's heartbeat and prevent another cardiac incident from occurring. He returned to Jersey Shore, and Dr. Girgis reprogrammed the defibrillator. Over a period of a few months, Richard Adelson, M.D., carefully monitored his medication and made some adjustments that enabled Michael to resume his normal activities.

“The defibrillator saved him,” Dr. Adelson says. “Because Michael has this device, his condition has gradually improved to the point where he has been able to return to all of his normal activities.”

Today, Michael stays active by fishing and traveling. He and Suzanne were married last September 28, and the couple recently moved into a new home in Toms River. Suzanne, who works as an operator for the Ocean County Sheriff's Department, calls Michael two or three times during her shift to make sure he's all right.

“Dr. Adelson says my wife and I shouldn't worry, because I have an ER (emergency room) in my chest in case anything goes wrong with my heart,” Michael laughs. “It's a relief to have this medical technology to rely on.”

### Free Video and Information

For a free video and information packet about Meridian's cardiac services and for a free referral to a Meridian cardiologist, call Meridian Health Line at 1-800-560-9990.

 Pati Caldwell

## New Hope in Heart Failure Treatment

*Cardiac resynchronization is now available for patients suffering from heart failure.*

Edward Haydu of Interlaken has been suffering from congestive heart failure (CHF) for nearly 10 years, experiencing many of the symptoms such as shortness of breath and exhaustion. So, when his doctors at Jersey Shore Medical Center told him about a new procedure to help alleviate some of the symptoms, Edward thought it was definitely worth a try.

"I've been suffering for awhile now," says Edward. "When my doctors told me I may qualify for this new procedure and they highly recommend my considering it, I took their advice."

### Pacemaker Gets Heart "Back in Line"

Jersey Shore Medical Center is one of only a few hospitals in the state to offer this new treatment called *cardiac resynchronization therapy* (CRT), also known as biventricular pacing.

CRT is a new treatment for heart failure patients that uses a pacemaker device to improve the pumping efficiency of the heart and lessen antagonizing symptoms of heart failure.

Normally, in a healthy person, the four chambers of the heart contract at the same time to move blood through the body, commonly known as the heartbeat. In many heart failure patients, however, this synchrony of contractions is impaired. As a result, the two lower chambers, or ventricles, no longer contract at the same time, often causing heart failure symptoms to worsen.

Steven Zukerman, M.D., director, Cardio Electrophysiology, at Jersey Shore Medical Center, explains the procedure: "In CRT, a pacemaker is implanted in the upper chest in an attempt to resynchronize the contractions of the ventricles by sending electric impulses to the heart muscle. This procedure can help the heart pump blood throughout the body more efficiently and reduce symptoms of heart failure."

It's important to note that CRT can't work by itself — it's designed to work along with standard medication and healthy changes in diet and lifestyle. Patients must be tested to see if they qualify for the CRT procedure.

### Patient Goes the Distance

"First, I had the testing done to see if I was a candidate for this new procedure," says Edward. "Once I found out that I qualified, I made my appointment to have the procedure performed at Jersey Shore Medical Center."




Photo: Randy Allen

Edward Haydu of Interlaken has noticed a vast improvement in his health since he underwent a new heart procedure and treatment at Jersey Shore Medical Center.

"It is important that you have an experienced team that can provide the appropriate care that heart failure patients need," says Dr. Zukerman. "We're skilled cardiologists using state-of-the-art technology for our patients, and we're one of only a few in the state offering this new procedure." In addition to performing CRT, Jersey Shore provides an outpatient Congestive Heart Failure Program for continuing care of heart failure.

On November 20, 2001, Edward had the new pacemaker implanted. "Since then, I've had three adjustments to my pacemaker, which my doctors say is expected," he says. "Overall, I've noticed vast improvements in my health. I can walk a longer distance than before without becoming so short of breath. I'm very pleased with the procedure, the outcomes, and the care I received at Jersey Shore."

 Beth Reiprich

## Vascular Surgery

*Continued from page 3*

enjoying his move back home to New Jersey and spending time with his family. When thinking back to his ordeal he believes, "if it was not for the urgent and efficient care I received, I would not be here today. Plus, the support given to my family was outstandingly sensitive."

 Nicole Ocone

### Meridian Cardiology Information

Meridian Health Line

1-800-560-9990

## Overcoming a Disease to Bring in a New Life

*A local woman with multiple sclerosis takes on the challenges of delivering a healthy baby at Medical Center of Ocean County.*



Photo: Randy Allen

Shannon Egleston of Brick, who has multiple sclerosis, worked with her physicians to avoid as many complications as possible during her pregnancy. Shannon and her husband, Rob, now have a son, Payton Wesley.

**W**hen Shannon Egleston of Brick turned 34, she knew that her time was limited to decide whether or not she was going to have a baby. Shannon was diagnosed two years earlier with *multiple sclerosis (MS)*, a chronic and often disabling disease of the central nervous system. Her neurologist told her that if she was going to have a baby, it should be sooner rather than later to avoid potential complications.

“I knew I wanted to get pregnant and time was of the essence,” says Shannon. “When my husband, Rob, and I found out we were expecting, we were ecstatic!”

### Nine Months and Counting

When Shannon was about six weeks pregnant, she went to see her obstetricians, Ann Marie Pagano, M.D., and Paul Vetter, M.D., for her first check up. “Shannon was concerned about the complications that she might have during her pregnancy due to her illness,” explains Dr. Pagano. “She was told by her neurologist that she would probably need to have a cesarean section (C-section) to deliver. I explained to her that she wouldn’t necessarily need one, because many patients who have MS can deliver

vaginally. It all depends on the strength of the patients’ muscles at the time of birth and their overall feeling of tiredness — can they push for several hours.”

Shannon’s pregnancy was uneventful through the first 28 weeks. Then she began to have symptoms related to her MS, including dizzy spells and feeling weak. Her doctors thought it would be best if she stopped working and stayed home to rest. “From then on, I had good days and bad days,” states Shannon.

### A Last-Minute Decision

On Friday, January 11, at about 10:00 a.m., Shannon’s water broke and she went into labor. Dr. Pagano sent her to the modified single room Maternity Unit at Medical Center of Ocean County to deliver her baby.

“Our 23-bed unit offers a caring and supportive environment where moms labor, deliver, and recover in one room,” says Kathleen Hahn, R.N., nurse manager of Maternity Services, “The mom is then moved to a private postpartum room for the rest of the stay.”

Shannon was in labor all day and was given the drug Pitocin because she wasn’t dilating. “There was a point where she wasn’t progressing so, after discussing her options, we decided she needed to have a C-section,” explains Dr. Pagano.

Shannon did not want to have any pain medicine during labor because she was afraid of the potential interactions it could have with her MS. She spoke at length with the anesthesiologist about her pain management options, whether she should have general anesthesia or spinal during the C-section, and it was agreed that although spinal narcotics can leave a patient with residual pain and numbness over different areas of the body, it was her best and safest option.

At 10:06 p.m., her 8-pound, 21-inch son, Payton Wesley, was born. “The moment my husband and I looked at him, our lives were changed forever,” Shannon says.

### In the End...

For new mothers with MS, symptoms can increase during the first three to six months after giving birth. According to the National Multiple


### Meridian Maternity Services

Meridian Health Line

1-800-560-9990

Sclerosis Society, the risk of an MS relapse during this period is estimated to be 20 to 40 percent. But Shannon's hanging in there.

"I pretty much have my good and bad days," says Shannon. "I am having some adverse reactions to my medications, but my neurologist said it should stop in time. But when I look at my son, I know it was all worth it."

 Robin Krippa

### Getting Ready for Baby

All three of Meridian's hospitals offer childbirth education classes to the community. "It's important for parents to take advantage of our classes," says Riverview Medical Center's childbirth educator, Pam Rossano, R.N. "It makes parents more aware of what is going to happen when they come in to deliver their babies."

Pam continues, "Our classes are mostly taught by labor and delivery and nursery nurses, all registered and certified in their respective areas. We find that this works well because parents get to meet us before they deliver and feel more comfortable with us. We make the classes relevant to what they are going to experience."

One of Riverview's more popular classes is called "Tiny Tots." This is for children under four who will have a sibling. It is a walking/talking class where the children get to see where their mom will be staying and having the baby. Children are encouraged to bring a picture of themselves to put in the newborn's bassinet, so when they come to see their baby brother or sister, they can more readily identify which baby is theirs.

Classes offered at the hospitals include baby care, breastfeeding, prepared childbirth education and refresher courses, infant safety and CPR, sibling classes, and much more. For more information, call Meridian Health Line at 1-800-560-9990.

**Jersey Shore Medical Center's Maternity Unit Gets a Facelift**

See page 11

## Wired Advice for Moms-to-Be

*One of Meridian's specialists is dishing out his own brand of online advice on Oprah's media network.*

**W**hat do Dr. Phil and Dr. Hux have in common? Both serve as experts to Oprah Winfrey's online media network, Oxygen, providing advice to her fans around the world.

While Dr. Phil is most well-known for his weekly appearance on the Oprah show, Meridian's Charles Hux, M.D., is becoming widely known to the online chat community. Women ask him questions about pre-term labor, miscarriage, depression and pregnancy, fetal weight, and ultrasounds. For example, during one recent session, "Melinda" wrote, "Dr. Hux, I am hoping that you can help put me at ease..." She wanted to know if scar tissue from prior C-sections could be creating a blockage.

Dr. Hux, a board-certified perinatologist with a high-risk obstetrics practice in Brick, responds warmly and professionally, providing sound advice.

"I think I fill an information gap for many women," says Dr. Hux. "They may have unanswered questions or feel uncomfortable taking up so much of their doctor's time during a visit. The Internet gives women the

opportunity to ask those questions of another professional who understands and can clarify concerns for them."

How did Hollywood find this local health expert with a knack for the wired world? Dr. Hux says he got a call from an Oprah producer a couple of years ago, and he eventually became one of about five candidates for the online "Ask the Pro" job. They selected him based on his medical credentials, his interest, and his years of media experience.

So while he may not be talking about "Relationship Rescue," Dr. Hux has his own following of women who seek his free, credible advice. And, who knows ... maybe we'll see him on Oprah. He may even be promoting the Q&A book he's writing, filled with the most common questions asked by mothers-to-be.

To participate in Dr. Hux's chats (or just sit back and learn), log onto [www.oxygen.com](http://www.oxygen.com) at 9:00 p.m. on the second and fourth Monday of each month. (Go to the "Family & Pregnancy" section.) He'd be happy to answer any questions you have!

 Christie Scott

Perinatologist Charles Hux, M.D., shown here with twins Emily Marie and Alexander Weston Kave of Manasquan, provides pregnancy-related advice to women online on Oxygen, Oprah Winfrey's media network.



Photo: Randy Allen

## They've Got a Lot to OFFER

*The path to becoming a registered nurse can be challenging, but a new program from Meridian is helping to make it a little easier.*

**C**ompleting the amount of class and study time hours needed to successfully finish a nursing program can be a challenge for anyone — especially for those who have full-time jobs. Respecting the tremendous value that nurses provide, Meridian launched the OFFER program last fall. (OFFER is an acronym that stands for ongoing support, financial support, flexible scheduling, educational counseling, and R.N. mentoring.) The program assists hospital employees who are working on their nursing degrees, helping them get the time, money, and resources they need to achieve success.

Instead of working during the week, student nurses enrolled in the OFFER program work 24 hours over each weekend. Meridian credits them for 36 hours so they can retain full medical benefits and tuition reimbursement. And each participant receives individual educational counseling, guidance, and support.

“Nursing programs are stressful enough without having to worry about money, time, or juggling a current job,” says Teri Wurmser, Ph.D., director of the Ann May Center for Nursing. “We wanted to be able to help our employees who were thinking about pursuing a nursing career relieve some of those stresses and provide a complete support system.”

Here are stories of three recent nursing graduates who used the OFFER program to help them reach their dreams.

Nimfa was working as the unit secretary in the Critical Care Unit at Riverview Medical Center when she entered her nursing program and she found it difficult to juggle her work, education, and home life.

“I would definitely recommend the OFFER program to anyone who’s serious about earning a degree in nursing,” says Nimfa. “I always strive to do my best, and Meridian allowed me the time and resources to help me do just that.”



Photo: Chris Cahler

Through the OFFER Program, Kimo Morris of Howell found the time to better focus on her nursing studies.

### Kimo Morris

#### Jersey Shore Medical Center

Ever since she was 17 years old, Kimo Morris of Howell knew she wanted to be a nurse. Initially, she was planning on following her dream right out of high school; however, for many reasons, she would have to wait a few years before she could enter a collegiate program. For the past six years, she has been working as a unit secretary on a Cardiology Unit at Jersey Shore Medical Center while actively pursuing her nursing degree.

“One of the main reasons I chose to work at Jersey Shore Medical Center was because I knew it was a teaching hospital with a lot of opportunities and benefits,” says Kimo. “However, working every day and going to class or studying every night leaves little time for anything else. With the help



Photo: Russ Scuffert

Nimfa Baya of Eatontown used the OFFER Program to join her family of nurses.

### Nimfa Baya

#### Riverview Medical Center

With a family of nurses that includes two sisters, Nimfa Baya of Eatontown, knew the challenges of becoming a nurse. “When you are in a clinical program for nursing, you don’t have time for anything else,” says Nimfa. “You basically have to put your life on hold; but I knew it was what I wanted to do. And it was something I would have to do well.”



Edna DeLorenzo of Toms River benefited from Meridian's many learning opportunities.

of my supportive manager and co-workers, along with all the benefits of the OFFER program, I was able to clear my whole week, allowing me time to completely focus on my nursing studies.”

Edna DeLorenzo

Medical Center of Ocean County

Being a single mom, student, and full-time employee of the Critical Care Unit at Medical Center of Ocean County was not easy for Edna DeLorenzo of Toms River. Even with a supportive manager and some flexible scheduling, Edna found the only way to get the time she needed was to take days off, until she entered the OFFER program in her fourth semester.

“With tuition reimbursement, scholarships, educational opportunities, and academic and personal support, Meridian has just been wonderful to me,” says Edna.

**Want More Information?**

The OFFER program is available to all Meridian employees. Program participants must be currently enrolled in a nursing program to be eligible. For more information, call the Ann May Center for Nursing at 732-776-2496. For more information about joining Meridian's team of professionals, visit our employment opportunities on our Web site: [www.meridianhealth.com](http://www.meridianhealth.com).

Michael Valentino

## Filling Pharmacy Needs On-Site

*Discharged patients find convenient service at Jersey Shore Medical Center.*

**W**hen you are discharged from a hospital, you probably have a lot on your mind.

Now, patients at Jersey Shore Medical Center have one less step to worry about — they can have their prescriptions filled and ready to pick up on their way out of the hospital at the new Meridian Pharmacy. Located in the Brennan lobby, the Pharmacy is available to fill prescriptions for discharged patients as well as patients seen in the Emergency Department, Same Day Surgery, and Family Health Center. Meridian employees and their dependents can also access these services.

“Our patients are finding this new service extremely convenient,” says Mike Corkery, registered pharmacist and manager of Meridian Pharmacy. “They leave the hospital with their prescriptions, a similar service as from any other pharmacy.”

Meridian Pharmacy is open Monday through Friday from 7:30 a.m. to 5:30 p.m. The Pharmacy accepts all prescription plans, and payments can be made by cash, check, or charge.

Pati Caldwell



### Meridian Pharmacy

Jersey Shore Medical Center 732-776-4750

## A Special Invitation to Nightingales

*Revisit the joy of patient care as a volunteer.*

**T**hey say that nursing is in a person's heart. Those who are passionate about the profession choose the calling because they want to help people — to make a difference. In today's complex health care environment, nurses regret the lack of time they have to make patients more comfortable, to spend more unhurried moments listening and calming fears. An innovative idea to attract nurses back to the bedside is debuting this May at Meridian Nursing and Rehabilitation in Brick and in Red Bank. It is called The Nightingale Corps, and it's a volunteer program to bring qualified nurses back to nursing who have retired, switched careers, or have been busy raising their families.

“What nurse wouldn't want the opportunity to provide compassionate care in a relaxed and unhurried manner,” says Janice Greer, vice president of Meridian Quality Care. “For as little

as two hours a week, a nurse can use comfort measures to address a patient's pain or help lower a patient's anxiety.”

Meridian will provide orientation and supervision of each Nightingale Nurse. Volunteer nurses will help nursing home patients with basic daily needs, such as bathing, eating meals, and giving back rubs. No care given by a Nightingale Nurse will require a physician's order.

This is the first time in the history of nursing that the nursing shortage is truly critical. The Nightingale Corps is a fresh concept that opens doors for nurses to fulfill their dream of helping others.

For more information, call the director of Nursing Services at Meridian Nursing and Rehabilitation at Brick at 732-206-8000 and Meridian Nursing and Rehabilitation at Red Bank at 732-842-3800. Orientations begins the week of May 6.

Chrisie Scott

## On the Leading Edge

*Riverview now offers GliSite radiation therapy, helping patients with brain tumors live longer, better lives.*

**R**iverview Medical Center is now one of only two dozen hospitals in the country — and the only hospital in Monmouth County — to offer a new treatment for brain tumors. Bruce Rosenblum, M.D., head of Neurosurgery at Riverview, recently introduced this new technology to our area, which is called *GliSite radiation therapy* (GliSite RT).

“GliSite RT produces far fewer side effects than traditional radiation or chemotherapy,” says Dr. Rosenblum. “It allows physicians to concentrate the radiation only in the area immediately surrounding the tumor site, minimizing damage to healthy tissue. In other words, it provides maximum treatment effectiveness, with minimal side effects. GliSite can also be used more than once, if necessary.”

### Safer for the Brain

Traditionally, after a patient has been diagnosed with a malignant brain

tumor and the tumor has been surgically removed, the patient would be treated by external beam radiation, which sends doses of radiation from outside the body through the brain to the tumor site. The objective of this procedure is to reduce the chance of tumor regrowth by destroying remaining malignant (cancerous) cells.

While external beam radiation has been proven to reduce tumor regrowth, it can't be used more than once, because the brain can only tolerate certain levels of radiation. This is a common problem for patients with aggressive or recurrent brain tumors who needed additional therapy.

“Until the GliSite RT was developed, the treatment options for these patients were extremely few due to the limited ability of radiation and the less than optimal effectiveness of traditional chemotherapy,” says Dr. Rosenblum.

A Balloon Delivers the Radiation GliSite RT, which takes its name from *glioblastoma*, a type of malignancy specific to the brain, delivers a high dose of radiation directly to the tumor site from inside the brain. During a patient's surgery, when the tumor is removed, a balloon attached to a catheter is inserted into the space where the tumor was. Once in place, it's expanded so that the entire surface of the balloon comes in contact with the tissue surrounding the cancer site. After surgery, the balloon is filled with a liquid radioactive material called *Iotrex* or *I125* via a port or catheter placed under the scalp. The balloon is left in place for three to seven days, directing radiation only to the surrounding tissue where the tumor is most likely to reoccur.

The treatment also allows physicians to use other cancer treatments in conjunction with GliSite RT, such as external beam radiation or chemotherapy. Chemotherapy can even be used in the form of Gliadel wafers, which can be implanted in the tumor cavity following the removal of the balloon. Because the patient does not have to continuously return to the hospital for external beam radiation, treatment time can be reduced from six weeks to less than one week, allowing for faster recovery.

“GliSite provides safe and effective treatment for newly diagnosed or recurrent tumors while allowing patients to carry on with their lives,” says Dr. Rosenblum. “Where there was once little hope, neurosurgeons can now offer treatment options to help these patients live longer and allow them to enjoy a better quality of life.”

To learn more about Meridian's oncology services or to see a Meridian specialist, call Meridian Health Line at 1-800-560-9990, or log on to our Web site at [www.meridianhealth.com](http://www.meridianhealth.com).

 Diane Gribbin

## Special Event

### Red Bank Jazz and Blues Festival on the Navesink

*Check out new interactive health exhibits and enjoy a day of family fun.*

**H**ot jazz. Cool nights. Put some sizzle into your summer with the Red Bank Jazz and Blues Festival on the Navesink, sponsored by Riverview Medical Center.

#### *Red Bank Jazz and Blues Festival on the Navesink*

*Marine Park, Red Bank*

Friday, May 31

6:00 p.m. to 10:00 p.m.

Saturday, June 1

11:00 a.m. to 10:00 p.m.

Sunday, June 2

11:00 a.m. to 6:00 p.m.

Riverview will present a new interactive health and science exhibit, and families can enjoy music from three stages, 25 food vendors, a crafts section with more than 30 crafters, boat rides, a children's section with kiddie rides and entertainment, and outstanding jazz and blues musicians — presented by the Jersey Shore Jazz & Blues Foundation. *It's a great weekend for all!*

 Christine Burke

#### Red Bank Jazz & Blues Festival on the Navesink

Meridian Health Line 1-800-560-9990

Meridian Web site [www.meridianhealth.com](http://www.meridianhealth.com)

## This PET is no “Cat”

*Meridian's new, mobile imaging technology will help physicians diagnose and treat diseases faster and more accurately than ever before.*

The hospitals of Meridian will soon be sharing a PET — a PET scanner, that is. “PET” is an acronym for *positron emission tomography*. This exciting scanning technique enables physicians to measure with great detail the body’s organs at work. A mobile unit is now available at Jersey Shore Medical Center. Medical Center of Ocean County expect to offer this technology by the end of the year, and Riverview Medical Center is slated for the following year.

According to Pritinder Thind, M.D., a Harvard fellowship-trained radiologist at Jersey Shore Medical Center, PET is becoming the gold standard in detecting and pinpointing various cancers, neurological disorders, and damage to the heart muscle following a heart attack. “This type of state-of-the-art imaging reduces the need for major surgery for many patients because it can determine whether certain conditions are operable as well as whether tumors are malignant or benign,” she says. “It can also detect the spread of diseases earlier than other imaging methods.”

Oncologists, cardiologists, and neurologists are also using PET scanning to detect problems that other imaging techniques cannot. This comfortable, painless exam often shortens the numbers of tests and procedures a patient requires as well as the time it takes to reach a diagnosis. Imagine your sister learning that chemotherapy has succeeded in reducing her tumor by undergoing a PET scan, rather than undergoing a biopsy. Or learning the exact location of your child’s brain tumor via this simple, non-invasive procedure instead of risky, exploratory surgery. Or the doctor confirming that your father is a good candidate for

bypass surgery after a heart attack, via this simple scan.

### Revolutionizing Cancer Diagnosis

Meridian’s oncology experts are particularly excited about how the PET will help in the war on cancer. Doctors can use PET scanning to determine the current stage of a patient’s cancer, taking much of the guesswork out of what treatments to use. Since the PET can detect very small tumors — even before a CT scanner can — patients can be diagnosed and treated sooner.

This technological advancement is important news to the one in three people in the United States alone who will be diagnosed with cancer in their lifetime, according to the World Health Organization.

“Having PET services will certainly enhance our diagnostic capability in the staging of many forms of cancer,” says Denis Fitzgerald, M.D., medical director of the Booker Cancer Center at Riverview Medical Center.

William Lerner, M.D., medical director for Oncology Services at Medical Center of Ocean County agrees.

“Evaluating cancers with greater accuracy will help our physicians provide the best treatment alternatives,” he says. “PET can also help provide added assurance that patients are receiving the most appropriate and effective treatment for their individual cancer.”

### How Does the PET Work?

Unlike more common medical tests, like CT and MRI that show details about the structure of the body, the PET can visualize the metabolism (life and growth) of a patient’s tissue cells. That’s because the PET scanner develops images by using radiation emitted from the patient. These images indicate metabolic “hot spots,” which often signal rapidly growing cancer tumors.

“We’re excited about the opportunity to provide residents with this state-of-the-art technology so close to home,” says Jill Ostrem, vice president of Jersey Shore Medical Center. “Because we were able to acquire the mobile version of the PET, our three hospitals will not have to wait for new space or make major renovations in order to offer this new technology.”

For a free brochure about the capabilities of Meridian’s PET, call Meridian Health Line at 1-800-560-9990.

 Christie Scott

## Maternity Services

*Continued from page 7*


### Jersey Shore Medical Center's Maternity Unit Gets a Facelift

“We love the new look of our unit,” says nurse manager of Maternity, Joyce McKeever, R.N., about the recent renovations to the Maternity Unit at Jersey Shore Medical Center.

Started in April 2001 and completed in December 2001, the 27-bed Level III High-Risk Perinatal Center received new flooring in the patient rooms and hallways, new tiles in the bathrooms, and all of the rooms and hallways were repainted. All of the rooms were refurbished with new furniture and artwork.

“We updated the look of our unit to provide a comfortable, peaceful environment, with a kind of bed-and-breakfast motif,” boasts Joyce. “And now we can also accommodate Dads who want to stay overnight more comfortably. Each room is furnished with brand new sleep chairs.”

The Newborn Nursery is located within the Maternity Nursery Unit so parents can be close to their babies. For newborns who require extra care, the Level III Neonatal Intensive Care Unit is located on the same floor. Jersey Shore Medical Center is one of only two medical centers in Monmouth and Ocean counties designated by the state to handle the most critically ill or premature newborns.

 Robin Krippa

## Surgical Alternative

*Partial knee procedure provides patients with less time in the O.R., a shorter hospital stay, and a faster recovery.*

**M**ary Anne Codd, an 81-year-old Rumson resident, has been a familiar face since 1970, when she first joined McCue Real Estate in Rumson. She and her late husband were also active volunteers at Riverview Medical Center, so being constantly mobile — showing homes, volunteering, and doing other daily activities — has always been extremely important to her life.

Over a year ago, Mary Anne underwent a successful total hip replacement to restore some of her lost mobility. But she also knew she needed a knee replacement to repair damage done during a fall that left her knee progressively more inflexible and painful.

Her physician, Bernard Murphy, M.D., an orthopedic surgeon affiliated with Riverview, told her about a new knee replacement procedure that would replace only the portion of her knee that was damaged, rather than the entire knee. According to Dr. Murphy, approximately 30 percent of patients requiring knee replacement surgery find that partial knee replacement is a viable alternative. And because the procedure is less invasive, it would allow her to return to work and her normal activities more quickly.

“I couldn’t afford to be away from work for that long or laid up for three weeks, so when Dr. Murphy told me about the partial knee replacement surgery, I felt it was the best choice for me,” Mary Anne says.

### Partial Knee Replacement Advantages

During conventional total knee replacement surgery, the knee is

dislocated to expose its surface after an incision eight inches in length is made to open the knee. Space is prepared for the implant or knee replacement by removing approximately a half-inch of the knee bone, including the diseased area and some healthy bone. However, during partial knee replacement, only a small incision is made and only the area affected by disease is removed to make way for the implant.

**“Just being able to get back on one’s feet faster and return to normal activities in a shorter period of time is the biggest plus for partial knee replacement patients.”**

— Bernard Murphy, M.D., Riverview Medical Center

A total knee replacement usually requires many months of recuperation. Because a partial knee replacement is a less invasive procedure causing far less impact on healthy tissue, most patients are able to begin walking soon after surgery and require minimal physical therapy. While not every patient is a candidate for partial knee replacement surgery, it may mean less time in the operating room, a shorter hospital stay, and a faster recovery.

### Satisfied Patients

Dr. Murphy, who was the first physician in Monmouth County to perform partial knee replacement surgery, has performed over 200 of these procedures during the last several

years. He has received extremely positive feedback from his patients. “The procedure has been a very satisfying one for patients because it is minimally invasive with negligible blood loss and a quick recovery,” says Dr. Murphy. “Just being able to get back on one’s feet faster and return to normal activities in a shorter period of time is the biggest plus for partial knee replacement patients.”

For Mary Anne, partial knee replacement was the best choice. “Last September, I went into surgery at 10:30 a.m. and was back in my room two hours later,” she says. “My daughter picked me up at the hospital the next morning and took me home.

The nursing care was excellent. One of my nurses even changed his lunch hour just so he could help get me to the car. All I needed after surgery was physical therapy three times a week for the first month, then two times a week for the second month. I felt well enough to drive within days, but Dr. Murphy suggested I wait a bit longer. I’ve also continued exercising on my own. My partial knee surgery and recovery were so successful the first time, I’m thinking of having my other knee replaced.”

 Diane Gribbin

Meridian Orthopedic & Rehabilitation Services

Meridian Health Line 1-800-560-9990

Meridian Web site [www.meridianhealth.com](http://www.meridianhealth.com)

## A Home Away from Home

*When you need to go into a nursing home, Meridian's staff in Brick and Red Bank provide care and comfort like extended family.*

**R**ealizing that you need to go to a nursing home can be a frightening thought. Just ask Layla Christensen, 71, of Brick. On November 5, 2001, she broke her ankle and was taken to the Emergency Department at Medical Center of Ocean County. Unfortunately for Layla, her seemingly minor fall was just the beginning of major medical problems. While in the hospital, she was diagnosed with a *heart arrhythmia* and was placed on a respirator.

"It was a very scary experience," says Layla. "I really didn't know what was going to happen to me." After her condition improved, she needed to be moved to a nursing rehabilitation facility so that she could recover. Layla chose to recover at Meridian Nursing and Rehabilitation in Brick.

"I was really depressed when I first arrived there," Layla says. "I didn't know what lay ahead of me. My ankle was severely broken, and I couldn't put any weight on it. But the staff here did a superb job — I think they're guardian angels! Ironically, I am so thankful for the time I had here."

Layla had a four-month stay in the Brick facility, where she had extensive rehabilitation for her ankle. On February 9, Layla recovered and was able to go home.

### A Completely Different Experience

George Mazur, of Union Beach, knows all too well about nursing homes. "Several years ago, I had my hip replaced and needed to go to a nursing home to recover," says George. "I didn't enjoy it at all. It wasn't a pleasurable experience, to say the least." So when George's wife, Margaret, needed to go to a nursing home to recover from a recent total knee replacement performed at Riverview Medical Center, he was concerned.

"I knew what my experience was like at a nursing home," he says. "And I wanted to make sure Margaret received better treatment than I did, so we went to Meridian Nursing and Rehabilitation in Red Bank."

George found a completely different experience than the one he'd had. He says the staff at Meridian Nursing and Rehabilitation at Red Bank was extremely friendly. "They not only took care of her, they took care of her pain," he says. "And as clean and nice as the facility was, it was really the people there who made the difference. I was happy my wife was in such a good place for her recovery. And I don't give compliments easily — you really have to earn them from me!"

### The Staff Makes the Difference

Meridian Nursing and Rehabilitation provides long- and short-term care, sub-acute rehabilitation, hospice services, and Alzheimer's care at the facilities in Brick (with 130 beds) and Red Bank (with 104 beds).


**"I was really depressed  
when I arrived here,  
but the staff did a  
superb job — I think  
they're guardian angels!"**

— Layla Christensen, former resident of  
Meridian Nursing and Rehabilitation at Brick

In addition to these services, both facilities offer programs and activities for patients to enjoy. "We offer the highest quality nursing, rehabilitative, and recreational services for our clients," says Diane Dwulet, administrator of the Brick facility. "Our aim is to rehabilitate short-term patients and provide a smooth and safe transition back into the community. As for those residents who stay with us on a long-term basis, this becomes their home, and we become their second family."

"I couldn't believe all the activities that were available," says Layla. "Not a day would go by when there wasn't something for patients to participate in."

Layla said she feels blessed to have been able to stay in one of Meridian's Nursing facilities. "I think most people come into a nursing facility crying. I, on the other hand, will be leaving here crying. I have made so many wonderful friends in my time here, and I will miss all of them."

 Beth Reiprich

### Meridian Nursing and Rehabilitation

Meridian Health Line 1-800-560-9990

Photo: Randy Allen

George and Margaret Mazur of Union Beach felt well taken care of at Meridian Nursing and Rehabilitation at Red Bank.



## Saving Lives, One Call at a Time

*Emergency medical technicians perform acts of heroism every day in our local communities.*

One day when Ellen Gannon's young daughter was running errands, Ellen heard the first aid alarm go off — more than once — and she thought, “What if my little girl was in trouble and no one's there to answer the call.” Thankfully, her daughter was safe, but that thought alone propelled Ellen to become a volunteer emergency medical technician (EMT).

At Spring Lake First Aid and Emergency Squad, Ellen is among many local men and women who unselfishly serve their communities on a day-to-day basis. Our country acknowledges these daily heroes during the week of May 19, which is National EMS Week. (EMS stands for emergency medical services.) This week is designed to salute those whose heroic deeds and

Photo: Randy Allen

ongoing efforts have saved lives and contributed to high-quality emergency medical services across the country.

“I've been doing this for 13 years now, and I wouldn't change it for anything,” says Ellen. “It's so nice to be able to assist someone in need and see how truly thankful people are to receive help.”

### It's All in the Family

“Serving the community runs in our family,” says Tanya Visco, who has been a volunteer EMT at Point Pleasant Borough First Aid Squad for nearly 10 years. Both Tanya's father and twin brother are firemen. “I think I became an EMT because of how I was brought up. Plus, once you get 'bit by the bug' to assist in the community, you can't stop.”

Tanya says there are both ups and downs to being an EMT. “The most challenging aspect is the time you spend away from your family,” she says. “You are on call 24 hours a day. But, as time restraining as it can be, the positives definitely outweigh the negatives.”

For Tanya, it allows her to give back to her community. She says you become addicted to it. “You get such a wonderful feeling when you know you can save someone's life,” she says. “And the people you volunteer with become lifelong friends. There's camaraderie you would never believe.”

### Time is of the Essence

Joanne Campbell has been serving her community on the Red Bank First Aid Squad for nearly 14 years. Her grandfather was on a First Aid Squad in Sea Girt back in the 1950s and 60s and she says he really got her started in



Ellen Gannon has spent 13 years assisting people in need at the Spring Lake First Aid and Emergency Squad.

volunteering. “I love being an EMT,” says Joanne. “It's great when you see people you've helped, and they are nothing but thankful that you were there to assist them.”

Joanne finds that the most demanding aspect of her job is knowing she has to get trauma patients to the hospital as quickly as possible. “It can be challenging when time is of the essence and you have to get to the patient and then to the hospital,” she says. Overall, Joanne loves volunteering as an EMT and plans to continue to serve her community.

### Helping Your Community

According to Bob Rebele of Alert Ambulance, an organization that partners with Meridian Health System, “Working as an EMT for 27 years has given me the opportunity to help a lot of people, which I really enjoy.” Bob says his biggest challenge is the uniqueness of each call. “Knowing that almost every call is different in some aspect really gives each EMT a chance to show his or her talent. That's what so interesting about this job.”

Bob Rebele of Alert Ambulance, an emergency medical technician for 27 years, enjoys the challenge of each situation.




Photo: Randy Allen

## Celebrate EMS Week

In honor of EMS Week, Alert Ambulance is sponsoring its second annual EMS night at the Lakewood BlueClaws game on Tuesday, May 21. Game time is 6:35 p.m. Tickets may be purchased in advance for this charity event, which benefits Providence House, through Alert by calling 732-364-2921, ext. 116.

Meridian is sponsoring a "hero volunteer" night at its Meridian Day at the Lakewood BlueClaws game on Sunday, June 30. *(To learn more about how you can honor your local heroes, see the Meridian Day article on the back cover of this issue.)*

And for more information about joining your local EMS Squad, visit our Web site at [www.meridian-health.com](http://www.meridian-health.com).

 Beth Reiprich

## Heading to a New Location

*A new, larger facility at Medical Center of Ocean County will bring many advantages to patients of Shore Rehabilitation Institute.*

**S**ince opening its doors in May 1995, the dedicated, professional staff of Shore Rehabilitation Institute (SRI) has helped more than 4,000 physically disabled adults return to optimal functioning and independence, providing quality rehabilitation care in Monmouth and Ocean counties.

While SRI will soon be relocating to Medical Center of Ocean County in Brick, its quality of care will remain at its best. The relocation project begins with a groundbreaking this spring to make room for a new acute, comprehensive inpatient rehabilitation and day-hospital program with state-of-the-

art equipment. The addition of 10 new beds, bringing the total to 40, will also provide added comfort for even more patients. SRI will remain at its current location in Point Pleasant until the newer accommodations are completed, sometime in the summer of 2003.

"The convenience of being physically attached to the hospital will give us easier access to diagnostic and medical services and allows physicians easier follow-up with patients," says Sandy Clemento, executive director of SRI.

Since its opening, SRI's "Caring Counts" customer service approach has earned the staff high patient satisfaction scores. Quality of care, concern, and courtesy are also ranked similarly high in patient surveys. And, many patients who require rehabilitation for a second and third time consistently return to SRI. Over 95 percent of its patients have said they would recommend SRI to others.

"The care at Shore Rehabilitation Institute is excellent," says Sandy, "and the staff are all committed to assuring this high level of quality care to every patient."

A joint venture between Jersey Shore Medical Center, the Medical Center of Ocean County, and JFK Johnson Rehabilitation Institute, Shore Rehabilitation Institute will celebrate its seventh anniversary this May, ensuring its mission to be one of the best acute comprehensive inpatient rehabilitation facilities in the county.

 Laura Adams

## Meridian News

### W. Peter Daniels Joins Medical Center of Ocean County

*Meridian welcomes its new Medical Center president.*

Photo: Chris Gahler



W. Peter Daniels

**W.** Peter Daniels recently joined Medical Center of Ocean County as president, where he is working closely to develop more teamwork and partnerships among the administration, hospital and medical staffs, and the community.

"One of my key objectives includes promoting a culture of caring and commitment by improving the health status of the communities we serve," says Peter, who previously served as president and chief executive officer of Southampton Hospital in Southampton, New York. "To accomplish this goal, we are focusing on what is best for our patients by continuously improving clinical and hospital service delivery systems and working toward industry-wide best practices."

Peter brings more than 20 years of health care experience to Medical Center of Ocean County. His past positions include chief operating officer for Winthrop-University Hospital in Mineola, Long Island, and a number of senior administrative positions with Our Lady of Mercy Medical Center in the Bronx, New York, and Memorial Sloan Kettering Cancer Center in New York City.

Peter received a bachelor of science degree from the University of Notre Dame and a master's degree in business administration from Long Island University. He also has served on numerous national and local professional and civic organizations.

 Felice Mikelberg

### Meridian Rehabilitation Services

Progressions Rehabilitation, Neptune	732-776-4558
Riverview Rehabilitation Center, Red Bank	732-530-2368
Shore Rehabilitation Institute, Point Pleasant	732-295-6500

## Who's Your Hero?

*Meridian will be honoring local individuals who are extraordinary in their daily efforts at the Lakewood BlueClaws game on June 30. You could win free tickets!*

**D**o you know someone who does amazing things every day in a volunteer position? Well, now is your chance to give him or her some deserved recognition. On Sunday, June 30, Meridian Health System will honor hero volunteers on Meridian Day at a Lakewood BlueClaws baseball game at GPU Energy Park in Lakewood.

"We believe that heroes are ordinary people who seize opportunities to do extraordinary things," explains Tony Trachta, director of Meridian Behavioral Health. "So, Meridian is urging area residents to look to their daily life for volunteers who are



heroes in their eyes, and nominate someone from their family, school, church, office, or other voluntary activities."

The first 250 entries and their nominators will each receive a free ticket to the game that day. They will also participate in a parade across the ball-field before the game and see their names "in lights" on the scoreboard during the ceremony and the seventh inning stretch.

"Volunteers give so much and expect so little in return," says Jane Stone, director of Community & Senior Services. "Meridian wants to do its part in acknowledging the people who make our communities great."

 Felice Mikelberg

### How to Nominate YOUR Hero and Win Free Tickets

1. Write a description (150 words or less) of why this volunteer is a hero. Please include the nominee's full name and town.
2. Make sure to include your (the nominator's) name, address, and daytime phone number.
3. Address the envelope to:  
Meridian Health Line  
Attn.: Heroes  
2020 Sixth Avenue  
Neptune, NJ 07753
4. Get it postmarked no later than June 1, 2002!

*Please note that only mailed entries will be reviewed. For more information, call Meridian Health Line at 1-800-560-9990. Or check out our Web site, [www.meridianhealth.com](http://www.meridianhealth.com), for additional information.*

This free community bi-monthly magazine is prepared by the Communications Team of Meridian Health System. Please call 1-800-560-9990 with any questions or comments. Inquiries or ideas can also be addressed in writing to:

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