

## Trinitas is Proud to Share in the 150th Anniversary of the Sisters of Charity

Their mission is to reflect on and deepen their expressions of spirituality in light of the understanding of the sacredness of creation and their concern for the poor. They are committed to the passion and vision of their founders. They are committed to making reverence for Earth an integral part of their daily lives.

They are the Sisters of Charity of Saint Elizabeth, the co-sponsors of Trinitas Regional Medical Center, and they are celebrating the 150th anniversary of their founding with a series of events spanning September 2009 – September 2010.

The history of the Sisters of Charity of St. Elizabeth begins with the request of Bishop James Bayley, the first bishop of Newark, New Jersey, and nephew of St. Elizabeth Ann Bayley Seton, that the Sisters of Charity in New York start a community in New Jersey.

Upon acceptance of that request, Mother Mary Xavier Mehegan and her associates came to Newark in 1859 to found the new religious community. The following year, the Motherhouse of the community relocated to Madison, New Jersey, onto land the community purchased from then Seton Hall College. In 1880, the Motherhouse established an address at its current site in Convent Station. At the end of the 19th century, the Sisters of Charity established New Jersey's first institution of higher education for women, the College of Saint Elizabeth, in 1899. Twenty five years later, the first group of Sisters of Charity departed for missionary work in China. Four decades later, a group of four sisters opened a mission in the nation of Bolivia. Three provinces

of the congregation were organized in 1967 and one year later the community refocused to facilitate a renewal of religious life in the changing times following the Second Vatican Council. Most significantly, the community moved to an approach to religious life that reflected an involvement with the world rather than a separation from it. In 1975, the community celebrated the canonization of Mother Elizabeth Ann Seton. The Seton Associate Program, a branch of the community for lay men and women to participate in the mission and goals of the community, was established in 1990.

During the illustrious 56-year tenure of Mother Xavier, the Sisters of Charity experienced remarkable growth in membership and missions where they performed their work. School, hospitals, nurseries, orphanages, a home for those with incurable diseases, and a residence for working women were established. Since 1880, the Sisters of Charity of Saint Elizabeth have extended their reach beyond New Jersey to around the globe — China, Bolivia, Puerto Rico, the US Virgin Islands, El Salvador, Mexico and Haiti.

Today, the Sisters of Charity celebrate the extraordinary energy and vigor that their predecessors displayed as they completed God's work among the populations they served. The Sisters continue to serve with the same commitment and dedication that is the hallmark of their community.

Trinitas Regional Medical Center is pleased to congratulate the Sisters of Charity and proud to share in their enduring legacy.



## Surgeons Perform Advanced Laparoscopic Procedure at Trinitas

Dr. Joao A. Lopes, a surgeon associated with Trinitas Regional Medical Center and a partner in Advanced Surgical Associates in Springfield, recently performed the first single incision laparoscopic surgery of this kind at Trinitas. The gall bladder removal, or cholecystectomy, was the first of its kind at Trinitas using the next generation Single Incision Laparoscopic Surgery (SILS) procedure. The surgery was done in about 30 minutes, or half the time of traditional laparoscopic surgery done with the usual four incisions. The access point for the surgery is the umbilicus or belly button which results in the potential for no visible scarring.

Single Incision Laparoscopic Surgery, is a dramatic improvement in laparoscopic surgery. For those undergoing gall bladder surgery this is particularly significant since the single incision, done through the navel, is barely noticeable. In addition to the much-desired cosmetic benefit, patients experience less pain and enjoy a shorter recovery time.

“Trinitas is at the forefront of these technological advances — advances in which nearly all hospitals in New Jersey are lagging,” notes Dr. Lopes who adds, “Single incision procedures require a higher level of skill since the surgeon’s hands work much closer together while performing the procedure. Only about five percent of surgeons are currently trained in this advanced procedure.”

Approximately 500,000 procedures are performed each year in the



*Video monitors help guide surgeons James Frost and Joao Lopes as they perform the intricate surgery. Operating Room nurse Olga McGruder appears in the foreground.*



**Dr. Joao A. Lopes**

US to remove the gallbladder, a small pear-shaped organ located in the upper abdomen beneath the liver that stores bile that helps break down fat. Stones can sometimes develop in the gallbladder which can then cause inflammation and infection in the organ. Dr. Lopes continues, “The SILS is well suited to gallbladder surgery, one of the most commonly performed surgeries, since the incision can be done through the navel, making the resulting scar barely noticeable.”

With the success of this first SILS done for the removal of a gall bladder, Dr. Lopes anticipates that the new procedure will become the preferred surgical technique for both surgeons and patients for appendectomies, gastric lap band bariatric procedures, and general surgery.

“The highly skilled and experienced members of the operating room team, nurses Olga McGruder, Mari Cor Ancheta, and Avi Yarmove, nurse anesthetist, were a tremendous asset during the surgery. We knew we could count on them every step of the way,” notes Dr. Lopes.



*The SILS procedure requires a high degree of skill and expertise as evidenced by the concentration visible in the eyes of Drs. Lopes and Frost.*

# Trinitas and the College of Saint Elizabeth Team to Offer Second Cohort for the Advanced Degree in Healthcare Management

Following the success of the first Trinitas-based cohort, the College of Saint Elizabeth and Trinitas are announcing the establishment of a second class for Trinitas employees interested in obtaining their Master of Science in Healthcare Management Degree.

Classes are forming now and will start in January. As with the current cohort, the new cohort will meet one day per week at Trinitas. There is no GRE entrance exam required, and Trinitas' tuition reimbursement program will cover nearly all expenses for full-time employees.

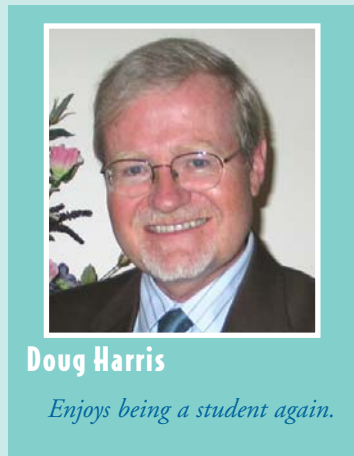
The Master of Science in Healthcare Management features an integrated curriculum combining a multidisciplinary core, advanced study in healthcare administration leadership, and an elective component. The program has been designed for healthcare administrators, managers, nurses and other healthcare providers, or any health related professionals who wish to increase their knowledge and expertise in the specific application of health management. Applicants who have not previously studied healthcare management are welcome.

The program is designed specifically for busy professionals working in the healthcare environment. Current cohort member Doug Harris, Director of Public Relations & Marketing at Trinitas, feels that the pace of the program fits well with his busy schedule. "After so many years away from school I was concerned that starting a Masters program would be overwhelming, but I have found that it is very 'do-able.' Also, with two years of the program completed, I



feel that I have already gained many insights and skills that have enhanced my ability to do my job."

Class member Curry Bucu, Director, Human Resources, agrees. "It's truly a wonderful opportunity to enrich your work experience and prepare you to move forward in your career. The things we learn in the classroom are very



applicable to our work lives."

"Offering classes right here at the hospital, along with reimbursement for tuition, made it a 'slam dunk' decision for me," explained Chintaman Ram, Laboratory Manager, Trinitas Comprehensive Cancer Center. "It doesn't get any better when it comes to cost and convenience. I highly recommend this program to my fellow employees," he added.



The program also gets straight A's from other cohort participants. Hana Baudendistal, Administrative Supervisor, explains that the Masters program has broadened her knowledge and understanding of how the healthcare system functions. "In addition, I have a new found perception of my own role within the organization," she said. Nurse Manager in Medical Oncology-Exam at Trinitas Comprehensive Cancer Center, Juanita Fryar, values the transfer of knowledge from classroom to examination room, noting that "The program offers me real-life applications that I can put to use as Nurse Manager."



The list of current cohort members also includes Janice Learn, Director, Cardio Cath Lab. Those in the Masters program but not presently part of the current cohort include: Morenike Olatobusan, Assistant Director, Pharmacy; Sandra Joseph, Secretary, Trinitas Health Foundation; and Irene Erazo, Supervisor, Respiratory Therapy.

**For more information about the program, contact Dr. Linda Hunter, RN, at (973) 290-4040.**

**For tuition benefit information, contact Barbara Gates at (908) 994-5741. Feel free to reach out to any of the above students!**

## September Employee of the Month Offers Prompt, Conscientious Care

Trisha Badishian, Licensed Clinical Social Worker in the Adult Inpatient Unit of the Behavioral Health & Psychiatry Department, makes sure that she completes treatment plans and undertakes all interventions with family members of patients within 48 hours. Such efforts are paramount to handling the needs of this particular patient population as effectively as possible. In her four years at Trinitas, Trisha readily helps other staff members when coverage is needed and also offers her input when she believes it will be valuable to successful patient care. Her dedication to providing comprehensive documentation is consistently visible and an inspiration to fellow employees. The various professionals who work along side Trisha with this patient population appreciate her team spirit, positive attitude and pleasant demeanor. She is well deserving of Employee of the Month status.



Trisha Badishian

*Congratulations, Trisha!*

## Pat on the Back 3rd Quarter Winners

The following employees are the \$50 monthly winners chosen at random for the third quarter of 2009. These winners were eligible for this monthly drawing thanks to the written forms or notes from visitors, patients/family members, or fellow employees. They were recognized for going out of their way or doing something extra in their day-to-day activities.

### JULY

#### Joseph Crimi, Food & Nutrition Department

A fellow employee recognized Joe for his continued commitment to doing his job well and always being helpful to the customers and co-workers. He was also helpful in gathering items expeditiously for a meeting.

### AUGUST

#### David Gulowsen, Emergency Room

David's attentiveness, courtesy, professionalism and kindness made an impression on a fellow employee when he dealt with her daughter during an Emergency Room visit.

### SEPTEMBER

#### Alejandra Lasso, Nursing, 5 North

When it comes to displaying excellent customer service skills with a patient, a fellow employee noted that Alejandro deserved a Pat on the Back!

## Share Your Creativity! Take Part in the 10th Anniversary Theme and Logo Contest

In January 2010, Trinitas Regional Medical Center will celebrate its 10th anniversary and we're looking for employees to help identify a theme and help create a logo to celebrate this major milestone. Both the theme and the logo will be prominently displayed and used throughout the year in a variety of communications and special signage that will be developed to honor the facility, its various departments and divisions and to salute the contribution of its employees.

"In the short span of a single decade, Trinitas Regional Medical Center has achieved numerous accomplishments that have set us apart," says Gary S. Horan, FACHE, President & CEO. "We have much to celebrate and we look forward to a year during which we will honor the commitment and dedication of our employees who are the basis for our success."

Throughout 2010, events and activities will take place to celebrate our 10 years as a thriving regional medical center.

## Al Harrington Will Bring Hoops Glory to EVENING AT THE RACES In November

It's a night at one of the premier tracks in the Garden State and a chance for you to meet special guest Al Harrington, #7 of the New York Knicks, along with other sports celebrities. Enjoy the thrill of horse racing at the Meadowlands while you dine at the Pegasus Restaurant as the Trinitas Health Foundation hosts its annual Evening at the Races on Sat., Nov. 14.

**VIP Reception & Buffet** Starting 5:30 p.m.

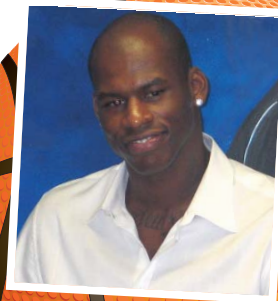
**First Race** 7:30 p.m.

**VIP Reception ticket**, \$150 per person  
(includes cocktails, hors d'oeuvres and listing in program)

**Regular Ticket**, \$100 per person  
Included in each ticket price is Clubhouse admission, valet parking and extensive buffet dinner, racing program and a memento of the evening.

A cash bar is also available.

**Contact the Foundation at ext. 8249 to purchase tickets!**



## Foundation Has Another Banner Year at its Golf/Spa Event

More than 120 golfers and 22 spa guests enjoyed activities at the annual Golf and spa Classic in September at the Shackamaxon Golf Club and the Vito Mazza Day Spa. The Foundation raised nearly \$175,000 to benefit Trinitas Regional Medical Center. Thanks to the following organizations and individuals who helped make the event such a success: Dinner Sponsor Phoenix Physicians LLC; Glenn Kiefer of Barr & Barr, Inc., of New York, Golf Chairman, and Golf Committee members Lauris Beam, Nadine Brechner, Laura Ciraco, Judy Comitto, Bernadette Countryman, Carl Curto, Nancy DiLiegro, Marie Dudek, James Dunleavy, Bo Farkas of AMB Property Corp., Gary S. Horan, Thomas Jacobson of Jacobson & Co., Joseph Kuchinski, Robert Lessner of Lessner Electric Company, Adam Lightcap of On Time Transport, Inc., Vito Mazza of Vito Mazza Salon & Day Spa, Joseph Pallante of Pallante Design, Sun Ja Park, Kenneth Reiher, ARMDS, Maribeth Santillo, Joseph Santo, Sister Marion Scranton, Carole Soricelli and Ernest Stansfield. Winner of the Paul C. Dabrowski Longest Drive Award was Jason Finne of Fidelity Investments.



*Gary S. Horan, President & CEO, Richard Lessner and Robert Lessner of Lessner Electric Company, in Elizabeth, and Joseph Starkey of the Schering-Plough Foundation paused for this photo.*



*Taking off for the links are Nadine Brechner, Marie Dudek, Ginny Wilson, Rosa Gifford and Maribeth Santillo.*

## Award and Recognition for School of Nursing Associate Dean and Faculty

The Philippine Nurses Association of America recently named Rose Santee, MA, RN, NEA-BC, CNE, Associate Dean of Trinitas School of Nursing, its Nurse Educator of the Year. Rose was one of the first educators nationally to obtain the certified nurse educator credential (CNE) from the National League for Nursing (NLN) in 2005. She and other eligible faculty members of the Trinitas School of Nursing were the first nursing faculty in the nation to achieve 100% certification as nurse educators.

Rose was among the founding members of the Philippine Nurses Association of America (PNAA) in April 1976 and the Philippine Nurses Association of New Jersey (PNANJ) in August 1979. She currently serves as a public advisory member of the New Jersey Board of Nursing Education Committee. While a reservist in the US Army, she received the Nursing Excellence award from the 344th Combat Support Hospital. In 2007, she was honored as a nursing diva by the Institute for Nursing, New Jersey State Nurses Association.

Rose and two other faculty members of the School of Nursing were featured in a story in the Faculty Matters section of the July/August 2009 issue of *Nursing Education Perspectives*, a journal of the National League for Nursing. The story included observations by Marithely Morales-Allen, MSN, RN, PCCN, CNE, on how the School of Nursing's online learning management system helps keep her current with rapid changes in nursing practice that she can then share with her students. Janine Graf-Kirk, MA, BC, RN, CNE, contributed comments on the importance of making case studies available to student nurses prior to simulations since that knowledge serves as a guide for work with clients and also a means for student nurses to compare the simulated experience with actual patient care. Rose noted that, based on her more than 30 years experience in nursing education as a faculty member and as an educational administrator, her mentoring of young educators at the School of Nursing helps them gain experience they can use to provide the best possible education to their students.



## Environmental Services Receives “Official Training Facility” Designation

The Environmental Services Team at Trinitas recently received a Cleaning Industry Management Standard (CIMS) designation as a “Certified Training Account.” Trinitas is now the first such certified healthcare organization in the North Jersey area.

To qualify as a “Certified Training Account” an organization must demonstrate its compliance with the requirements described in the five sections of management best practices that make up the Standard. An independent, accredited assessor conducts an on-site review of the applicant’s systems, processes, and documentation to ensure compliance. The organization has to meet 100 percent of the mandatory elements and 60 percent of the recommended elements per section to achieve certification.

Joseph Stokes, Director of Environmental Services, explains that the certification translates into superior recognition. “With this certification, the Environmental Services Team is recognized as a high-performance, customer-focused cleaning organization. In the facility management and purchasing fields, CIMS certification is a key differentiation tool that identifies organizations of excellence, those that stand alone among the premier organizations in the industry. With its setting in a highly diverse urban community, Trinitas offers a superior training opportunity. Here, trainees will receive a very realistic view of the day-to-day challenges that are faced in the hospital environment. Trinitas is certainly proud to be a leader in this regard.”



Members of the Environmental Services Department gathered recently for this photo: Standing, left to right are: Juan Pernia, Evening/Night Shift Supervisor, WSC; Mark Singley, Assistant Director, NPC; Joseph C. Stokes, Director; John “Jack” McKinnon, Day Shift Supervisor, WSC, and Jaime Paredes, Assistant Director, WSC. Seated, left to right, are: Clinteeyah Brooks, Day Shift Supervisor, NPC; Karla Romero, Administrative Assistant, and Annette Latham, Day Shift Supervisor, WSC.

## Northfield Bank Foundation Boosts Nursing Scholarships at Trinitas

Gary S. Horan, FACHE (second from left), President & Chief Executive Officer, and Nadine Brechner, Executive Director (right), Trinitas Health Foundation, gratefully accept a \$10,000 check from Northfield Bank Foundation in support of Trinitas’ Nursing Scholarship Program. Representing Northfield Bank Foundation are: Diane Senerchia, Executive Director; and John DePierro, a Director of Northfield Bank and Northfield Bank Foundation.

The Foundation’s gift will provide much needed financial assistance to nurses pursuing a baccalaureate or masters degree, according to Mr. Horan. “This generous grant will help our nurses finance their education and realize their professional goals,” Mr. Horan stated. “Further, by helping to educate the current local nursing workforce, this gift will make a tremendous difference in our ability to care for the people who live and work in the greater Elizabeth community, and to lay the groundwork for a highly qualified nursing workforce going forward,” he added.



Trinitas offers a Cooperative Nursing Program that awards a Diploma in Nursing from Trinitas School of Nursing and an Associate in Science Degree from Union County College. For nurses who wish to pursue a bachelor’s or masters degree, Trinitas has an arrangement with the College of Saint Elizabeth which allows employees of the Medical Center to receive a 50% tuition discount.

Since the start of the program in 2004, 45 nurses have received their Bachelor of Science degree in nursing. Due to its success, Trinitas and the College of Saint Elizabeth expanded the program in 2007 to include a course of study for nurses who wish to pursue their Master’s Degree in Nursing.