



Atlantic
Health System

2011
Community Benefit Report



Dear Neighbors and Colleagues:

I am pleased to provide you with a copy of Atlantic Health System's *2011 Community Benefit Report*, which demonstrates the pivotal role our medical centers and health care system play in improving the health status of our communities.

Atlantic Health System offers world-class medicine through its three medical centers—Morristown Medical Center (MMC), Overlook Medical Center (OMC), and Newton Medical Center (NMC) and their outstanding physicians, procedures and technologies. In 2011, we had more than half a million patient encounters at our Medical Centers. In addition to treating patients, Atlantic Health System provides many benefits to the community. In 2011, Atlantic Health System contributed almost \$84 million to the communities of Northern New Jersey. Of which, \$54.5 million was the cost of delivering free and discounted health care services to the poor, uninsured, aged, and others who need a safety net. \$4.3 million was spent providing a broad array of community programs related to healthcare missions and responding to needs in the community touching over 2.5 million individuals, \$745,000 was contributed to other non-for-profits and community organizations, and \$24.2 million was provided in services needed in the community despite a negative margin to our health system.

At Atlantic Health System, we also support a vibrant graduate medical education program, currently encompassing 252 residents and fellows. In addition, we contribute substantially to the local economy, purchasing millions of dollars in goods and services and employing over 11,000 people.

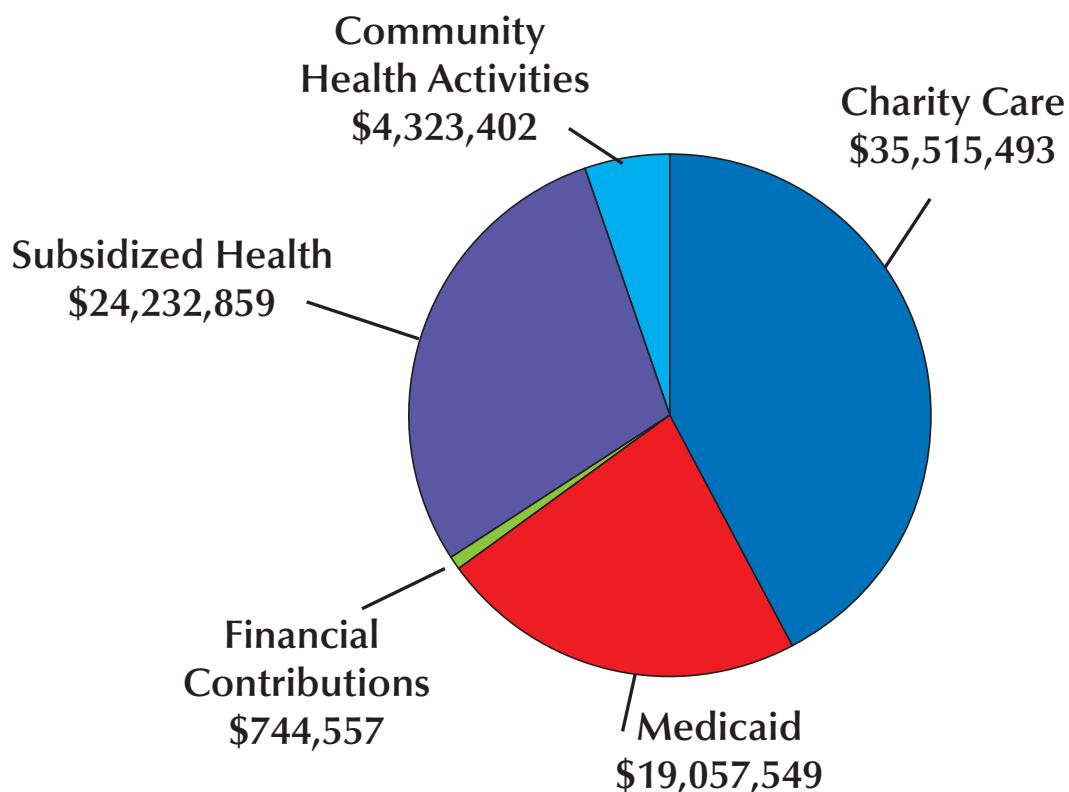
Atlantic Health System's Medical Centers mission of caring is matched by our commitment to service. This report serves to measure the value of our Medical Centers to the community.

ATLANTIC HEALTH SYSTEM EXECUTIVE SUMMARY

Atlantic Health System is one of New Jersey's largest not-for-profit health systems. We offer world-class health care through our three medical centers - Morristown Medical Center (MMC), Overlook Medical Center (OMC), and Newton Medical Center (NMC) - which are known for their outstanding physicians, procedures and technologies.

Atlantic Health System is committed to improving the health status of the communities it serves, and provides community benefit as part of a measured approach to meeting identified health needs in the community. In 2011, Atlantic Health System contributed **\$83,873,859** in community benefit to the communities of Northern New Jersey.

Community benefit includes charity care, subsidized health services, uncompensated Medicaid services, community health activities and financial contributions to community-based health organizations.



Of this total, **\$44,986,958** was provided by Morristown Medical Center, **\$32,176,185** by Overlook Medical Center, and **\$6,710,716** by Newton Medical Center.

HEALTH CARE

Atlantic Health System's world-class facilities feature state-of-the-art equipment in a comfortable, family-friendly environment that puts patients first. Our nationally recognized physicians, experienced nurses and skilled staff provide outstanding and compassionate care. Atlantic Health System physicians are leaders in such specialties as pediatrics, orthopedics, cancer care, rehabilitation medicine, women's health, cardiovascular care, sports medicine and neuroscience.

Morristown Medical Center is renowned for the breadth and expertise of its cardiac services, performing the most heart surgeries in New Jersey. According to U.S. News & World Report, Morristown Medical Center is ranked nationally as the **Best Hospital in two specialties, including cardiology & heart surgery, and gynecology** and is the Best Regional Hospital in nine specialties, including cancer, diabetes and endocrinology, gastroenterology, geriatrics, nephrology, neurology and neurosurgery, orthopedics, pulmonology, and urology.

Overlook Medical Center was the first hospital in the Northeast to offer the CyberKnife® Robotic Radiosurgery System, a leading technology for precision radiation treatment of prostate cancer, brain tumors, spine, lung, liver and pancreatic cancers. According to U.S. News & World Report, Overlook Medical Center is the Best Regional Hospital in six specialties, including gastroenterology, geriatrics, nephrology, neurology and neurosurgery, pulmonology, and urology. Overlook Medical Center is the regional leader for comprehensive stroke care and neuroscience.

Newton Medical Center offers a variety of inpatient and outpatient programs and services in a state-of-the-art environment. Newton Medical Center is affiliated with the finest physicians in the region and also has a staff of specialists representing more than 40 medical specialties and subspecialties. They include cardiology, endocrinology, nephrology, oncology, orthopedics, pediatric neurology, and reconstructive surgery.



Some of the awards and recognition for our quality programs and dedication to leading technology include:

- › The Gold Seal of Approval from The Joint Commission for Primary Stroke Centers: Atlantic Health System stroke centers.
- › CEO Cancer Gold Standard accreditation for commitment to the health of employees and their families.
- › Top Doctors by New Jersey Monthly and Castle Connolly Medical Ltd.
- › Gold Seal of Approval from The Joint Commission with Disease-Specific Care Certifications for Joint Replacement Programs in the Hip, Knee, and Spine Categories: Morristown Medical Center.
- › Magnet Hospital for Excellence in Nursing Service by American Nurses Credentialing Center and Beacon Award for Critical Care Excellence by American Association of Critical Care Nurses: Morristown Medical Center.
- › Three-Year Approval with Outstanding Achievement from the American College of Surgeons' Commission on Cancer: Overlook Medical Center.
- › Three-Year Approval with Commendation from the American College of Surgeons' Commission on Cancer: Morristown Medical Center.
- › Three Year Accreditation with the National Accreditation Program for Breast Centers (NAPBC) – Overlook Medical Center
- › Three year Accreditation and Breast Center of Excellence from the American College of Radiology: Overlook Medical Center and Morristown Medical Center.
- › Chest Pain Center Accreditation from the Society for Chest Pain Centers: Overlook Medical Center
- › The ACTION Registry®-GWTG™ Gold Performance Achievement Award from the American College of Cardiology Foundation and American Heart Association: Gagnon Cardiovascular Institute at Morristown Medical Center and Overlook Medical Center.
- › Joint Commission Accreditation: Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Atlantic Home Care and Hospice.
- › Joint Commission Wound Healing Program certification: Overlook Medical Center
- › Under Sea and Hyperbaric Medical Society (UHMS) Seal of Approval: Overlook Medical Center.
- › Level IV Epilepsy Center: Overlook Medical Center

Health Professions Education

Atlantic Health System strengthens communities by training New Jersey's future health care professionals. In 2011, Atlantic Health System trained 252 residents and fellows and graduated 66 residents from various programs. 23 of these graduates chose to pursue fellowship training. 19 stayed in the Atlantic Health System catchment area: of these, 6 stayed on as chief residents, 3 practiced in primary care internal medicine, 3 pediatricians, 1 stayed on as an internal medicine hospitalist, 1 podiatrist, 1 family physician, and 4 stayed for fellowship training. In addition, Atlantic Health System provides third- and fourth-year medical students with clinical educational experiences.

Atlantic Health System is the primary academic affiliate in New Jersey of Mount Sinai School of Medicine. The affiliation provides opportunities for student rotations, faculty teaching and appointments, and research and clinical collaborations. Atlantic Health System also maintains medical school affiliations with Columbia University College of Physicians and Surgeons, Kirksville College of Medicine, New York College of Osteopathic Medicine, St. George's University and University of Medicine and Dentistry of New Jersey - New Jersey Medical School. These affiliations have the added benefit of enabling Atlantic Health System to offer patients the opportunity to participate in the latest clinical trials and allowing us to provide even more advanced care.

In addition, rotating residents are sent to Atlantic Health System from the following institutions:

- › Lenox Hill Hospital (Morristown Medical Center- Orthopedic Sports Medicine)
- › Monmouth Medical Center (Morristown Medical Center- Orthopedic Trauma)
- › New York Downtown Hospital (Overlook Medical Center- OB/GYN)
- › New York Presbyterian Hospital (Overlook Medical Center- Surgery)
- › University of Medicine and Dentistry of New Jersey - New Jersey Medical School (Overlook Medical Center- Orthopedic Surgery)
- › University of Medicine and Dentistry of New Jersey - Robert Wood Johnson (Overlook Medical Center- Colorectal Surgery)
- › Warren Hospital (Atlantic Health System - Pediatrics)

Atlantic Health System also hosts several allied health certificate programs; over 20,019 emergency medical technicians were trained through the EMT basic course, EMT refresher course, and continuing education units in 2011.

Economic Development

Atlantic Health System contributes significantly to economic development in the region. We are one of New Jersey's largest private employers with 11,667 employees. In 2011, for the 4th year in a row, Atlantic Health System was honored to be among the Fortune 100 Best Companies to Work For® – the only hospital system in the New Jersey and New York metropolitan area to earn this prestigious, national recognition.

| Site | Number of Employees |
|---------------------------|---------------------|
| Morristown Medical Center | 5,702 |
| Overlook Medical Center | 3,448 |
| Newton Medical Center | 1,167 |
| Atlantic Health System | 1,350 |
| Total | 11,667 |

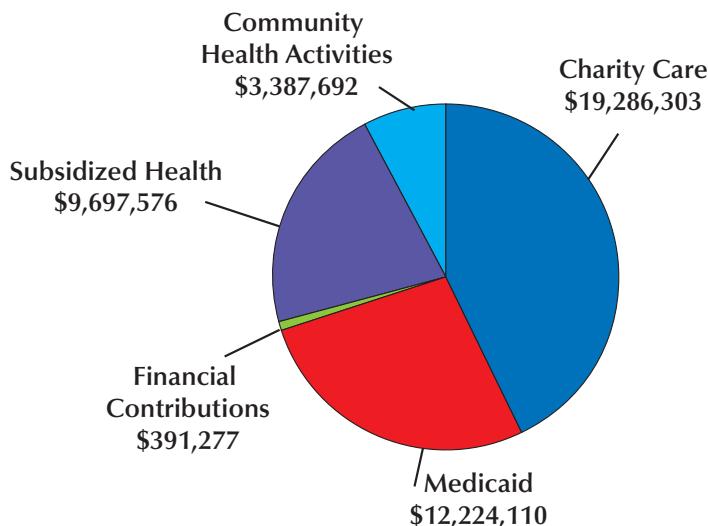
An important part of Atlantic Health System's mission is to improve the health status of its communities. In 2011, Atlantic Health System's Medical Centers engaged in 673,547 patient encounters, of which 71,416 were inpatient and 602,131 were outpatient.

| Site | Inpatient Encounters | Outpatient Encounters | Total |
|------------|----------------------|-----------------------|----------------|
| MMC | 38,568 | 313,956 | 352,524 |
| OMC | 25,212 | 207,187 | 232,399 |
| NMC | 7,636 | 80,988 | 88,624 |
| AHS | 71,416 | 602,131 | 673,547 |

Atlantic Health System delivers high-quality safe, affordable patient care with respect and compassion within a healing culture and provides considerable benefit to the communities it serves.

MORRISTOWN MEDICAL CENTER

In 2011, Morristown Medical Center contributed a total of **\$44,986,958** in community benefit to its service area. This includes charity care, subsidized health services, uncompensated Medicaid services, community health activities and financial contributions to community-based health organizations.



Morristown Medical Center

Morristown Medical Center, an acute care hospital with 650 licensed beds, has been serving the Morris County community for almost 120 years. MMC sets high standards for patient care in state-of-the-art facilities with a full range of medical specialties and services. Morristown Medical Center offers advanced technology and support services, and brings specialists renowned for their work in areas such as cancer, cardiology, emergency medicine, orthopedics, women's health, and pediatrics to New Jersey.

With its advanced technology and comprehensive support services, Morristown Medical Center has attracted physicians who are leaders in such areas as cancer, cardiology, emergency medicine, orthopedics, women's health and pediatrics. This has enabled Atlantic Health System to build outstanding specialty programs within Morristown Medical Center and across Atlantic Health System. They include the Carol G. Simon Cancer Center, the Goryeb Children's Hospital and the Gagnon Cardiovascular Institute, the largest cardiovascular surgery program in New Jersey. Morristown Medical Center is also home to the North Jersey Regional Arthritis Center.

In addition, Morristown Medical Center is the official hospital

of the New York Jets and offers a comprehensive sports medicine program.

As an organization, Morristown Medical Center always searches for the most effective diagnosis and treatment options for each patient. This commitment to quality patient care has earned the Medical Center national recognition:

- › Designated as a Magnet Hospital for Excellence in Nursing Service by the American Nurses Credentialing Center, the nation's leading nursing credentialing organization.
- › Named a Level I Regional Trauma Center by the American College of Surgeons and a Level II Trauma Center by the state of New Jersey.
- › Accredited stroke trauma center, the only one in the region.
- › Awarded the Gold Seal of Approval from The Joint Commission with Disease-Specific Care Certifications for Joint Replacement Programs in the Hip and Knee Categories, one of 16 facilities nationwide.
- › Ranked in the Top 100 Hospitals for Cardiovascular Care by Thomson Reuters.
- › Named a Level III Regional Perinatal Center, with a 26-bed Neonatal Intensive Care Unit. Morristown Medical Center delivers the largest number of babies in northwestern New Jersey.
- › Accredited by the Joint Commission.
- › Winner of the National Research Corporation's 2010 Consumer Choice Award.

In 2011, Morristown Medical Center had 352,524 patent encounters, of which 38,568 were inpatient and 313,956 were outpatient. Of these, 20,273 inpatient encounters and 191,258 outpatient encounters were with residents of Morris County, and of these, 2,682 inpatient encounters and 31,746 outpatient encounters were with residents of Morristown.

Community Benefit

Morristown Medical Center provides community benefit as part of a measured approach to meeting identified health needs in the community. The services highlighted herein support Morristown Medical Center's mission to improve the health status of the communities it serves. The quantifiable services highlighted in this report generate a low or negative margin, even after applying grants and other supplemental revenue. Where possible, both direct and indirect costs have been considered. Additional community benefit services not easily or inadequately portrayed quantitatively are reported in a narrative summary.

1. Charity Care

Morristown Medical Center provides charity care for medical services and procedures to patients who are uninsured, under-insured or who lack financial resources to pay. In 2011, these services were provided at a cost to the Medical Center of **\$19,286,303**. This cost has been calculated on an incurred cost basis and reflects the subsidy received from the State of New Jersey. Bad debt has also been excluded. If overhead and bad debt were included, the provision of charity care would total \$43,003,303.

2. Subsidized Health Services

Subsidized health services are clinical patient care services that are provided, despite a negative margin, because they are needed in the community. In 2011, these services were delivered at a cost to the Medical Center of **\$9,697,576**. This includes community health (\$8,056,721), research (\$421,957) and training (\$1,218,897).

3. Uncompensated Medicaid Services

Medicaid is a health insurance program that covers low-income parents/caretakers and dependent children, pregnant women, and people who are aged, blind or disabled. In 2010, Morristown Medical Center provided Medicaid services at a cost to the Medical Center of **\$12,224,110**.

4. Community Health Activities

Morristown Medical Center provides a wide variety of community health activities, including health education, screening and prevention programs, and health fairs (see Appendix A). For instance, at Morristown Medical Center's screenings, participants receive individualized testing from medical professionals who then provide on-site counseling based on test results. These screenings may result in referrals to community services or agencies, or appropriate physicians. Morristown Medical Center also offers a number of ongoing support groups as well as several information and referral lines. In addition, Morristown Medical Center collaborates with New Jersey Blood Services to collect blood and platelet donations for area hospitals.

These community health activities were held at Morristown Medical Center and at easily accessible locations through the Morristown area including:

- › Calvary Baptist Church
- › Church of the Redeemer Soup Kitchen
- › Family of God Church
- › Headquarters Plaza complex
- › Hispanic Evangelic Church

- › Interfaith Council for the Homeless
- › Morris Senior Housing Authority
- › Neighborhood House
- › Saint Margaret's Church
- › Seventh Day Adventist Church
- › Centro Biblico Church
- › Family Health Center of Morristown
- › Head Start
- › Hispanic Affairs
- › Homeless Solutions
- › Morris Center, Madison, West Morris, Lakeland Hills and Somerset YMCAs
- › Morristown Municipal Building
- › Pentecostal Church
- › Salvation Army
- › Wind of the Spirit

Morristown Medical Center views these community health activities as a critical component in its effort to improve the health of the community at large, particularly those community members who are underserved. In 2011, Morristown Medical Center reached more than 931,909 community members, a total benefit to the community of **\$3,387.692**. This calculation includes staff time, travel, materials and indirect costs.

5. Financial Contributions to Other Community-Based Programs

In total, Morristown Medical Center provided **\$391,277** in direct financial contributions in 2011 to the organizations listed below and others to support and enrich community-building efforts and to assist individuals and families in need.

- › American Cancer Society
- › American Heart Association
- › Leukemia & Lymphoma Society
- › Arthritis Foundation
- › Daisy Foundation
- › Healing the Children NJ
- › March of Dimes
- › Morris County Organization for Hispanic
- › Morristown Partnership
- › United Way of Morris County
- › NJ AIDS Services

- › Flying Dreams
- › Community Soup Kitchen of Morristown
- › Medical Needs Foundation
- › Community Food Bank of NJ
- › Jersey Battered Women's Services
- › Homeless Solutions
- › Make a Wish Foundation
- › Interfaith Food Pantry
- › Screen for Life of Morris County
- › Trinitas Health Foundation
- › Project Fit America

Morristown Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations (see Appendix B).

Additional Community Benefit

Economic Development

Of the 11,667 individuals employed by Atlantic Health System, 4,077 live in Morris County and 819 are Morristown residents. Morristown Medical Center employs 5,702 individuals.

Health Professions Education

Morristown Medical Center provides a clinical setting for medical education for nursing students, residents and other clinical providers. It sponsors the following accredited residency programs:

- › Dentistry
- › Emergency Medicine/Pediatrics
- › OB/GYN with rotations at Overlook Medical Center
- › Podiatric Surgery with rotations at Overlook Medical Center
- › Surgery
- › Cardiology
- › Pediatrics
- › Emergency Medicine
- › Internal Medicine
- › Urogynecology with rotations at Overlook Medical Center
- › Radiology with rotations at Overlook Medical Center
- › Transitional Year

Morristown Medical Center began its new fellowship training programs in Cardiovascular Disease and Primary Care Sports Medicine in 2011. In addition, it trained four fellows in emergency medicine and pediatrics, two in Allopathic Sports Medicine, and two in Urogynecology.

More than 100 nursing students from various nursing schools are educated every month at Morristown Medical Center. Nurses at Morristown Medical Center help students learn to deliver comprehensive nursing care in various health care settings. Morristown Medical Center also offers an external program for nursing students who have completed at least two clinical rotations. These students gain extra hands-on experience by working one-on-one with a preceptor in all nursing units in the hospital.

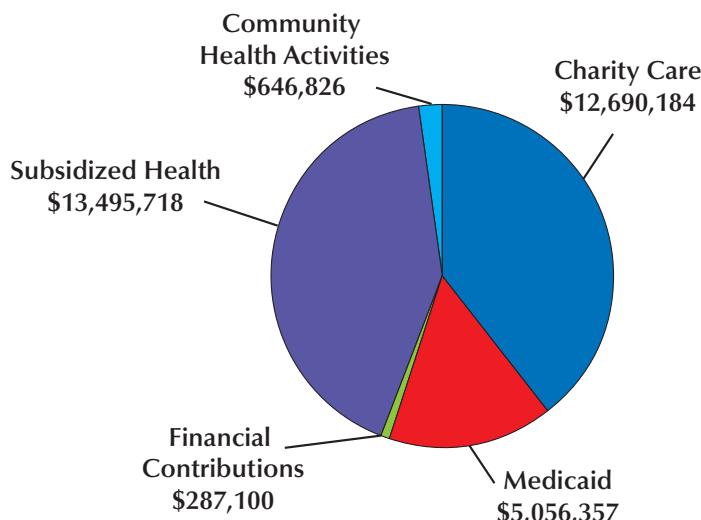
In addition, Morristown provides a clinical setting for training lab technicians and accepts students from six universities that offer a medical technology curriculum. These are Caldwell College, East Stroudsburg University, Fairleigh Dickinson University, Kean University, Rutgers University at New Brunswick and York College of Pennsylvania.

Emergency Preparedness

Under the supervision of the New Jersey Department of Health and Senior Services, Morristown Medical Center is one of nine designated medical coordination centers designed to organize hospitals in its region to better handle communications and coordination in the event of an epidemic, terrorist attack or other large-scale emergency. The centers will provide information to each other and maintain the integrity of health care delivery in the event that an emergency situation results in mass casualties.

OVERLOOK MEDICAL CENTER

In 2011, Overlook Medical Center contributed a total of **\$32,176,185** in community benefit to the communities it served. This includes charity care, subsidized health services, uncompensated Medicaid services, community health activities and financial contributions to community-based health organizations.



Overlook Medical Center

Overlook Medical Center, an acute care hospital with 504 licensed beds, has been serving Summit and the Union County community for more than 100 years. Overlook Medical Center is nationally recognized. Its award-winning doctors and nurses provide the most advanced clinical care and unsurpassed patient safety in a healing, family-centered environment.

Overlook Medical Center has developed a number of specialized programs:

- › Atlantic Neuroscience Institute houses the first comprehensive stroke center in New Jersey, offering patients groundbreaking technologies such as the Merci Retrieval System™ and Penumbra devices, and Trevo Stentriever. Other inpatient and outpatient services include a Pain Management Center and Concussion and Physical Rehabilitation Center, a Level IV Epilepsy Center, Movement Disorder Program and Memory and Cognitive Disorders Program
- › Carol G. Simon Cancer Center provides expert, comprehensive, compassionate treatment for all types of cancer using the latest medical technology. The Brain Tumor Center of New Jersey, part of the Simon Center, offers such advanced treatments such as the CyberKnife® Robotic Radiosurgery System and clinical trials for new targeted

brain tumor vaccines. The center ranks second in the world in the number of CyberKnife treatments completed for prostate cancer while its thyroid cancer program provides the broadest treatment available in the region.

- › Goryeb Children's Center
- › The Chest Pain Center, part of Gagnon Cardiovascular Institute, is accredited by the National Society of Chest Pain Centers.
- › Overlook Medical Center's Wound Healing program has been recertified by the Joint Commission and has been given the Under Sea and Hyperbaric Medical Society's (UHMS) seal of approval, showing the organization's commitment to helping patients heal faster.

In addition, Overlook Medical Center is home to a center of excellence in bariatric surgery designated by the American Society of Metabolic and Bariatric Surgery, a pioneering wound healing program with hyperbaric oxygen therapy, a maternity center, a Level III Intensive Perinatal Unit, , a pulmonary center and award-winning emergency medicine services. Thanks to these centers and other facilities, Overlook Medical Center offers comprehensive programs in breast health, pulmonary medicine, thyroid cancer, minimally invasive surgery, women's heart health, sleep medicine and adolescent eating disorders, among many others.

The activities of Overlook Medical Center have had a substantial impact on the health of the surrounding communities. In 2011, Overlook Medical Center had 232,399 patient encounters, of which 25,212 were inpatient and 207,187 were outpatient. Of these, 15,852 inpatient encounters and 127,171 outpatient encounters were with residents of Union County, and of these, 551 inpatient encounters and 9,065 outpatient encounters were with residents of Summit.

Community Benefit

Overlook Medical Center provides community benefit as part of a measured approach to meeting identified health needs in the community. Where possible, both direct and indirect costs have been considered. Additional community benefit services not easily or inadequately portrayed quantitatively are reported in a narrative summary.

1. Charity Care

Overlook Medical Center provides charity care for medical services and procedures to patients who are uninsured, under-insured or who lack financial resources to pay. In 2011, these services were provided at a cost to the Medical Center of **\$12,690,184**. This cost has been calculated on an incurred cost basis and reflects the subsidy received from the state of New Jersey. Bad debt has also been excluded. If overhead and bad debt were included, the provision of charity care would total \$36,353,184.

2. Subsidized Health Services

Subsidized health services are clinical patient care services that are provided, despite a negative margin, because they are needed in the community. In 2011, these services were delivered at a cost to the Medical Center of **\$13,495,718**. This includes community health (\$9,262,902), research (\$287,777) and training (\$3,945,039).

3. Uncompensated Medicaid Services

Medicaid is a health insurance program that covers low-income parents/caretakers and dependent children, pregnant women, and people who are aged, blind or disabled. In 2011, Overlook Medical Center provided Medicaid services at a cost to the Medical Center of **\$5,056,357**.

4. Community Health Activities

Overlook Medical Center provides a wide variety of community health activities, including health education, screening and prevention programs, and health fairs (see Appendix C). For instance, at Overlook Medical Center's screenings, participants receive individualized testing from medical professionals who then provide on-site counseling based on test results. These screenings may result in referrals to community services or agencies, or appropriate physicians. Overlook has an award-winning follow-up program "Closing the Loop" that has proven to be highly successful in encouraging patients with negative screenings to get follow-up care. Overlook Medical Center also offers a number of ongoing support groups as well as several information and referral lines that connect patients to parenting assistance, drug and alcohol assistance, counseling services and support groups in the community.

These community health activities were held at Overlook Medical Center and at easily accessible locations through the Summit area including:

- › Banks
- › City Hall
- › First Baptist Church
- › Girl Scouts
- › Italian American Club
- › Libraries
- › Pilgrim Baptist Church
- › Schools
- › Senior Centers
- › State Capitol
- › Temple Emanuel
- › Temple Zion
- › Vauxhall Family Health Center
- › YMCAs (Westfield, Scotch Plains/Fanwood, Summit, Berkeley Heights, Springfield and Union
- › Board of Health
- › CVS
- › Fountain Baptist Church
- › Home Depot
- › Liberty Drugs
- › Ministerios Monte Santo
- › Recreation Centers
- › Senior and Low Income Housing
- › St. Teresa's Church
- › Street Fairs
- › Temple Israel
- › Town Parks
- › Walgreens

Overlook Medical Center views these community health activities as a critical component in its effort to improve the health of the community at large, particularly those community members who are underserved. In 2011, Overlook Medical Center reached more than 874,929 community members, a total benefit to the community of **\$646,826**. This calculation includes staff time, travel, materials and indirect costs.

5. Financial Contributions to Other Community-Based Programs

In total, Overlook Medical Center provided more than **\$287,100** in 2011 to the organizations listed below and others to support and enrich community-building efforts and to assist individuals and families in need.

- › Morristown Neighborhood House
- › American Cancer Society
- › NJ Recreation and Park Association
- › Hackett Hemwall Foundation
- › DWC Downtown Westfield 5K
- › Professional Assistance Program of NJ
- › Komen New Jersey Race for the Cure
- › Morris Education Foundation
- › Summit YMCA
- › Partners for Health
- › Department of Community Programs
- › Chatham Emergency Squad
- › Chatham Fire Department
- › Pediatric Council on Research & Education
- › Summit Policeman's Benevolent Assoc.
- › Teddy Bear Foundation
- › Wellness Community of Central NJ
- › Morris Habitat for Humanity
- › National MS Society

Overlook Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations (see Appendix D).

Additional Community Benefit

Economic Development

Of the 11,667 individuals employed by Atlantic Health System, 1,903 live in Union County and 283 are Summit residents. Overlook Medical Center employs 3,448 individuals.

Health Professions Education

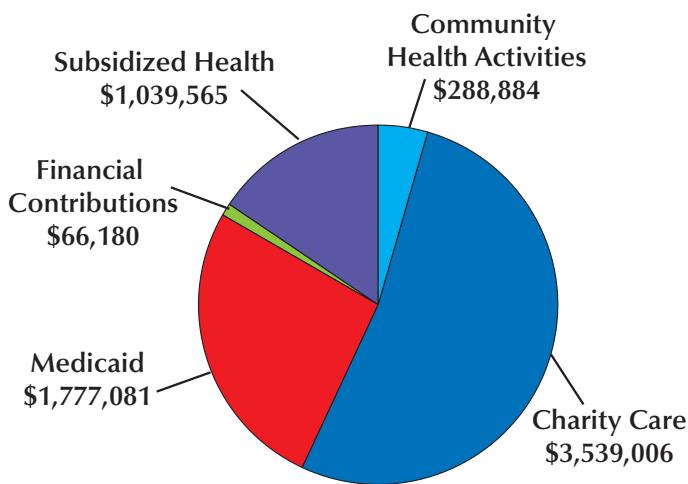
Overlook Medical Center provides a clinical setting for medical education for nursing students, residents and other clinical providers. It sponsors the following accredited residency programs:

- › Dentistry
- › Internal Medicine (MD & DO)
- › Urology Fellowship with rotations at Morristown Memorial
- › Pediatrics
- › Podiatric with rotations at Morristown Medical Center
- › Radiology with rotations at Morristown Medical Center
- › Family Medicine (MD & DO)
- › OB/GYN with rotations at Morristown Medical Center
- › Sports Medicine (DO)

Overlook Medical Center maintains osteopathic programs in Internal Medicine and Family Medicine. Currently, two positions are available for training in family medicine. Overlook trained two fellows in Allopathic Sports Medicine and two fellows in Osteopathic Sports Medicine in 2011.

NEWTON MEDICAL CENTER

In 2011, Newton Medical Center contributed a total of **\$6,710,716** in community benefit to its service area. This includes charity care, subsidized health services, uncompensated Medicaid services, community health activities and financial contributions to community-based health organizations.



Newton Medical Center

Newton Medical Center, an acute care hospital with 146 licensed beds, has been serving Warren and Sussex counties in New Jersey, Pike County in Pennsylvania and southern Orange County in New York for more than 80 years. Newton Medical Center is known for its medical and technical excellence, and has emerged as a leader in diagnostic cardiac services with the opening in 2006 of The Charles L. Tice Heart Center for Diagnostic Services. The Heart Center offers the latest services in diagnostic cardiac care. In 2006, Newton Medical Center opened the Sleep Diagnostic & Treatment Center where people are treated more like hotel guests than patients.

Newton Medical Center is known for providing state-of-the-art care at the most impressive and dynamic Emergency Department in the area. Equipped to handle 45,000 patient visits per year, the Emergency Department features 30 private treatment areas, a CT scanner and access to Laboratory and Radiology services.

In the last decade, Newton Medical Center has effectively positioned itself as a health care system with the opening of Ambulatory Wellness Centers in Sparta, NJ and Milford, PA and Urgent Care Centers in Vernon, NJ, and Milford, PA. The Ambulatory Wellness Centers house physician offices, blood-draw sites, and radiology services. They are proof of the hospital's commitment to providing quality care close to home. At the Urgent Care Centers, no appointments are

necessary and extended hours are offered. These centers are designed to care for the whole family from illness to injury including kids' school/sports physicals and drug screenings for work. The Urgent Care Centers have all the testing, diagnostic evaluations and treatment services one might require. For more serious emergencies, the AHS Urgent Care Centers are seamlessly connected to the hospitals of Atlantic Health System including Morristown Medical Center, Overlook Medical Center and Newton Medical Center.

Newton Medical Center is affiliated with the finest physicians in the region and also has a staff of specialists representing more than 40 medical specialties and subspecialties. They include cardiology, endocrinology, nephrology, oncology, orthopedics, pediatric neurology, and reconstructive surgery. Newton Medical Center also provides inpatient and outpatient surgery, state-of-the-art diagnostic services, rehabilitation facilities, aftercare support, the latest and greatest technology in cardiac care, sleep diagnostics, in-house physicians available around the clock and programs for the uninsured and underinsured.

Newton Medical Center takes great pride in providing these programs and services in a state-of-the-art environment and by a staff that places high priority on customer service and compassionate care. Newton Medical Center is a community-based healthcare provider that is dedicated to the community allowing them to be a resource not only for outstanding healthcare but also in community support, spirit, and pride.

In 2011, Newton Medical Center had 88,624 patent encounters, of which 7,636 were inpatient and 80,988 were outpatient. Of these, 5,933 inpatient encounters and 57,507 outpatient encounters were with residents of Sussex County.

Community Benefit

Newton Medical Center provides community benefit as part of a measured approach to meeting identified health needs in the community. The services highlighted herein support Newton Medical Center's mission to improve the health status of the communities it serves. The quantifiable services highlighted in this report generate a low or negative margin, even after applying grants and other supplemental revenue. Where possible, both direct and indirect costs have been considered. Additional community benefit services not easily or inadequately portrayed quantitatively are reported in a narrative summary.

1. Charity Care

Newton Medical Center provides charity care for medical services and procedures to patients who are uninsured, under-insured or who lack financial resources to pay. In 2011, these services were provided at a cost to the Medical Center of **\$3,539,006**. This cost has been calculated on an incurred cost basis and reflects the subsidy received from the state of New Jersey. Bad debt has also been excluded. If overhead and bad debt were included, the provision of charity care would total \$9,577,005.

2. Subsidized Health Services

Subsidized health services are clinical patient care services that are provided, despite a negative margin, because they are needed in the community. In 2011, these services were delivered at a cost to the Medical Center of **\$1,039,565**.

3. Uncompensated Medicaid Services

Medicaid is a health insurance program that covers low-income parents/caretakers and dependent children, pregnant women, and people who are aged, blind or disabled. In 2011, Newton Medical Center provided Medicaid services at a cost to the Medical Center of **\$1,777,081**.

4. Community Health Activities

Newton Medical Center provides a wide variety of community health activities, including health education, screening and prevention programs, and health fairs (see Appendix A). For instance, at Newton Medical Center's screenings participants receive individualized testing from medical professionals who then provide on-site counseling based on test results. These screenings may result in referrals to community services or agencies, or appropriate physicians. Newton Medical Center also offers a number of ongoing support groups as well as several information and referral lines.

These community health activities were held at Newton Medical Center and at easily accessible locations through the Newton area including:

- › Green Township Municipal Building
- › Newton Pharmacy
- › Sparta Health & Wellness Center
- › Milford Health & Wellness Center
- › Newton Shop Rite
- › Lounsberry Hollow Middle School
- › Sparta Middle School
- › Sussex County Community College
- › Newton High School
- › Camp Nejeda

- › Sussex Homestead
- › Project Self Sufficiency
- › Vernon Library
- › Littel Center
- › Knoll Heights Senior Center
- › Sparta Senior Center
- › Dingmans Fire Hall
- › SCARC
- › Sussex YMCA

Newton Medical Center views these community health activities as a critical component in its effort to improve the health of the community at large, particularly those community members who are underserved. In 2011, Newton Medical Center reached more than 799,441 community members, a total benefit to the community of **\$288,884**. This calculation includes staff time, travel, materials and indirect costs.

5. Financial Contributions to Other Community-Based Programs

In total, Newton Medical Center provided **\$66,180** in direct financial contributions in 2011 to the organizations listed below and others to support and enrich community-building efforts and to assist individuals and families in need.

- › Police Unity Tour
- › Sisters of Charity
- › Hello Neighbor
- › Newton Fire Department
- › Sparta Education Foundation
- › Pass It Along 2
- › Big Brothers Big Sisters
- › American Society for Suicide Prevention
- › Two Kids Foundation

Newton Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations (see Appendix F).

Additional Community Benefit Economic Development

Of the 11,667 individuals employed by Atlantic Health System, 1,274 live in Sussex County and 355 are Newton residents. Newton Medical Center employs 1,167 individuals.

CENTRALIZED COMMUNITY BENEFIT SERVICES

A number of critical services that benefit the community are located within Atlantic Health System organization, rather than at an individual medical center. They include public safety and security, ambulance and helicopter service, research and clinical trials, library services, and efforts to provide a sustainable, green environment of care.

Public Safety and Security

Atlantic Health System's Protection and Security Department is committed to providing a safe and secure working environment for staff, patients and visitors. It also oversees Atlantic Health Systems response to community emergencies. Protection and Security is involved in many community planning committees. They include:

- › Business Executives for National Security (BENS)
- › Metropolitan Medical Response System (MMRS)
- › Morris County Bioterrorism Taskforce
- › Morristown Local Emergency Planning Committee
- › New Jersey Hospital Association Emergency Preparedness Taskforce
- › NJ State Med Prep Committee.
- › UASI Regional Planning Committee
- › Glen Ridge Local Emergency Committee
- › Montclair Township Local Emergency Planning Committee
- › Morris County Mass Immunization and Quarantine Committee
- › New Jersey Hospital Association Education Subcommittee
- › New Jersey Hospital Association Equipment Subcommittee
- › Summit Local Emergency Planning Committee
- › Union County OEM Committee

Atlantic Health System's Protection and Security Department also offers many programs on personal protection and emergency preparedness. Some of these activities include:

- › Bioterrorism training
- › Compliance, Direction, Takedown (CDT) personal protection
- › Last Resort Tactics (LRT) personal protection
- › Child protection classes
- › Outreach services, including HIV and STD awareness, prevention and support groups

In addition, staff members in the department contribute their time and leadership to a number of professional

organizations. This includes Project ALERT (America's Law Enforcement Retiree Team), of more than 170 retired federal, state and local law-enforcement professionals who donate their time and expertise as consultants to the law-enforcement communities throughout the country. As part of Project ALERT, staff members have worked with the National Center for Missing and Exploited Children. This organization serves as a clearinghouse of information about missing and exploited children, operates a cyber tip line for the public to report Internet-related child sexual exploitation and offers training programs to law enforcement and social service professionals.



Atlantic Ambulance Corporation--Ambulances

Atlantic Ambulance Corporation ambulances respond to individual health care emergencies as well as disasters in surrounding communities. In both cases, it coordinates with other community agencies. In 2011, ambulances were dispatched 4,920 times for 911 calls, and 3,937 patients were treated. In addition, Atlantic ambulances provided 14,530 transports.

Atlantic Ambulance Corporation also strengthens the community's response to emergencies by training emergency responders. Atlantic Ambulance offered a series of basic EMT courses that enrolled 341 people. In addition, 2,427 people participated in continuing education unit (CEU) programs and 315 people participated in EMT refresher programs. 10,000 CEUs were awarded and 7,016 EMT refresher CEUs were awarded in 2011.



Atlantic Ambulance Corporation—Helicopter

Atlantic Ambulance Corporation began operating a helicopter service in 2006 to ensure the quick transport of patients with medical emergencies. As a result, Atlantic Health System was the first hospital system in New Jersey to have its own helicopter service; other hospitals rely on the state police for air transport.

Atlantic Air One, a Eurocopter EC-135 twin turbine engine model designed to reduce noise and created specifically for medical transport, allows Atlantic Ambulance Corporation to provide the quickest transportation to Morristown Medical

Center, a regional trauma center or to the closest appropriate facility. In addition to responding to trauma cases, Atlantic Air One also provides inter-hospital transport throughout Northern New Jersey. Patients who require specialized treatment for cardiac care, neuron emergencies, pediatrics or high-risk labor and delivery often are transferred to Morristown Medical Center from elsewhere in the state. The helicopter can travel as far as Boston or Baltimore to take patients to medical facilities with more specialized services. In 2011, Air One was dispatched 322 times for 911 calls and provided 145 Inter-facility transports.

Atlantic Air Two, another Eurocopter EC-135, began operating with Atlantic Health System in 2011. Atlantic Air Two is based in Cumberland County, New Jersey. Atlantic Health System is partnering with Cooper University Hospital in Camden to improve emergency medical service delivery to the area. Atlantic Air Two has two primary missions: inter-facility hospital patient transports, and functioning as the closest available Medevac helicopter responder to those areas of southern New Jersey requesting services. In 2011, Air Two was dispatched 273 times for 911 calls and provided 178 Inter-facility transports.

Atlantic Center for Research

Atlantic Health System conducts research in a wide variety of areas to evaluate experimental drugs and drug combinations, medical devices, and techniques, and to identify new approaches to prevention, diagnosis and treatment of diseases. Currently, more than 350 clinical research studies are underway, led by dedicated physician investigators in most specialties and supported by the organization's 40 research coordinators. These research programs have grown significantly in every discipline, including oncology, pediatrics, surgery, cardiology, neuroscience, internal medicine, nursing, orthopedics and rehabilitative medicine, and includes research conducted by some private practice physicians.

The Atlantic Center for Research serves as a central point of contact for new and established clinical trial sponsors and investigators who are affiliated with Atlantic Health System Medical Centers, as well as for attending physicians interested in conducting clinical trials and physicians looking to refer patients to research studies. Led by a medical director and an administrative director under the auspices of a Vice President experienced in clinical research and staffed by trained professionals, Atlantic Center for Research provides grants and contract management, budgeting, biostatistician support and a dedicated institutional review board. Through its electronic research profile, staff at Atlantic Center for Research

track each trial, streamlining enrollment, approvals, financial management, compliance and trial monitoring.

Atlantic Center for Research's in-depth training and education certification programs ensure that core competencies are maintained for safe and effective research. Its compliance policies and compliance education programs ensure that researchers qualify for the kinds of funding that can help support next-generation breakthroughs.

As Atlantic Health System's research enterprise grows, our research facilities continue to expand:

- › Atlantic Health System's Gagnon Cardiovascular Institute opened its flagship facility on the Morristown Medical Center campus in January 2009. This 250,000-square-foot facility houses space for clinical research and supports Atlantic Health System-affiliated investigators who participate in dozens of research studies each year in electrophysiology, cardiac surgery, vascular surgery and clinical cardiology.
- › Carol G. Simon Cancer Center has grown from its base at Morristown Medical Center to include a new, expanded center and research office at Overlook Medical Center. A major research clinical affiliate of the Cancer Institute of New Jersey, the cancer center participates in a multitude of clinical studies on new diagnostic procedures and treatments and conducts Phase II and III clinical trials through various pharmaceutical companies.
- › Atlantic Neuroscience Institute's premier sub-specialists are advancing clinical neurosciences and leading the adoption of innovative technology through clinical research in such areas as stroke, epilepsy, brain tumors and multiple sclerosis. During the past decade, Atlantic Health System has invested more than \$22 million in Atlantic Neuroscience Institute and is committed to nearly \$17 million in additional funds to expand its facilities, programs and services.
- › Physician leaders in more than 15 specialty areas of pediatric medical, surgical and emergency care at Goryeb Children's Hospital and Goryeb Children's Center have attracted a wide range of clinical research projects.
- › An 86,000-square-foot, child-friendly facility at Morristown Medical Center houses the state-designated Regional Perinatal Center for northern and northwest New Jersey. It is also home to the new research laboratory of Atlantic Neonatal Research Institute, where physician-scientists, basic research scientists and clinicians conduct research into the mechanisms of brain and lung injury in extremely premature infants.

Atlantic Health System is the primary academic and clinical affiliate in New Jersey of Mount Sinai School of Medicine and The Mount Sinai Hospital, enabling our physicians to pursue research opportunities in areas such as genetics and personalized medicine. These alliances and other clinical partnerships with industrial and cooperative groups allow Atlantic Health System to play a role in regional and national efforts to develop more effective treatments.

Atlantic Health System Medical Library

Atlantic Health System libraries are open to hospital employees and affiliated physicians, as well as patients, their families and the general public. Our libraries have the largest collection of consumer health materials in New Jersey, including 4,000 health books as well as newsletters, magazines, videos and free pamphlets, all written in non-technical language. In 2011, 521 books were borrowed by the public.

Our libraries are staffed by professional medical librarians and well-trained library assistants who provide a full range of services, including reference, circulation, interlibrary loans and computer database searches. Photocopy machines, VCRs, DVD players and computers with Internet access are available in the libraries. The computers can also be used for searching medical/health databases, word processing and creating spreadsheets and presentations. Walk-ins are welcome to use the facilities, which also have Wi-Fi.

Atlantic Health System's librarians also provide easily understandable, current, reliable health information to the public through the Consumer-Library Health Information Prescription (CLIP), accessible via a link on the Internet. This service is accessible from Atlantic Health System's website or by phoning or emailing Overlook or Morristown Medical Centers' libraries. In 2010, Atlantic Health System expanded the CLIP program by placing a computer kiosk in the Library of Chatham and in 2011 another one was placed at the Springfield Public Library. An online request form is accessible on this computer or via a link on the public library website. The libraries plan to continue to expand this program to other public libraries in the Atlantic Health System's catchment area. In 2011, the libraries answered 275 health-related questions for the public.

Atlantic Health System has developed a number of programs that bring people to the libraries. The Overlook Medical Center Library hosted a traveling exhibit from the National Library of Medicine about "The Yellow Wallpaper," a short story written by Charlotte Perkins Gilman in 1892 that challenged traditional ideas about gender. The exhibit was viewed by 150 people during its six-week stay.

The Atlantic Health System librarians exhibited at the Heart Fair held at Gagnon providing information about the CLIP program and the Careers in Healthcare Day held at Overlook Medical Center providing information about health care librarianship as a career choice. The Overlook Library hosted eight young adults, 17 to 21 years old, from the Early Childhood Learning Center of New Jersey in Chatham, who gained work experience in the library from January through May and September through December 2011. In addition, six young adults did the same during the month of July. The young people each spent two to four hours a week working in the library.

A Sustainable, Green Environment of Care

Consumers nationwide are increasingly concerned about preserving our natural resources and so is Atlantic Health System. Our goal is to pursue recycling and energy savings to the fullest extent possible. From grassroots employee efforts to large-scale construction projects, we are doing our best to treat our environment with respect. For instance, the new and expanded Neonatal Intensive Care Unit at Morristown Medical Center is certified as a Leadership in Energy and Environmental Design (LEED) project by the U.S. Green Building Council. LEED-certified construction projects use materials and finishes with more natural or recycled fibers and more energy-efficient ventilation systems.

Other instances of efforts to promote and practice sustainability include:

- › Certification by the Green Guide for Healthcare of Gagnon Cardiovascular Institute at Morristown Medical Center.
- › Go Baby Green parent education classes at Morristown Medical Center and Overlook Medical Center, which offer information about creating a non-toxic environment for baby.
- › The formation of a Go Green team, which initiates and reports on eco-friendly projects throughout our health care system.
- › Carpooling services and related incentives for our employees.
- › The use of Green Seal certified cleaning products by our environmental services departments.
- › Free monthly e-newsletters from Morristown Medical Center, Overlook Medical Center, and Goryeb Children's Hospital.

APPENDIX A—MORRISTOWN MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

In 2011, Morristown Medical Center reached more than **931,909** community members through ongoing health education, screening and prevention programs and health fairs, providing a total benefit to the community of **\$3,387,692**.

Programs, Benefit and Participant Encounters

| Community Health Activities | Encounters | Benefits |
|---|------------|----------|
| 2011 Community Benefit Planning Activities | | \$40,179 |
| Arts in Healing Coalition Community Group (Building) | 40 | \$95 |
| Arts in Healing Coalition Community Group (Caregiver) | 40 | \$1,490 |
| Arts in Healing Coalition Community Group (Disabled) | 40 | \$110 |
| Atlantic Health Class/Screening Registration Service | 10,420 | \$97,793 |
| Atlantic Health Systems Healing Arts Public Art Exhibit | | \$1,408 |
| Atlantic Health Website | 789,084 | \$25,931 |
| Balance Screening | 65 | \$1,238 |
| Behavioral Health Lectures | 77 | \$965 |
| Bicycle Race | | \$3,500 |
| Blood Pressure Screenings | 3,452 | \$21,077 |
| Body Fat/BMI | 513 | \$2,571 |
| Bone Density Screenings | 227 | \$3,981 |
| Cancer Center Activities | 4,101 | \$21,059 |
| Cancer Lectures | 14 | \$114 |
| Cardiovascular Lectures | 473 | \$7,256 |
| Caregiver Coalition Development/ Somerset County | | \$30,000 |
| carotid artery bruit exam | 120 | \$1,099 |
| Carotid Artery Screening | 90 | \$2,296 |
| Child Development Center | 288 | \$4,528 |
| Cholesterol Screenings | 1,298 | \$20,213 |
| Colorectal Cancer Education | 100 | \$252 |
| Community Benefit Report Preparation | | \$2,317 |
| Community Health and Wellness Lectures | 1,352 | \$11,017 |
| Cost of Community Benefit Software | | \$1,025 |
| Creative Maturity Expo | | \$5,000 |
| DD Task Force | | \$142 |
| DDC Out Reach Services | 276 | \$5,010 |
| Dermascan | 702 | \$3,848 |
| Diabetes Education | 24 | \$193 |
| Diabetes Screenings | 3,501 | \$27,737 |
| Donation made to Morris County Chamber of Commerce | | \$1,000 |
| E Z Detect Kits | 70 | \$851 |

APPENDIX A—MORRISTOWN MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

| | | |
|---|--------|-----------|
| E-Health Newsletters | 11,916 | \$19,398 |
| First Night Morris | | \$2,400 |
| Flu Vaccine Clinic | 641 | \$12,163 |
| Foot Screening | 59 | \$985 |
| Healing Arts coalition | 95 | \$3,206 |
| Health Fairs | 2,400 | \$1,686 |
| Hearing Screenings | 63 | \$576 |
| HIV Counseling and Testing | 1,525 | \$141,379 |
| Hypnosis Programs | 59 | \$127 |
| Injury Prevention Bike Rodeo | 805 | \$2,124 |
| Injury Prevention Booster Seat Assessment | 952 | \$896 |
| Injury Prevention Car seat inspection station | 3,556 | \$49,742 |
| Injury Prevention Concussion Management | 40 | \$224 |
| Injury Prevention CPS Introduction | 274 | \$671 |
| Injury Prevention CPS Tech Class | 125 | \$894 |
| Injury Prevention Distracted Driving | 400 | \$1,677 |
| Injury Prevention Every 15 Minutes | 1,000 | \$671 |
| Injury Prevention Fire Safety | 25 | \$112 |
| Injury Prevention Risk Taking Behavior for Teens | 24 | \$224 |
| Injury Prevention Safe Summer Presentation | 500 | \$895 |
| Injury Prevention Sport Safety Injury Prevention | 1,000 | \$1,788 |
| Injury Prevention Teen Driving | 435 | \$2,235 |
| Injury Prevention VIP | 40 | \$1,118 |
| Injury Prevention Water Safety PFD open water | 124 | \$672 |
| Injury Prevention "Who we are?" | 50 | \$224 |
| Injury Prevention WTW | 1,650 | \$1,566 |
| IT Related Equipment Donations | 14 | \$2,202 |
| Jersey Health Connect | | \$44,336 |
| Kidney & Urology Foundation Walk | 132 | |
| Kidney Korner Support Group | 100 | \$438 |
| Lunch and Learn Lung Cancer Latest Treatments and Screening | 50 | \$1,332 |
| Male Caregiver Support Group | 101 | \$1,072 |
| Mended Hearts Support Group | 255 | \$1,630 |
| Nephrology Education Day | 74 | \$729 |
| Neuroscience Lectures | 162 | \$2,962 |
| New Jersey Renal Coalition meetings | 600 | \$584 |
| New Jersey State Renal Coalition | 180 | \$583 |
| Newborn Classes | 753 | \$6,784 |

| | | |
|--------------------------------------|--------------------|-------------|
| NJ AIDS Service | | \$2,500 |
| NJCEED Cancer Grant Screening | 510 | \$12,895 |
| Nutrition/Weight Control Lectures | 255 | \$2,405 |
| Oncology Lectures | 224 | \$3,955 |
| Oral Cancer Screening | 81 | \$136 |
| Orthopedic/Sports Medicine Lectures | 425 | \$8,220 |
| Pediatric Lectures | 3,767 | \$2,475 |
| Perinatal classes | 72 | \$5,570 |
| Project Fit America | 500 | \$16,108 |
| Project Independence | 76 | \$535,634 |
| Prostate Cancer Screening | 71 | \$2,288 |
| Pulmonary Function Screening | 127 | \$938 |
| Quit Smoking Program | 35 | \$9,769 |
| Respiratory Screenings | 746 | \$7,762 |
| Skin Cancer Screening | 91 | \$1,841 |
| Spanish Lamaze | 168 | \$1,433 |
| Stroke Screenings | 83 | \$740 |
| Stroke Survivor Education Lecture | 1,849 | \$3,860 |
| Tdap Vaccination | 75 | \$675 |
| TeenFitfx in the classroom | 29 | \$204 |
| TeenFitFX.com | 300 | \$221 |
| TeenHealthFX.com | 1,173 | \$865 |
| Vascular Screening | 53 | \$1,218 |
| Vision Screening | 172 | \$347 |
| Volunteer Committee for Hemodialysis | 720 | \$730 |
| Waist Circumference | 13 | \$104 |
| Waves of Health - Dominican Republic | 3,000 | \$953 |
| Well Aware Community Newsletter | 69,632 | \$124,607 |
| Wellness Lectures | 369 | \$17,587 |
| Wheel of Health | 250 | \$673 |
| Women's Health Lecture | 245 | \$5,927 |
| Writing Grant Proposals | | \$1,957,683 |
| Zumba Class | 252 | \$1,769 |
| Total Number of Activities | 105 | |
| Total Persons Served | 931,909 | |
| Total Community Benefit | \$3,387,692 | |

APPENDIX A—MORRISTOWN MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

Program Descriptions

- › 2011 Community Benefit Planning Activities - Time and effort spent coordinating and planning activities to benefit the community.
- › Arts in Healing Coalition Community Group (Building) – Building Arts and Education in the community.
- › Arts in Healing Coalition Community Group (Caregiver) – Education on the healing aspects of art for the Caregiver.
- › Arts in Healing Coalition Community Group (Disabled) – Education on the benefits and healing aspects of art for the disabled.
- › Atlantic Health System Class/Screening Registration Service - The Atlantic Health System Class Registration Service (call center) provides the community with information and enrolls community members in health screenings and health information programs.
- › Atlantic Health System Healing Arts Public Art Exhibit – bringing art to AHS and to the community.
- › Atlantic Health System Website – Atlantic Health System website informs users of health care programs and services, including classes and screenings for the communities.
- › Balance Screening - Assessment of an individual's balance ability and education regarding the various medical reasons for lack of balance.
- › Behavioral Health Lectures - Lectures concerning important aspects of behavioral health and stress management techniques, and discussions of available resources.
- › Bicycle Race - Morris Area Freewheelers held a number of varying length bike races to support local Emergency Medical Squads.
- › Blood Pressure Screenings - Measurement of blood pressure in individuals and health education based on findings.
- › Body Fat/BMI - Body Mass Index (BMI) measurements to provide the community with the opportunity to learn their body mass index and to take action based on results and health education provided.
- › Bone Density Screenings - Ultrasound measurement of bone density status screening for high-risk or at risk adults.
- › Cancer Center Activities - Staff perform outreach, education and community liaison duties on behalf of the Cancer Center such as Health Fairs, ACS, County Cancer Coalition and Komen activities, "Cancer of the Month" to provide education and awareness.
- › Cancer Lectures – Lectures to increase cancer awareness within community and to improve the health status of our community through education.

- › Cardiovascular Lectures - Lectures given by cardiologists, vascular physicians and other professional staff concerning cardiac and vascular health.
- › Caregiver Coalition Development – Donation given to establish a Somerset County Caregiver's Coalition Group and Resource Directory under the supervision and direction of the United Way of Morris County. This would reflect an expansion of a service already available in Morris County.
- › Carotid Artery Bruit Exam – nurse practitioner exams carotid arteries for bruit.
- › Carotid Artery Screening - Cardiovascular technician performs Doppler studies of carotid arteries to provide the community with the opportunity to learn about their health status and to improve it or to take action based on results and health education is provided.
- › Child Development Center – Support Group to discuss childhood developmental issues and best practices with peer support available.
- › Cholesterol Screenings - Cholesterol screening for measurement of total cholesterol and TC/HDL ratio as well as blood pressure and glucose levels. These screenings provide the community with an opportunity to learn about their health status and to improve it or to take action based on results and health education provided.
- › Colorectal Cancer Education – Education regarding risks, signs and symptoms, prevention, and treatment of colorectal cancer.
- › Community Benefit Report Preparation – time and effort spent in preparing Community Benefit report.
- › Community Education & Outreach on Sleep Disorders -Lecture for community groups on a wide range of sleep disorders.
- › Community Health and Wellness Lectures - Lectures held to promote general wellness for the community at various community locations.
- › Cost of Community Benefit Software – cost of software used to capture Community Benefit activities.
- › Creative Maturity Expo - Donation to this large-scale event that targets older adults with information on options for employment, volunteerism and provides health screenings and health education via Morristown Medical Center Community Health staff.
- › DD Task Force - Monthly meeting to identify the needs of individuals with developmental disabilities impacted by sexual violence in Morris County and to enhance the collaborative response of system to meet their needs.
- › DDC Outreach Services – Developmental Disability Center

provides various outreach services to the community.

- › Dermascan - Screening using a facial scanner to view sun damage and provide education on skin protection and skin self-exam.
- › Diabetes Education - Group lectures regarding diabetes and the management of the disease along with healthy eating education.
- › Diabetes Screenings - Glucose screening using Accucheck inform monitor to provide the community with an opportunity to learn their health status and to improve it or take action based on results and health education provided.
- › Donation made to Morris County Chamber of Commerce – donation to support Morris County.
- › E Z Detect Kits - Participants are given kits to test for fecal occult blood along with education on colon cancer and colon cancer screening.
- › E-health Newsletters – Atlantic Health System E-health newsletters (My Atlantic Health System News - Overlook Medical Center, My Atlantic Health System News - Morristown Medical Center, My Atlantic Health System News – Newton Medical Center, and My Kids' Atlantic Health System News - Goryeb Children's Hospital) inform users regarding health care programs and services, including classes and screenings for the community.
- › First Night Morris - Cash donation as well as transportation services from 4pm - 1am for this family/community alcohol free celebration of the Arts.
- › Flu Vaccine Clinic - Administration of influenza vaccine to public and private school staff.
- › Foot Screening - Assessment of the foot for any abnormalities by Atlantic Rehab Institute and staff podiatrists.
- › Healing Arts Coalition - Educational luncheon for the community on the healing benefits of art.
- › Health Fairs – Health Fairs are held in various towns to educate the public on how to be better health care advocates for themselves. Various screenings and exhibitors are invited to attend.
- › Hearing Screenings - Audiometric community screenings to provide the community an opportunity to learn their health status and to improve it or take action based on results and health education provided.
- › HIV Counseling and Testing - Provide free anonymous/confidential HIV Antibody testing, counseling and referrals to treatment as needed.
- › Hypnosis Programs - Lifestyle modification program lead by certified hypnotherapist.

- › Injury Prevention Bike Rodeo - A mobile event that teaches children safe cycling while riding their bike. Helmets are provided for those who do not have one.
- › Injury Prevention Booster Seat Assessment - An interactive program for Kindergarten students that educates them on booster seat use. If a child does not have a Booster Seat, we provide one for them.
- › Injury Prevention Car Seat Inspection Station - We run 2 car seat inspection stations that are open for 6 days a month to provide free car seat inspections by certified techs.
- › Injury Prevention Concussion Management - An introduction to concussion management for youth parents, coaches and trainers.
- › Injury Prevention CPS Introduction - An interactive program designed to inform parents and caregivers the 4 steps to car seat safety.
- › Injury Prevention CPS Tech Class - A 32 hour class that enables interested community members the opportunity to become certified Car seat technicians.
- › Injury Prevention Distracted Driving - An interactive exhibit on distracted driving for all ages.
- › Injury Prevention Every 15 minutes - A program designed to highlight the issues associated with Teen MVC.
- › Injury Prevention Fire Safety - Fire safety & prevention presentation and exhibit including home safety and escape plan.
- › Injury Prevention Risk Taking Behavior for Teens - A presentation that highlights errors in judgment and risk taking behavior.
- › Injury Prevention Safe Summer Presentation –Injury Prevention presentation on having a safe summer.
- › Injury Prevention Sport Safety Injury Prevention – Interactive sport safety exhibit and presentation for students Kindergarten – grade 12.
- › Injury Prevention Teen Driving - Presentation highlighting the issues concerning teen driving.
- › Injury Prevention VIP - An interactive 8 hour course for teens highlighting errors in judgment and risk taking behavior.
- › Injury Prevention Water Safety PFD Open Water - An interactive program with multiple stations highlighting safety near open water. Each child receives a PFD.
- › Injury Prevention "Who we are?" - An introduction to the trauma & injury prevention service at MMC and how our injury prevention coalitions work.
- › Injury Prevention Walk This Way - Pedestrian Safety Program for elementary school children.

APPENDIX A—MORRISTOWN MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

- › IT Related Equipment Donations - Donations of IT related equipment to community organizations in need.
- › Jersey Health Connect - The Northern and Central New Jersey Health Information Exchange (HIE) Collaborative. It is a collaboration of competing providers, hospital systems and physician organizations serving 6 million people in 10 counties, to support rapid stakeholder expansion and adoption of current data exchange efforts regionally and state-wide.
- › Kidney and Urology Foundation Walk - Hemodialysis staff, patients & families formed a team “the Lifesavers” to raise awareness about organ and tissue donation.
- › Kidney Korner Support Group - Support group for dialysis and transplant patients and their families.
- › Lunch and Learn Lung Cancer Latest Treatments and Screening - A program to describe the surgical and non-surgical management of lung cancer, describe the goal of the International Early Lung Cancer Action Project (I-ELCAP) and discuss the I-ELCAP treatment algorithm.
- › Male Caregiver Support Group – An opportunity for male caregivers to support one another.
- › Mended Hearts Support Group - Cardiovascular survivors and caregiver support group that meets one time a month with a guest speaker on cardiovascular health.
- › Nephrology Education Day - Posters, printed information, handouts and staff members were displayed outside the Mo’Town Café at Morristown Medical Center to educate employees and visitors about chronic kidney disease and prevention.
- › Neuroscience Lectures - Lectures given by neurologists and advanced nursing practitioners concerning aspects of stroke prevention and stroke education.
- › New Jersey Renal Coalition Meetings - Meetings to plan educational sessions for patients, physicians and community members on CKD.
- › New Jersey State Renal Coalition - Patient Symposium on Transplant for patients and their families at Robert Wood Johnson.
- › Newborn Classes - Infant care and safety classes provided to parents.
- › NJ AIDS Service - Donation for the 2010 NJ AIDS Walk. Goal of walk was to raise funds to provide housing, supportive services and community education to people in our community living with HIV/AIDS.
- › NJCEED Cancer Grant Screening – Screenings for underserved and uninsured for breast, cervical, colorectal and prostate cancers. To eliminate the barriers to screening such as: language, literacy, poverty, lack of health insurance, fear, cultural inhibitions to provide first line access to the healthcare system and to teach regarding how to use it appropriately, as with free clinics, not the ER.
- › Nutrition/Weight Control Lectures - Community classes held by a registered nurse to teach methods of weight control and healthy eating.
- › Oncology Lectures - Community lectures given by oncologists and advanced nurse practitioners to educate the public about current treatments and diagnostic tools for cancer.
- › Oral Cancer Screening - Participants are examined by a dentist and education and counseling is provided.
- › Orthopedic/Sports Medicine Lectures - Community lectures given by orthopedic physicians to discuss current treatments modalities for arthritis and sports-related injuries.
- › Pediatric Lectures - Community lectures given to educate the public on children’s health issues.
- › Perinatal Classes – Classes to help new parents prepare for childbirth and caring for a newborn. These classes are offered free of charge to HealthStart patients.
- › Project Fit America - The Community Health Committee at MMC funds this fitness program to improve the cardiovascular fitness of children and to create opportunities for children to be active, fit and healthy as part of the everyday school experience.
- › Project Independence - Grants are given to individuals that have a temporary financial need to allow people to be able to pay for their health care needs.
- › Prostate Cancer Screening – Screenings to identify men with increased risk of prostate cancer and educate them on resources available.
- › Pulmonary Function Screening - Pulmonary Function Screening and education at the various health events.
- › Quit Smoking Program - Quit Smoking Program is a program to support those in the community who wish to quit smoking to better their health. It is 6 week program that offers support as well as nicotine replacement products.
- › Respiratory Screenings - Community screenings using a spirometer to detect diminished lung capacity of those at risk for pulmonary disease. These screenings provide the community with an opportunity to learn about their health status and to improve it or take action based on results and health education provided.
- › Skin Cancer Screening - Participants have a whole-body screening by a board-certified dermatologist. Education

- provided on skin cancer prevention and sun safety.
- › Spanish Lamaze - Seven-part childbirth and infant care/breastfeeding series for pregnant women and their partners to increase knowledge and comfort level with pregnancy, labor, delivery and early parenting experiences.
 - › Stroke Screenings - Education and screening event including measuring blood pressure, pulse, glucose, cholesterol and carotid artery assessment.
 - › Stroke Survivor Education Lecture - Stroke Survivor educates groups about the signs and symptoms of a stroke and what is involved in recovery.
 - › Tdap Vaccination - Administration of Tdap vaccination to the undeserved population. Planning, organization and administration by community health department staff.
 - › TeenFitFX in the Classroom - An interactive program designed to help students make good choices about eating right and staying active.
 - › TeenFitFX.com - An interactive fitness and nutrition website.
 - › Teen HealthFX.com - an award-winning website for teens that provides health information for teenagers via the Internet. Features include quizzes, "hot topics" and "For Teens, By Teens."
 - › Vascular Screening - To identify those with abdominal aortic aneurysms, carotid artery blockages and/or peripheral vascular disease and to educate participants on ways to reduce their health risks.
 - › Vision Screening - Assessment of visual acuity and gross abnormalities of the eye.
 - › Volunteer Committee for Hemodialysis - Committee that meets monthly to review the needs of the hemodialysis unit and work towards collecting donations for patients and equipment as needed.
 - › Waist Circumference – Screening of waist circumference to evaluate abdominal fat. Increased abdominal fat is associated with an increased risk of heart disease.
 - › Waves of Health (Dominican Republic) - Medical mission to the Dominican Republic serving people in the Dajabon and surrounding areas anticipating 2000-3000 clinic patients and 200 surgeries.
 - › Well Aware - A magazine to educate the community about health issues and programs available.
 - › Wellness Lectures - Community lectures given to education the public on aspects of nutrition, stress management and exercise to maintain or attain optimal health.
 - › Wheel of Health Education - Twelve categories of health-related questions and answers to educate the community.
- › Women's Health Lecture - Community Health lectures on various women's health topics.
 - › Writing Grant Proposals - Staff of Health Foundation involved in getting grants to raise as much money as possible for projects that support the community.
 - › Zumba Class - Zumba is a dance fitness method based on salsa and other Latin dance moves, performed to Latin and world music beats, and choreographed to allow people of any fitness.

APPENDIX B—MORRISTOWN MEDICAL CENTER LEADERSHIP ACTIVITIES

Morristown Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations:

- › 20 hours were donated to Deirdre's House as a board member. Deirdre's House is a child advocacy center.
- › 48 hours were donated to Mayo Performing Art Center.
- › 24 hours were donated to Hillside Food Bank.
- › 312 hours were donated to the West Morris Hockey Booster Club for fundraising and awareness.
- › 36 hours were donated to NJ Heroes.
- › 20 hours were spent knitting and crocheting for St. James Roman Catholic Church to make baby blankets for all infants that are baptized at the sister parish in New Brunswick, NJ, as well as lap blankets for nursing homes.
- › 100 hours were donated to fundraising for Children's Corner Day Care.
- › 96 hours were donated to Morristown Rotary.

APPENDIX C—OVERLOOK MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

In 2011, Overlook Medical Center reached more than **874,929** community members through health education, screening and prevention programs and health fairs, providing a total benefit to the community of **\$646,826**.

Programs, Benefit and Participant Encounters

| Community Health Activities | Encounters | Benefits |
|---|------------|----------|
| "Anna's Story" | 448 | \$1,892 |
| "Hooray For 5 A Day" | 715 | \$4,090 |
| "Snack Attack" | 870 | \$5,142 |
| "Tar Wars" | 666 | \$3,828 |
| A Walk in the Heart | 1,490 | \$30,058 |
| AAA Screening | 11 | \$247 |
| Atlantic Health Class/Screening Registration Service | 6,188 | \$58,098 |
| Atlantic Health Website | 789,084 | \$25,931 |
| Bereavement Support Groups | 33 | \$2,063 |
| Blood Pressure Screening | 1,897 | \$21,353 |
| Body Fat Screening | 331 | \$4,555 |
| Bone Density Screening | 299 | \$7,779 |
| Breast Health Presentations | 4,831 | \$27,465 |
| Bully Busters | 242 | \$592 |
| Cardiac Health Lectures | 584 | \$1,625 |
| Carotid Screening | 11 | \$256 |
| Cholesterol Screening | 623 | \$18,899 |
| Clinical Affiliations with Schools of Nursing | 820 | \$21,395 |
| Clinical Affiliations with Sterile Processing Schools | 5 | \$1,592 |
| Clinical Affiliations with Surgical Tech Schools | 10 | \$7,629 |
| Clinical Breast Exam | 20 | \$280 |
| Colorectal Screening | 70 | \$971 |
| Community Benefit Report Preparation | | \$2,317 |
| Community Health Planning | | \$28,466 |
| Community Health Storefront at the town of Summit | | \$16,800 |
| Concussion Outreach | 30 | \$827 |
| Cost of Community Benefit Software | | \$1,025 |
| Diabetes Eye Screening | 22 | \$247 |
| Diabetes Screening | 900 | \$16,777 |
| E-Health Newsletters | 11,923 | \$19,398 |
| End of Life Education | 48 | \$517 |
| Ethics for Nurses and Social Workers | 30 | \$229 |
| Flu Clinic | 112 | \$859 |
| Grief and Bereavement | 233 | \$12,313 |

APPENDIX C—OVERLOOK MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

| | | |
|---|------------------|-----------|
| Hb A1C Screening | 5 | \$439 |
| Health Education | 3,627 | \$13,968 |
| Healthcare Externship with Focus on Delirium Prevention | 11 | \$2,654 |
| Healthy Avenues Van | | \$28,800 |
| Healthy Kids Day | 212 | \$847 |
| Hearing Screenings | 146 | \$3,783 |
| Heart Walk | 75 | \$846 |
| High School Student Shadowing | 14 | \$1,028 |
| Hypnosis (Smoking Cessation) | 68 | \$4,935 |
| Hypnosis (Weight Reduction) | 205 | \$15,295 |
| Jefferson Township Football Education | 30 | \$70 |
| Medicare Coverage for Home Care and Hospice | 83 | \$918 |
| Men's Health Education | 14 | \$211 |
| Metabolic Screening | 78 | \$3,224 |
| Ostomy Support Group | 120 | \$587 |
| Palliative Care Education for the Community | 50 | \$115 |
| Palliative Care Education to Professionals | 10 | \$115 |
| Perinatal Classes | 30 | \$2,424 |
| Peripheral Vascular Disease (PWD) Screening | 50 | \$1,548 |
| Prostate Cancer Screening | 16 | \$463 |
| Public Health Nurse at Summit Health Department | | \$110,000 |
| Pulse Screening | 130 | \$660 |
| Respiratory Screening and Education | 37 | \$2,426 |
| Scrubby Bear | 112 | \$542 |
| Skin Cancer Screening | 46 | \$1,498 |
| Stress Management | 206 | \$1,079 |
| Stroke Awareness | 78 | \$746 |
| Stroke Screening | 267 | \$12,089 |
| Sun Exposure Lectures | 356 | \$3,114 |
| Teddy Bear Clinic | 245 | \$1,800 |
| Well Aware Community Newsletter | 44,260 | \$79,198 |
| Women's Health Education | 143 | \$530 |
| Women's Heart Lecture | 1,589 | \$5,358 |
| Total Number of Activities | 70 | |
| Total Persons Served | 874,929 | |
| Total Community Benefit | \$646,826 | |

Program Descriptions

- › "Anna's Story" - Presentation of woman at the end of life followed by discussion of options and advance directives available.
- › "Hooray for Five A Day" – School-based nutrition program for first graders on eating five fruits and vegetables day.
- › "Snack Attack"- School-based nutrition program for second and third graders on healthy choices.
- › "Tar Wars" - School-based program for fourth graders on the dangers of smoking.
- › A Walk in the Heart - School base program for 4th and 5th graders. The program educates on CPR, how to make a 911 call, healthy diet and exercise.
- › AAA Screening – vascular screening.
- › Atlantic Health System Class/Screening Registration Service - The Atlantic Health System Class Registration Service (call center) provides the community with information and enrolls community members in health screenings and information programs.
- › Atlantic Health System Website – Atlantic Health System website informs users of health care programs and services, including classes and screenings for the communities.
- › Bereavement Support Groups - An hour and a half support group over a six-week period offered to grieving people in the community to assist in the normal grieving process.
- › Blood Pressure Screenings - Perform blood pressure screenings at health fairs in Essex, Morris and Union counties to identify seniors with undiagnosed hypertension
- › Body Fat Screening -Percentage of body fat and body mass index screening with education based on findings.
- › Bone Density Screenings - Risk level determination for osteoporosis with education based on findings.
- › Breast Health Presentations - Presentations on maintaining good breast health.
- › Bully Busters – School-based program on bullying.
- › Cardiac Health Lectures - Presentations on cardiac health.
- › Carotid Screening - Screening to listen for bruits in carotid artery.
- › Cholesterol Screenings - Assessment of total cholesterol, HDL ratio, plus education.
- › Clinical Affiliations with Schools of Nursing -Nursing students are allowed to learn clinical skills under the supervision of an instructor.
- › Clinical Affiliations with Sterile Processing Schools – Clinical site provided for students from Sterile Processing Schools.
- › Clinical Affiliations with Surgical Tech Schools - Clinical site is provided for students from Surgical Tech Schools.
- › Clinical Breast Exam - Screening to determine good breast health.
- › Colorectal Screening - Distribution of home test for fecal occult blood with education.
- › Community Benefit Report Preparation – time and effort spent capturing all community benefit activities.
- › Community Health Planning – work and effort in planning activities to benefit the community.
- › Community Health Storefront in the town of Summit - A Community Health office located in the town of Summit, to provide general education and screenings to the community. Integrative Medicine programs are also offered.
- › Concussion Outreach - Education regarding concussions for the coaches and trainers of the programs as well as the athletes.
- › Cost of Community Benefit Software – cost of software used to capture Community Benefit activities.
- › Diabetes Eye Screening - For diabetic patients provided through the Commission for the Blind. The purpose is to follow up on any identified eye diseases and to provide access to an annual eye exam in the underserved population.
- › Diabetes Screening -Evaluation of blood glucose level with education.
- › E-Health Newsletters – My Atlantic Health System News - Morristown Medical Center, My Atlantic Health System News - Overlook Medical Center, My Atlantic Health System News – Newton Medical Center, and My Kids' Atlantic Health System News - Goryeb Children's Hospital inform users about health care programs and services, including classes and screenings for the community.
- › End of Life Education - Guest on WMTR Radio show to discuss hospice care and provide end of life education.
- › Ethics for Nurses and Social Workers - CEU program for social workers and nurses about ethics in discharge planning and end of life care
- › Flu Clinic - Home Care nurses assist in providing flu vaccines in the community.
- › Grief and Bereavement - Educate individuals and professionals about the normal grieving process and resources that can help.
- › Hb A1C Screening - Evaluation of blood glucose and education.
- › Health Education - Lectures on health topics with educational materials.

APPENDIX C—OVERLOOK MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

- › Health Care Externship with Focus on Delirium Prevention - An 8-week program for college students to learn more about health care by providing bedside companionship to patients and shadowing in health care areas.
- › Healthy Avenues Van - A community health vehicle that offers many health screenings and education, staffed by trained health educators, nurses, medical residents and physicians who complete confidential screenings and answer questions. The van travels throughout 22 communities to community organizations, senior centers, churches, synagogues, pools, schools, YMCAs and health fairs.
- › Healthy Kids Day - Educational fair where kids are taught the importance of healthy eating & fitness.
- › Hearing Screenings - Assessment of hearing with education.
- › Heart Walk - Community event with cardiac education.
- › High School Shadowing – program to allow for high school students to shadow healthcare workers to stimulate interest in the healthcare field.
- › Hypnosis (Smoking Cessation) - Program to help individuals to stop smoking through hypnosis.
- › Hypnosis (Weight Reduction) – Program to help people lose weight and become healthier through hypnosis.
- › Jefferson Township Football Education - Meet with parents and coaches to explain baseline testing, concussion basics and answer questions.
- › Medicare Coverage for home health and hospice - Education to seniors regarding Medicare coverage if they need home care or hospice services.
- › Men's Health Education - General men's health education.
- › Metabolic Screening - Screening consisting of a total lipid profile, plus blood glucose, height, weight, blood pressure, BMI and waist circumference.
- › Ostomy Support Group - Support Group to provide support and education to post choleorectal patients.
- › Palliative Care Education for community - program providing education regarding palliative care and advance directives.
- › Palliative Care Education to professionals - 2 hour presentation on palliative care to nurses and social workers at Cedar Crest
- › Perinatal Classes - Classes to help new parents prepare for childbirth and caring for a newborn, offered free of charge to HealthStart patients.
- › Peripheral Vascular Disease (PWD) Screenings - Screening to determine signs of PWD with education based on findings.
- › Prostate Cancer Screening - Screening to determine signs of prostate cancer; free DRE and PSA are offered to men.
- › Public Health Nurse at Summit Health Department - Public Health Nurse is employed by Overlook Medical Center and reports to Community Health. Her duties include health services and nurse services to the town of Summit.
- › Pulse Screening - Pulse screening with education.
- › Respiratory Screening and Education - Lung capacity screening with interpretation by pulmonologist and education information.
- › Scrubby Bear - Hand washing education for preschool and kindergarten children.
- › Skin Cancer Screening - Screenings to determine signs of skin cancer with education based on findings.
- › Stress Management - Presentation on stress management techniques to help individuals reduce and manage stress.
- › Stroke Awareness - Community activities to provide education on stroke symptoms and what to do in the event of a stroke emergency.
- › Stroke Screening - Evaluate the community's risk for stroke through cholesterol and glucose testing, blood pressure, pulse and carotid artery assessment and education based on findings.
- › Sun Exposure Lectures – Lectures to teach people how to enjoy the sun without the harming effects of the ultraviolet rays. Show the effects of the UV rays in the skin with the Dermaview machine.
- › Teddy Bear Clinic - Introduction to kids to the hospital environment and procedures with a free teddy bear.
- › Well Aware Community Newsletter - A magazine to educate the community about health issues and programs.
- › Women's Health Education -Screening and education to determine heart disease risk in women.
- › Women's Heart Lecture - Cardiac Nurse educates the community on the importance of having awareness of women & heart Disease.

Additional Uncategorized Activities

- › Active Summit – Overlook Medical Center is part of a coalition of community agencies called “Active Summit,” whose purpose is to develop programs for children and families that address childhood obesity. One of the goals of this group is to provide instructional programs for schools on the importance of good nutrition
- › Palliative Care Consultation and Education – Palliative care is interdisciplinary care designed to relieve suffering and improve the quality of life of patients with life-threatening illnesses. Overlook Medical Center places strong emphasis on educating the community about palliative care so individuals can make well-informed decisions. Other community services include the publication of Helping Hands, the palliative care newsletter; training for clergy in principles of palliative care; and the Coalition on Family Care giving resource services for families.
- › TeenHealthFX.com – an award-winning website for teens that provides health information via the Internet. Features include quizzes, “hot topics,” and “For Teens, By Teens.” The site had 932,913 hits in 2011.

APPENDIX D—OVERLOOK MEDICAL CENTER LEADERSHIP ACTIVITIES

Overlook Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations:

- › 9 hours were donated to Newton High School play performances.
- › 8 hours were donated to making homemade coloring books for children at Children's Specialized Hospital.
- › 42 hours were donated to be a nurse on call for high school retreats.
- › 18 hours were donated to giving vaccinations to those in need.
- › 123 hours were donated to be a volunteer EMT.
- › 67 hours were donated to providing blood pressure screenings at wellness fairs.
- › 38 hours were donated to the American Diabetes Association to raise money and awareness.
- › 35 hours were donated to Walk from Obesity to raise money and awareness.
- › 38 hours were donated to American Cancer Society/Race for the Cure/Revlon/Relay for Life.
- › 10 hours were donated to providing diabetes screening and education.
- › 40 hours were donated to Careers in Healthcare to provide education and information to high school students regarding careers in healthcare.
- › 44 hours were donated to the Teddy Bear Clinic. The Teddy Bear Clinic is an annual interactive program for local pre-school children to learn about things that may occur if they have to visit the hospital.
- › 20 hours were donated to National Multiple Sclerosis Society to raise money and awareness.
- › 6 hours were donated to Hug-A-Bunny to raise money and awareness for pet therapy events for children with special needs.
- › 10 hours were donated to Stroke screening and education.
- › 4 hours were donated to the Valerie Fund to raise money and awareness.
- › 4 hours were donated to teach elementary school children about all different types of germs and the importance of hand washing.
- › 22 hours were donated to March of Dimes to raise money and awareness.
- › 10 hours were donated to NJ Fibromyalgia to raise money and awareness.

- › 8 hours were donated to the AIDS Walk to raise money and awareness.
- › 4 hours were donated to Service of Remembrance. Service of Remembrance is a yearly service to provide support to those parents who have experienced a perinatal loss.
- › 10 hours were donated to educate Girl Scouts on the stages of teen development and the issues they may face.
- › 3 hours were donated to The Promise Walk for Preeclampsia to raise money and awareness.
- › 5 hours were donated to Cystic Fibrosis to raise money and awareness.
- › 30 hours were donated to NJ Sharing Network to raise money and awareness.
- › 4 hours were donated to provide Vascular Screenings.
- › 170 hours were donated to American Heart Association to raise money and awareness.
- › 4 hours were donated to Autism Speaks to raise money and awareness.
- › 24 hours were donated to Union County Medical Reserve Corps to help assure medical professionals have the proper training to be prepared for large scale disasters as well as community health initiatives.
- › 4 hours were donated to Easter Seals. Easter Seals is a foundation that provides support, services, and information to those individuals in our community who live with physical and mental disabilities.
- › 10 hours were donated to the VNA to raise money and awareness.
- › 3 hours were donated to Feed the Homeless providing nutritious meals in a safe, warm, and caring environment to those in need.
- › 3 hours were donated to Bridges Outreach, Inc. Bridges Outreach, Inc, is an organization that delivers over 100,000 bagged brown lunches, 40,000 breakfast bags, tons of clothing and toiletries, and other necessities each year to those in need.
- › 48 hours were donated to the Lupus Foundation to raise money and awareness.

APPENDIX E—NEWTON MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

In 2011, Newton Medical Center reached more than **799,441** community members through health education, screening and prevention programs and health fairs, providing a total benefit to the community of **\$288,884**.

Programs, Benefit and Participant Encounters

| Community Health Activities | Encounters | Benefits |
|--|----------------|------------------|
| Atlantic Health Class/Screening Registration Service | 2,390 | \$22,433 |
| Atlantic Health Website | 789,084 | \$25,931 |
| Basic Life Support Training Center | 244 | \$3,308 |
| Breastfeeding | 6 | \$210 |
| Calendar of Events | 3,000 | \$5,931 |
| Community Benefit Report Preparation | | \$2,317 |
| Community Benefits Coordination | | \$187,354 |
| Conference Room Use for Community Programs | 90 | \$4,050 |
| Cost of Community Benefit Software | | \$1,025 |
| Diabetes Education (ADA Recognized Center) | 110 | \$814 |
| Diabetes Lectures | 46 | \$397 |
| Diabetes Support Group | 105 | \$1,821 |
| Grandparents Class | 2 | \$55 |
| Liaison for University contract for students and interns | 45 | \$10,775 |
| Mammograms Saves Lives | | \$1,039 |
| Health Education | 3,177 | \$12,828 |
| Mixed Level and Continuing Yoga | 10 | \$37 |
| Newborn Parenting | 40 | \$359 |
| Nutrition Education | 192 | \$1,130 |
| OSHA Blood borne Pathogens | 102 | \$157 |
| Pediatric Pre-OP | | \$37 |
| Physician Lecture Series | 61 | \$289 |
| Pike County Health Fund Screenings | 344 | \$1,212 |
| Prepared Childbirth | 81 | \$1,352 |
| Sibling Preparation | 6 | \$45 |
| Single Room Maternity Tour | 240 | \$1,086 |
| Hypnosis (Smoking Cessation) | 19 | \$107 |
| Stress Management | 6 | \$31 |
| Stroke Support Group | 26 | \$730 |
| Toddler Parenting | 7 | \$90 |
| Hypnosis (Weight Reduction) | 8 | \$17 |
| YMCA Pioneering Healthy Communities | | \$1,917 |
| Total Number of Activities | 38 | |
| Total Persons Served | 799,441 | |
| Total Community Benefit | | \$288,884 |

Program Descriptions

APPENDIX E—NEWTON MEDICAL CENTER COMMUNITY HEALTH ACTIVITIES

- › Atlantic Health System Class/Screening Registration Service
 - The Atlantic Health System Class Registration Service (call center) provides the community with information and enrolls community members in health screenings and information programs.
- › Atlantic Health System Website – Atlantic Health System website informs users of health care programs and services, including classes and screenings for the communities.
- › Basic Life Support Training Center – Provide education related to saving lives within the community including CPR training and early access to Automated External Defibrillators.
- › Breastfeeding – Education on how to successfully breastfeed. Discussions on proper techniques, knowing when to feed, knowing if your baby is getting enough nutrition, expressing and storage, avoiding common issues, the father's role, and returning to work.
- › Calendar of Events – Mailing of programs, lectures, CPR training, and screenings that are offered to the community.
- › Community Benefit Report Preparation – Time and effort spent capturing all community benefit activities.
- › Community Benefits Coordination – Coordination of qualifying and quantifying Community Benefits.
- › Conference Room Use for Community Programs – Use of various conference rooms for community programs.
- › Cost of Community Benefit Software – cost of software used to capture Community Benefit activities.
- › Diabetes Education (ADA Recognized Center) – Lectures and programs provided to different community groups educating them on various aspects of diabetes mellitus.
- › Diabetes Lectures – Lecture Series by specialists that speak on a variety of topics specific to the management of diabetes.
- › Diabetes Support Group – Various Support Groups offering mutual support and education for adults with diabetes.
- › Grandparents Class – Classes to provide education to grandparents on how to care for their newborn grandchild. The classes offer a guide for the newest trends in childcare, newborn appearance, infant safety, and how to support the new parents and nursing moms.
- › Liaison for University contract for students and interns – Liaison between the medical center and universities and department managers.
- › Mammograms Saves Lives – Free mammogram and exam by a physician for those who do not have insurance or do not qualify for the NJ CEED program.
- › Health Education - Lectures on health topics with educational materials.
- › Mixed Level and Continuing Yoga – Yoga offered for mind and body exercise.
- › Newborn Parenting – Education on how to care for a newborn in the first few months. This class discusses normal characteristics of newborns, illness and when to call the doctor, proper use of car seats, safety-proofing your home, and sleeping and crying patterns.
- › Nutrition Education Lectures – Lectures providing education on various aspects of nutrition and proper eating habits.
- › OSHA Bloodborne Pathogens – Education on HIV/AIDS and Hepatitis information, including modes of transmission, prevention, available treatment and resources.
- › Pediatric Pre-Op – Preoperative instruction and education for parents and children to help relieve anxiety when faced with surgery.
- › Physician Lecture Series – Lectures by physicians on various health topics.
- › Pike County Health Fund Screenings – Various programs and health screenings at the Milford Health & Wellness Center.
- › Prepared Childbirth – Class to provide an understanding of the process of birth including breathing, relaxation, and pushing techniques.
- › Sibling Preparation – Program to help children ages 3 through 10 prepare for a new baby.
- › Single Room Maternity Tour – Tours of the maternity floor to help patients feel more at ease in preparing for child birth.
- › Hypnosis (Smoking Cessation) – Program to help individuals to stop smoking through hypnosis.
- › Stress Management – Program to provide education on the causes of stress and techniques to deal with it.
- › Stroke Support Group – Support Group to offer support and encouragement for persons recovering from a stroke.
- › Toddler Parenting – Program to provide parents with education on raising a toddler.
- › Hypnosis (Weight Reduction) - Program to help people lose weight and become healthier through hypnosis.
- › YMCA Pioneering Healthy Communities – Collaboration to set goals and help to make Sussex County healthier.

APPENDIX F—NEWTON MEDICAL CENTER LEADERSHIP ACTIVITIES

Newton Medical Center's administrators, managers and staff actively contribute hundreds of hours of their time and leadership to a number of community organizations:

- › 30 hours were donated to Big Brothers Big Sisters of Morris, Bergen, Passaic, and Sussex Counties as a board member.
- › 20 hours were donated to Pioneering Healthy Communities Coalition as a Charter member.
- › 20 hours were donated to assisting a church in obtaining and maintaining financial security.
- › 96 hours were donated to Pass it Along. Pass it Along is a program to develop youth leaders and instill a desire to volunteer and give back to those in need in the community.
- › 40 hours were donated to Sussex County Community College as a member of the Board of Trustees.
- › 150 hours were donated to the University of Scranton graduate program serving as a preceptor and mentor for students.
- › 12 hours were donated to Sussex County Caregivers Coalition. This Coalition was formed to connect residents in the community with resources that can help manage their lives.
- › 61 hours were donated to Sussex County Chamber of Commerce as a board member and a part of the Commerce Wellness Committee.
- › 108 hours were donated to United Way of Northern NJ. United Way identifies needs in our community.



Atlantic Health System

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