

BAYSHORE

COMMUNITY HEALTH SERVICES

Changing your life.

BCHS.COM
2008 Annual Report

WINTER 2009

»» Calendar of Events Inside!

A Look Back

at the Highlights of 2008

Expanding Our Cancer Services to Meet Your Needs

Can't Sleep?

This police officer
can now. Find out why inside.



Dear Friends,

Bayshore Community Health Services continued its commitment during 2008 to making the future brighter

for families like yours and mine by providing high-quality and compassionate healthcare services close to home.

Bayshore took significant steps to raise the level of our care for our cancer patients even higher this year by introducing the Bayshore Infusion Suite. Our cancer program is approved by the Commission on Cancer of the American College of Surgeons, and

our team excels at providing the latest in cancer services for our community, including positron emission tomography (PET) scans. We also offer a genetic counseling program that educates patients about the risks of developing cancer, all without having to travel far away from home. Learn more on page 6.

In today's busy and uncertain world, we know that getting a good night's rest can sometimes be difficult. However, there is no reason that anyone should suffer through an undiagnosed sleep disorder. Bayshore offers the SleepCare® Centers in Holmdel and Freehold with the experts and technology necessary to help you sleep soundly. Please read more about sleep disorders on page 10.

Moving forward into 2009, our primary focus will continue to be meeting the needs of

our community and enhancing our services to provide care for our patients and residents. As a community-based system, we have an underlying philosophy to treat patients as we want our loved ones to be treated, while providing a high-quality medical team equipped with the latest technology and continuously striving for excellence.

In closing, I am proud to report that the future for Bayshore looks brighter than ever. We have been serving the community for nearly four decades, and will continue to do so by bringing advanced healthcare services to you and your family for years to come.

Sincerely,

Raimonda Clark, President and CEO
Bayshore Community Health Services

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President and Chief Executive Officer Raimonda Clark
Vice President, Community Relations & Marketing Chris Domalewski
Marketing & Public Relations Manager Laurie Zalepka

Bayshore Community Hospital is affiliated with Robert Wood Johnson University Hospital, the Robert Wood Johnson Health Network, and The Cancer Institute of New Jersey.

DEVELOPED BY 800-624-7496

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Photography by John Decker

On the cover: Tom Enright, a Hazlet police officer, is sleeping peacefully again thanks to Bayshore Community Health Services.

At Bayshore Community Health Services, we are always looking for ways to serve the healthcare needs of the community through the services we offer our patients. Our medical staff members continually stay up-to-date on the latest medical trends and technologies as they become available, so we can ensure we are providing the highest level of compassionate care, all the time.

New medical and surgical equipment and techniques are now available at Bayshore, which are administered by a wide variety of medical or healthcare specialists, including:

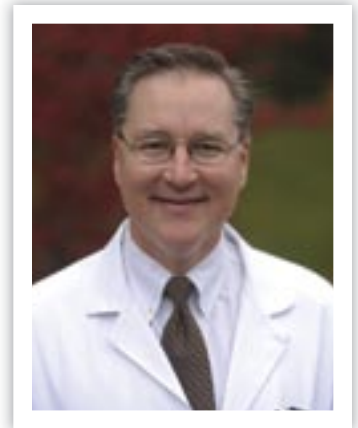
- Alcon INFINITI® Vision System, for cataract surgery
- Breast magnetic resonance imaging (MRI), which helps reduce the need for interventional procedures
- Converser®, to help improve staff and patient communication
- Computed tomography (CT) imaging scan
- Selective Laser Trabeculoplasty, a laser eye-surgery technique

Bayshore offers a full spectrum of radiology services, including advanced services that help fulfill the needs of inpatients and outpatients, as well as a comprehensive cancer program.

Also, the medical staff consists of knowledgeable and experienced board certified physicians who are skilled in caring for geriatric patients. At Bayshore, the quality of care we aim to provide Central New Jersey is leading edge.

On behalf of the medical staff at Bayshore, thank you for turning to us when you need care. Changing your life for the better is our top priority.

Adrian Pristas, M.D.
Medical Staff President



Keeping an Eye on Technology

A significant part of ensuring that patients receive the best treatment possible is keeping up with advances in medical technology. At Bayshore Community Health Services, ophthalmologists use some of the latest eye surgery equipment to help patients suffering from conditions such as cataracts and glaucoma improve their vision.

One of Bayshore's most exciting recent acquisitions is the Alcon INFINITI® Vision System, a valuable tool for removing cataracts and greatly enhancing the comfort and safety of our patients.

To INFINITI and Beyond

Many Americans are all too familiar with cataracts, a clouding of the eye's lens that generally occurs in old age. According to the National Eye Institute, by age 80, more than half of all Americans either have a cataract or have had surgery to remove one. Cataracts form when naturally occurring proteins in the lens clump together over time, making it harder to see.

To remove cataracts, ophthalmologists turn to a technique called phacoemulsification (phaco), in which a small incision is made at the edge of the cornea and an ultrasonic probe is used to break apart and remove cataracts. That's where INFINITI comes in.

"A small, titanium tip on the INFINITI machine oscillates at high speed and essentially acts like a vacuum cleaner," says Harry Coniaris, M.D., F.A.A.O., an ophthalmologist on staff at Bayshore. "It removes the cataract and leaves the surrounding structures untouched. The surgery is typically completed in 15 minutes."

After surgery, patients receive sunglasses to wear when they leave the hospital, and vision is markedly improved within 24 hours.

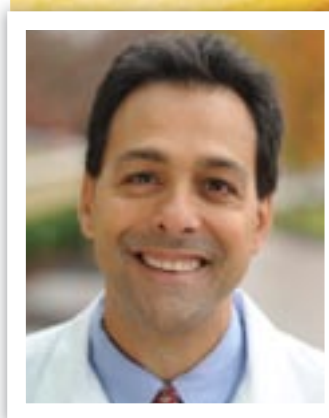
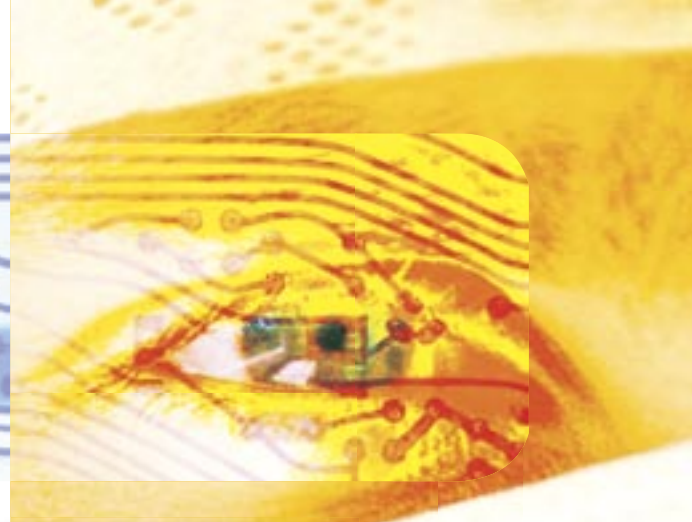
"The recent purchase of the Alcon INFINITI® Vision System by Bayshore Community Health Services demonstrates the health system's commitment to ensuring excellent outcomes for its patients. This machine is the finest piece of ophthalmic equipment available for use in cataract surgery."

*—Harry Coniaris, M.D., F.A.A.O.,
ophthalmologist at Bayshore*

Tools of the Trade

In addition to the INFINITI, Bayshore also has a carbon dioxide (CO₂) laser for use in eye surgery. This helps patients achieve the visual acuity they desire.

To treat patients with glaucoma—a buildup of fluid pressure that damages the eye's optic nerve and can lead to



Harry Coniaris, M.D., F.A.A.O.

blindness—ophthalmologists at Bayshore can use Selective Laser Trabeculoplasty, a painless laser surgery technique that stimulates cells to pump fluid out of the eye and reduces pressure. The procedure is usually recommended as an alternative to taking multiple eye medications for glaucoma.

To find an ophthalmologist at Bayshore, visit www.bchs.com, select "Physicians," and click on "Ophthalmology" under "By Specialty."

Ophthalmologists on Staff to Meet Your Needs

- Surekha Collur, M.D.
- Harry J. Coniaris, M.D.
- Mark L. Engel, M.D.
- Brett J. Frieman, D.O.
- Lawrence Frieman, M.D.
- John Ghobrial, M.D.
- Walter J. Kahn, M.D.
- Ronald D. Klug, M.D.
- Jason Steinfeld, M.D.



Looking Back at Another Exciting Year

Here are some of the highlights of what Bayshore Community Health Services has accomplished in the past year and what to expect in the future.



Christopher Stevens avoided a life-threatening situation thanks to Bayshore.

With a team that works hard every day to offer excellence in healthcare, and the implementation of new services to provide the best in patient care, Bayshore is changing the lives of residents in Central New Jersey.

Caring for You

As the 2008 Community Health Service's Nurses of the Year, Barbara Ann Julian, R.N., and Grace Faruolo, L.P.N., provide every patient with exceptional nursing care. Julian and Faruolo were nominated by their peers and recognized during National Nurses Week.

Since joining the medical staff 23 years ago, Julian, a nationally certified medical surgical nurse, has served on several nursing committees at Bayshore and is involved in many community outreach activities.

Faruolo has been a nurse with the Sub Acute Unit at Bayshore Health and Rehabilitation Center for two years and enjoys helping patients with rehabilitation and recovery.

Also recognized this year as Top Nurses of New Jersey by the New Jersey League for Nursing were Donna Angelucci, Director of Education and Research, M.A., R.N., B.C., and Rhonda Krinsky, Emergency Management Coordinator, R.N., B.S.N., M.P.H.

Always Being There

In addition to the compassionate and caring staff members at Bayshore, the hospital introduced many new services this year.

Bayshore became the first hospital in the nation to employ the Converser® for Healthcare, innovative language interpreting software that helps improve patient communications. Bayshore has implemented the software in all customer-facing departments. More information can be found on this topic on page 7.



Barbara Ann Julian, R.N., Bayshore Hospital, and Grace A. Faruolo, L.P.N. at Bayshore Health Care & Rehabilitation Center.

Another Life Saved

Thanks to advanced diagnostic testing available 24 hours a day, seven days a week, Christopher Stevens was able to avoid a life-threatening aneurysm. Christopher, a 44-year old Brick resident, arrived at Bayshore Community Hospital complaining of a pulled muscle after lifting a case of apples at the Stop & Shop in Aberdeen where he is an assistant produce manager. Christopher's physicians used an echocardiogram, a diagnostic test not typically available on weekends at most hospitals, to assess the threat of an aneurysm and save Christopher's life. Today Christopher is back at work after heart surgery and cardiac rehabilitation. "I am very appreciative of the fast attention and care I received at Bayshore Community Hospital," says Christopher. "They really saved my life."

Answers When You Need Them

Bayshore Fitness and Wellness Center designed a physical therapy program for patients who suffer from problems with urination, bowel movements, or difficulties during sexual intercourse. These problems can be a result of pelvic floor disorder, a condition where the pelvic muscles and connective tissue in the pelvis weaken or are injured. With pelvic floor therapy offered at Bayshore Fitness and Wellness Center, patients have access to a highly effective, non-surgical treatment option for symptoms associated with pelvic floor disorder.

The Bayshore Foundation celebrated very special honorees at this year's Charity Ball. Raimonda Clark, president and CEO, along with Adrian Pristas, M.D., medical staff president, congratulate Humanitarians of the Year (center and right), Pat and Dick Hill, and Physician of the Year, Krishnan Gopal, M.D. Pat is a longtime volunteer, and Dick has been on Bayshore's Board of Trustees for more than three decades. Congratulations to all! >>>>>>

A Time to Celebrate



Pictured at the ribbon-cutting ceremony for Bayshore's newest medical practice, led by Olga Belder, D.O. (center), are reception-goers (left to right) Josephine Kane, Hospital and Foundation Board of Trustees; L. Scott Larsen, M.D., vice president, Quality Improvement and Medical Affairs; Raimonda Clark, president and CEO; and Moon Choo, vice chairperson, Bayshore Foundation Board of Trustees.

Skilled, Compassionate Care

New Horizons at Bayshore Health Care and Rehabilitation Center now offers skilled and compassionate residential care for individuals with Alzheimer's disease and related dementias. Residents at New Horizons experience comfortable surroundings with many benefits, including regularly scheduled, supervised day trips, extensive day and evening recreational programs, and the services of a registered dietitian who prepares a customized meal plan based on each resident's capabilities and eating history.

Looking Toward the Future

To continue meeting the demands of our growing community, Bayshore is looking forward to another great year of providing our patients with the most compassionate care, advanced services, and the latest technology available.

To find out more about services offered at Bayshore Community Health Services, visit www.bchs.com.



Spotlight on the Foundation

Each year, Bayshore Community Hospital's Foundation hosts a night of glitz and glamour to raise money for hospital services. The event is also a time to show gratitude for staff and members of the community who have gone above and beyond to shape Bayshore into the center of excellence it is today.

During Bayshore Foundation's 2008 Charity Ball, guests enjoyed an evening under the *Bright Lights of Broadway*. The glamorous event was held at the Robert B. Meyner Reception Center at the PNC Bank Arts Center in Holmdel. The Soul Street Orchestra, who played melodic tunes to accompany a mini-Broadway montage projected across a video screen, provided the entertainment.

Donations were raised from ticket sales, sponsorships, raffles, and a silent auction, which included an autographed guitar from rock star Jon Bon Jovi, and a round of golf at Trump National Golf Course. Net proceeds benefit Bayshore's oncology services and programs.

Lights, Camera, Action

While those who attended did so in support of the important services at Bayshore, guests also honored individuals who contribute their time to making Bayshore a place for quality healthcare.

Krishnan Gopal, M.D., was recognized as the 2008 Physician of the Year by the medical staff at Bayshore. As a dedicated member of the Bayshore team since 1984, Dr. Gopal has served as the past chairman of both the Cancer Committee and the Tumor Board at Bayshore.

Patricia and Richard Hill were also honored at the Foundation Charity Ball as 2008 Humanitarians of the Year. As a member of the Bayshore Board of Trustees for more than 30 years, Dick Hill has contributed greatly to promoting a healthy Bayshore community. Dick's involvement is matched by that of his wife, Pat, who has been a volunteer with Bayshore since 1977, and has played a part in many roles including volunteering in Pastoral Care and as a board member of the Pleasant Valley Adult Day Care Center.

To learn more about volunteer opportunities or ways to give to Bayshore Community Hospital's Foundation, call 732-739-5994.



Janice Mitchell Vassar, founder of the Vassar Eye Center, takes a break from demonstrating visual aid equipment (center) with famous playwrights, Jane Milmore and Billy Van Zandt.

Vassar Eye Center


The Vassar Eye Center at Bayshore Community Hospital welcomed Billy Van Zandt and Jane Milmore, stars of the stage, screen, and television. Two of the most produced playwrights in the world, Van Zandt and Milmore toured the Vassar Eye Center between performances of *Wrong Window*, their latest play on stage at the Brookdale Community College Performing Arts Center.

A Commitment to Care

Bayshore Community Hospital is committed to providing our patients with quality care. As part of that commitment, this year Bayshore implemented Eclipsys clinical information technology to improve patient care and help ensure the highest level of safety across all departments, including acute and emergency care, surgery, radiology, pharmacy, and patient information.

Comprehensive Cancer Care

Approved by the Commission on Cancer of the American College of Surgeons, Bayshore Community Hospital's oncology program is providing the latest in cancer services for Central New Jersey.



New Physician Brings Thoracic Expertise

Bayshore Community Health Services has expanded its expertise in the area of

lung cancer treatment with the addition of

Lourens J. Willekes, II, M.D., thoracic surgeon at Bayshore Community Hospital. Dr. Willekes performs minimally invasive thoracic surgery (MITS) for the treatment and staging of lung cancer, benign and malignant esophageal conditions, and mediastinal tumors—tumors that form in the important structures between the lungs, including connective tissue, windpipe, thymus gland, and heart.

“The improved staging technique and quicker recovery time possible with MITS allows patients to receive radiation or chemotherapy more quickly,” says Dr. Willekes. “Area patients with lung cancer are fortunate to have the great expertise and capabilities of Bayshore's comprehensive oncology program close to home.”

To find a thoracic surgeon on staff at Bayshore, go to www.bchs.com/physician.asp.

As community needs continue to be examined and defined, the cancer program at Bayshore expands its services. Clinical oncology research trials coming to Bayshore will give the public access to the very latest in cancer treatments.

Guiding patients through treatment toward recovery and remission is the top priority of the cancer program at Bayshore. Current services include:

- biological therapy
- breast magnetic resonance imaging (MRI)
- brachytherapy
- diagnostic imaging, including MRI and computed tomography (CT) scans
- genetic counseling
- immunotherapy
- infusion suite
- inpatient and ambulatory chemotherapy
- nutrition counseling
- positron emission tomography (PET)
- radiation oncology
- rehabilitative services
- surgical procedures

“Diagnosis using the new PET/CT scanner and breast MRI may reduce the need for interventional procedures, such as biopsies,” says Michael J. Kane, M.D., F.A.C.P., medical director of the cancer program at Bayshore. “Newer services, such as the genetic counseling program allow patients to receive specialized cancer care in their own community.”


The hospital nursing and medical staffs at Bayshore Community Hospital are dedicated to providing efficient, state-of-the-art care to each oncology patient. Clinical trials planned for the future will expand options for patients with new treatment opportunities.

Above and Beyond

Regular screenings for cancer and cancer education offered by Bayshore's Community Education Department strive to keep the public healthy and informed. Counseling for cancer patients and complementary therapies, such as yoga and music therapy, round out expanding treatment options.

“In an effort to accommodate the needs and schedules of our growing population, we now provide antibiotics, blood transfusions, and other support services on weekends,” says Nancy Salerno, R.N., O.C.N., director of Oncology Services at Bayshore. “We have a new infusion suite to include private rooms with comfortable lounge chairs, flat screen televisions, and a resource center with Internet access.”

For more information about Bayshore's cancer program visit www.bayshorehospital.org/cancer_care.htm.



Another commitment to nursing excellence by Bayshore this year was Nancy Salerno, R.N., O.C.N., who was appointed as the director of Oncology Services. Salerno, a Middletown resident, has been a dedicated nurse

at Bayshore Community Hospital since the hospital first opened its doors in 1972. Working in many areas of nursing within the hospital, she has been on the staff of the Oncology Unit since 1995.

Bayshore Moves Forward

with Electronic Medical Documentation Technology

Bayshore's Health Information Management (HIM) team is using new Electronic Notes technology to enhance and organize patient medical charts. HIM selected Salar, Inc. to help create an easier and faster way for physicians and medical professionals to record patient information through electronic medical records (EMR). Documenting patient records electronically improves accuracy and gives physicians and staff more time to spend on direct patient care.

Historically, handwritten medical charts were hard to read and took a long time to process. With Electronic Notes, a physician simply types in information, which is then posted immediately. Both medical professionals and patients alike benefit because Electronic Notes technology makes healthcare record keeping more accurate than ever before.



Bayshore's medical staff members use new technology to enhance a patient's medical record. Hossam Khalil, M.D., demonstrates on a computer to Adrian Pristas, M.D., medical staff president, and Rafiyah Khakoo, M.D.

Lifesaving Screenings for Busy Women

Bayshore Community Health Services is offering women the opportunity to schedule a variety of vital wellness screenings in a single appointment.

At the Breast Care Center, located in Bayshore Community Hospital, patients can schedule a mammogram—which will be enhanced by leading-edge computer-aided detection (CAD) software. During the same appointment, a bone density scan, the important reading that physicians use to diagnosis osteoporosis, can be performed using DEXA scan™.

While bone-density testing used by other facilities exposes patients to excess radiation, DEXA scan™ puts a patient's health first by limiting radiation. At Bayshore, the DEXA scan™ exposes patients to significantly less radiation, thereby increasing safety.

The CAD software available at Bayshore is designed to allow radiologists to locate more cancers. In addition, Bayshore has the capability to perform breast magnetic resonance imaging (MRI) and ultrasound.



Breaking the Boundaries of Language

Understanding medical terminology can be difficult even for people who speak English. Imagine trying to communicate with a physician or other hospital employee who has little or no knowledge of the language. Thanks to new technology, Bayshore Community Hospital is now better equipped to help patients with that challenge.

Bayshore adopted Converser® for Healthcare, English Spanish in September 2008—the first hospital in the nation to have the program. With the program, employees at Bayshore will be able to better relay their questions and information to Spanish-speaking patients.

To use the equipment, employees type, write, select, or speak the words they need to say to the patient or patient's family and the program translates the words into Spanish and then speaks them out loud. Because Converser for Healthcare isn't limited to specific, pre-programmed phrases, the program can translate and pronounce aloud whatever instructions or information is necessary.

"It is wonderful what we can accomplish when we all speak the same language," says Wendy Brown, vice president of Patient Care Services at Bayshore. "The Converser program makes an important difference for our patients as well as for our staff."



CLASSES AND PROGRAMS

AARP Driver Safety Program

Bayshore Fitness & Wellness Center, Hazlet

Mon., Mar. 9 & Tues., Mar. 10

@ 12:30–4:30 pm

Call 732-888-5267

Bayshore Fitness & Wellness Center, Old Bridge

Mon., April 13 & Tues., April 14

@ 12:30–4:30 pm

Call 732-525-8594



Bladder Problems? How to Manage Them

Bayshore Fitness & Wellness Center, Old Bridge

Wed., April 22 @ 11 am

Alison Ankiewicz, D.P.T.

Call 732-525-8594

Bunions, Corns and Other Foot Ailments?

How can you Keep your Feet Healthy while Exercising

Bayshore Fitness & Wellness Center, Hazlet

Tues., Mar. 17 @ 11 am

Gina Lagnese, D.P.M., Podiatry

Call 732-888-5267

Cataracts? Is Cataract Surgery for You?

A New Generation of Lens Implants

Bayshore Fitness & Wellness Center, Hazlet

Wed., April 15 @ noon

Surekha Collur, M.D., Ophthalmology

Call 732-888-5267

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Mar. 4 @ Noon

Surekha Collur, M.D., Ophthalmology

Call 732-525-8594

Colon Cancer...Can You Prevent It?

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Feb. 4 @ 11 am

Rama Sambandan, M.D., Internal Medicine

Call 732-525-8594

Controlling Your Cholesterol?

Cut Your Heart Risk

Bayshore Fitness & Wellness Center, Hazlet

Wed., Mar. 4 @ 11 am

Ammar Bazerbashi, M.D., Internal Medicine

Call 732-888-5267

Diabetic Foot Problems?

Lecture & free screening provided

Bayshore Fitness & Wellness Center, Old Bridge

Thurs., Mar. 5 @ 11 am

Ira Stein, D.P.M., Podiatry

Call 732-525-8594

Exercise? A New Year...New You!

Bayshore Fitness & Wellness Center, Hazlet

Tues., Jan. 13 @ 11 am

Eve Gonsiorek, M.S., Trainer

Bayshore Fitness Center

Call 732-888-5267

Fit for the New Year?

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Jan. 14 @ 11 am

Anthony Coco, Trainer

Bayshore Fitness Center, Old Bridge

Call 732-525-8594

Having Trouble Sleeping?

Its not just a Night Time Problem

Bayshore Fitness & Wellness Center, Old Bridge

Thurs., Mar. 12 @ 11 am

Adrian Pristas, M.D., Pulmonology

Call 732-525-8594

Bayshore Fitness & Wellness Center, Hazlet

Thurs., April 30 @ 12:30 pm

Adrian Pristas, M.D., Pulmonology

Call 732-888-5267

Healthy Heart and Lungs?

Staying Healthy in the Winter Months

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Jan. 21 @ 11 am

L. Scott Larsen, M.D., Vice President of Quality

Improvement & Medical Affairs

Call 732-525-8594

Home Safety? Red Cross Program

Bayshore Fitness & Wellness Center, Hazlet

Tues., Feb. 24 @ 11 am

Pre-registration required; Call 732-493-9100,

x1232 or go to www.jerseycoast-redcross.org

Registration Fee: **\$10**

Food as Medicine

How to Eat Well in a Toxic World?

Bayshore Fitness & Wellness Center, Hazlet

Wed., April 22 @ 1 pm

Maria Choy, M.D., Neurology

Call 732-888-5267

Is It Heartburn or Acid Reflux Disease?

Bayshore Fitness & Wellness Center, Hazlet

Tues., Mar. 31 @ 11 am

Farag Mankarios, M.D., Internal Medicine

Call 732-888-5267

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Mar. 18 @ 11 am

Farag Mankarios, M.D., Internal Medicine

Call 732-525-8594

Leg Problems? Could It be Peripheral Artery Disease (PAD)?

Bayshore Fitness & Wellness Center, Old Bridge

Thurs., April 30 @ 7 pm

Girija Surya, M.D., Thoracic and

Cardiovascular Surgeon

Call 732-525-8594

Memory Loss?

Bayshore Fitness & Wellness Center, Old Bridge

Wed., April 1 @ 11 am

Call 732-525-8594

Need a Heartsaver CPR Course?

Bayshore Fitness & Wellness Center, Hazlet

Wed., Mar. 4 @ 7 pm

Call 732-888-5249

Registration Fee: **\$50**

Bayshore Fitness & Wellness Center, Old Bridge

Wed., April 15 @ 10 am–1 pm

Call 732-888-5249

Registration Fee: **\$50**

Osteoporosis...What Can I Do to Protect Myself?

Bayshore Fitness & Wellness Center, Hazlet

Tues., Jan. 27 @ 11 am

Alison Ankiewicz, D.P.T.

Call 732-888-5267

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Mar. 25 @ 11 am

Alison Ankiewicz, D.P.T.

Call 732-525-8594

Taking Many Medications? How You Can Take Them Properly

Bayshore Fitness & Wellness Center, Hazlet

Wed., Jan. 21 @ 11 am

Matt Levanda, R.Ph., Pharmacy

Call 732-888-5267

Thyroid Disease?

Could it be a Thyroid Problem?

Bayshore Fitness & Wellness Center, Old Bridge

Wed., Jan. 28 @ 11 am

Elias Lehaf, M.D., Internal Medicine

Call 732-525-8594

Bayshore Fitness & Wellness Center, Hazlet

Wed., April 8 @ 11 am

Elias Lehaf, M.D., Internal Medicine

Call 732-888-5267

Want to Stop Smoking?

Smoke Hypnosis Program

Bayshore Fitness & Wellness Center, Hazlet

Mon., Jan. 26 & Mon., Mar. 23 @ 7:30 pm

Call 732-739-5919

Bayshore Fitness & Wellness Center, Old Bridge

Mon., Feb. 23 & Mon., April 27 @ 7:30 pm

Call 732-525-9275

General Public Fee **\$60**

Bayshore Fitness Member Fee **\$50**

SPECIAL EVENTS

Can the Weight Be Over? Bariatric Seminar

Have you considered Weight Loss Surgery? Do you have any weight related health conditions? Do you want to know if you qualify for Bariatric Surgery? Join us for an informational session to find out more about the procedures that are available: Roux-En-Y Gastric Bypass, Lap Banding and Gastric Sleeve.

Bayshore Community Hospital-Conference room

Monthly programs will be held:

Feb. 26, Mar. 26 and Apr. 23 @ 7pm

Call 732-739-9090

Give Blood?

Blood Drive from Central Jersey Blood Center

Bayshore Fitness & Wellness Center, Hazlet

Mon., Jan. 5 & Mon., April 13 @ 5-8 pm

Call 732-842-5750 ext 264

Please call to register or for future dates

Love Your Heart Health Fair:

Wear Red in Support of Women's Heart Health

Bayshore Community Hospital Lobby

Fri., Feb. 6 @ 10 am-2 pm

Memory Loss?

Bayshore Health Care & Rehabilitation Center

Wed., Mar. 11 @ 11 am

Lunch will be provided

Call 732-888-5267

SPEAKING ENGAGEMENTS

If you have a group that would like a health education speaker, we can help.

Call 732-739-5919

Vassar Eye Center

Bayshore Community Hospital

Wednesdays @ 9:30 am-1:30 pm

Call 732-888-5268

Free low vision resource center in Bayshore Community Hospital's Ganz Imaging Pavilion, adjacent to the John Boyd & Kathryn Roberta Mitchell Pavilion for Emergency Care Services, for people who are experiencing low vision or blindness. Educational materials and equipment demonstrated by trained volunteers. No appointment necessary.

FREE SUPPORT GROUPS

Alzheimer's Caregivers

Bayshore Community Hospital

Third Tuesday of each month @ 7 pm

Registration required

Call 732-888-4567

Bariatric Support Group

Bayshore Fitness & Wellness Center, Hazlet

First Monday of each month @ 7 pm

Call 731-739-5931 or 732-739-5919

Bereavement

Bayshore Community Hospital

(TCU Rehab Room on 2 East)

Second and fourth Tuesday of each

month @ 7:30 pm

Call 732-739-5888

Healing Helper Support Group: Cancer Caregivers, Cancer Survivors, and Breast Support Group

Bayshore Community Hospital

(Infusion Suite, Room 4)

Thursdays @ 10:30 am-Noon

Registration required

Call 732-739-5832

FREE CARDIAC LUNCH/ LECTURE SERIES

Eating For a Healthy Heart

Bayshore Community Hospital

Tues., Feb 17 @ Noon

Leonor Goebel, M.A., R.D., C.V.E.

Call 732-525-8594

Are You at Risk for Heart Attack & Stroke?

Bayshore Community Hospital

Thurs., Feb. 26 @ Noon

Shaddy Younan, M.D., Cardiology

Call 732-525-8594

We've Gone Tobacco Free!

In order to help save lives by eliminating smoking on campus and to reduce the harmful effects of secondhand smoke for our patients, visitors, and employees, the entire Bayshore campus is now tobacco free. Thanks for your support.



Is Night the Enemy?



Adrian Pristas, M.D., pulmonologist, talks about solutions for sleep disorders with Tom Enright, a Hazlet police officer.

Tom Enright felt tired but didn't know why. The 45-year-old Hazlet police officer never felt like he got a good night's rest.

“P eople sometimes wondered if I was paying attention, because I seemed to just zone out,” Tom says. “As a police officer, it’s important that I’m at my best on duty. Loss of sleep was holding me back from working at the highest possible standard.”

After a consultation, Adrian Pristas, M.D., board-certified pulmonologist and medical staff president at Bayshore Community Hospital, suspected sleep apnea and referred Tom to the SleepCare® Centers of Bayshore Community Health Services.

“Since Dr. Pristas diagnosed my sleep disorder as sleep apnea, I was treated with CPAP (continuous positive airway pressure),” says Tom. “It’s made a tremendous difference. I feel good during the day, my wife says I snore less, and we both are getting a good night’s sleep.”

Get to Know the Sleep Centers

Through the SleepCare Centers located in Holmdel and Freehold, Bayshore is improving the quality of life for patients who have difficulty getting a good night's rest. With the equipment and expertise available to effectively treat conditions ranging from sleep apnea to night terrors, patients rest assured that the services needed to sleep soundly are available in Central New Jersey.

“I want people to understand that uncontrolled sleep disorders can greatly increase your risk of having a heart attack or stroke,” says Dr. Pristas. “If the sleep disorder is controlled, however, the risk decreases.”

For more information, visit www.bchs.com and select one of the SleepCare Center locations under “Affiliates.”

Sleep Apnea and Your Health

If you think your restless night only impacts how you feel in the morning, think again. Many of the risk factors linked to sleep apnea are the same associated with having a stroke.

These include:

- age
- history of snoring
- obesity

“The list of health conditions associated with sleep apnea is startling,” says Adrian Pristas, M.D., board-certified pulmonologist on the medical staff at Bayshore Community Hospital. “There are even proven medical links between the development of Type 2 diabetes and obstructive sleep apnea, another common condition. I urge anyone who wakes up feeling tired—or keeps a partner awake with snoring—to consult with their primary care physician about scheduling a sleep study at one of our centers.”

Taking Senior Services to the Next Level

Bayshore Community Health Services is proud to offer a wide range of services for an important part of the community: seniors.

To meet the needs of Central New Jersey's large senior population, Bayshore provides exemplary services for seniors at the following facilities:

- Bayshore Health Care & Rehabilitation Center, 715 North Beers Street, Holmdel, is a nursing home that has a ventilator unit and continues to maintain its excellent reputation within the community for providing long-term care and rehabilitation. The team sets goals that support residents' individual discharge plans, enabling them to return to their homes following an acute illness that may require rehabilitation services to restore functional independence. **For more information, go to www.bchs.com/bhcc or call 732-739-9000.**
- Pleasant Valley Adult Day Care Center at Holmdel, 678 North Beers Street, Holmdel, and Pleasant Valley Adult Day Care Center at Spotswood, 250 Crescent Avenue, Spotswood, are staffed by professionals who seek to make each day matter for those who participate in the programs. **For more information, go to www.bchs.com/pvacd or call 732-888-4567 (Holmdel) or 732-251-0300 (Spotswood).**
- The Willows at Holmdel Assisted Living Community, 713 North Beers Street, Holmdel, is an environment where residents can be themselves, have fun, and still maintain privacy, independence, and dignity. The services at these facilities are provided at one all-inclusive monthly rate. **For more information, go to www.bchs.com/willows or call 732-335-4405.**

Dining Made Special

Bayshore Community Hospital offers a Seniors Diners Club for Monmouth County residents age 60 and older for under \$5 a meal.

Nutritious dinners are available seven days a week in the hospital cafeteria and offer the opportunity for seniors to socialize with their peers. The menu includes soup, salad, dessert, and beverage, or hot entrée, dessert, and beverage. Applications for the Seniors Diners Club are available at the volunteer office.

What Is Adult Day Care?

Adult day care centers are designed to provide care and companionship for seniors who need assistance or supervision during the day. The centers offer relief to family members or caregivers and allows them the freedom to go to work, handle personal business, or just relax while knowing their relative is well cared for and safe.

The goals of the centers are to delay or prevent institutionalization by providing alternative care, to enhance self-esteem, and to encourage socialization.

Providing Care for Alzheimer's Patients

Learning that a loved one has Alzheimer's disease is difficult for anyone to handle. The initial fears are followed by tense times when the loved one needs special care, love, and attention as he or she gradually begins to forget.

Do you have a spouse or a loved one with Alzheimer's? Not sure where to turn? Don't worry, there is hope. At facilities like New Horizons, located at Bayshore Health Care & Rehabilitation Center, your loved one can receive the specialized help he or she needs.

New Horizons provides specialized services to calm everyone's fears and put residents, friends, and family members at ease. Residents have access to a variety of activities supervised by a multidisciplinary team of certified dementia practitioners.

Other benefits include:

- convenient location
- family-focused philosophy
- access to enclosed gardens
- variety of accepted insurance plans
- secure, restraint-free units
- spiritual programs
- recreational activities
- support groups

For more information about Bayshore's senior services programs, contact 732-739-9000.



Statistics	2007	2008
	Actual	Estimated
Patient Days	45,093	45,330
Admissions	7,761	7,271
Length of Stay	5.81	5.48
Emergency Visits	31,673	31,787
Same Day Surgery Visits	2,192	1,727
Physicians on Staff	379	

CENTER INFORMATION

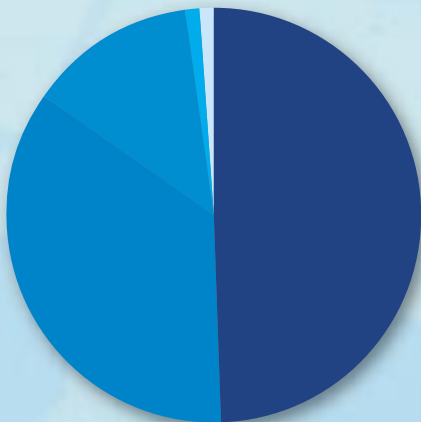
Ambulatory Surgery Center	1,442 (1)
Bayshore Fitness & Wellness—Hazlet	10,187
Bayshore Fitness & Wellness—Old Bridge	7,518
Sleep Care Center—Holmdel	548
Sleep Care Center—Freehold	131
Wound Care Center	1,991

Financial Information

WHERE THE FUNDS CAME FROM

Medicare	49%
Managed Care	35%
Commercial	13%
Other	1%
Medicaid	2%

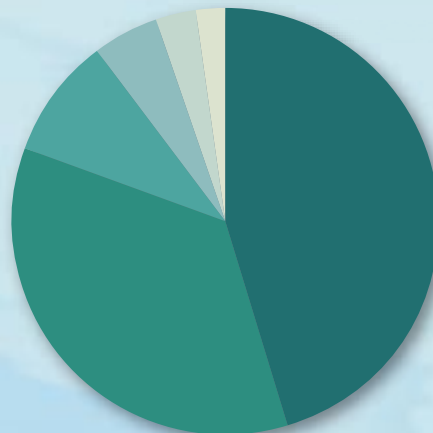
	100%



HOW THE FUNDS ARE USED

Salaries	45%
Supplies	35%
Other	0%
Employee Benefits	9%
Depreciation/Amortization	5%
Physician Fees	4%
Interest	2%

	100%



(1) Projected volume for Ambulatory Surgery Center for 2008 is reported in cases.

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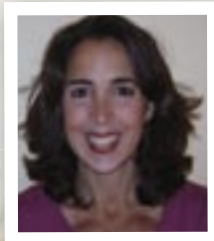
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Alison Ankiewicz,
M.S., D.P.T., B.C.I.A.

New Service Helps Overcome Urinary Incontinence, Painful Intercourse

In 2008, Bayshore Community Health Services added a new program to restore the health of the pelvic floor muscles, which are critical to activities such as urinating, having bowel movements, and sexual intercourse.

Bayshore Fitness & Wellness Center is reaching out to the community by addressing a sensitive topic—pelvic floor disorders. Under the direction of a new therapist, Alison Ankiewicz, M.S., D.P.T., B.C.I.A., the center will offer pelvic floor physical therapy.

Pelvic floor therapy can help patients regain tone and function of the pelvic floor and can also work to minimize pain and discomfort associated with the disorder.

Each patient treated by Ankiewicz is evaluated and given an individualized treatment plan tailored to fit his or her needs. She also works alongside each patient's personal physician and can consult with gynecologists, urologists, gastroenterologists, and colon-rectal surgeons.

To learn more about pelvic floor therapy or any of the other services available at the Bayshore Fitness & Wellness Center in Hazlet, call 732-335-0398.

The Picture of Health

Bayshore Community Hospital offers positron emission tomography (PET) and computed tomography (CT) imaging scans. The combination of these two diagnostic services provides physicians with a comprehensive look into both the body's anatomy and its physiological processes.

These imaging services are particularly useful in the detection and treatment of cancer, specifically melanoma, lymphoma, lung, colorectal, and ovarian cancers. The images produced allow oncologists to precisely locate tumors. The increased accuracy provides greater patient benefits and also decreases the damage to surrounding tissue, decreases side effects, and provides less disruption to a patient's busy lifestyle.

Also offered is breast magnetic resonance imaging (MRI), which uses a powerful magnetic field and a computer to produce detailed images of the breast. Breast MRIs are more sensitive than other diagnostic methods and are typically performed when physicians need more information than methods such as mammograms or ultrasound can provide.

For more information about the wide variety of services available at Bayshore, visit www.bayshorehospital.org and then "departments" and then "diagnostic services."



Many Benefits

A combination positron emission tomography (PET) and computed tomography (CT) imaging scan has several benefits for patients. Most notably, a combined scan is more convenient for patients because it requires only one short visit to the hospital. Because the scans are completed while the patient is in the same position, it also provides physicians with a more accurate image of the body. Another scan that's now available at Bayshore Community Hospital is a Dexascan™, a low dose X-ray that evaluates bone density.

Recovery, One Step at a Time

According to the National Institute for Drug Abuse, there are more than one million people dependent on opiates in the United States. Fortunately, Bayshore Community Health Services recently added a new option to the services offered at its Medical Stabilization Unit—Suboxone therapy.

Suboxone therapy is used to help treat patients diagnosed with opiate dependency and addiction.

“This therapy is a safer medication and holds a higher success rate than traditional medications used to help opiate addicts,” says Olga Belder, D.O., board certified family practice physician, certified in Suboxone therapy at Bayshore. “A physician referral is not required. Therefore, this life-changing therapy is only a phone call away.”

How It Works

Suboxone therapy is typically administered for two to seven days. Good candidates for Suboxone therapy include patients 16 years of age and older.

An inpatient stay can be up to three days in the Medical Stabilization Unit followed by outpatient follow-up.

“We want community members in New Jersey to be aware that there is a program available at Bayshore if they or a loved one suffer from opiate dependency, along with other medical conditions,” says Dr. Belder. “Our goal is to help patients regain their quality of life and return to normal living.”

For more information about the Medical Stabilization Unit, call 732-497-1650.

New Ways to Continue the Weight Loss Journey

Recent surgical advances have made it possible for everyone to have the body of their dreams.

After bariatric surgery or considerable weight loss, many patients are interested in reconstructive surgery that can help remove and contour excess skin.

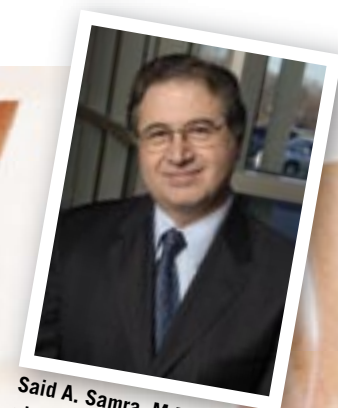
“After significant weight loss associated with bariatric surgery, both men and women may be interested in lifts for their abdomen, thighs, and arms,” says Said A. Samra, M.D., plastic surgeon on staff at Bayshore Community Health Services. “For many patients, weight loss has been a real effort and having some reconstructive or cosmetic procedures is the final step for them to feel great about their bodies.”

SmartLipo™—another option for patients who just have trouble areas of fat—is an attractive option.

“SmartLipo can be performed in the doctor’s office under local anesthesia,” says Dr. Samra. “It’s less expensive—both in terms of time and money, and this procedure also has the unique ability to help tighten the skin as well as remove fat.”

Whether patients opt for significant reconstructive surgery or for outpatient procedures, they can feel secure under the hands of Dr. Samra and his partners.

For referral to a plastic, reconstructive or weight loss surgeon, call Bayshore’s physician referral line at 732-739-5987 or visit www.bchs.com.



**Said A. Samra, M.D.,
plastic surgeon**

“Going Green”

In our continuing effort to save trees and consume less paper, we encourage everyone to choose the electronic version of this magazine instead of the print version. If we can reduce the number of magazines we print by 10,000, and we print four editions a year, we can print 40,000 less magazines in 2009. Go to www.bchs.com/cyl to subscribe to the electronic version. By “going green” in this way, not only can we save trees, we can save money. If we apply these savings to improving patient care, enhancing existing services, or conducting more lectures, everyone wins. We appreciate your consideration, and we look forward to sending you Changing Your Life, both now and in the future!



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