What a difference a year makes! While many of us are still recovering from Superstorm Sandy, we’ve seen positive progress towards recovery. Our slogan became Powered by Dedication and Hope and we raised $1.6 million to help more than 190 Meridian team members who were severely devastated by the storm, and helped five local community organizations.

The storm wasn’t the only factor to throw a hefty punch our way. Health care reform continues to have an impact on hospitals and physicians across the country. During the past two years, Meridian has seen significant reductions in our reimbursement. Despite ongoing challenges, Meridian is financially strong and continues to develop and implement programs to integrate patient care while reducing costs and increasing quality. This includes the formation of an accountable care organization with more than 800 participating physicians that will establish new and innovative ways to redesign and integrate care; the Meridian Healthy Advantage team member pilot to help team members better manage their health through preventative health and chronic disease management; a Medicare Palliative Care Demonstration Project designed to provide more resources to primary care physicians and improve coordination of care for end-of-life patients; a partnership with Geisinger Health System to form a Medicare Advantage plan, Meridian Geisinger Gold; and the establishment of Meridian Health Partners, our clinically integrated network.

With so many visionary initiatives, it’s no surprise that Meridian is a leading health care system in New Jersey and has been ranked among the best in the state and nationally. Our hospitals and nursing and rehabilitation facilities have been ranked by U.S. News & World Report Best Regional Hospitals and Best Nursing Homes. And, for the fifth consecutive year, Meridian has been recognized as a “Top 100 Company to Work For” by FORTUNE Magazine.

Tuned in to Your Health has become Meridian’s way of packaging our health and wellness initiatives to help our communities stay healthy and well. In addition, we have expanded this initiative and have partnered with Townsquare Media, who awards prizes to their radio station listeners who engage in healthy activities. Just like listeners “tune-in” to a radio station, Meridian is Tuned in to Your Health by promoting a healthy and happy lifestyle that will endure for generations.

Thank you for your interest in Meridian Health and our mission to continue Taking Care of New Jersey.

John K. Lloyd, FACHE
President, Meridian Health
Meridian’s Continuum of Care

Health System Statistics
More than 100 Convenient Locations
$1.6 Billion in Annual System Revenues
More than 12,000 Team Members
2,100 of the Area’s Finest Physicians
More than 2,500 Volunteers

6 Hospitals: 1,800+ Beds
Jersey Shore University Medical Center
K. Hovnanian Children’s Hospital
Ocean Medical Center
Riverview Medical Center
Southern Ocean Medical Center
Bayshore Community Hospital

Partner Companies
Post Acute Care:
6 facilities, 906 beds
At Home Nursing, Hospice
and Rehabilitation: 7 divisions
serving all of central New Jersey
Ambulatory Care: 22 service locations
Primary Care Network: 18 physician practices
Ambulance/Medical Transport: 90+ vehicles
Occupational Health: 6 centers
Rehabilitation: 9 outpatient, 2 inpatient facilities
Fitness & Wellness: 5 centers
Behavioral Health: 5 outpatient, 2 inpatient

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Post Acute Care:
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Fitness & Wellness: 5 centers
Behavioral Health: 5 outpatient, 2 inpatient
Tuned in to Reformation through Transformation

Like a rolling tide, health care challenges continue to impact the work that we do every day at Meridian. But despite what may arise, we are meeting these challenges head on. With reform has come a new way of caring for our community that has a tremendous focus on preventive medicine and wellness. Today, we have five major pilot programs that clearly have put us on the right path toward this new concept of population health management, while reducing costs and increasing quality.

Most recently, Meridian Health Partners, our clinically integrated network, was launched in January 2014 with nearly 400 physicians already participating. Our goal is to significantly grow physician and other health care provider participation in the network over the next few years and enter into shared savings programs with commercial health insurers. Moving forward, our clinically integrated network will be the backbone of many initiatives associated with population health management.

Our Accountable Care Organization (ACO), established in 2013 with 750 of our physicians, is now caring for more than 50,000 Medicare patients in Monmouth and Ocean counties with a goal of reducing costs and improving quality. And we have seen some success with our Healthy Advantage team member pilot, which was launched in 2012, and included over 7,000 covered lives and 330 primary care physicians. The goal of this program was to help team members better manage their health through preventive health and chronic disease management. We are planning to launch a second Meridian Healthy Advantage team member pilot in 2014.

There are currently more than 1,200 patients enrolled in our Medicare palliative care demonstration pilot designed to provide more resources to primary care physicians so that they can improve the coordination of care for end-of-life patients. The results of the pilot have been outstanding. Additionally, more than 4,100 beneficiaries have enrolled in our Medicare Advantage insurance product in Monmouth and Ocean counties. We launched this joint venture with the Geisinger Health Plan in January 2013, an exceptional plan ranked seventh in the country for quality.

In 2013, we continued to focus on care integration, which became even more evident in September when Meridian entered into an alliance with six other health systems to form AllSpire Health Partners. The new consortium will carry out joint activities in the areas of patient care services, research, and education to enhance the value of health care that communities receive. The other member systems are: Atlantic Health System (Morristown, NJ); Hackensack University Health Network (Hackensack, NJ); Lancaster General Health (Lancaster, PA); Lehigh Valley Health Network (Allentown, PA); Reading Health System (Reading, PA); and WellSpan Health (York, PA).

As the paradigm of health care delivery is currently shifting, the era of fee-for-service medicine is shifting to a value-based model of care, delivery, and reimbursement. The alliance has many synergies and will hopefully enable us to accelerate some of the things we can do to better integrate care. Together, we will look at ways to improve the patient experience and provide better outcomes in a manner that is cost accessible for our patients and their families.
Going for the Gold

Susan L. Borea of Ocean Township, a member of Meridian Geisinger Gold since 2013, is part of a growing community of Medicare participants who are choosing Meridian Geisinger Gold because of the quality and value it offers.
Meridian Health’s collaboration with Geisinger Health Plan, which offers Geisinger Gold Medicare Advantage plans throughout the communities of Monmouth and Ocean counties, continues to grow.

“Meridian Geisinger Gold provides me easy access to the physicians I want and the coverage I need,” says Susan L. Borea of Ocean Township, who has been a Meridian Geisinger Gold member since 2013.

As part of a commitment to develop and cultivate ongoing clinical integration with our affiliated physicians and practices, Meridian launched its joint venture with Geisinger Health Plan in January 2013, aiming to provide the highest quality coverage to our Medicare beneficiaries.

The results of the pilot have been outstanding, with more than 4,100 beneficiaries enrolled in our Medicare Advantage insurance product in Monmouth and Ocean and more than 900 physicians in the Geisinger Health Plan network.

We are proud to say that because of this relationship, our senior communities now have access to a Medicare plan that features better management of chronic conditions and better health care outcomes than currently available through traditional Medicare and Medigap coverage.

“I’m a healthy, active person - and I plan to stay that way,” Susan adds. “I can take comfort knowing that Meridian Geisinger Gold is there when I need it most. The service I have received by Meridian Geisinger Gold has been wonderful.”

**Geisinger Gold was rated number seven in the nation for quality and service**, according to the National Committee for Quality Assurance’s Medicare Health Insurance Plan Rankings 2013-2014, and Geisinger Health Plan has been recognized nationally as a model for health care reform with documented success in innovative programs that include the patient-centered medical home.

“Geisinger Health Plan has developed new, innovative models of care that are raising the bar for quality, member experience, and cost effectiveness,” says GHP President and CEO Duane E. Davis, M.D.

According to John K. Lloyd, FACHE, president of Meridian Health, offering the best coverage for the Medicare population of Monmouth and Ocean counties while further integrating patient care is yet another reason Meridian Health is committed to taking care of New Jersey.

“At Meridian Health, we are always working hard to better integrate patient care,” says John. “This is an exciting opportunity to partner with like-minded people, dedicated to providing quality, patient-centered care.”

*Geisinger Gold Medicare Advantage HMO, PPO, HMO POS, HMO SNP, and MSA plans are offered by Geisinger Health Plan/Geisinger Quality Options, Inc., health plans with a Medicare contract. Continued enrollment in Geisinger Gold depends on annual contract renewal.*
Health System Updates

Meridian’s vision and foresight since its inception has created a comprehensive full continuum of care that is a model in the health care industry. By providing integrated services every step of the way, we ensure that our patients receive coordinated and seamless care from diagnosis to treatment to rehabilitation. The following updates demonstrate how we are tuned into the changing health care environment and remain committed to the optimal health and wellness of those we serve.

Maintaining a Strong Beat Through Meridian CardioVascular Network

Meridian CardioVascular Network provides the most comprehensive heart and vascular services in the region. It’s an overarching umbrella coordinating all aspects of heart and vascular care from research and education to diagnosis and treatment to rehabilitation and post-hospital care.

Meridian became the only health care system in New Jersey to receive the highest designated Chest Pain Center Accreditation by the Society of Cardiovascular Patient Care (SCPC), distinguishing itself by providing the best care available for patients who present with symptoms of a heart attack. The accreditation was received after each of Meridian’s five hospitals successfully met stringent SCPC criteria, and verifies that Meridian CardioVascular Network provides a seamless, coordinated approach to cardiovascular care, which ensures the best outcomes for our patients.

Several other areas of distinction were earned throughout the year, including: Heart Failure Accreditation by the Society of Cardiovascular Patient Care for Jersey Shore, Ocean and Riverview Medical Centers; three-star quality designation by the Society of Thoracic Surgeons for cardiac surgery at Jersey Shore University Medical Center; Get with the Guidelines® – Heart Failure Gold Quality Achievement Award from the American Heart Association for Jersey Shore; Lifeline Silver Quality Achievement Award by the American Heart Association for Riverview Medical Center; and distinction for Jersey Shore as one of only a handful of hospitals around the country performing the FDA-approved LARIAT™ Suture Delivery Device procedure.

In 2013, Meridian continued its 365 Days of Heart campaign with engaging programs and services that brought increased attention to critical topics in cardiac and vascular health. Creative initiatives such as the Meridian Health Heart and Sole Cup reached experienced and novice athletes through a series of three 5K races in Monmouth and Ocean counties. More than 1,000 community members participated in the 2013 races, a significant milestone for this annual event.

Runners take part in the 2013 Meridian Health Heart and Sole Cup.
Fighting and Surviving With Meridian Cancer Care

From the beginning, decisions about cancer treatment can be overwhelming for patients and their families. To help patients get back to the life and people they love, Meridian Cancer Care offers every medical advantage through the collaboration of dedicated specialists and a unique multidisciplinary approach to diagnosis, treatment, and recovery. This proactive approach to cancer treatment results in comprehensive, coordinated care throughout all Meridian’s hospitals, and the first and only “System Partner” of the Rutgers Cancer Institute of New Jersey, Meridian’s patient-oriented approach provides opportunities for both state-of-the-art care and research trials.

In 2013, Xofigo became a new treatment option offered at Ocean Medical Center for men who have been diagnosed with advanced prostate cancer. Recently approved by the FDA and offered at a handful of community hospitals in the United States, this intravenous injection treats metastatic prostate cancer that is resistant to medical or surgical treatments, offering an increase in the patient’s life expectancy and improving quality of life.

Prevention and education in cancer care reached new levels in 2014 with Meridian’s signature initiative, Paint the Town Pink, expanding to two counties and 35 towns with an important message about mammography and early detection of breast cancer. Nearly 800 businesses in Monmouth and Ocean counties helped share the message. Additionally, Pink Funds were established at all Meridian hospitals to meet community need and provide mammograms to uninsured and under-insured women in our community.

Big Care for Little Patients Through Meridian Pediatric Network

Meridian Pediatric Network continues addressing and meeting the needs of our youngest patients and their families. In addition to providing access to more than 100 pediatric specialists and the full continuum of care for children in Monmouth and Ocean counties, enhanced services and programs keep the network evolving.

Two brand new Pediatric Care Centers at Southern Ocean Medical Center and Ocean Medical Center were opened and provide a new care environment and guest experience for children and their parents.

The Pawsitive Action Team from K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center was introduced in 2008 as a fun and memorable way to educate children about making healthy choices. Since that time, over 50,000 children have been taught to eat right, stay fit, be safe and act responsibly. The team includes Doctor Bernard, the director of Fun and Good Health at K. Hovnanian Children’s Hospital, along with Hopscotch and Picatso.

Picatso is the third and final character to join the Pawsitive Action Team, and made his debut in early 2014. Picatso, who wears glasses, is an artistic cat who loves to read, write and draw. Thoughtful and creative, he wants to teach children the best ways to show respect for one another.
Harry Carson and Christie Rampone

Harry Carson, pro Football Hall of Famer and former captain of the New York Giants, is spokesperson for Meridian Neuroscience. Christie Rampone, Olympic Gold Medalist and captain of Sky Blue, a women’s professional soccer team, is spokesperson for K. Hovnanian Children’s Hospital. Together they are helping Meridian to educate the community about living active and healthy lives.
Health System Updates

Mind Matters at Meridian Neuroscience

With 15 neurosurgeons on staff, Meridian continues to be among the state’s largest neuroscience programs. Jersey Shore University Medical Center is the only stroke rescue center in the region, performing advanced endovascular neurosurgery (1 of 13 in New Jersey). Illness or injury can happen at any time, and having an exceptional team of specialists available for life-changing moments is critical. Thanks to Meridian Neuroscience, programs and services are close to home and available to diagnose and treat a range of conditions such as stroke, brain tumors, spine injuries, epilepsy, movement and memory disorders, and even sleep disorders.

Meridian’s facilities continue their focus on excellence in neuroscience, as demonstrated by the following accomplishments throughout the year: Jersey Shore, Riverview and Ocean medical centers received the Gold Plus Performance Award from the American Heart Association (AHA)/American Stroke Association (ASA); and the Target Stroke Award from AHA/ASA and Joint Commission recertification as a primary stroke center was granted to Riverview Medical Center and Jersey Shore University Medical Center.

Harry Carson, Hall of Famer and former New York Giant, continues to be the spokesperson for Meridian Neuroscience. Harry writes a monthly blog that can be viewed at MeridianHealth.com/HarryCarson.

Meridian is Tuned in to Your Health

In 2013, Meridian Health began its partnership with Townsquare Media, serving as the exclusive sponsor for their radio stations’ loyalty programs, which include NJ 101.5, 92.7 WOBM, 94.3 The Point, 105.7 The Hawk and WOBM-AM. With this collaboration, our sole mission is to encourage and motivate our community to take control and improve their health. This is just another way that Meridian is Taking Care of New Jersey.

Townsquare Media’s loyalty programs provide opportunities for members to earn points through various online activities. With more points comes a greater chance to win prizes – from gift cards and electronics to concert tickets and vacations. Members can now earn points and gain valuable health information at the same time, whether it’s by reading a helpful Meridian article, watching a video featuring our very own Meridian physicians, or attending a Meridian event.

Today, there are over 25,000 loyalty members and over 500,000 page views for all the Meridian content. It’s a sweet-sounding way to get healthy and stay healthy!
Online Appointments Help Patients Manage Their Health

In today's digital world, patients are constantly in search of new and better ways to manage their health, let alone their busy lives. Meridian Health Resources introduced a new service — ZocDoc instant online appointment scheduling — which provides access to 95 of Meridian's primary care, OB/GYN, and Ear, Nose and Throat physicians. Patients can utilize their computers, tablets, or mobile devices to use this free service and schedule appointments in the same manner they are accustomed to making restaurant and airline reservations. In its first few months, nearly 3,000 appointments were made with participating Meridian physicians. In addition to growing our physicians’ business, ZocDoc offers patients the opportunity to easily manage their care while better meeting their access and convenience expectations.

Convenient Care, After Hours

Providing the right level of care, at the right time, are key elements that led Meridian and Ocean Medical Center to pilot a new service called AfterHours. Designed to offer a quick and convenient health care solution for non-emergent health needs, AfterHours locations were opened in Toms River in November 2013 and in Brick in March 2014. The model utilizes a nurse practitioner to treat patients of all ages during nights, weekends, and holidays. This new service creates enhanced access to after-hours care for patients with non-life threatening needs, while providing an option for physicians burdened by on-call demands. AfterHours is part of a larger strategy to improve access to care, which will include the development of Meridian Urgent Care sites in Monmouth and Ocean counties.

Lighting the Shore After Superstorm Sandy

Hundreds of team members gathered in Jersey Shore's Kurr Atrium to “Light the Shore” a year after Superstorm Sandy, to remember the fortitude and compassion that unified us, and to reflect on our communities’ continuing journey toward a brighter future. The event featured New Jersey Health Commissioner Mary E. O’Dowd, who spoke about the great partnership the Department had with Meridian during the storm. Unbeknownst to Meridian President and CEO John K. Lloyd, the night was also a celebration of his own efforts during the storm, as he was presented with the Spirit of Meridian Award, the highest honor bestowed by Meridian. This ultimate recognition is given to those who have distinguished themselves at the highest level of their profession or service, and who best exemplify the values and spirit of Meridian Health.

Gordon N. Litwin, Esq., chairman of the Meridian Health Board of Trustees, and Mary E. O’Dowd, New Jersey Health Commissioner, surprise John K. Lloyd, with the Spirit of Meridian Award.
Sky Blue Tints Meridian’s Color Palate
Meridian entered into a new and exciting relationship with women’s professional soccer team Sky Blue FC, as the title sponsor for the team’s 2014 season. Meridian’s orthopedic and rehabilitation staff provide the players with high-quality evaluation and treatment as an extension of the great care provided to the community at large. Partnering with Sky Blue also helps us to educate families and fans across the state about the importance of health and wellness and the potential that exist in young girls who are determined and work hard.

What Women Want
As the primary health care decision makers for their families, women look for resources that are credible, accessible, and can deliver on “what’s in it for me?” With that in mind, Meridian completed a makeover of its online community and optimized MeridianMomtourage.com for mobile and tablet users. A full range of interactive tools now gives women an even greater breadth of options for staying healthy, informed, and involved. And, for those women who still enjoy face-to-face interaction, women’s health events like Girls’ Night Out at Ocean Medical Center, Women’s Health Night at Southern Ocean Medical Center and Meridian’s sponsorship of the New Jersey Women’s Expo continued to actively engage hundreds of women with education, screenings, physician lectures and fun activities that promote health and wellness resources provided by Meridian.

Team Member Reunion Becomes Internet Sensation
On Christmas Eve, a very special event took place at Ocean Medical Center. Maternity nurse Leslie Ann Ruggiero was surprised by her son, whom she believed to be serving in Afghanistan. The event was caught on tape and quickly became an internet sensation through outlets such as CNN and AOL. The video has received more than 175,000 views, the biggest in Meridian history. People around the world shared in the mother and son reunion which was featured on ABC News and ABC World News Tonight on Christmas Eve, appeared front page in The Star-Ledger on Christmas Day, and was featured during a live interview on NBC’s The Today Show.
Eula Penn of Jackson Township works out with a trainer at the new Meridian Fitness & Wellness at Meridian Health Village at Jackson.
Doors Open, Lights On! Meridian Health Village at Jackson Offers One-Stop Access

Meridian Health envisioned and created a revolutionary concept that will lead the way for health care delivery in the future with the Meridian Health Village at Jackson. The new 150,000 square-foot facility, which opened its doors in March 2014, brings experienced clinicians, medical services, and a world-class fitness center close to home in a modern facility that combines elegant design and old-world charm.

This state-of-the-art medical facility is a “one-stop shop” designed to offer both private health care services and services that are traditionally limited to locations within hospitals all under one roof in an easily accessible environment. Physician practices include pediatrics, internal medicine, family care, ob/gyn and women's services. As more components of the health village are added, community members will have access to cardiac diagnostic and rehab services, physical therapy, ambulatory surgery, pharmacy, diagnostic laboratory, and a conference center. There are also plans for comprehensive cancer services in the future. Residents of Jackson and the surrounding communities now have a convenient way to stay healthy, have access to Meridian’s powerful continuum, and can fill most medical and wellness needs in one location.

For more information, visit MeridianHealthVillage.com.

What you’ll find at Meridian Health Village
• Fitness & Wellness Center
• Primary Care Physicians
• Pediatricians and Pediatric Specialist Center
• Specialist Physicians
• OB-GYN and Women's Services
• Walk-In Urgent Care Center
• Cardiac Diagnostic and Rehabilitation Services
• Diagnostic Imaging and Radiology Services
• Physical Therapy and Rehabilitation Services
• Surgery Center
• Laboratory Services
• Pharmacy
• Conference Center and Meeting Rooms
• Comprehensive Cancer Care Services
• Food Service
Linda Jansen, Local Singer

As an original member of the Angels, Linda Jansen was used to being in the spotlight. Thanks to her double hip replacement surgeries and the rehab she received from Meridian, she is enjoying performing once again.
Meridian Health prides itself in offering patients a full continuum of care, regardless of the health challenge they are facing. From children to seniors, illness to injury, Meridian’s team of experts works side by side with each patient to provide quality care that gets you back to optimal life and living.

Local singer Linda Jansen put Meridian’s system to the test when she underwent double hip replacement surgeries at Ocean Medical Center. Meridian Health provided a one-stop shop healing journey and continuum of care that would get her back to what she loved most.

After hip surgeries at Ocean conducted by orthopedic surgeon Joseph Bogdan, M.D., Linda continued with Meridian Health through a variety of partner company resources. She found that each surgery would lead to a different approach to recovery, which Meridian was well equipped to handle.

After her first hip surgery in April 2013, she received home therapy from Meridian At Home. “I had physical and occupational therapy in the comfort of my home. The coordinated care from Meridian At Home was extraordinary and the therapy team was terrific.”

In August 2013, Linda had her second hip surgery at Ocean. Following this surgery, Linda spent five days at Meridian Subacute Rehab at Wall. “My physician suggested a few days at an inpatient subacute rehabilitation facility to build up my strength after having the other hip done just a few months earlier. I knew I would receive great care at Meridian Subacute Rehab at Wall.”

The ability to choose the right rehabilitation option for each patient is an important benefit, according to Linda’s surgeon, Dr. Bogdan. “Linda’s case is a great example of how a coordinated continuum of care through Meridian Health allowed her to receive the most appropriate level of care and therapy in a variety of settings best suited to her needs,” Dr. Bogdan says.

Linda made a triumphant return to the stage in fall 2013, joyfully swaying both new hips while singing The Angels’ golden oldies. She received a standing ovation from nostalgic fans at the Count Basie Theatre in Red Bank. According to Linda, the care she received at Meridian Health has helped her return to center stage. “I cannot say enough about my treatment and care during every stage of my hip replacements and rehabilitation at Meridian,” Linda says. “Everyone was so nice. It was like spending time with a bunch of friends.”
Jersey Shore's Exceptional Cardiac Surgery Team is Proud of the New CardioVascular Intensive Care Unit
(left to right) Benjamin A. Youdelman, M.D.; Brook A. Dejene, M.D.; Richard M. Neibart, M.D.; David L. Johnson, M.D.; and Drew P. Greeley, M.D.
New CardioVascular Intensive Care Unit Unveiled

Jersey Shore opened a new CardioVascular Intensive Care Unit (CVICU) – a 12-bed critical care unit providing post-operative care for cardiac surgery patients, including those who receive traditional open heart surgery and newer, complex interventional cardiovascular procedures. Jersey Shore is among the three largest programs in the state for cardiac surgery, cath and electrophysiology. Jersey Shore is among less than 100 hospitals in the country performing innovative TAVR surgery. The cardiac surgery program consistently ranks amongst the best in the Northeast and the team performed 831 cases last year. Jersey Shore’s new CVICU delivers the most advanced care available for cardiovascular patients requiring intensive monitoring, with an emphasis on patient comfort and convenience.

Inpatient Diabetes Care & The Stroke Center Get The Gold!

Jersey Shore earned The Joint Commission’s Gold Seal of Approval for its inpatient diabetes program by providing the best care available for patients with diabetes, and successfully meeting The Joint Commission’s national standards for health care excellence and safety. Jersey Shore is the first hospital in central New Jersey to receive accreditation, a testament to the quality of Jersey Shore’s comprehensive approach towards inpatient diabetes care. The Stroke Center at Jersey Shore also continued to earn top honors – a reflection of the program’s commitment to excellence. The Stroke Center received reaccreditation of its Joint Commission Advanced Primary Stroke Certification, and was honored with The American Heart/ American Stroke Association 2013 Get with the Guidelines® Gold Plus Quality Achievement Award and the Honor Roll Target Stroke Award.

Recognitions from The American College of Surgeons

The Commission on Cancer (CoC) of the American College of Surgeons accreditation recognizes Jersey Shore’s multidisciplinary team approach to diagnosing, treating, and rehabilitating patients with cancer. Only 30 percent of hospitals in the United States have received this designation, marking Jersey Shore as a center of excellence for cancer care. Additionally, Jersey Shore’s Trauma Center was recertified by The American College of Surgeons Committee on Trauma as a Level II Trauma Center. This achievement, first received by Jersey Shore in 1991, distinguishes the hospital as the only trauma center in Monmouth and Ocean counties to provide advanced trauma care.

Research Advancements

As the home of Meridian Health Research Services, Jersey Shore conducts innovative research through clinical trials dedicated to advancing tomorrow’s medical breakthroughs. Jersey Shore was one of the few institutions in the state to participate in groundbreaking vaccine studies focused on eliminating hospital-acquired infection. In collaboration with the Center for Thyroid, Adrenal and Parathyroid Disease at Jersey Shore, the medical center was an international leader in trials investigating genetic changes in patients with endocrine cancers, such as thyroid and pancreatic cancer. Through programs in oncology, cardiology, neuroscience and pediatrics, researchers at Jersey Shore and Meridian provide our community with access to novel therapies, cutting-edge treatment, and new diagnostic possibilities.
Caring for Our Youngest Patients

Lauren Gaines, R.N., cares for a patient at K. Hovnanian Children’s Hospital, home to more than 100 pediatric specialists.
K. Hovnanian Children’s Hospital

Pediatric Intensive Care Unit Expansion

Since 2007, K. Hovnanian Children’s Hospital has experienced tremendous growth in the demand for pediatric intensive care services. The recently expanded Pediatric Intensive Care Unit (PICU), which includes ten private rooms, enables the hospital to provide the most advanced health services for the region’s sickest children, close to home. The unit sports a fun, shore-themed look, with state-of-the-art technology and spacious rooms. Emphasizing the importance of family support, each room features a convertible couch/bed for parents. Convenient amenities, such as a conference room and pantry, are also available. With access to more than 100 pediatric specialists, the PICU’s new home provides a healing space for caregivers to ensure that the critical needs of children are met.

The Newest Arrival: Center for Breastfeeding

With the Center for Breastfeeding, Jersey Shore became the first hospital in the state to open an outpatient center providing lactation consultation and education services. As a Baby-Friendly designated hospital, Jersey Shore is recognized by the World Health Organization as providing optimal care for mothers and babies, and remains a leading state advocate in promoting and supporting mother-infant bonding practices as evidenced-based medicine with proven health benefits.

A Sign of More Great Things to Come

Bright, new K. Hovnanian Children’s Hospital signs welcome guests, and hint at big things happening for the smallest patients. So what’s next for the children’s hospital? A completed expansion that includes more private rooms for kids and their families, a growing pediatric specialty care center, a continued expansion of intensive care services…and more eye-catching signs to match. We now have 44 pediatric beds, 10 pediatric intensive care unit beds and 21 neonatal intensive care unit beds — making us among the largest in the state. In terms of inpatient volume K. Hovnanian Children’s Hospital is the fourth largest in the state. As the first and most comprehensive provider of health care for kids in Monmouth and Ocean counties, K. Hovnanian Children’s Hospital continues to grow with the community, and the new campus look is a “sign” of more great things to come!
It's About Time for an Emergency Room that Understands You Better

Ocean Medical Center's new Huirair and Anna Hovnanian Emergency Care Center is designed with the patient's needs and expectations in mind.
Improving Access to Care

As we work towards helping the population better manage their health, Ocean Medical Center achieved several milestones that are focused on providing easier and earlier access to care. The launch of two AfterHours sites now offers local residents a convenient place to get health care during evenings and weekends, with locations in Toms River and Brick. This new service creates enhanced access to after-hours care for patients with non-life threatening needs, and avoids unnecessary visits to the Emergency Department. For those patients with true emergencies, the opening of the Hirair and Anna Hovnanian Emergency Care Center established a new environment of care based upon tranquility, comfort, privacy and efficiency. This $82 million project tripled the footprint of the Center, increasing from 12,075 square feet to 44,300 square feet, featuring 49 large private emergency bays, a Pediatric Care Center with eight bays in a private observation area, and dedicated Emergency Behavioral Health and Express Care areas. This helps Ocean better meet current and projected patient demand, which is expected to increase with population aging and more residents acquiring health insurance through reform. Likewise, as health reform increases the need for primary care physicians (PCP) to manage an individual’s health and wellness, Ocean successfully recruited 16 new PCPs for its service area.

Surgical Services Expansion, Excellence

Several new surgical services were introduced at Ocean Medical Center in 2013. Early in the year, cardiac services were expanded when a pacemaker program was introduced, providing a critical service at a very local level for community members. By mid-year, Ocean implemented a bariatric surgery program, where experienced experts perform gastric banding, sleeve gastrectomy, and gastric bypass surgeries for patients seeking surgical weight loss solutions. And, at the end of the year, Ocean acquired the daVinci® Si Surgical System, adding the newest robotic technology for surgery to the medical center’s robust services. These new services build upon a comprehensive surgical services program that has a keen focus on quality. In fact, Ocean was named one of the top four hospitals in New Jersey for surgical excellence in Consumer Reports magazine in 2013.

Imaging Excellence Across All Modalities

With more than 143,000 imaging procedures performed, Ocean Medical Center earned the elite status of being accredited by the American College of Radiology (ACR) in all nine modalities, the only hospital in Ocean and Monmouth counties to achieve such an accomplishment in 2013. The breast MRI accreditation at Ocean completed the spectrum of ACR accreditations that an imaging facility can earn, with other modalities including breast ultrasound, Computed Tomography (CT), Magnetic Resonance Imaging (MRI), mammography, nuclear medicine, Positron Emission Tomography (PET), stereotactic breast biopsy, and ultrasound. This level of recognition is synonymous with exceptional performance, quality, and patient care delivered by Ocean’s entire team of board-certified radiologists, qualified technical staff, and management.
Riverview Medical Center

**Surgical Renaissance**

The investment in bringing the very best in surgery continues at Riverview Medical Center. Upon the successful completion of the Life.Changing. Campaign for Surgical Excellence, which raised $20 million to support the construction of Riverview's new 22,000 square foot center for surgical excellence, Riverview has also recently added the da Vinci® Si Surgical System. The Meridian Center for Robotic Surgery at Riverview now provides even more options for minimally invasive surgery, allowing physicians to use the small incisions associated with traditional laparoscopic surgery, but with improved visualization and range of motion through robotically-assisted surgery. Today, more than 200 surgeons choose to perform their surgical procedures at Riverview. Hear why, at: www.RiverviewMedicalCenter.com/ExperienceMatters.

**Generous Gift Gets to the Heart of Riverview’s Cancer Care**

Riverview Medical Center closed 2013 by announcing a $500,000 charitable donation from Maggie Riker and family to establish the William I. Riker Fund. The Riker’s generous gift honors the life and legacy of the late Bill Riker by supporting Riverview’s Oncology program, part of Meridian Cancer Care, and the caregivers who are at the heart of Riverview’s comprehensive cancer care services. Inspired by the care that Bill received at Riverview, the gift supports the continued education and training of oncology nurses, navigators, researchers and caregivers, as well as the acquisition of related technology.

**Imaging Makeover for Service and Technology**

The Diagnostic Imaging Department at Riverview recently finished the complete renovation and installation of a new interventional radiology suite, along with reconstruction and expansion of the patient preparation and recovery area, providing better service for patients. This enhanced service is one of the many imaging modalities offered at our comprehensive and fully ACR-accredited Center. A new, state-of-the-art interventional suite will allow the Riverview Medical Center Diagnostic Imaging team to expand access to a wide range of diagnostic and therapeutic procedures such as: embolizations, paracentesis, thoracentesis, biopsies and arthograms.

**A New Vision for Women’s Health at Riverview and Bayshore**

Bayshore and Riverview continue to enhance and coordinate services for the residents of Northern Monmouth County region. Over the past year, we introduced a new regional approach for care provided at the Women’s Centers at Riverview Medical Center and Bayshore Community Hospital. Today, both Centers share clinical protocols, offer the latest technology, including Tomosynthesis or 3D mammography, as well as a fully fellowship-trained team of radiologists that cover both hospitals. This model, led by medical director, Bokran Won, M.D., provides consistent and exceptional care as well as a spa-like experience, and evening and weekend hours that accommodate the varying lifestyles of women in our community.
Bayshore’s Heart Continues to Grow

Incredible things are happening in the heart of Holmdel. In October of 2013, Bayshore qualified as a Primary Percutaneous Coronary Intervention hospital and is now approved to provide primary angioplasty procedures to patients experiencing a heart attack. Even more impressive, our team members and physicians have worked hard to maintain a door-to-balloon time well below the national average. As part of the Meridian CardioVascular Network, Bayshore joined the other hospitals of Meridian Health as an Accredited Chest Pain Center. Finally, as part of an effort to significantly improve Bayshore’s service capabilities, work is currently underway on the construction of two state-of-the-art OR-compatible labs that will perform complex endovascular, cardiovascular intervention, and interventional radiology procedures.

An Awakening for Sleep and Wound Healing Services

In 2013, Bayshore Community Hospital made significant additions to its array of services by opening the Center for Wound Healing and the Center for Sleep Medicine. As an outpatient wound management program, the Center for Wound Healing provides a larger and more modern healing environment that includes hyperbaric oxygen (HBO) treatment to better meet the needs of patients suffering from chronic and non-healing wounds. Lauding a wound healing rate consistently over 95 percent, the Center received the Center of Distinction Award. Additionally, a new six-bed Center for Sleep Medicine was opened and provides enhanced sleep medicine services in a larger, home-like environment that better meets the needs of adults and children. The Center is led by board-certified sleep medicine physicians and staffed by a team of trained sleep technologists who employ a comprehensive approach to diagnosing and treating sleep disorders.

Momentum Continues

Since joining the Meridian family in 2010, the continued momentum at Bayshore Community Hospital has attracted considerable attention from the community. On the heels of a generous $5 million gift from Janice Mitchell Vassar in 2012, Angelo DeRosa of Holmdel and Dee Rudko of Colts Neck have recently stepped forward in support of the “new” Bayshore. In February, Bayshore announced a generous charitable contribution from Angelo DeRosa, who regularly witnessed firsthand the care provided at Bayshore while serving on the Holmdel First Aid Squad. Dee Rudko’s gift was strongly inspired by his experience with the quality and culture at Bayshore, and marks the fourth exceedingly generous donation to the hospital in the past 16 months.
Hometown Hero Dedicates Pediatric Care Center

Doctor Bernard and Leslie Comfort, R.N., help NASCAR driver, Martin Truex Jr., dedicate the Martin Truex Jr. Pediatric Care Center at Southern Ocean Medical Center.
Southern Ocean Medical Center

A New Era of Emergency Care

August 2013 marked the opening of a new, expanded Emergency Department at Southern Ocean Medical Center. This $22 million project expanded the facility to triple the size of the former Emergency Department and is the largest building project in the history of the medical center. The Center features 22 large and private emergency bays, raising emergency care to a new level with a renewed focus on privacy, convenience, and the guest experience. The facility includes space designed for behavioral health patients that is discreet, separate, and secure, and children have their own area within the Martin Truex Jr. Pediatric Care Center. Expanded triage and fast track areas provide better care and better service, thus improving the emergency experience for patients and family members, as well as for the doctors and nurses who deliver care.

Hometown Hero Dedicates Pediatric Care Center

NASCAR driver and hometown hero Martin Truex Jr. joined with hospital team members and friends of the medical center to officially dedicate the Martin Truex Jr. Pediatric Care Center at Southern Ocean Medical Center in September 2013. The Pediatric Care Center is specially designed to be family-friendly, featuring six private rooms, a kid-friendly waiting area, and private consultation rooms. There are also rooms for overnight observation if needed, where parents can comfortably spend the night with their child. The space can also be used for children recovering from surgery or dealing with routine medical issues. As part of Meridian Pediatric Network, patients have access to more than 100 specialists at K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center for complex and more serious conditions.

Extraordinary Surgeons. Exceptional Growth.

2013 brought incredible growth to the surgical services program at Southern Ocean Medical Center. Due to increased volume from long-time surgeons as well as new volume from recently recruited surgeons, the medical center saw an increase of 350 cases over the year prior. Growth came primarily in the areas of general surgery, orthopedic and urology procedures and contributed to significantly better financial performance for the medical center. This growth also demonstrates that our community has recognized our talented physicians and they are choosing to get quality care, close to home.

Next Generation of Physicians Learning Through Medical School Affiliation

Twelve bright and enthusiastic medical students joined the team at Southern Ocean Medical Center in 2013 as part of a new teaching relationship with the Rowan University School of Osteopathic Medicine. The third-year medical school students embarked on rotations at the medical center, taking them out of the classroom and lab, and into real clinical settings for a variety of specialties. During their rotation, the students worked side by side with physicians who embrace the learning model and committed to teaching the next generation of doctors. Areas of specialty include: family medicine, internal medicine, geriatrics, psychiatry, radiology, surgery, pediatrics, and ob/gyn.
When Lou Russo, who is part of the radio show Lou and Liz in the Morning on 94.3 The Point, had a heart attack, he turned to the experts at Ocean Medical Center and Meridian Health.
Radio Personality Gets Tuned in to Heart Health

Meridian’s partnership with Townsquare Media is using the airwaves as a way to help New Jersey residents get better tuned in to their health and wellness. This initiative took on an unexpected meaning for radio personality Lou Russo, who learned a valuable personal lesson about the importance of prevention and wellness.

For many people living in Monmouth and Ocean counties, their morning routine includes tuning into the Jersey Shore’s hot music channel, 94.3 The Point. With the lively duo “Lou and Liz in the Morning,” listeners can count on a daily dose of music, news, weather and humor.

But on October 9, 2013, listeners suddenly found that half of the dynamic duo was silent. In fact, Lou’s voice was missing for a few weeks. It wasn’t until he returned to the studio later that month that listeners learned of Lou’s personal experience that would forever change his life.

It was a Tuesday afternoon when Lou Russo experienced pain across the top left side of his chest while working out on a treadmill. He figured it was a pulled muscle, but the pain kept returning. In the back of his mind, Lou knew he had reason to be concerned. Both his grandfathers had heart attacks at young ages. His eating habits often included fast food, pizza, and snacks on the road. He was not fond of going to the doctor, so he avoided preventive tests for years because he didn’t want someone to tell him he had to change lifestyle or diet.

Lou decided to make a 15-minute drive to Ocean Medical Center in Brick and realized halfway there that things were serious. The pains became more frequent and very sharp along his chest and shoulder. He began sweating and the pain traveled down his arm. By the time he reached the Emergency Department, it had been only 30 minutes from his first symptom.

Lou was having a heart attack and was immediately rushed to the cardiac catheterization lab where interventional cardiologist David Pinellas, M.D., would work to clear the blockage. Lou was lightly sedated and able to talk to Dr. Pinellas throughout the procedure. His left anterior descending artery was nearly totally blocked. Because he got treatment at the early onset of symptoms, Dr. Pinellas was able to unblock the artery and restore blood flow to the heart, saving Lou’s life.

Lou returned home three days later. He then began a 12-week cardiac rehabilitation program at Ocean Medical Center. Part of Meridian’s continuum of care, the program uses treadmill, bike, and arm exercises to help patients build up their strength and endurance.

Lou has also drastically changed his eating habits and exercise routine and has lost over 25 pounds since his heart attack. “The experts at Ocean Medical Center saved my life and I am so incredibly grateful,” Lou shares. “I now have a new appreciation for prevention. People should make their doctor’s appointment now so they may be able to prevent something worse at a later time.”
Making the Moments Count Until the Very End

Married 63 years, Bill Abbott of Red Bank, cared for his wife Beth’s Alzheimer’s disease and was thankful for the 55 days of hospice care that Meridian At Home provided. Bill encourages any family member or caregiver to learn more about hospice care.
Meridian’s partner companies continue to distinguish Meridian’s unique continuum of care that extends beyond the reach of our six hospitals. By integrating care across different geographic sites, Meridian succeeds in delivering multiple clinical services that are coordinated seamlessly for our patients. Meridian partner companies include ambulatory services, physician primary care network, Alert Ambulance, Meridian At Home, Meridian Nursing and Rehabilitation, Shore Rehabilitation Institute, Meridian Occupational Health, and more.

**A Strong Move With Meridian Fitness & Wellness**

It is Meridian’s goal to have a fitness and wellness center within a reasonable distance to every resident in Monmouth and Ocean counties. In December 2013, Meridian expanded its partnership with Tilton Fitness Management, a regional leader in health club operation, putting us well on our way to achieving our goal. The current partnership includes a network of five fitness centers in Manahawkin, Hazlet, Northfield, Galloway and Jackson. The Jackson location is the newest of the sites, featuring a 32,000 square foot state-of-the-art facility in the new Meridian Health Village. The center was so anticipated that it opened with over 2,000 members. Plans are now under way for a brand new facility in Brick.

**Care in the Comfort of Home**

In 2013, Meridian At Home continued its leadership as the largest provider of home health services in Monmouth and Ocean counties. Over 150,000 home health visits were made last year providing care, rehabilitation, and therapy to over 17,000 patients and their families allowing them to receive care in the comfort of their home. Meridian At Home’s care team includes over 380 certified home health aides, 140 skilled nursing professionals, 80 licensed therapists, and 14 social workers. Meridian Hospice provided care and comfort to over 2,300 patients and their families.

**New Life Transitions Program in Home Care**

In early 2014, Meridian At Home introduced a new service, Meridian Life Transitions, to assist patients and families in planning, coordinating, and managing care during medical crises or prolonged illness. Meridian Life Transitions care managers provide guidance and insight when there are complex medical conditions, when transition to and between different medical facilities and home is needed, and when making important decisions about the safety, care, and independence of yourself or a loved one. The program includes all aspects of senior care management services under the supervision and coordination of an expert care manager, including a care team of highly trained and experienced people.
**Strengthening Meridian’s Provider Network and Infrastructure**

Meridian continues to grow its physician enterprise, which now includes more than 300 employed doctors, including our faculty physicians at Jersey Shore University Medical Center. Meridian is aggressively recruiting additional primary care physicians to further build upon our extensive reach in Monmouth and Ocean counties.

New infrastructure requirements for advanced quality and access initiatives were developed to support Patient Centered Medical Homes (PCMH) and achieved the highest level of National Committee for Quality Assurance (NCQA) PCMH Recognition for two practice locations. The Patient Centered Medical Home standards emphasize the use of systematic, patient-centered, coordinated care that supports access, communication, and patient involvement. Additionally, 17 clinicians received National Committee for Quality Assurance Diabetes Recognition for providing high quality care, bringing the total number of NCQA recognized clinicians to 24.

**Meridian Nursing & Rehab is Seeing Stars**

Every day, families across the country are faced with the difficult decision of finding a nursing home to care for their loved one. Area residents can rest assured knowing that they have quality facilities close by with Meridian Nursing & Rehab. U.S. News & World Report, with data collected from the Centers for Medicare & Medicaid Services, awarded Meridian Nursing and Rehab facilities at Brick, Shrewsbury, Manor By the Sea in Ocean Grove, and Wall with the highest possible overall rating of five stars in their 2014 Best Nursing Homes report.

**Meridian Nursing and Rehab at Brick Awarded Advanced Certification in Heart Failure**

The Joint Commission, in conjunction with The American Heart Association, recognized Meridian Nursing and Rehab at Brick as the only skilled nursing facility in New Jersey to receive the Advanced Certification in Heart Failure. Achievement of this certification signifies an organization’s dedication to fostering better outcomes for patients in its heart failure program. The Advanced Certification in Heart Failure has demonstrated that Meridian Nursing and Rehab at Brick’s services have met critical elements of performance to achieve long term success in improving outcomes for patients diagnosed with and being treated for heart failure.

**Shore Rehab among the Best in the Country**

Shore Rehabilitation Institute, located on the campus of Ocean Medical Center, was named among the Best of 2013 Rehab Hospitals, Institutions, & Facilities in the nation by Rehab Management, which annually profiles the industry’s top rehab hospitals and facilities based on the nominees recognized excellence in rehabilitation care and service to the community they serve. As one of the largest providers of inpatient and outpatient rehabilitation in the state, Meridian continues to deliver the best patient experience while helping individuals with disability attain optimal function.
Exemplary Performance in Fundraising

Meridian Health Affiliated Foundations was honored by the Association for Healthcare Philanthropy (AHP) for its exemplary performance in raising funds for its local communities’ health care needs. Meridian Health is one of 12 organizations throughout the United States and Canada that have received this designation of a sustaining high performer for three or more years over a six-year period. In fact, for the past five years, Meridian Health Affiliated Foundations has contributed to about 20 percent of Meridian’s bottom line. Some of the most recent significant contributions were aligned with the emergency department projects at Southern Ocean and Ocean Medical Centers. The campaign at Southern Ocean Medical Center raised more than $7.6 million for the new Emergency Department. At Ocean Medical Center, the foundation completed the matching gift from the Hirair and Anna Hovnanian Foundation, propelling Ocean to raise more than $10 million for the emergency department expansion.

The generosity of the communities we serve allows Meridian Health Affiliated Foundations to ensure that everyone Meridian serves receives the highest level of care. Donor support enables us to raise funds that create and maintain new services and facilities, including advanced medical treatments, technologies, and environments that provide the best medical care in the region. For more information on how to support Meridian Health Affiliated Foundations, visit MeridianHealth.com and click on give.

$20,591,017
Total Revenue Generated in 2013 (including public grants)

11,280 Donors

(left to right) John K. Lloyd, Maureen Lloyd, Hillary DiPiero, Dominic DiPiero, Susan Kyrilos and Senator Joe Kyrillos at the 2013 Meridian Health Affiliated Foundations Gala.
Awards

Five in a Row! Meridian Makes FORTUNE’s “100 Best Places to Work For” List
Meridian has been given the “high five” by FORTUNE Magazine, earning a coveted spot on the leading industry publication’s “100 Best Companies to Work For” list for an incredible five years in a row. Coming in at number 62 on FORTUNE’s 2014 best companies list, Meridian continues to earn FORTUNE 100 acclaim for accomplishments that include low staff turnover and a remarkable 15 years or more of service for more than twenty percent of our team members. Meridian is also one of only ten health care organizations across the country to make this prestigious list.

Meridian Health Among the Top New Jersey Employers 10 Years Running
The NJBIZ “Best Places to Work in New Jersey” program was designed to identify, recognize, and honor the best places of employment in New Jersey who show a dedication to employee growth and quality of life. Meridian Health was recently honored for the tenth consecutive year as one of the few organizations in the state to be consistently recognized as an outstanding employer.

Most Wired for the 14th Consecutive Year
Meridian Health was named to the 2013 “Most Wired” survey for the 14th year in a row, an honor that Meridian has received more times than any other existing health system in the state of New Jersey. Having received this award for 14 years is a reflection on the Meridian’s commitment to make the necessary investments to be at the leading edge of health care technology and care delivery.

Meridian Health Ranked #1 on the Healthcare IT News List of Where to Work: Best Hospital IT Departments
Meridian’s IT Department recently received recognition for their collaborative work environment. The more than 200 members demonstrated their excellence by ranking first in this year’s Healthcare IT News Where to Work: Best Large Hospital IT Departments.

We’re “Exemplar” at Caring for Older Patients
Meridian has achieved “Exemplar” status for our NICHE (Nurses Improving Care for Healthsystem Elders) Program, which is a premier designation indicating commitment to excellence in the care of patients 65 years and older. The Exemplar status recognizes our ongoing, high-level dedication to geriatric care and the implementation and quality of system-wide interventions and initiatives that benefit older adults. Meridian is the largest system of hospitals to achieve Exemplar status.

Meridian Recognized for its Patient Centered Medical Home Program
Meridian’s Monmouth Family Medicine Group in Ocean Township and Ocean Family Care in Point Pleasant, have been recognized by the National Committee for Quality Assurance (NCQA) as Patient Centered Medical Homes. The NCQA Patient Centered Medical Home standards emphasize the use of systematic, patient-centered, coordinated care that supports access, communication, and patient involvement.
Meridian Hospitals Corporation

For the Year Ended December 31, 2013 ($ millions)

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<th>2013</th>
<th>2012</th>
<th>2011</th>
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<tr>
<td>Operating Revenues(1)</td>
<td>$1,283,391</td>
<td>$1,248,084</td>
<td>$1,228,340</td>
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<tr>
<td>Operating Expenses</td>
<td>$1,233,131</td>
<td>$1,211,013</td>
<td>$1,170,324</td>
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<tr>
<td>Gain from Current Operations(1)</td>
<td>$50,260</td>
<td>$37,071</td>
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(1)Excludes prior year revenue adjustments

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<tbody>
<tr>
<td>Inpatient Admissions</td>
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<td>Births</td>
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<td>Patient Days</td>
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<td>Average Length of Stays (in days)</td>
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<td>Emergency Department Visits</td>
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<tr>
<td>Cardiac Surgeries</td>
<td>831</td>
</tr>
<tr>
<td>Cardiovascular Lab Procedures</td>
<td>16,653</td>
</tr>
</tbody>
</table>

- Operating Revenues: $1,283,391
- Operating Expenses: $1,233,131
- Gain from Operations: $50,260
Tuned in to Community Health

Providing the community with access to reliable health information, opportunities to participate in health promotion activities and support for managing chronic conditions are central to the goal of improving community health and well-being. Our brand promise of providing the best health care experience, whether within the walls of our facilities or out in our surrounding communities, is delivered by a committed staff of physicians, nurses, health care specialists, and community educators, along with dedicated community members who help Meridian identify, strategize, and implement initiatives that positively impact the health of the community.

Meridian Health played a lead role in working with many different organizations throughout Monmouth and Ocean counties to identify and address the health issues that impact our community the most. This collaborative effort, referred to as a Community Health Needs Assessment, meets the requirements of Section 501(r) of the Internal Revenue Code. The Community Health Needs Assessment and its findings are posted on Meridian’s Web site.

Findings from the assessment highlighted several health concerns for our community, including: risk factors for heart disease and stroke, cancer, pediatric asthma, Alzheimer’s disease, obesity and diabetes, access to care, immunizations and infectious diseases, and oral health. With the Community Health Needs Assessment as our guide, Meridian prepares its annual community benefits plan, part of Meridian’s overall strategic plan, aligning activities and resources toward those priority health needs, as well as engaging a variety of community organizations for collaboration on interventions.

Each hospital, as well as Shore Rehabilitation Institute, has prepared an implementation strategy that contains the specific programs and resources that are deployed against each health concern.

Community Advisory Committees

Meridian convenes several Community Advisory Committees whose mission is to assist us in identifying and addressing local health care needs. Over 150 committee members represent a cross-section of the community in terms of age, gender, religion, ethnicity, interests, and professional status. Our Partners in Health and Unidos committees are comprised of African American and Hispanic civic and community leaders, respectively, and are focused on addressing health issues and disparities affecting those communities.

Community Benefit Report

Meridian’s 2013 Community Benefits: $189.2 Million

- Charity Care: $63.0 million
- Unreimbursed Medicare: $78.0 million
- Unreimbursed Medicaid: $17.7 million
- Subsidized Health Services: $1.4 million
- Cash & In-Kind Contributions: $361 thousand
- Health Professions Education: $27.2 million
- Community Health Improvement Services: $1.6 million

Meridian Health team members show their support at the annual American Cancer Society Making Strides Against Breast Cancer Walk.
All the Ways We Support the Community

In 2013, Meridian devoted more than $189 million toward community benefits. An estimated 100,000 community members participate in health promotion activities each year. These programs include: preventive health screenings, support groups, and health awareness events, as well as lectures and presentations by physicians and other health care professionals who volunteer their time to educate our community. These programs are delivered in a culturally competent manner to targeted communities with available language interpreters as needed. Some of these health promotion activities include:

- **Providing nearly 40,000 preventive health screenings, including:** AngioScreen™ stroke risk assessments, blood pressure, cholesterol, glucose, BMI, memory, hearing, vision, colorectal cancer, skin cancer, and more. Participants receive individualized testing from medical professionals and are counseled by nurse educators who provide information about their results and referrals for follow-up care when necessary.

- **Educating over 13,000 children on how to eat right, stay fit, be safe, and act responsibly.** These programs include classroom-based presentations from Doctor Bernard, Hopscotch, and Picatso - mascots for K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center. Other programs include: SafeSitter® with CPR babysitting training, asthma awareness and management, injury prevention programs, distracted driving, sports and concussion injury prevention, among others.

- **Managing chronic disease.** Take Control of Your Health is an evidence-based chronic disease self-management program. Complementing a physician’s plan of care, this educational program provides participants with the tools, resources and support to live a healthier life. Studies have shown that participants who completed the training report improved health status and quality of life, greater energy, fewer social limitations, as well as reduced hospitalizations and fewer emergency room visits.

- **Providing opportunities to learn.** Educational programs are made available at our hospitals as well as a variety of accessible community locations, including: senior centers and active adult communities, places of worship, libraries, schools and employers. Led by physicians and other health care professionals, these programs address a wide variety of health issues and diseases with a focus on preventing disease and managing chronic conditions.
In addition, Meridian is proud to offer support through charitable donations to a host of local, not-for-profit organizations. Meridian also encourages our leaders, physicians, and team members to serve on boards and community groups dedicated to improving the quality of life in our neighborhoods. In 2013, Meridian provided $360,000 in cash and in-kind support.

Creating a Community of LifeSavers

Cardiac arrest can happen to anyone at any time, including our youth. In fact, the American Heart Association estimates that there are approximately 100 student athlete fatalities each year from sudden cardiac arrest. While the incidence remains low, the impact on families and the surrounding community is devastating.

That’s why Meridian Health has partnered with the American Heart Association in a landmark, multi-year initiative to create a Community of LifeSavers. When ordinary people are equipped with the skills to perform CPR, survival rates can double or even triple. This is Taking Care of New Jersey’s children.

Our goal is to train at least 5,000 high school students in the first year, as well as equip schools with the skills and tools that will enable them to carry out this important training and assist with compliance for Janet’s Law; a law which requires public schools to have automated external defibrillators for youth athletic events and to establish certain plans related to sudden cardiac arrest events.

Take the Church Challenge

Together, heart disease and stroke are among the most widespread and costly health problems facing the nation — and our communities — today. Fortunately, they are also among the most preventable. Meridian aims to tackle the growing problem of stroke by teaching local residents to take charge of their health, especially within the African American community, where there is a higher incidence of stroke.

In the Church Challenge, local congregations compete against one another to see which group can improve its health the most. Meridian assesses members’ weight, body mass index, blood pressure, cholesterol, glucose, and other lifestyle habits during the challenge, which includes smoking. Members also attend programs that teach them how to make long-lasting changes to their health. In its first year, 150 people from four congregations participated in the Challenge. Results were encouraging as members lost weight, quit smoking, improved their diet, and began to exercise.

Training the Next Generation of Health Care Providers

Training the next generation of health care providers is vital to providing a foundation for sound health in our community. Meridian encourages the development of physicians, nurses, medical technologists, and those entering allied health professions by supporting their education and offering clinical experience in our hospitals. In 2013, Meridian provided $27 million in benefits, which supports medical training.

Rice Sports Medicine Soccer Tourney.

Jennifer Rice, pictured below with her church’s pastor, Lyddale Akins, has made positive changes to her life and health by participating in the Meridian Church Challenge.
Caring for All Members of the Community

As a not-for-profit health care provider, Meridian Health is the regional leader in providing innovative and accessible health care programs and services to individuals, families, and communities throughout Monmouth and Ocean counties. Everyone deserves access to quality care regardless of their ability to pay. In 2013, Meridian provided $159 million in charity care and other uncompensated care, serving as a health care safety net for our community’s most vulnerable populations. In addition, Meridian dedicated $1.4 million in subsidizing vital health services, such as outpatient dialysis, behavioral health services, and family health clinics.

Staying Connected

Meridian regularly publishes two free consumer magazines – HealthViews and KidViews – to educate and inform residents of Monmouth and Ocean counties on timely and relevant health topics. The magazines contain Meridian’s calendar of events where residents can find free community education and screening programs as well as a variety of health and wellness tips.

Meridian’s multiple Web sites offer an extensive free health library (in English and Spanish) and attract over 1.5 million people each year. Online visitors can take a health assessment quiz, learn about diagnostic and surgical procedures, find a doctor, and register for a class or health screening and more.

Meridian also provides free, 24/7 call center services to the community to locate physicians, health care services, and support groups, as well as register for health education and screening programs. In 2013, the call center handled more than 37,000 calls.
Connecting With the Community

Fostering lifelong connections with – and among – the communities and patients we are committed to serve, Meridian Health’s network of social media channels continues to expand, evolve, and grow as we lead the way in an era of even greater health care technology and innovation.

Our network social media sites provide up-to-the-minute access to an ever-present, ever-diverse selection of relevant, real-time information and original content, integrating users on platforms that include Facebook, Twitter, YouTube, Vine, Flickr, Instagram and Meridian’s own Momtourage Community. Within these social platforms, we now offer users instant updates on content exclusives, including videos, blogs, news and headlines, health resources, feature articles, event information and topical discussions.

The engine of social media is public conversation, which is why Meridian’s sites continue to provide patients and physicians alike equal footing for the exchange of camaraderie, conversation, and personal stories alongside expert advice, insights and best practices.

With our network of social platforms, Meridian Health remains fundamental to the conversations within our communities, uniting every patient and every family through the lifelong traditions of sharing stories, building relationships, becoming more informed, and living fulfilled lives.

This commitment to community engagement via social technology is yet another reason why Meridian Health is Taking Care of New Jersey. If you haven’t already, take a moment to get and stay connected with what’s going on at Meridian. Like us, follow us, join us.

Meridian introduced My Health eNews! This free monthly health eNewsletter is a comprehensive resource for the latest health news and updates, fully customizable to suit an individual’s unique needs and lifestyle. To sign-up, visit MeridianHealth.com/enewsletters.
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Timothy E. Nolan
Executive Vice President
Meridian Health Solutions
Wayne M. Boatwright
Vice President
Cultural Diversity
Maureen Bueno, Ph.D., R.N.
Vice President
Quality & Continuous Improvement
James Clarke, M.D.
Vice President
Primary Care
Joseph P. Coyle
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Everyone has a reason for getting involved in Paint the Town Pink, including the nearly 800 businesses in Monmouth and Ocean counties who helped Meridian Health #PinkItForward in 2014. These Pink Partners support our mission by pinking their windows and displaying pink piggy banks to raise money for the Pink Fund, which provides mammograms to uninsured and under-insured women in our community.

Our Pink Partners have helped us remind thousands of women to schedule their annual mammogram. Thank you for your partnership in taking care of New Jersey!

Did you #PinkItForward in 2014?
Share your story at Facebook.com/PaintTheTownPinkNJ

“It is imperative that people are aware of the importance of an annual mammogram. I personally have had some issues and without my yearly mammogram I would have never caught it.”

– Matawan Business Owner