

A Publication of Goryeb Children's Hospital

well aware

kids 

SPRING 2014



WHAT'S THE RIGHT
SPORT FOR MY KID?

GET YOUR VITAMIN D
THIS SUMMER

KID-FIT PUTS
HEALTHY WEIGHT
WITHIN REACH



Goryeb
Children's Hospital 
ATLANTIC HEALTH SYSTEM

DEAR FRIENDS,
Now that spring is here, your attention might be turning toward outdoor activities and healthy lifestyle choices. That's why we've put together an issue for you that focuses on healthy springtime living for you and your family.



We give you tips on helping your children find a sport that matches their abilities and personalities. You might also want to know about how safe it is to give him or her a dietary supplement – our feature explores the benefits and risks of these over-the-counter products. We also provide information on our Kid-FIT program and how it can help your child stay in better shape this summer and year-round.

Because childhood illness affects the entire family any season, we also bring you a story about our palliative care team and how they can help the whole family heal. If your child needs Infusion Therapy, there's also details on how our hospital has tailored its facilities to meet their age-specific needs.

The sun is shining—time to get some vitamin D, as our final seasonal feature explains! If all those rays cause inspiration for you to share a story, idea or personal experience with us, we'd love to hear from you. Please contact us at well.aware@atlantichealth.org.

Walter D. Rosenfeld, MD
Chair of Pediatrics
Goryeb Children's Hospital/
Morristown Medical Center
Goryeb Children's Center/
Overlook Medical Center



13 Infusion Therapy — Just for Kids

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Follow the Talking Pancreas

The BD Diabetes Center and Pediatric and Adolescent Endocrine Center at Goryeb Children's Hospital has created a fun and informative online resource for kids and teens with type 1 diabetes – and his name is Pierre.

At thinklikeapancreas.com, cartoon Pierre Pancreas walks kids through things like:

- Healthy eating
- Controlling sugars
- Lifestyle changes



Larger words they'll likely hear from their doctor, like "hyperglycemia," are explained clearly, while quizzes test their knowledge along the way.

Visit thinklikeapancreas.com today. It's a fun and interactive way for your children to stay healthy.

SUMMER CAMP BACKPACK BASICS

If your children are heading off to summer camp this year, here are a few recommendations on what to include in their backpacks. They'll be better prepared with:

- A flashlight for night-time nature walks (include extra batteries)
- Bug spray to get rid of pesky mosquitos
- A whistle just in case they need to contact a counselor during a hike
- Healthy snacks so they can keep up their energy
- A bottle of water so they always stay hydrated



And be sure to put his or her name on the backpack so it doesn't get mixed up with anyone else's.

Spring Allergy Watch

Researchers at Boston University report that, on average, Spring comes one week earlier now. That most likely means that your children's allergies will also arrive a little sooner this year.

4. Treat asthma separately. If allergies cause your kid to cough or wheeze, you should see a doctor. Asthma can accompany allergy symptoms, and be made worse by them.

5. Don't overmedicate. In general, symptoms that last longer than two weeks should get checked out. After two weeks, it's time to visit a doctor.

Here are five things about allergies you need to know to get a jump on allergy season:

- 1. Allergies are on the rise.** Every year, more children are diagnosed with them.
- 2. It matters when you medicate.** Getting medications in their system two weeks prior to the appearance of symptoms is advisable – especially because there's often pollen in the air even before it feels like Spring has arrived.
- 3. Allergies can't be cured.** Because allergies can't be cured, the symptoms have to be managed. If symptoms are particularly severe, allergy shots, referred to as immunotherapy, can help significantly.

Understanding your children's allergies will help the whole family enjoy outdoor activities together once the nice weather hits.

Consult your pediatrician for allergy issues. You may then be recommended to an allergy specialist.



LICE PREVENTION AT CAMP

Lice outbreaks at summer camp are not all that uncommon – in fact, camp associations across America report frequent calls to their hotlines about these itchy pests.

But there are a few methods of head lice prevention that might reduce the risk. The top tip? Never share personal items like hairbrushes, pillows, or hats or caps.

And remember: the camp has a responsibility to its campers, staff and families to prevent the spread of lice. Speak with the summer camp and ask if they have a lice control policy in place.



Talk to us
Tell us what you want to read about in *Well Aware Kids*. Email us at well.aware@atlantichealth.org. Or write us at Atlantic Health System, Attn: *Well Aware Kids*, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog
Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichealthblog.org.

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 Follow us on Twitter for health & wellness tips at @WellAwareNJ.

Goryeb Children's Hospital
ATLANTIC HEALTH SYSTEM
Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

OFFICIAL HEALTH CARE PARTNER  **AN OFFICIAL HEALTH PROVIDER OF THE NEW JERSEY DEVILS** 

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Strong bones, supplements and sun. What do these have in common?

The Answer Is D.

Having enough vitamin D is critical to making strong bones. The body needs it to absorb calcium from the gut, which is used to make new bone. Further, vitamin D levels in childhood can impact bone health for life. The body makes new bone and increases bone density only during childhood and through the early 20s.

“Bone density is like a savings account you start as a child,” says Barbara Cerame, MD, a pediatrician specializing in endocrinology at Goryeb Children’s Hospital. “If you don’t put enough in when you’re young, you’ll be way behind during adulthood. That can put you at risk for brittle bones as an adult.”

The body also uses vitamin D for cell growth, immune function and to reduce inflammation. The challenge with D, however, is that very few foods contain it naturally, says Barbara Minkowitz, MD, pediatric orthopedic surgeon and medical director for pediatric orthopedics at Goryeb. And few of those items are children’s favorites (see chart, below). But some foods, like milk, yogurt and even certain cereals, have vitamin D added to them. So read food packaging. D is also available from supplements. But perhaps the best way to get it is free ... from the sun.

“It’s called the ‘sunshine vitamin’ because the body makes vitamin D when the skin is exposed to UV rays of the sun,” Dr. Cerame says. “And vitamin D made that way stays in the body much longer than the kind you can get from supplements.” Sun exposure should be about 10-15 minutes a day for most children, but those with darker skin might need more time. Of course, balance sun exposure to reduce the threat of skin cancer. The National Institutes of Health says that the body can store vitamin D made this way during the spring, fall and winter for use all year.

GETTING ENOUGH?

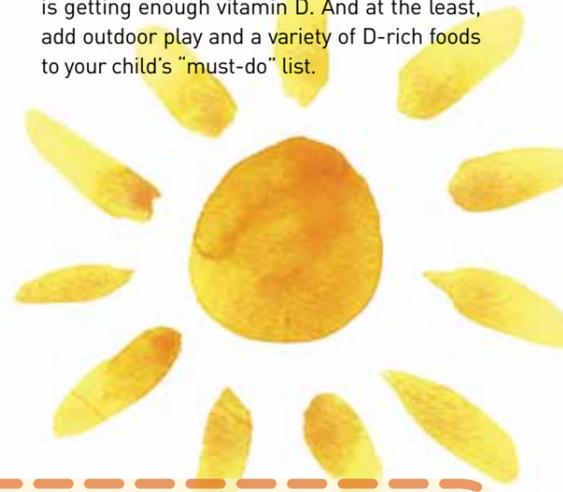
Children who do not spend much time outdoors during daylight hours or who use sunscreen with SPF of 15 or higher might not be getting enough D. Infants who are breastfeeding, especially those who are dark skinned, might need a supplement. Infant formula in the U.S. has vitamin D added. Because the body absorbs the vitamin during digestion, children with certain medical conditions might not get enough. These include those with inflammatory bowel disease, like Crohn’s disease, ulcerative colitis or celiac disease, along with liver disease, as well as cystic fibrosis. Children who are obese as well as those who are very thin might not get enough vitamin D either, Dr. Minkowitz notes.

The FDA recommends that babies up to age 12 months get 400 IUs (or international units, a way to measure vitamins and minerals) of vitamin D every day. From age 1 and through adulthood, the daily amount is 600 IUs.

“But children, especially those who are at risk because of lack of sun exposure or darker

skin, might need much more than this,” says Dr. Minkowitz. “Research we completed recently at Goryeb shows a link between low vitamin D levels and serious broken bones in children. The research also supports the recommendations of the Endocrine Society for much higher daily amounts.”

Goryeb physicians suggest talking to your child’s primary care provider about whether your child is getting enough vitamin D. And at the least, add outdoor play and a variety of D-rich foods to your child’s “must-do” list.



Put These on Your Grocery List for Vitamin D

Some foods are packed with vitamin D. Others are fortified with it. If these foods are not on your child’s list of favorites, make sure they get outside in the sun, or talk to your primary care physician about taking a supplement.

Note: Food labels do not have to list vitamin D unless it’s added to the food.

Vitamin D-rich Foods	International Units (IUs) Per Serving	FDA Percent Daily Value
Swordfish, 3 ounces	566	142
Salmon (sockeye), 3 ounces	447	112
Tuna fish, 3 ounces	154	39
Orange juice*, 1 cup	137	34
Milk*, 1 cup	115-124	31
Yogurt*, 6 ounces	80	20
Egg, 1 large (vitamin D is found in yolk)	41	10
Ready-to-eat cereal*	40	10
Cod liver oil, 1 tablespoon	1,360	340

*Fortified with vitamin D, meaning it’s added.

GET IN THE RIGHT GAME

Another season, another sport



Whether a child is preparing to play a sport for the first time or is stepping back into a familiar game, Goryeb Children's Hospital offers this sports safety checklist:

- 1** Playing different sports throughout the year is healthy for the mind and body, according to Michelle Sirak, MD, division director for pediatric, physical medicine and rehabilitation at Goryeb Children's Hospital. "Year-round immersion in one sport isn't recommended for athletes of any age," she says. It puts them at risk for "overuse" injury, where the same muscles or muscle groups are used over and over. Plus, by trying new things, children might find many activities they're good at.
- 2** Before any sports season, get a thorough, general checkup from your primary care provider.
- 3** Check equipment. "Fix or replace equipment that they're using a second season," Dr. Sirak says. "And buy new gear if your child has outgrown it."
- 4** Make sure your child's in shape for the sport. "Many of the sprains and strains I see in my office are from preseason practice and early season games, because a child's muscles aren't conditioned," she says. And with higher levels of play — on a more competitive or older team, for example — the risk for injury is greater, she says.
- 5** Warm up and cool down. Stretch the muscles before play and get the heart rate up slowly. Afterward, take time to cool down and stretch the muscles again. Use warm clothing when necessary to protect the muscles.
- 6** After an injury, do not return to the game too quickly. "This can be one of the hardest pieces of advice to follow," Dr. Sirak says, "because children want to 'play through the pain.'" But that can cause more injury. A general guideline: The child should be able to do all the sport-specific drills, training and practice without hesitation and in a pain-free way.



IS YOUR CHILD READY TO START A NEW SPORT?

"No matter what sport and no matter what age, the biggest consideration for an activity is your child's readiness," says Michelle Sirak, MD.

Readiness includes the child's physical and mental development, she says, as well as personality and the level of play.

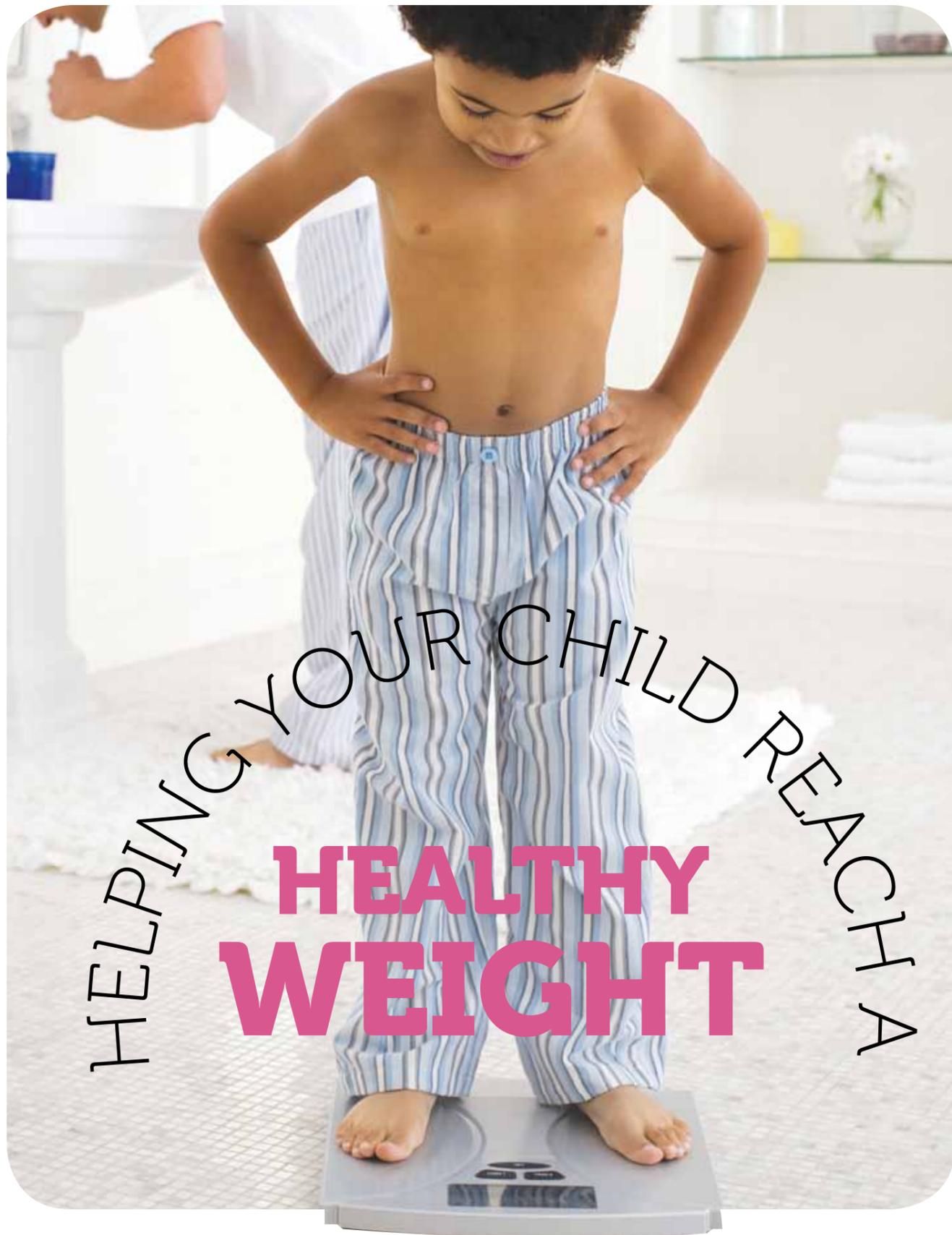
"Sports medicine specialists say age six is the time most children show signs they're ready to play an organized team sport like baseball or basketball," she says. "Younger children can join teams, but expectations will be much different."

Instead of learning the rules or keeping score, kids up to age six can practice physical skills like running, tumbling, throwing, catching and swimming. Free play is often best. By age six, they're ready to learn more about how to play with each other, follow instructions and pay attention for longer periods of time.

"For older children, it can be harder to get them involved in sports if they're not already active," Dr. Sirak says. "Encourage them to look at sports based on their personality."

For example, if they're very social, have lots of friends and like to be busy all the time, a team sport could be a good fit. If they spend more time alone but have good concentration and focus, individual sports like swimming, golf or tennis are options to explore.

"To see what gets your child's attention, visit some high school, college or professional games, matches or meets," Dr. Sirak recommends. "And if you find that you're having to drag your child to practice, that's probably a good sign that the sport or team is not a good fit at that point in life."



W

When it comes to children's weight, adults in the family play one of the most important roles in putting them on a path toward lifelong health. And the earlier adults help a child who is overweight or obese, the better.

"Patterns of obesity start very early in life," says Arthur Atlas, MD, acting director of the Kid-FIT Program at Goryeb Children's Hospital. "We know that addressing healthy eating and incorporating regular activity earlier on gives a child the best chance for avoiding obesity and maintaining good health through childhood and into adulthood."

Researchers have found that if a child enters kindergarten obese, the likelihood of normal weight as an adult is small. However, parents frequently underestimate their child's weight and therefore may miss early opportunities to help them, he says.

Regular exercise and maintaining a healthy weight can help a child avoid health dangers such as heart disease, diabetes, asthma, sleep apnea and poor self-esteem. Poor self-esteem can further contribute to a desire to eat uncontrollably, decrease desire and ability to exercise and possibly lead to school and social problems.

"But a child of any age can learn healthier eating habits and can increase activities to get them moving more," Dr. Atlas says. "Many parents can help their children by learning more about healthy choices regarding nutrition and exercise, especially for toddlers and young children. A good

place to start is with your child's primary care provider (PCP)."

A common indicator of obesity is the "body mass index," or BMI, which compares height to weight. In a growing child, BMI can be misleading, since it does not differentiate between muscle weight (which is heavier) versus fat weight.

That's why Goryeb's Kid-FIT Program uses a device called the BOD POD, a machine that measures total body composition, not BMI, to evaluate weight. With this information, physicians, exercise physiologists and nutritionists work with the family to develop a more realistic and accurate action plan.

Plans vary depending on the child, but food and exercise are usually the two key components (See article, *Get in the Game*, page 6). At Kid-FIT, for example, exercise physiologist David Scott designs an exercise program for the specific child that focuses on decreasing weight from fat and developing muscle. And Goryeb registered dietitian Aimee Goyette outlines nutritional choices to help the child reach realistic goals.

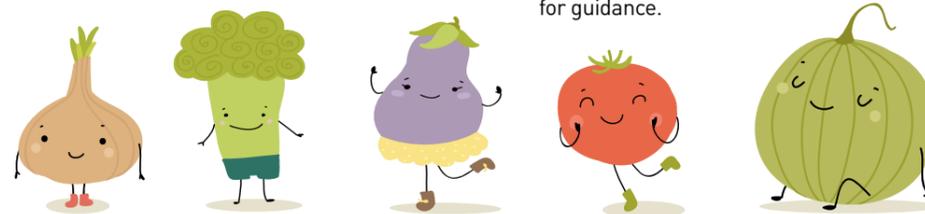
"Some children and families benefit more from learning about better food choices, and others from finding ways they enjoy to get more active," Dr. Atlas says. "But once you identify the goals, you're well on your way to helping your child reach a healthy weight."

To find out more about Goryeb's Kid-FIT Program, visit atlantichealth.org/goryebkid-fit.

Create Your Own Family Plan

Over time, small changes can help kids reach a healthier weight. Some tips for the whole family to get started:

- Veggies, fruits and foods that say "whole grain" are healthy and make you feel full for longer.
- Choose water and low-fat milk over drinks with sugar, including fruit juices.
- Read the label for portion sizes. Use smaller plates, bowls and glasses. Ask a nutritionist or dietitian for guidance.
- Make meats a part of a dish, instead of the main attraction.
- Substitute fruits or fruit desserts for cakes and candies, and use sugary desserts for special occasions.
- Get active. Encourage your child to name favorite activities, and make a plan to join in the activity three to five times each week.



Healthy Cooking at Home with KINGS

Kings Food Markets gets you started.

To help your child eat right all day, pack a healthy lunch and snacks. That not only saves you money, it helps your child consume fewer calories. To get your child on board, look for healthy recipes and go grocery shopping together.

Set the tone for a lifetime of healthy eating and get your kids and teens involved in the kitchen. The Kings Food Markets Cooking Studio in Short Hills, NJ offers a myriad of young chef and teen classes with topics ranging from healthy cooking and gluten-free eating to fun baking and seasonal snacks.



Find the next class for your family or for yourself at kingsfoodmarkets.com/cooking-studio.

For more family recipes from Kings try: kingsfoodmarkets.com/unique-recipes/nobakegranolabars.

Should My Child Be Taking Dietary Supplements

The facts might surprise you, actually.



Many parents think their child should be taking a multivitamin or other supplement. Teens and preteens sometimes believe a supplement will be good for them too. But there are some important facts that parents — and older kids — should know.

“If your child takes anything, even common vitamins and herbs, discuss it with your primary care provider (PCP) first,” says Alycia Leiby, MD, a pediatric gastroenterologist for Goryeb Children’s Hospital. “Some supplements aren’t proven safe for kids, and they could even do harm.”

Children who take high doses of fish oil, for example, can be at risk for increased bleeding during surgery, Dr. Leiby says. Also, recent research shows those who already eat a healthy diet but also take multivitamins can get too much iron, zinc and vitamins A and C.

Some supplements can also interact with medicines. For example, over-the-counter St. John’s Wort should not be taken by children or teens on antidepressants, birth control pills, anti-seizure drugs and several other drugs. High doses of vitamin C can slow down how the body processes acetaminophen (Tylenol®), causing a build-up of the pain reliever in a child.

Further, because supplements are not tested like prescription drugs are, the National Institutes of Health reports that the ingredients listed on the label might not have all the facts. Weight loss drugs, for example, could contain drugs or herbs that can be dangerous to some people.

Even supplements that are labeled “natural” may not be safe for every child. For example, melatonin, a natural hormone many people use to help get to sleep, should not be used by children with diabetes, depression, high blood pressure and a number of other health conditions. Teens might want to take creatine to improve their performance at sports. Although it’s also “natural,” creatine carries health risks that have led the American College of Sports Medicine to suggest no one under 18 take it. Likewise, some bodybuilding supplements contain steroids, which can lead to serious liver and kidney problems, as well as stroke.

“The right supplements can be important for a child’s health,” Dr. Leiby says. “But because of these risks, older children and parents should make it a point to inform the medical team — their PCP and pharmacist — of everything they’re taking.”



Seven Things the Infectious Disease Specialist Wants You to Know

Don’t forget to make sure your child is up to date with vaccinations - they prevent serious infectious diseases.

Elizabeth Baorto, MD, pediatric infectious disease specialist for Goryeb Children’s Hospital and mother of three, addresses some common concerns and gives tips about general children’s health.

When Your Child Is Sick
A fever is not always a bad thing. It’s the body’s way of fighting off infections. “After checking with your primary care provider (PCP), a child’s eating, drinking and playing are more important than the number on the thermometer,” she says. “But if the fever lasts for more than a couple of days, it’s time to go back to the doctor.”

Focus on fluids, not food. Children can get dehydrated very quickly, especially when they have fever or diarrhea, or are sweating. So push fluids like ginger ale, ice pops and Italian

ices for the first 48 to 72 hours. And offer small, frequent sips for upset stomachs. If an illness lasts five to seven days, it’s time to circle back to your PCP.

Antibiotics will not help with the most common cause of illness. Antibiotics kill bacteria. But it’s viruses, not bacteria, which cause most illnesses in children. Rely on your PCP to guide you as to what treatment your child needs. “And realize that it takes time for any medicine to work,” she says. “But if your child isn’t starting to feel better within 48 hours or feels better and then worse again, call your PCP.”

Keeping Your Child Healthy
The top tip for keeping healthy is good, old-fashioned hand-washing. “Antibacterial soaps are better than nothing, but soap and water is best,” she says. “Teach your child to wash while singing the ABC song one time through.”

Sleep is essential for a strong immune system. “This is well researched,” Dr. Baorto says. “The body repairs itself during sleep.”

Is DEET OK for preventing Lyme disease? Products with less than 30 percent DEET are fine for most kids over age two months. “But adults should apply it for them,” she says. “Avoid putting it on the hands and face.”

Sick or Well
Find a PCP you trust. “The PCP might refer your child to a specialist, but work with the PCP as your center to coordinate all aspects of your child’s care,” says Dr. Baorto.



Only at Goryeb:

Special Team Focuses on the Whole Child. And the Whole Family.

For each child living with a serious or life-limiting health condition, a special team at Goryeb Children’s Hospital is here to help. They’re pediatric palliative care specialists. Working alongside the medical treatment team, their focus is on the physical, emotional, social and spiritual needs of both the child and the family.

“When it comes to chronic illness in the pediatric population, children and their families often need help in understanding their illness and

learning to live in ways which will maximize the quality of their daily lives,” says Colin O’Reilly, DO, director of pediatric palliative care for Goryeb. “But despite research that shows the benefits to infants through teens, you won’t find such specialists at every hospital — or even every children’s hospital. Our palliative care team at Goryeb Children’s Hospital is dedicated to enhancing the lives of these children, even in times of life-limiting illness.”

Goryeb’s team includes physicians certified in

both hospice and palliative care for children, as well as nurses, social workers, child life specialists and chaplains. Not just for end-of-life care, this specialty reaches a variety of families and children with serious illnesses, and at any age.

“We meet with each patient and family to find out what their goals and priorities are, then to help them reach them, while at the same time receiving disease-directed medical care,” Dr. O’Reilly says. “Our goal is to improve quality of life.”

Care might focus on reducing side effects of medicines, for example, or on managing pain. It might also include learning how to adapt activities — from school to sports — so that the child can participate. One stand-out example of Goryeb’s pediatric palliative care is Liam’s Room, a unique, homelike room reserved for children, at both Morristown and Overlook medical centers.

“Feedback about this service from both the kids and their families has been overwhelming,” Dr. O’Reilly says. “We find this makes a great impact on their lives.”



The palliative care team is dedicated to advancing care for children and families coping with life-threatening conditions.



Infusion Therapy – Just for Kids

Because of a new center at Goryeb Children’s Hospital, kids with chronic health conditions who need intravenous (IV) medicines can now visit a quiet, cozy outpatient facility designed just for them. It’s the new Infusion Center at Goryeb Children’s Hospital, part of the hospital’s Center for Advanced Medicine in Pediatrics, or CAMP.

“In many facilities across the region, children get IV, or ‘infusion’ therapy in areas of a hospital designed for adults, and with staff who might not be experts in infusion therapy or pediatrics,” says Sivia Lapidus, MD, division director of pediatric rheumatology for Goryeb. With the number of new IV medicines now available, this expertise and experience are

important. “Here, we get to know our patients, and they get to know us,” she says. “We become something of a family.”

Patients range from those with inflammatory bowel diseases like Crohn’s and ulcerative colitis to rheumatology-related conditions like juvenile idiopathic arthritis, lupus and recurrent fever syndrome. In a typical hospital unit, IV treatments can take two to six hours every month in a hospital bed. Some treatments require a stay as long as 20 hours. But because of streamlined care at the new outpatient center, most stays are two to three hours and the longest treatment visits are now just six or seven hours. Plus, at the new outpatient center, children can opt to get IV infusions while watching movies, playing Xbox games

and even while enjoying an outdoor garden. To streamline care, the center also houses a range of experts, so families can combine treatments with an office visit — meaning children miss less school, and parents miss less work.

“This center puts our specialists under one roof, in an amazing facility that we designed with children and their families in mind,” says Joel Rosh, MD, director of pediatric gastroenterology for Goryeb. He oversees the new Inflammatory Disease Center where the Infusion Center is based. “Feedback from families has been awesome, even better than we imagined.”

Mansion in May Proceeds to Fund New Autism Center

Joan and Edward Foley Pediatric Intensive Care Unit and Pediatric Inpatient Unit will also benefit.

Responding to the growing demand for autism services, Goryeb Children's Hospital is planning an Autism Center in its medical complex at 435 South Street. The new center will provide medical care and social support for children with autism and their families.

"The new center will allow us to expand and centralize all autism services," says Kathleen Selvaggi Fadden, MD, medical director, Child Development Center (CDC). "Currently, the CDC handles developmental and behavioral issues of all children. The goal is to create a separate autism program within our CDC to focus specifically on the evaluation and treatment of children on the autism spectrum."

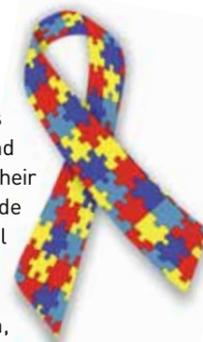
The new center will also bring visual comfort. All aspects of design and function were evaluated to eliminate bright colors, busy patterns and harsh lighting, all of which can trigger confusion and agitation in a child suffering with this spectrum disorder.

Autistic patients will have a separate entrance at the new center and a waiting room all to themselves. There will be private evaluation rooms and a speech therapy room to be used for language skills instruction. A large sensory-based occupational therapy suite will be used to train autistic children in daily living activities, such as eating, dressing themselves and using the toilet.

The center's multidisciplinary approach will help parents navigate the sometimes complex web of services and interventions necessary for their child. The center will provide access to neurodevelopmental pediatricians, pediatric nurse practitioners, child psychologists and speech, occupational and behavioral therapists. There are also personalized social workers who can serve as family navigators while assisting parents from diagnosis all the way through to their child's transition from child to adult.

A push to raise \$2.8 million for construction and staff support is under way. To help us reach our \$2.8 million goal to build the center, please contact Geraldine Kling, major gifts officer, at 973-593-2414.

Visit mansioninmay.org for additional information.



TAKING NEW STRIDES IN PATIENT-CENTERED CARE

Meet the Family Advisory Council

Promoting Healthy Communication



In an effort to make health care as patient- and family-centered as possible, Goryeb Children's Hospital at Morristown Medical Center and Goryeb Children's Center at Overlook Medical Center have created a special Family Advisory Council, popularly known as the FAC.

Together, council members serve two-year terms representing the ethnic and socio-economic diversity of our many patients, driving forward Goryeb's efforts to get patients, families and physicians talking to one another more openly.

Patients represented by the Council range from those who take advantage of hospital services frequently, like children suffering from a chronic condition such as cystic fibrosis, to those who only stop in occasionally to manage something minor, like a cold. Most importantly, the Council mirrors the many types of families we see at Goryeb, and advocates for biological parents, foster parents, grandparents, adoptive parents, single parents and other types of families.

Putting Patients and Their Families First

Through the Family Advisory Council, we are able to improve and personalize care more successfully. Council members strengthen our union by improving communication all around and by giving families a stronger voice in the care their children are receiving at Goryeb. Through their efforts, patients, families and doctors are more able to let each other know how things are going, suggest areas for improvement and share ideas that can help every type of family manage care more effectively.

Responsibilities include participation in:

- One monthly sub-committee meeting
- At least one yearly FAC initiative

Members need no special experience, education or background to be considered. In general, the council looks for people who show the greatest interest at making a difference, who respect the opinions and perspectives of a wide variety of people and who see life compassionately. All positions are strictly voluntary.

Please Join Us

If you're interested, then the process is simple: just complete and submit an application. The FAC's Membership Subcommittee will review applications and submit their recommendations to the FAC Co-Chairs, who make the final decision. Diversity across the spectrum is always a factor, since our goal is to give everyone at Goryeb a voice we all can hear.

For an application, contact FamilyAdvisory@atlanticealth.org, or send a letter to Lisa Ciarrocca, CCLS, Child Life Coordinator, at: Goryeb Children's Hospital, 100 Madison Avenue, Morristown, NJ 07962.



DONORS SUPPORT HIGH-TECH, HIGH-TOUCH HEALING

When a child enters Goryeb Children's Hospital, the delivery of top-notch, high-tech health care is only part of the story. The staffs at both Morristown and Overlook medical centers are exceptionally attuned to the special needs of these young patients, calling upon a host of resources funded in part through the generosity of donors to the hospitals' foundations.

Child life specialists help to minimize the stress experienced by hospitalized children through playroom and bedside activities such as arts and crafts, computer activities, and music therapy to promote relaxation and manage pain. Counseling and family support services are enhanced by specially trained social workers who understand the unique concerns of not only our pediatric patients, but also their parents and siblings. And of course, the patient- and family-centered care approach found at Goryeb Children's Hospital includes the latest medical diagnostic and treatment technology.

Gifts from our friends in the Morristown, Overlook and Newton communities continue to allow our pediatric health care professionals to provide state-of-the-art services within a warm, comfortable environment that is conducive to healing for our infants, children and adolescents.

Our medical center foundations' contact information:

Morristown Medical Center, visit f4mmc.org or call 973-593-2400.

Overlook Medical Center, visit overlookfoundation.org or call 908-522-2840

Newton Medical Center, visit newtonmedicalcenterfoundation.org or call 973-579-8309.

Specialty Referral Info

GORYEB CHILDREN'S HOSPITAL

Adolescent Medicine	973-971-5199
Brain Tumor	973-971-6720
Cardiology	973-971-5996
Child Development Center	973-971-5227
Craniofacial Program	973-971-8585
Eating Disorders Program	908-522-5757
Endocrinology/Diabetes	973-971-4340
Gastroenterology and Nutrition	973-971-5676
Hematology/Oncology – Valerie Center	973-971-6720
Infectious Disease	973-971-6329
International Adoption	973-971-4252
Kid-FIT	973-971-8824
Nephrology and Hypertension	973-971-5649
Neurology	973-971-5700
Physical Medicine and Rehabilitation	973-971-6505
Pulmonary/Respiratory Center	973-971-4142
Rheumatology	973-971-4096
Spasticity and Gait Disorder Center	973-971-5901
Surgery	908-522-3523

KEY PHONE NUMBERS

ADMISSIONS
973-971-6718

EMERGENCY ROOM
973-971-6102

LABORATORY
973-971-7805

RADIOLOGY
973-971-4163

EEG
973-971-5124



For a referral to a
Goryeb Children's Hospital
doctor, call 1-800-247-9580
or visit atlantichealth.org.



NEW JERSEY

Goryeb Children's Hospital **Locations**

- 1 Goryeb Children's Hospital at Morristown Medical Center**
100 Madison Avenue, Morristown, NJ 07960
- 2 Goryeb Children's Center at Overlook Medical Center**
99 Beauvoir Avenue, Summit, NJ 07901
- 3 Newton Medical Center**
175 High Street, Newton, NJ 07860
- 4 Goryeb Children's Hospital Subspecialty Office at Sparta Health & Wellness**
89 Sparta Avenue, Sparta, NJ 07871
- 5 Goryeb Children's Hospital Subspecialty Office at Collins Pavilion, Chilton Medical Center**
97 West Parkway, Pompton Plains, NJ 07444
- 6 Goryeb Children's Hospital Subspecialty Office at Flemington**
Coming soon.
- 7 Goryeb Children's Hospital Subspecialty Office at East Brunswick**
579 Cranbury Road, Suite H,
East Brunswick, NJ 08816

