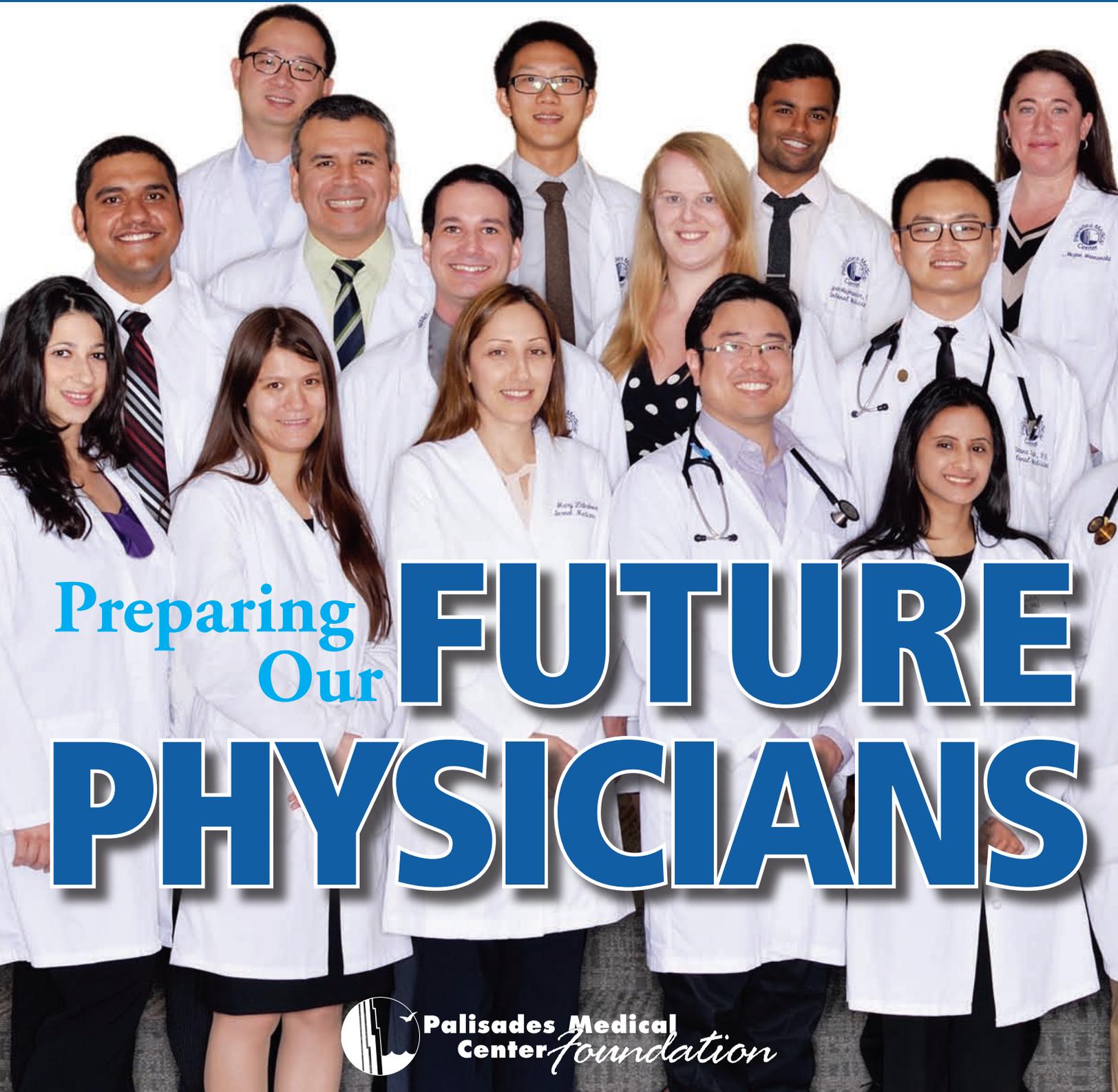


PMCPULSE

FALL 2014

A Publication of
Palisades Medical Center Foundation



Preparing
Our

FUTURE PHYSICIANS



Palisades Medical
Center *Foundation*

PALISADES MEDICAL CENTER TOP HOSPITAL IN NEW JERSEY.



Licensed physicians voted
Palisades Medical Center
as a TOP hospital in New Jersey.

Ranked top
Hospital
The Star-Ledger
Inside Jersey **2014**



H Hackensack University Health Network

www.palisadesmedical.org

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From the PRESIDENT



Palisades Medical Center is in the midst of dynamic change that will define our healthcare delivery model in the future. Our strategic direction addresses the rapid changes in healthcare, including new legislation, advances in technology and the development of new patient services. We have reached new levels of achievement and have exciting plans for continued success.

As full member of the Hackensack University Health Network, Palisades Medical Center will give our patients access to world-class physicians and the best specialty care programs available. Since joining efforts in June 2012, we have established a successful partnership that supports and strengthens many of our existing programs, especially in the pediatric and neonatal areas. Now, we will build upon that existing relationship to expand other services like neurology, oncology, and orthopedic surgery.

We continue to progress with a full floor-to-ceiling renovation of all patient rooms. The new design and furnishings optimize patient comfort, privacy and safety. Our new Ambulatory Care Center, under construction on our campus, is progressing as planned and is scheduled to open in December.

Investing in our greatest resource, our human capital, is also important to us. We place great emphasis on employee education to create a culture of "Patient First: Everywhere, Every Time, Every One." Every part of the patient experience, from reducing waiting times to improving satisfaction scores, is monitored and examined to ensure that we deliver the highest level of care.

True to our roots as a non-profit community hospital, PMC has expanded its already-extensive outreach programs designed to improve the health and access to care for everyone in our community. This year, we will expand our free screenings, testing and referrals for more than 3,500 people who normally would not have access to wellness programs.

Preparing the next generation of physicians brings vibrancy to our Medical Center. In June, I was privileged to present diplomas to our first graduating class of 21 Medical Residents who have completed their training. In July, 35 new residents began their first year of training with us after graduating from Medical Schools across the country.

One of the marks of an outstanding hospital is an engaged community, generous with their financial support. Our achievements and exciting plans for the future demonstrate that we are good stewards of your contributions and worthy of your future support.

Bruce J. Markowitz
President & CEO
Palisades Medical Center

Palisades Medical Center Joins Hackensack University Health Network



Signing the Letter of Intent are, from left to right, Theresa de Leon, Chairwoman of the Board of Palisades Medical Center; Bruce J. Markowitz, President and CEO of Palisades Medical Center; Robert C. Garrett, President and CEO of Hackensack University Health Network; and Joseph Simunovich of the Hackensack University Health Network Board of Trustees. North Bergen Mayor Nicholas J. Sacco looks on.



A North Hudson Regional Fire & Rescue fireboat sprays water on the Hudson River to celebrate the signing ceremony.



(Left-to-Right) North Bergen Mayor Nicholas J. Sacco; Weehawken Mayor Richard Turner; and Joseph Simunovich of the Hackensack University Health Network Board of Trustees.

Palisades Medical Center became a full member of the Hackensack University Health Network marked by a formal Letter of Intent signing ceremony. The signing is the culmination of years of collaboration between the two networks. Since joining efforts in June 2012, both systems have seen significant benefits in the working relationship that has developed between their medical staff and physicians.

“For more than three decades, Palisades has committed itself to providing exceptional care for our patients,” said Bruce J. Markowitz, president and CEO of Palisades Health System. “Joining HackensackUHN, the premier healthcare system in New Jersey, is just one more step toward strengthening that mission. This affiliation will give our patients access to world-class physicians and the best specialty care programs available.”

HackensackUHN and Palisades have already established a successful partnership that supports and strengthens many of Palisades’ existing programs, especially in the pediatric and neonatal areas. The signing ceremony symbolized a commitment to build upon that existing relationship, which will likely expand into other departments like neurology, oncology, and orthopedic surgery.

“We are thrilled to be taking this next step with our friends at Palisades Medical Center,” said Robert C. Garrett, president and CEO of Hackensack University Health Network. “Our physicians and staff at HackensackUMC and Palisades Medical Center are the best in the state, committed to providing world-class quality care to our patients. This new venture will place our hospitals on the cutting-edge of medicine and health care delivery for our patients.”

This joint partnership is expected to be finalized after receiving approval from the New Jersey Department of Health and other authorities.



EXPANDING & ENHANCING



the PMC Campus



From its scenic location on the Hudson River waterfront in North Bergen, Palisades Medical Center (PMC) has continually grown and evolved to meet the changing healthcare needs of its community since 1978.





PMC has been widely-recognized for consistently improving its hospital facilities, expanding its clinical programs and services, and adding modern technology to meet the changing healthcare needs of its patients. Major capital improvements completed and in progress on the PMC campus include:



- The construction of PMC's new on-campus Ambulatory Care Center is on schedule.
- Floor-to-ceiling renovations of all Patient Care Units are ahead of schedule. The new Patient Care Units feature all new furnishings to optimize comfort, safety and care of patients. Nursing stations have also been redesigned and updated to strengthen patient monitoring.
- The relocation and upgrade of PMC's emergency helipad adjacent to the main parking area has been completed.
- Generators for the Harborage and Pavilion Building have been installed to replace equipment that was destroyed by flood waters from Superstorm Sandy.





The Call to Serve

Personal loss leads to a lifetime of service for Sr. Joanne Riggs, founder of PMC's award winning community outreach programs. Bringing healthcare to everyone remains central to PMC's mission.

Joanne Riggs chose to be a nurse because she was called to serve others. For two decades, she served in several urban hospitals in a number of clinical units, including emergency rooms and operating rooms, as a staff nurse and later as a supervisor. A defining moment in her life inspired her to answer the call to accept an additional vocation.

As she recalls "It took me a long time to decide to get married! You could say that I took my sweet time (and I did); you might also say that I was too 'fussy' (and I was), but finally, I got married on January 23, 1995, in a small service that was held in

my mother's living room with a few close friends and neighbors present."

This joyous time was also a time for concern.

"We had become engaged the previous Thanksgiving Day and just two weeks after that my then-fiancé complained of 'feeling' something in his throat. That something turned out to be a non-Hodgkin's lymphoma," said Joanne.

Despite a good prognosis, his life would end less than a year later.

"The first three months following my loss I would occupy my time through work. I worked longer and got more done than I had managed to during his illness. It seemed to me that I was 'fine'. But, in reality, the full impact of what had happened had not yet hit me," said Joanne.

Following a period of reflection, Joanne made a life-changing decision and entered the Congregation of the Missionary Sisters of the Immaculate Conception of the Mother of God. She would combine two vocations, nursing and a commitment to religious life, and build a ministry of healing to serve those without access to care.

Today, Sister Joanne Riggs, SMIC, MA, RN, is Coordinator of Faith Based Services at Palisades Medical Center. In addition to ministering to patients at PMC, she founded a Faith-Based Community Outreach Program designed to break down service barriers for individuals and families who have ignored their healthcare needs because of economic, social and language barriers.

The program works throughout the year in PMC's service area in northern Hudson and southern Bergen Counties - a community characterized through census data as urban, lower income and largely Hispanic. The mission is to bring free health-care education, screenings and affordable treatment referrals to local families within their places of worship.

"For many families of different cultures, religion is a central part of their lives and a church, temple or mosque provides a sanctuary where they can come to access healthcare in a welcoming and familiar environment," said Sister Joanne.

In 2011, the New Jersey Hospital Association recognized Sister Joanne and PMC with its Community Outreach Award for PMC's unique and effective methods of reaching out to better serve the health-care needs of area residents.

"Community benefit services and programs are an integral part of our mission," said Bruce J. Markowitz, President and CEO of Palisades Medical

Center. "We are proud that Sister Jo and her team of PMC staff, volunteers and community partners for the work that is being done to improve the health and wellbeing of our neighbors."



Community Impact by the Numbers

(2013 Community Report)

Throughout the year, Palisades Medical Center's staff and volunteers take an active role in our local communities by partnering with other organizations to provide free health screenings and education programs.

3,500

uninsured and underinsured residents received free health screenings, including blood pressure, blood sugar, cholesterol, heart rate, body mass index/BMI, peak flow and pulse oximetry

1,200

residents learned directly from medical experts about key health topics, including obesity and nutrition, pain management, smoking cessation, diabetes, podiatry, and women's health issues such as breast cancer.

88

community health fairs and events done in conjunction with partnering schools, employers, civic organizations, and religious congregations throughout our area to educate residents, improve access to care, and reduce health disparities.



Small Town with a Big Heart



Back in 1900, an inspired group of local citizens raised \$3,000 to open a 22 bed hospital in rented space in Union Hill, now know as Union City. Ten years later with the support of additional donors, a site on Park Avenue in Weehawken was purchased and the North Hudson Hospital was built. Inspired benefactors were the driving force in bringing a hospital to the community as noted in a 1940 reflection on the history of the North Hudson Hospital:

“A large number of people have contributed in some way because it is a means of rendering a service to promote the health needs of their own family as well as those of their friends and neighbors. It is a great comfort to know that, day or night the Hospital is ready and equipped to minister to the needs of the community.”



Imagine what we can do together now.

Later in 1978, it was again through a community effort that the Hospital was relocated to its current waterfront location. Today, Palisades Medical Center continues to grow, build and transform itself to bring the highest quality health care you, your family and your neighbors. As it was at our founding, one of the marks of an outstanding hospital is an engaged community, generous with financial support. Please consider making a donation to help advance our noble work of providing the highest level of care for our community. Please use the attached envelope or visit the Palisades Medical Center Foundation website at www.palisadesmedicalfoundation.org.

Learn, Lead, Serve:





The Core of the Residency Program at Palisades Medical Center

The road to becoming a physician requires extensive training and development. Palisades Medical Center is an important stop along the way for talented, dedicated young people pursuing careers in medicine. In June, commencement ceremonies were held for the first graduates of Palisades Medical Center's residency program. Four residents in Internal Medicine, four in Family Medicine and three in General Surgery completed the requirements enabling them to take their Medical Board Exams.



(At right) Sapan Majmundar, D.O. proudly accepts a certificate from Sameh Elias, MD for successfully completing a residency in Internal Medicine at Palisades Medical Center. See page 14 for more about Dr. Majmundar's personal story.

In conjunction with Touro College of Osteopathic Medicine and the Touro University Medical Education Consortium, residents at Palisades Medical Center can concentrate in one of the programs offered including Dermatology, Family Medicine, Internal Medicine, General Surgery, Obstetrics and Gynecology. In July, 35 new residents began their studies and continued growth and expansion will include future programs in Gastroenterology, Emergency Medicine, Pediatrics, Podiatry and Orthopedics. All specialties embrace curriculum that emphasizes compassionate medical care, an active role in patient advocacy and community service.

continued

Dr. Sapan Majmundar, Remains True to His Hudson County Roots



Dr. Sapan Majmundar, a member of this first graduating class, shares his success story.

Tell us about yourself

I was born in Hoboken, NJ, and was raised down the Jersey Shore, where I attended Ocean Township High School. I attended undergraduate college at SUNY New Paltz where I played Lacrosse and graduated Magna Cum Laude with a dual degree in Molecular Biology and American Literature. After College, I received a NIH grant to conduct Neurobiology research at The University of Alabama-Birmingham, where I conducted a project studying demyelinating neurological diseases such as Alzheimer's. After, I attended New York College of Osteopathic Medicine in Old Westbury, NY where I received my Medical Degree. I completed my Internal Medicine residency at Palisades Medical Center. Currently I live in Hoboken, NJ and my family still resides down the Jersey Shore.

What do you enjoy doing in your spare time away from medicine?

My hobbies include golf, traveling, and cross fit. I enjoy running and am currently training for my first 10k run. I am also an avid NY Jets and NY Mets fan.

How did you become interested in Medicine?

My grandmother, who played an important role in raising me, suffered from Type 2 Diabetes. My grandfather took such incredible care of her. He dedicated his life to understanding the disease, constantly watching her diet and titrating her insulin doses, massaging her sore legs and arms after insulin injections. His selfless dedication to her inspired me to become a health care provider, and his fervent study of diabetes was the reason I decided to go into medicine.

How did you get assigned to Palisades Medical Center for your residency?

I transferred to Palisades from another institution. What interested me most about Palisades was Dr. Miglietta (an esteemed alumni of my medical school) and Dr. Sameh Elias- who has truly dedicated himself to teaching his residents the art of medicine.

Share with us some of your experiences at PMC.

We've had some great times at Palisades Medical Center. One of my favorites was the first weekend of work. I was on-call for the 4th of July weekend, and I remember feeling a little bummed that I was going to miss one of my favorite holidays. When I got to work, there was a huge BBQ going on outside. I was in scrubs and remember thinking "no way the residents are invited to this". The CEO, Bruce Markowitz, saw me with my intern outside of the ER and personally escorted us into the BBQ. He got us plates and made sure we ate to our hearts (and stomach's) content. It was our first week at PMC and already, we felt like part of the family.

What do you think makes PMC so special?

What strikes me most about Palisades is the quality of people who work here. Not just the physicians, but everyone from the security guards and housekeeping, all the way up to the CEO. Everyone is proud to be part of the Palisades family. You can see it in the pride they take in their work, and the way they beam when talking about Palisades to others.

Do you plan to return to PMC?

I want to get on the staff at Palisades because I love this hospital and consider it my home institution. I feel a strong connection with all the employees at Palisades, especially my Internal Medicine residency family.

What are your career goals in medicine?

My goals are to build a successful outpatient, internal medicine practice in Hoboken, NJ, and continue to give back to my community. I hope to do this by being a strong proponent and primary care advocate for my patients. I also hope to become a teaching attending at Palisades medical center so I can help Dr. Sameh Elias educate the next generation of residents to become competent and compassionate internists.

JOHN C. MEDITZ LOBBY



Board Members from PMC and the PMC Foundation stand together during the lobby dedication ceremony at PMC. Pictured (left-to-right) Cary Bader, Alexander Duran; Lillian Sonnenschein; Howard M. Shiffman; Samir R. Amin, MD; Leonard J. Lauricella; Bruce J. Markowitz, President and CEO; John C. Meditz; Theresa de León, Chairwoman of the Board; Kevin O'Connor; Constantine Potamianos, Esq.; Patricia M. Fuller; Mayor Richard Turner; Thomas M. Venino, Jr., Esq.; and Suri Ponamgi, MD.

Lobby Named to Honor Benefactor

*O*n June 26, President and CEO Bruce Markowitz and members of the Board of Governors surprised John C. Meditz by unveiling a sign dedicating the Medical Center lobby in his honor. Meditz has held leadership positions as Chair of the PMC Board of Governors and currently serves as Chair of the PMC Foundation Board of Directors.

“John has been most generous with financial support and has given freely of his time to advance Palisades Medical Center. Whether he is leading our board or hosting an event for us at his home, John gives freely of himself in the service of others,” acknowledged Bruce Markowitz, President and CEO.



Pictured (left-to-right) Suri Ponamgi, MD; Constantine Potamianos, Esq.; and John C. Meditz.



Pictured (left-to-right) Bruce J. Markowitz, President and CEO; Theresa de León, Chairwoman of the Board; John Meditz; and Joseph G. Burt, VP/Executive Director of the PMC Foundation.

“John is very humble about his contributions and gets greater satisfaction knowing that the gifts he gives help Palisades to continue to expand and better serve our patients and community,” said Joseph Burt, Executive Director of the PMC Foundation. “It is important for us to recognize and thank John publicly and naming this space that is central to our patients and visitors is appropriate for someone who has been central to our growth.”

Meditz, a lifelong Weehawken resident, has been chairman of the Weehawken Planning Board for more than 30 years and treasurer of the Weehawken Library. He currently serves on the boards of Xavier High School and Fairfield University and has been recognized by both as a dedicated alumnus.

P.F. Chang's Goes Pink

Employees from Palisades Medical Center teamed up with local community leaders and residents to paint the P.F. Chang's West New York restaurant's iconic 11-foot Warrior Horses pink for the month of October.

The "Paint P.F. Chang's Pink" rally event kicked off P.F. Chang's nationwide activities to raise funds and support the National Breast Cancer Foundation (NBCF). Throughout the month of October, anyone who posted a photo on Facebook, Twitter, or Instagram with the #PaintPFChangsPink campaign hashtag or ordered a sushi roll at P.F. Chang's generated a \$1 donation toward the cause.



During the "Paint P.F. Chang's Pink" rally event, the restaurant handed out complimentary pink sushi rolls. Professionals from Palisades Medical Center were also on hand to distribute educational information on breast cancer and the importance of early detection.

A Swinging Success!

The PMC Foundation's 24th Annual Palisades Classic was the most successful ever. The event, which was held on May 19 at the historic Ridgewood Country Club, generated a record amount to support programs and services at Palisades Medical Center.

More than 180 golfers hit the links and enjoyed the dinner reception. Leading sponsors for the event were Sodexo and Structure Tone.



(left-to-right) Rick Gordon; Bruce J. Markowitz, President & CEO of Palisades Medical Center; and Don Yellen



(left-to-right) Brian Kilpatrick; Simon Vermooten; Matt Warke; and David Berkowitz, VP of Administration/COO of Palisades Medical Center



**Visit the
PMC Foundation
website or Facebook
page to see more
photos from this event.**

Ruben Fernandez Honored

On May 13, Felician College awarded Ruben D. Fernandez, Vice President of Patient Care Services and Chief Nursing Officer at Palisades Medical Center, the prestigious Sister Mary Alma Distinguished Leader in Nursing Award.

The award is the highest honor presented by the School of Nursing to a national nurse leader who, according to the criteria, "has blazed the trail to lead and make significant contribution to the advancing of nursing practice and patient care." The award was established in 1981 in honor of Sister Mary Alma who founded Felician College's nursing program in 1965.

Fernandez has more than 25 years experience in senior leadership within the healthcare industry. At PMC, Fernandez has created many work re-design initiatives that have been credited with empowering hospital staff and improving patient safety and care. He has also made frequent contributions to publications about nursing practice, nursing administration and public policy issues. Fernandez has provided leadership to the NJSNA, the American Nurses Association, and the American Nurses Credentialing Center, and has served as a surveyor for the American Nurses Credentialing Center's Magnet Recognition Program.



Dr. Muriel Shore, Dean and Professor, Felician College School of Nursing, presents the Sister Mary Alma Distinguished Leader in Nursing Award to Ruben D. Fernandez, Vice President of Patient Care Services and Chief Nursing Officer at Palisades Medical Center.



Employee of the Year

2014

Congratulations to Gongar Konah, Store Room Clerk/Food Services, for being named PMC's 2014 Employee of the Year. "G," as he is known by his peers, has been a vital part of PMC since 2005. He is extremely well-liked and respected by his co-workers for his positive attitude and strong work ethic. G is also a particular favorite of our pediatric patients and visitors.

National Award for Stroke Care



The American Heart Association/American Stroke Association has awarded PMC its 2014 *Get With The Guidelines Stroke Gold-Plus Quality Achievement Award*.

Get With The Guidelines helps hospital teams provide the most up-to-date, research-based guidelines with the goal of speeding recovery and

reducing death and disability for stroke patients. PMC earned the award by meeting specific quality achievement measures for the rapid diagnosis and treatment of stroke patients at a set level for a designated period. These measures include aggressive use of medications and risk-reduction therapies aimed at reducing death and disability and improving the lives of stroke patients.

According to the American Heart Association/American Stroke Association, stroke is the number four cause of death and a leading cause of adult disability in the United States.

From the Executive Director



Palisades Medical
Center *Foundation*



This issue of “PMC Pulse” features stories on our growth through new partnerships, the construction of new facilities and the expansion of our residency program. Each on its own is significant. Together - they are transformational.

Our plans to meet the challenges of a changing healthcare environment are bold and innovative. We are well positioned for a successful future and remain committed to improving the health status of everyone in our community. The work of Sr. Joanne Riggs, highlighted in this issue, is one example of our continuing work to address healthcare disparities in our region. Educating the physicians in our residency program allows us to impact the growing need for family practice doctors, central to the delivery of quality care.

A leading healthcare provider and community partner, Palisades Medical Center has proudly served and gratefully benefitted from our friends and neighbors. Our roots were planted in the community decades ago by a dedicated group of residents who raised the money needed to open a hospital for their families and friends. Today, the gifts we receive help to advance our mission and shape our future.

All gifts, no matter the size, help us to achieve our goals. Each on its own is significant. Together - they are transformational.

Sincerely,

A handwritten signature in black ink, appearing to read 'Joe'.

Joseph Burt
VP/Executive Director
Palisades Medical Center Foundation

You can make a gift for the Palisades Medical Center Foundation using the envelope provided in the center of this magazine or by visiting us online at www.palisadesmedicalfoundation.org.



We are a proud participant in “Giving Tuesday,” a national effort that challenges individuals to support their local community through their generosity throughout this season culminating on December 2.

2014
Star Stream Ball

Please join us to honor two extraordinary individuals whose leadership with vision has been instrumental to the success of our Medical Center.



Fred A. Daibes

Founder & Chairman, Daibes Enterprises
Chairman of Mariners Bancorp
Past Member Palisades Medical Center Board of Governors



Theresa de León

Senior Vice President,
PNC Wealth Management
Chairwoman of the PMC Board of Governors

Proceeds raised from this event help to purchase the very latest equipment and technology and fund renovation and expansion projects that benefit the patients we serve.

Saturday, November 22, 2014

Pleasantdale Chateau
757 Eagle Rock Avenue, West Orange, New Jersey



Cocktails at Seven O'clock in the Evening
Dinner and Dancing at Eight-Thirty, Black Tie



**Palisades Medical
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Save the DATE

2014 Star Stream Ball **November 22**

Pleasantdale Chateau
West Orange, NJ

2015 Palisades Classic **May 18**

Ridgewood Country Club
Paramus, NJ



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"LIKE" Palisades Medical Center Foundation on Facebook today to stay connected with all of our latest news and event photos! **Photos from past events can also be seen online at www.palisadesmedicalfoundation.org**