

FALL 2017

INSIDE DEBORAH®

A Publication of Deborah Hospital Foundation



**In this issue we celebrate
our military**

An Inside Look into the
87th Medical Group

**A HEART
OF GOLD**

**Moorestown's John
Hospodar: From D-Day
to Deborah**

Mr. Ken Hagemann
State Adjutant
Veterans of Foreign Wars
Department of New Jersey



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Deborah Hospital Foundation
212 Trenton Road
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MESSAGE FROM OUR PRESIDENT & CEO

Welcome to the Fall issue of *Inside Deborah* magazine!

In addition to sharing great articles about Deborah, this is also a wonderful time for me to remind you that Deborah is not only a world-class cardiovascular hospital, but also an outstanding pulmonary facility. Our roots reach back to when we treated tuberculosis patients, and from that we evolved into our heart surgery program. With this in mind, as autumn's beautiful, crisp days get underway, I'd like to encourage you to get moving – walking, biking, running. We celebrate our lungs in the fall, with Healthy Lung Month and Respiratory Awareness Week taking place during October, and Lung Cancer Awareness in November. If you smoke, please join the Great American Smoke-Out on November 16, and stop smoking. Take some time this fall to celebrate the Power of the Breath and the joy it brings!

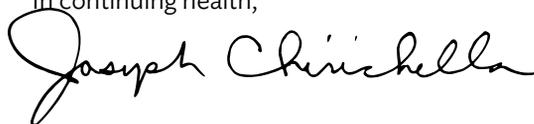
In this issue, we celebrate our military – active duty, veterans, and retirees. The military has always had a special relationship with Deborah. The Hospital was founded in 1922, less than a mile from Camp Dix, which opened in 1917. Camp Dix has grown into the nation's only tri-service base, Joint Base McGuire-Dix-Lakehurst. The Dix portion recently celebrated its 100th birthday and Deborah's 100th is not too far away. In essence, Deborah and the Base have grown up together.

Through Deborah's nearly 100 years, we have taken care of many servicemen and women and their families. Those who have retired and stayed in New Jersey have become our neighbors, friends, patients, and even our employees, who have found rewarding post-military careers here.

We have always considered it an honor and a privilege to serve the military and their families in any way, and took that one step further last year when we launched a new program with Cooper University Healthcare. HeroCare Connect™ caters to the needs of active duty and retired military who need quick-turnaround when a medical specialist is necessary, and those veterans who can't get a timely appointment at a VA facility. Additionally, military family members are afforded this same concierge service. We consider this "mission" of protecting our military's health – and that of their families – to be a top priority.

In this issue, you will meet some of our military patients, learn about the HeroCare Connect program, and meet a Deborah volunteer with a proud service record. Enjoy! And to all the fine servicemen and servicewomen out there, THANK YOU for your service!

In continuing health,





NEW MEDICAL OFFICE BUILDING

COMING SPRING 2018

Deborah Heart and Lung Center is excited to announce that a new medical office building – valued at \$21.5 million – is currently under construction on its campus in Browns Mills, NJ. It is slated to be open by spring of 2018.

Built on the space previously occupied by the Elichman Pavilion, the new construction by TN Ward will bring a modern three-story, 60,000 sq. ft. medical building to Deborah's campus. The building will be owned by

Landmark Healthcare Facilities LLC of Milwaukee and leased to Deborah, as well as independent community physicians.

The building will bring much-needed medical services to the region, including Urgent Care, Diagnostic Imaging, and Family Medicine, as well as an Ambulatory Surgery Center, Cardiac and Pulmonary Rehabilitation, Physical Therapy, Pain Management and a Sleep Center.





THERE IS STRENGTH IN NUMBERS

Loyal, dedicated, honorable, and selfless—with a strong sense of community. These are certainly admirable qualities and all can be linked to the militarily trained individuals referenced in this issue. In addition, these same qualities capture and reflect the mindset and character of Deborah Hospital Foundation’s volunteers and donors.

One of the non-military definitions of the word ARMY (ahr-mee) is : *any body of persons organized for any purpose*. Over the years, Deborah Hospital Foundation has been blessed to have an “army” of thousands of motivated and generous volunteers and donors who fundraise on behalf of the Foundation. Today, that commitment and tradition continue with active chapter volunteers within our four Regions—NY, NJ, PA and FL—along with thousands of donors contributing from 46 of the 50 states. The adage “*There is strength in numbers*” certainly rings true for Deborah Hospital Foundation.

In 2016, more than 13,757 contributions were received by the Foundation, totaling more than \$12 million. As a direct result, Deborah Heart and Lung Center was able to provide nearly 75,000 outpatient visits; 3,700 inpatient stays; 3,700 Cath Lab procedures; 1,400 Electrophysiology procedures; 400 Open Heart operations; and hundreds of other life saving treatments. Simply put: You Give, People Live.

Not a week goes by that I don’t hear a wonderful story or receive a heartfelt hug from a grateful patient or

family member who realizes how fortunate they are to have Deborah—as a part of and, in many cases, responsible for—extending their lives. They understand and appreciate the sacrifice and the generosity our donors have made for their benefit. Many of them in turn have become donors themselves. We call this “The Cycle of Goodness”: Turning Gratitude into Good.

To our Donors, thank you for your gifts. Each one, large or small, makes a profound difference in people’s lives. To our patients, thank you for Demanding Deborah and please continue to show your gratitude by enlisting today in Deborah’s “army” of Donors, as we continue to fight against our common enemies: Cardiac, Pulmonary and Vascular Diseases. To those who served or serve in the military, or as a first responder, thank you for your sacrifice and service. We are deeply indebted to you.

Stay well,

Steve Toal,
Chief Development Officer

Please consider making a gift today to Deborah Hospital Foundation so that we can continue providing world-class specialty care to those requiring our medical expertise. To make a gift please visit us at www.deborahfoundation.org/donate or text DEBORAH to 91999.

Foundation Board Members Updates

RETIREMENT ANNOUNCEMENT:



LEILA N. BERKOWITZ

Ms. Berkowitz was the Vice President of Deborah Hospital Foundation's Florida Region and the retired Director of the New York/New England Region. She was a member of the Sylvia Martin Chapter and a past member of the Deborah League of Staten Island (both NY/NE), as well as the Plantation Chapter (FL). Ms. Berkowitz has two children and seven grandsons, and she resides in North Lauderdale, FL. Ms. Berkowitz was first elected to Deborah Hospital Foundation's Board of Directors in 1996 and served for 21 years.

Deborah thanks Ms. Berkowitz for her dedication and tireless fundraising efforts.

DHF WELCOMES NEW FOUNDATION BOARD OF DIRECTORS MEMBERS:



KIM COLEMAN

Mr. Coleman is the President and General Manager of the Philadelphia Reserve Supply Company, a purchasing cooperative for independent lumber and building materials dealers. He is also the Executive Director of IDEAS (Independent Dealers Education Association Services), a non-profit association created specifically for the enrichment of independent building material dealers.

Mr. Coleman's family has strong ties with Deborah, having had family members treated at the Center, in addition to having been a patient himself. For nearly 40 years, they have sponsored the Coleman-Deborah Golf Classic annual golf tournament in Princeton Junction, New Jersey, to benefit the Deborah Hospital Foundation. Mr. Coleman has been married to his wife, Karen, for 42 years. They have three children – Kelly, Brian and Kate – and beautiful twin granddaughters and a grandson.



GREG OLSEN, Ph.D.

Dr. Olsen is the President of GHO Ventures in Princeton, NJ, where he manages his "angel" investments, South African winery, Montana ranch, and performs numerous speaking engagements to encourage children to consider careers in science and engineering. He is currently "Entrepreneur in Residence" at Princeton University.

Dr. Olsen received his BS in Physics (1966), a BSEE and MS Physics (1968) from Fairleigh Dickinson University, and a Ph.D. in Materials Science from the University of Virginia in 1971. He performed post-doctoral studies at the University of Port Elizabeth (South Africa) and worked as a research scientist at RCA Labs (Sarnoff Center) from 1972 to 1983. Dr. Olsen was the third private citizen to orbit the earth on the International Space Station (ISS). He is active in many civic organizations, including Trenton Big Brothers and Sisters, Trenton Boys and Girls Club, Trenton Soup Kitchen, Princeton Historical Society, Custer Battlefield Preservation Committee, Fairleigh Dickinson University, and University of Virginia Alumni Associations.



GARY RUBIN

Mr. Rubin is the President of PCA Industrial & Paper Supplies, Inc. in Willow Grove, PA. He has been in business since 1992, supplying the janitorial and facilities industry. Mr. Rubin feels he has been fortunate in both his personal and business life and therefore believes it is important to give back to the community. He currently serves on the boards of The Abramson Center for Jewish Life, Federation Housing, Abington PAL, Golden Slipper Clubs and Charities, and is the Past President of Old York Road Temple Beth Am.

Mr. Rubin holds a Bachelor of Science degree in accounting from Philadelphia Textile, now known as Philadelphia University. He has been married to his wife, Linda, for 31 years and they have one daughter, Samantha.

★

AN INSIDE LOOK

INTO THE

87TH MEDICAL GROUP

★





Deborah's closest healthcare "neighbor" is the 87th Medical Group's Military Treatment Facility on Joint Base McGuire-Dix-Lakehurst's sprawling 42,000-acre campus. The patient care managers there see between 500-600 patients a day, providing superb healthcare to the more than 17,000 enrollees and 68,000 beneficiaries living on the Base and in the surrounding area. This robust clinic efficiently and compassionately cares for servicemen and women—and their families—needing to see a doctor, fill a prescription, or have diagnostic testing performed. In addition, the 87th Medical Group is responsible for training mission-ready medics, who stand ready to deploy anywhere in the world at a moment's notice.

At the helm of this massive organization—operating with a \$21 million dollar budget, four Squadrons, and a staff of just over 400—is Colonel Mike Foutch, who joined the 87th

Medical Group as its Commander last year.

Col. Foutch, who has had an unconventional career track in the Air Force—including assignments with the Air Force Surgeon General, Department of Homeland Security, the Pentagon, Headquarters Air Force, and various Base assignments throughout the United States, Europe, and the Middle East—summarizes it succinctly: "I've had 13 assignments, 15 moves, and 17 jobs in 22 years." His diverse resumé has built a seasoned Healthcare Administrator with a solid track record in medical logistics, resource management, contingency planning and motivating staff, which has uniquely positioned him to manage the healthcare needs of the country's only Tri-Service Base, Joint Base McGuire-Dix-Lakehurst.

It was intervention by a high school guidance counselor that steered Col. Foutch into his career. The counselor recognized his skill

in math and suggested engineering and the Air Force Academy to the teenager, who didn't have a clear road map for his future. After surviving the Academy's initial rigors, Col. Foutch persevered through the Academy's demanding schedule. Soon, however, he realized that there was a surplus of Cadets vying for only a few actual pilot spots. He scouted out other career tracks and took an interest in management studies for Hospital Administration. His first post-graduation assignment was as a Medical Logistics Intern at Keesler Air Force Base in Biloxi, Mississippi. From there his career leapfrogged through six promotions in 20 years.

Deborah and the Base share many of the same ideals, as well as close proximity and an unwavering commitment to the health and wellbeing of the people in the region. Deborah and the area's other healthcare providers step in, when needed, to provide specialty services comple-

“THE AIR FORCE
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menting the outstanding primary care services available at the 87th Medical Group. Because of our overlapping missions, Inside Deborah Magazine spoke with Col. Foutch about the successes, challenges and future of medical care on the Base.

Exuding passion and exuberance for the work at hand, Col. Foutch spoke to us in his office, surrounded by family photos, framed and cased medallions, engraved plaques, signed mementos from friends and colleagues, an 87 ABW MDG (Air Base Wing Medical Group) flag proudly displayed, and reminders of America’s proud military history and leadership responsibilities—with Colin Powell and American Generalship among his library collection. This setting underscored Col. Foutch’s belief that the most important quality every leader should possess is integrity.

Inside Deborah: What are some of the biggest challenges facing the 87th Medical Group?

Col. Foutch: Like any large organization, we have our unique challenges. As we are in early August, our most immediate challenge is our summer transition season which is when many new staffing assignments take place, moving staff and patients to and from other locations around the globe. We can lose up to 50 percent of our staff during this time, which requires considerable juggling and coordination to maintain continuity of care.

Tied in with our staff mobility is our patient mobility—it’s inherent in the nature of the military. Working to ensure continuity of care from base to base is an ongoing goal that—when done well—results in reduction of unnecessary appointments and ensuring the highest quality care. The staffing and transient issues are a day-to-day management process, and will always

be part of our jobs. My goal is to continue to refine this process to reduce the strain on our patients and our staff.

As a longer-range challenge, we face a blend of military service on this base that has grown with the history of this facility. When the Joint Base was created in 2009 and the Medical Group changed from the 305th to the 87th, an outpatient clinic setting was established. Then in 2015, the Army Medical Support Unit at Walson Army Hospital on Fort Dix closed and the 87th Medical Group became the main military treatment facility for the combined Joint Base. This merger has created challenges. Each service branch historically has had administrative differences, and having our Air Force Medics learn multiple processes for the same issue is inefficient and frustrating for all. Our team is working hard to solve that problem through our Air Force and Army leadership.

While JB MDL is the country’s only tri-service base, Walter Reed Medical Center in Washington, D.C. and Landstuhl Regional Medical Center in Germany are two tri-service medical facilities that serve as models for how this integration can be done successfully. We don’t need to recreate the wheel, and under the leadership of this Joint Base, the 87th Medical Group is evolving in this direction, which is encouraging. It is my goal to see us as a Joint Service Clinic, with medics from each branch of the military working side by side, providing services to this large Joint Base population.

Inside Deborah: What are the most important decisions you make as Commander of the 87th Medical Group?

I believe the two decisions that have the biggest impact are People and Policy. Selecting, hiring, and rotating people are key to getting the team



correct. Making policy decisions to change operations, business practices, and processes is the other.

We are currently following a lean daily management system combined with a walk-around style. Every Wednesday we have a scheduled walk-around to all the Departments in the clinic, where I talk to our team and leaders in those departments. Our clinic staff uses whiteboards in each department to keep a running list of ideas/issues, maybe crazy things or “happy day” ideas, or a wish list, or problems that need to be solved—anything and everything. During our walk-around, we can talk to them. I do not always fix their problems, but many times I can make the connections they need to solve

their own problems.

Inside Deborah: Any advice for young folks out there thinking of joining the military?

If you don’t know what you want to do, consider the military. Whether it’s for a few years or 20 years, I think there are many lessons to be learned from being in the service to this nation. And in my time, I’ve never heard anyone say they wish they had never been in the military. Even if you don’t stay long, the benefits and lessons learned last a lifetime.

Inside Deborah: So back to running the Medical Group—can you talk a bit about patient safety?

The Air Force Surgeon General’s top priority is patient safety—and for good reason. We have to take care of

our patients and earn our patients’ trust. We have “Zero Harm” signs around our clinic to remind us to first “Do No Harm” in patient care. (Col. Futch points to an orange cardboard octagon on his desk with a black magic marker “Zero Harm” drawn on it.)

Zero Harm is only one part of a larger campaign to put patients first, and it is paying off by building trust with our patients. For example, what is the safest way to handle two or more patients who have the same name? How can we guarantee that they receive the right care with no mix-ups? These are critical issues that we deal with every day. Paying attention and focusing on the smallest details with the goal of Zero Harm leads to enhanced safety in our facility.

Inside Deborah: How has the Southern New Jersey medical community received you?

I cannot say enough about the regional healthcare providers here. There is no question that the community medical partners here have gone above and beyond in providing the healthcare that is needed. For our patients who have a need for high-quality specialty services, working with our partners is a blessing.

It is also so much appreciated how the providers here look out for our service members needing timely scheduling of healthcare appointments for deployment or to return to their families. This community truly “gets it” and understands the needs of the active duty military. It is something that is very noticeable and greatly appreciated!



MOORESTOWN'S JOHN HOSPODAR

FROM D-DAY TO DEBORAH

September 1943. During the height of World War II, 18-year-old John Hospodar heard the call to duty and voluntarily enlisted in the Army Signal Corps. John entered the Army at Fort Dix, New Jersey, then was shipped to Fort Crowder in Missouri for boot camp and Army radio school, where he was taught critical skills of establishing lines of communications in combat areas.

On June 7, 1944, less than eight months after enlisting, John was packed shoulder to shoulder on an amphibious landing craft in the English Channel, motoring toward the beaches of Normandy, France to participate in one of the largest military operations ever conducted. It was

here that he was assigned to the 90th Signal Corp, 90th Infantry Division, as part of General George Patton's Third Army. "It was the day after D-Day when we landed on Utah Beach in the early evening and we couldn't believe our eyes," John recalls. "Once we were on shore we then had to make our way up the hill way across the beach. We were advised by our paratroopers to sit tight, as the Germans were just beyond the bluff. Nightfall set in quickly and soon after, German planes repeatedly buzzed the beach, dropping flares. These flares made the night as bright as day. Once they had clear vision they started bombing the beach. That's when we dove for the biggest ditches we could find. Crammed into a hole with a bunch of guys and bombs exploding all around our position, we knew training was officially over and this was the real deal!" After the bombings and during a continuous fight, John and his team were able to advance over the hill and establish their communications center.

The Army Signal Corps managed communications and information systems to support the combined armed forces. John was assigned to a communications truck with

three other men. “The Germans were always able to easily detect our signal truck, so the other soldiers never wanted us anywhere near them,” he chuckled. “So we would try to position the truck at the base of large hills in the opposite direction from where the Germans were aiming their artillery shells so that they couldn’t hit us.” Sleeping under the truck, in barns or ditches for nearly a year, John’s trek took him from the coast of France all the way to Czechoslovakia. “It wasn’t until the war started to wind down, did we get a chance to stay in some hotels with beds. That was a real treat. I even saw General Patton once during the war—and, yes, he was wearing his famous ivory-handled revolvers!”

The accomplishments of the Third Army during this campaign were astonishing:

- Liberated or captured 81,522 square miles of territory
- Liberated or captured an estimated 12,000 cities, towns, and communities
- Liberated the Flossenborg concentration camp in Flossenborg, Germany
- Enemy losses estimated at 1,280,688 captured, 144,500 killed and 386,200 wounded

After the war, John returned home and embarked on a 37-year career as an executive at Campbell’s Soup in Camden, married Rita – his wife of 67 years – and created an army of his own. The Hospodars currently are blessed with four adult children, three grandchildren and one great-grandchild.

In 1943, the country and the world needed assistance and John willingly and selflessly did what was necessary. As a result, many lives were saved.

In 2010, John needed to have his life saved and Deborah Heart and Lung Center was there for him. Dr. Lynn McGrath, Deborah’s legendary cardiothoracic surgeon, performed open heart surgery on John, providing him with these seven (and counting) additional healthy years with his family. Because of Deborah’s 95-year philosophy of providing world-class specialty healthcare while never issuing a bill to a patient, the Hospodars have become loyal supporters of the Deborah Hospital Foundation and regularly attend donor luncheons. Due to past support from generous community-minded individuals, Deborah was here when John and his family needed us. The lesson is simple: You Give. People Live.

Deborah Hospital Foundation proudly recognizes the Hospodars for their longtime support and also for Mr. Hospodar’s brave service to our country. Thank you, John!



Please consider making a gift to the Deborah Hospital Foundation today to ensure that our life-saving care will always be available to those who need it. To make a gift please visit us at www.deborahfoundation.org/donate or text DEBORAH to 91999.

A SOLDIER'S LEGACY

In his 1941 Bayonne, New Jersey High School yearbook Joseph ("Joe") Hammer was described as "a very good student, dependable, genial and popular with everyone." He was on his school's softball and bowling teams. In his home, photos of Joe in his 40s and 50s told a story of a man who enjoyed traveling, and seeing the sights of his travels by boat.

In February of 2015, Joe passed away in his very modest home with few possessions, at 92 years of age. His Will left Deborah Hospital Foundation his entire estate—totaling more than \$2.5M—a gift that has helped save many, many lives! However, Joe left few other clues about his life or his connection to the Hospital. We believe Joe was a

successful banker who remained a bachelor and outlived his parents, his brother and sister.

While we have no evidence that Joe personally served in the military, we do have evidence of his very obvious pride in his older brother Leo's service. Leo Hammer served in the Army during WWII. The papers Joe saved indicate that he served from 1942 to 1946 as an automotive mechanic with the 543rd Engineer Boat and Shore Regiment, serving in New Guinea and the South Pacific. As modestly as Joe lived, he took great care to ensure that his brother Leo's many military medals, photos in uniform, and his enlistment and honorable discharge papers—still in their original envelopes—were

kept in perfect condition and safeguarded against harm. We believe that Leo's service must have inspired Joe to serve in another way—by helping others through charitable giving.

If it is true that "A picture is worth a thousand words," the photos and documents that Joe collected from his brother would cry out, "I loved my brother and am so proud of his service to our country" over and over again!

Deborah Hospital Foundation is forever grateful to Joseph Hammer for choosing Deborah as the beneficiary of his estate, and to his beloved brother Leo, for his service to our country and also for unknowingly inspiring his younger brother to help others.

Deborah Hospital Foundation receives and is grateful for gifts from wills of all sizes. To start a conversation about how you can leave a legacy gift to Deborah, please contact Ellen Krivchenia, Legacy & Gift Planning Officer at (609) 893-0100.



HeroCare Connect™

Connecting Active Duty Military, Retirees, Veterans, and their Families with Quality Healthcare Close to Home

Deborah Heart and Lung Center and Cooper University Health Care together have launched an exciting new program—HeroCare Connect—that offers unparalleled, personalized healthcare for active duty military, retirees, veterans, and their families. HeroCare Connect combines Deborah and Cooper’s medical expertise in over 75 specialty medical lines, located at over 100 convenient community medical offices.

This new regional initiative makes available specialized medical care close to home. HeroCare Connect is a vital new medical military link, offering a personalized concierge program with initial non-emergent

medical appointments scheduled within 24-48 hours. For active duty military requiring specialty care not offered by the 87th Medical Group—which is the primary care practice on Joint Base McGuire-Dix-Lakehurst—or those needing specialty medical clearances for mission-readiness, this fast appointment turnaround is vital.

Just as important, HeroCare Connect’s dedicated patient service specialists manage all the medical tracking details, including setting up appointments; following up with referrals; communicating test results; and working with the Veterans Administration, the Veterans Choice

Program, and other third-party insurance administrators, including TRICARE and private insurers. This personal attention saves tremendous time for military patients and ensures complete continuity of care.

Connecting with HeroCare Connect is as Easy as 1, 2, 3. For active duty military and their families, a first stop is on Base to your primary care manager. With a referral in hand for a specialist or testing, a call to 1-866-9-HERO-CARE (1-866-942-7622) will connect you directly to the HeroCare Connect Patient Service Center. For veterans in the Veterans Choice Program (VCP), the process is the same. If not in the VCP, then veterans and their family members can call the phone number directly. Retirees and their families should reach out directly: 1-866-9-HERO-CARE(1-866-942-7622).

UPCOMING EVENTS



SAVE THE DATE

GIVING TUESDAY

NOVEMBER 28, 2017

#GivingTuesdayDHF

On Tuesday, November 28, 2017, the Deborah Hospital Foundation will rally the Deborah Family for a common purpose: **To connect our donors with our mission, by raising money for extraordinary patient care at Deborah Heart and Lung Center.**

The third annual #GivingTuesdayDHF is a 24-hour virtual fundraising event that highlights the value of Deborah Heart and Lung Center. Please join us on November 28 to show your everlasting support for Deborah, by making an impact with your gift to the Foundation.



YOUR HEART

Love Your Heart

Sudden Cardiac Arrest Program

Deborah Hospital Foundation's "Love Your Heart" Sudden Cardiac Arrest Program will conduct its next screening event at Hightstown High School (25 Leshin Lane, Hightstown, NJ 08520) on Saturday, October 21st at 9:00 a.m. If you are interested in registering your child for this event or hosting a screening event in your community, please contact Christy Hemmes, LPN, Community Outreach Coordinator at 609-893-1200 ext. 8010 or at hemmesc@deborahfoundation.org.

A HEART OF GOLD

Charlie Koppelman never stops moving. Trying to pin him down for a catch-up requires getting squeezed into a hectic schedule that would wear anyone down.

“I have a meeting at 3:00, then another at 6,” he says in-between calls. “I think I can fit you in tomorrow.”

Listening to Charlie, you’d never guess he’s almost 83. Chalk up his youthful energy to a life of volunteer service.

The Monroe Township retiree has been helping others ever since the days he and his wife Fran raised their family in Bergen County.

“I was a Brooklyn boy who married a Jersey girl,” he jokes.

The career salesman and grandfather of four also served his country.

“I was in Korea after the fighting as an Army Medic in the 17th Medical Company, 7th Division.”

After being discharged Charlie became an active member of the Jewish War Veterans organization, including serving as Commander of the Lieutenant James I. Platt Post #651 in Fair Lawn. When he moved to Monroe Township, Charlie promptly joined Post #609.

“I also am very active in the New Jersey Korean War Veterans group,” he adds, “and am now Commander for the State of New Jersey.”

But this distinguished veteran doesn’t just give back to other vets—he also gives to others. It was as a member of the Knights of Pythias, Cardoza Lodge that Charlie first learned about Deborah.

“I became very involved with their collection efforts on behalf of the Hospital,” he recalls.

And in 1982, just four days after the Deborah Hospital Foundation legendary founder Clara Franks had passed away, he received the “Heart of Gold” certificate for his work on Deborah’s behalf. It was a truly memorable



moment.

“She was quite a lady.”

Charlie’s devotion to Deborah continued when he retired and relocated. “Naturally, I joined the Concordia Chapter.”

“It makes me feel so good to help Deborah, and know that our good work helps so many other people,” he says. “I have never had to use the hospital so far, but if I or my wife had a need, Deborah would be on the top of our list.” Keeping spry, staying young and helping others has been Charlie’s lifelong path. Even though his wife Fran sometimes gets a little tired of him running around, Charlie knows she’s secretly very proud of his philanthropy.

“She knows it’s my nature to help other people.”

If you are interested in being a Deborah Red Coat Volunteer, please contact Cyndy Kornfeld, Director, Volunteer Services at 609-893-1200 ext. 8102 or at ckornfeld@deborahfoundation.org.

Celebrate Lung Cancer Awareness Month with Early Detection Lung Cancer Scans at Deborah

Are you a smoker? Have you quit? Are you worried that even though you quit you might have lung cancer?

Recent research has shown that lung cancer can be detected early by having a low-dose CT (computed tomography) screening. This early-detection screening is estimated to reduce lung cancer deaths by 20 percent. Because of this, the U.S. Preventive Services Task Force has recommended that people at very high risk for lung cancer – including current and former smokers – get yearly screenings.

Deborah Heart and Lung Center is now a regional provider of this vitally important low-dose CT screening test. Appointments are easy to make and the screening takes less than five minutes. There is no charge to patients for this scan, as the program is being underwritten by a grant from the Deborah Hospital Foundation. Early detection can save lives! Call today.

If you have any questions or need additional assistance, please call John Hill, the Lung Cancer Screening Program navigator at 609-893-1200 ext. 4392 for an evaluation.

Who Needs Lung Cancer Screening

(Criteria per USPSTF guidelines)

- If you are 55 to 80 years old.
- Current smoker or a person who quit smoking less than 15 years ago.
- Have a smoking history of 30 pack-years. (1 pack for 30 years or 2 packs for 15 years, etc.)

Benefits of Lung Cancer Screening

Having a lung cancer screening chest CT reduces the chance of dying from lung cancer by 20 percent in those at very high risk of developing lung cancer.

Drawbacks

Screenings can find small spots/nodules in the lungs of at least 25 percent of all people who get the scan. Only three or four out of 100 lung nodules found are cancerous. The rest are small scars that will never affect your health. CT scans are usually done over time to see if the lung nodule

grows. You might need a biopsy if the lung nodule is large enough. Many people who are screened for lung cancer will need to have further tests without actually having lung cancer. The doctor who orders your screening test will talk with you about whether or not you need more tests. Lung cancer screening CTs use a very small dose of radiation. The effects of radiation from lung cancer screenings are minimal.

Free Screening

At this time, most insurers do not cover the cost of a lung cancer screening chest CT. Deborah Hospital Foundation will cover the cost of the screening. Any additional testing or physician evaluation performed as a result of recommendations from the screening exam is not free of charge and will be billed to your insurance. If you don't have insurance you will need to apply for Charity Care.

Quitting Smoking

If you smoke, you can cut your risk of dying from lung cancer by quitting. If you are interested, you can see one of our pulmonologists regarding options and our smoking cessation plan. Contact Patient Access Services at 609-621-2080 to schedule an appointment.

Test Results

The doctor who orders your lung cancer screening will get a report on the test. The doctor will share the results with you. If you choose to be treated at Deborah, we provide a range of services, such as Bronchoscopy, Endobronchial Ultrasound Guided Biopsy, VATS Guided Biopsy to further evaluate the abnormalities seen on the CT scan.

How to Schedule an Appointment

To obtain a free screening, you must have a prescription from your primary care, specialty physician or Deborah physician.

Contact Patient Access Services at 609-621-2080 to schedule an appointment.

PROUD TO SERVE OUR VETERANS

Deborah Heart and Lung Center has long championed our Veterans. Each year we are proud to attend the annual VFW Convention where we get to meet, mingle, and share stories with America's heroes!

For nearly twenty years Deborah has partnered with the New Jersey Department, Veterans of Foreign Wars, through which each VFW member is provided a partnership card ensuring personalized assistance in accessing those specialty medical services that Deborah provides. During each annual convention Tom Campbell, Deborah's Director of Marketing, Media and PR—who spearheaded and oversees this partnership—offers a keynote address.

“Over the past two decades we have helped many, many veterans,” Campbell says. “This is one of my most gratifying aspects of our partnership—helping our heroes, and making sure they get the care they deserve.”

For more information on Deborah's partnership with the New Jersey Department, Veterans of Foreign Wars, please contact Tom Campbell at 609-893-1200 ext. 5846.



Thank You to our Military and Veteran Organizations that Support Deborah

Deborah Hospital Foundation is grateful for the generous support of our donors, especially our Military and Veteran organizations. Their commitment has helped make so many advancements possible at Deborah Heart and Lung Center. These organizations have partnered with us to ensure the hospital's ability to provide safe care, effective care and exceptional service to active duty military, veterans, and retirees—as well as every patient who comes to Deborah for cardiovascular and pulmonary services.

When military service defines a family, finding ways to serve and give back are almost second nature. The Military and Veteran organizations that have supported Deborah Hospital Foundation are important to the success of our fundraising efforts, and we thank the following generous donors:

VFW Fair Lawn Auxiliary	VFW Post 7677 Ladies Auxiliary	VFW Post 10120	VFW Post 227
VFW Post 2433	VFW Post 9311	VFW Post 9563	VFW Post 7363
VFW Post 9503	VFW Post 9111	Lawrence Township	VFW of Cranford Inc.
VFW Post 340	VFW Ladies Auxiliary Department of NJ Pemberton, N J	VFW Post 302	VFW District 2
VFW Post 6253	VFW Post 2636	VFW Post 6493	VFW Medford Post 7677
VFW Post 491	VFW Post 7927	VFW Post 7903	Vineland Veterans Home Association
VFW Post 2692	Barneget VFW Post 10092	VFW Post 2813	Disabled American Veterans 83
VFW Post 5579	VFW Post 8838	VFW Post 8969	Blinded Veterans of N.J. Inc.
VFW Post 2290	VFW Post 3616	VFW Post 1333	The Morrisville Veterans Home Association
VFW Post 9463	Harold Daley VFW Post 1333	VFW Post 3	Disabled American Veterans 77
Whiting Memorial Post 8745 VFW	VFW The John Ruddy Post 7363	VFW Post 1302	International Veterans Boxer Association
VFW Post 10185	VFW Post 876	VFW Post 6255	L.I. Veterans Association
VFW Post 335	VFW Post 11	VFW Post 4703	Veterans of Foreign Wars USA 2290
VFW Ladies 5479 Auxiliary Dunellen	VFW Post 6487	VFW Post 2445	Disabled American Veterans 41
Pouzenc Griffin Post 337 VFW	VFW Post 1795	VFW Post 2692	Disabled American Veterans 74
VFW Post 6590	VFW Post 3729	Anthony T. Calista VFW Post 5579 Ladies Auxiliary	American Polish Veterans
VFW 3117	Anmac Post 6253 VFW Inc.	VFW 2856	Veterans Widows Club
VFW Post 6253	VFW Post 3525	VFW Post 4374	Jewish War Veterans of U.S.A.
VFW Post 676	VFW Post 9691	VFW Post 7677	Polish World War Veterans
VFW Post 187	VFW Post 1270	VFW Post 4591	New York State Veterans Home at Montrose
VFW Post 283	VFW Teen-er League, Inc.	VFW 679	McGuire, Fort Dix, Lakehurst Spouses Club
Silver Holiday VFW Post 10185	VFW Post 6805	VFW Post 1795	
VFW Post 6061	VFW Post 1352	VFW Ladies Auxiliary Post 3729	
VFW Post 281	VFW Post 4715	VFW Post 1838	
VFW Post 1259	VFW Ladies 4591 Auxiliary Hasbrouck Heights	VFW Post 2179	
VFW Post 7123	VFW Post 10122	VFW Post 6765	
Edward McDowell Post 2648 VFW	VFW Post 678	VFW 1333 Asbury Park, NJ	
		Manasquan V.F.W. Post 1838	



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Enter the 2017 New Jersey Region VISA Gift Card Raffle.



Drawing will be held at Deborah® Heart and Lung Center

Friday, December 1, 2017 at 1:00pm
Donation \$5.00 • Book of 5 tickets \$25.00

Please send your check or credit card information to purchase raffle tickets no later than November 3rd to: Deborah Hospital Foundation, 212 Trenton Rd., Browns Mills, NJ 08015. We will send you your completed raffle stubs upon receipt.

Method of Payment: Check or Money Order (Payable to Deborah Hospital Foundation)

Visa MasterCard Discover American Express

Account Number: _____ Exp. Date: _____ CVV: _____

Name: _____ Amount \$: _____

Address: _____

Phone: _____ Email: _____

Doreen Liller • Phone: 609-893-3372 Ext. 8001 • Email: dliller@deborahfoundation.org



212 Trenton Road
Browns Mills, NJ 08015

Deborah Hospital Foundation

609-893-0100
deborahfoundation.org

National Volunteer Services

609-893-3372

Deborah Heart and Lung Center

Physician Referral Line
800-214-3452

**To schedule an appointment
at Deborah**

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**Customer Assistance &
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Stephen J. Toal, Chief Development Officer
Neuvia Wallace-Davis, Director Annual Giving
& Managing Editor
Carla Tisdale-Walker, Director Corporate/Foundation Relations
Tom Drotar, Major Gifts
Ellen Krivchenia, Planned Gifts Officer

Comments and inquiries should be addressed to:

Deborah Hospital Foundation
212 Trenton Road
Browns Mills, NJ 08015

Email: development@deborahfoundation.org
Phone: 609-893-0100
www.deborahfoundation.org

Contributors: Christine Carlson-Glazer; Joseph Chirichella; Tom Drotar; Cyndy Kornfeld; Ellen Krivchenia; Joseph Manni; Fran Marshall; Donna McArdle; Carla Tisdale-Walker; Steve Toal; and Neuvia Wallace-Davis

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