

Thanks for 36 Great Years: TJUH President and CEO to Retire



Tom Lewis, TJUH President and CEO

Tom Lewis, President and CEO of Thomas Jefferson University Hospitals, announced in February that he will retire from Jefferson on June 30. Effective July 1, David McQuaid will assume the title of President of Thomas Jefferson

University Hospitals and will continue to serve as Chief Operating Officer.

Tom began his career as an administrative resident at Jefferson after receiving his MHA from Duke University, and in 1990 was named President of Thomas Jefferson University Hospital. Through Tom's leadership, TJUH has achieved a number of significant milestones including:

- Continual improvement in the Hospitals' *US News and World Report* rankings in 11 specialty areas; these specialties are now ranked among the best in the nation;
- The acquisition of the Wills Eye Hospital building to create the Jefferson Hospital for Neuroscience;
- The transition of TJUH from the University into the Jefferson Health System in 1995;
- The merger of Methodist Hospital with TJUH in 1996, providing South Philadelphia residents with a broader range of healthcare services;

- The development and growth of several premier clinical programs, including the Rothman Institute at Jefferson, the Jefferson Heart Institute, the Jefferson Gastrointestinal Disease Center, the Jefferson Epilepsy Center, JeffNOW, and the NCI-designated Kimmel Cancer Center.

"Tom's impact can be felt daily walking the halls of our hospitals," said William A. Landman, Chairman of the Board of Thomas Jefferson University Hospitals. "His dedication to the physicians, staff and ultimately, our patients, is best exemplified through his steadfast commitment that patients and their families come first. His leadership, knowledge and experience will be missed."

David McQuaid, who has served as the Executive Vice President and COO of Thomas Jefferson University Hospitals since September 2007, will begin his new role July 1.

Thomson Reuters Ranks Jefferson Among Top US Health Systems

Thomson Reuters has released its fourth annual study identifying the top US health systems based on balanced system-wide clinical performance. *The Thomson Reuters 15 Top Health Systems* study culled data from more than 300 organizations and singled out 15 hospital systems that achieved superior clinical outcomes based on a composite score of eight measures of quality, patient perception of care and efficiency. Jefferson Health System is ranked in the top five large health systems.

"This year we are seeing stronger system-wide performance and increased rates of improvement, particularly among the 15 Top Health Systems award winners. Health system performance is beginning to reflect aspirations to provide more consistent outcomes across communities served," said Jean Chenoweth, Senior Vice President for Performance Improvement and 100 Top Hospitals® program at Thomson Reuters. "Healthcare reform appears to have stimulated the increased rate of improvement at the system level."

See more at www.jeffersonhospital.org/news (look for "Jefferson Health System Named Among 15 Top Health Systems by Thomson Reuters" in the January 2012 news releases section)

3 Jefferson Staff Members Bring Woman Back to Life on SEPTA Train



On a Monday evening in April, three staff members from different departments were off duty and headed home on the 7:25 p.m. train out of Market East Station – then suddenly brought together in a heroic effort to help another passenger. And save her life.

Shortly after the train headed out of the station and towards its ultimate destination – Lansdale – Howard Weitz, MD, Director of the Division of Cardiology, was in his seat as the train conductor made his way down the aisle to collect tickets. He heard the conductor ask the person behind him for her pass. Then the conductor asked her again.

The next time the passengers heard the conductor, he was yelling out for a doctor. Dr. Weitz spun around and jumped into action.

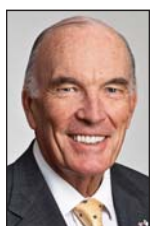
"She had no pulse and was not breathing," said Dr. Weitz. "I pulled her to the floor, started chest compressions and called out for assistance."

The conductor made an announcement over the loudspeaker, and two more passengers responded to assist Dr. Weitz, including Simeon James ("Kos") Yamoah, MD, PhD, a resident in Radiation Oncology, and a Jefferson nurse, who brought along a personal airway device. (Our nursing colleague preferred to remain anonymous in this story.)

Dr. Weitz supervised the CPR efforts, while for eight minutes Dr. Yamoah performed compressions and the nurse enabled assisted breathing for the woman. Then the passenger came back to life.

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TJU Appoints Richard C. Gozon as Interim President



The Thomas Jefferson University Board of Trustees has appointed Richard C. Gozon as Interim President of Thomas Jefferson University. He will serve in the role beginning July 1, 2012 and ending June 30, 2013. Current President Robert L. Barchi, MD, PhD, will step down on June 30. Dick will also play a pivotal role in assisting the Board in its recruitment of a permanent president,

which will begin in September 2012

By appointing an interim president, the Board will have the necessary time to work with Thomas Jefferson University Hospitals and evaluate the appropriate management structures that will best position Jefferson's academic, research and clinical missions for the future.

"With a clearer view of those definitions, roles and responsibilities, TJU will be positioned to hire the best candidate for the job," said TJU Board Chairman David R. Binswanger.

A University trustee since 2003, Dick Gozon is uniquely suited to serve in his new role.

"He has demonstrated exemplary leadership and management skills throughout his career, most recently as an Executive Vice President of Weyerhaeuser Company, and as the current Chairman of the Board of AmerisourceBergen Corporation, one of the Philadelphia region's largest companies," added David.

Learn more at <http://jefferson.edu/news.cfm>.

Philadelphia Magazine Lists 78 Jefferson Physicians as Top Docs



In addition to the magazine's list of recommended doctors in a wide variety of specialties, the issue also features Jefferson's half-match bone marrow transplant program in its feature article, "28 Amazing New Ways Philly Doctors Can Save Your Life." Neal Flomenberg, MD, is quoted in the section entitled "How to Improve: Bone-Marrow Transplant Matches – A new procedure at Jefferson Hospital's Kimmel Cancer Center."

The 2012 Top Doctors list is published on the magazine's website.

VITAL SIGNS: APRIL 2012

TJUH, Methodist,
Geriatric Psychiatry,
Jefferson Hospital for
Neuroscience

	Budget	Actual	Prior Year
Admissions	3,911	3,857	3,935
Length of Stay	5.19	5.30	5.42
Patient Days	20,300	20,438	21,269
Outpatient Visits	39,679	40,061	39,916
Patient Satisfaction Score (combined average): 86.3			

ED Staff Members Go to Sierra Leone



Jefferson Emergency Department's Matthew Fields, MD, Maren Lundby, RN, Adrienne Marks, RN, and Arthur Au, MD, headed to a Sierra Leone clinic earlier this year to help improve healthcare delivery in the impoverished country.



Photo: David Lunt

The Jefferson community celebrated the opening of the new, state-of-the-art Health Professions Academic Building, located at 9th and Walnut Streets, at a reception on February 15. Pictured are Beth Ann Swan, PhD, CRNP, FAAN (Dean, School of Nursing), Rebecca Finley, PharmD, MS (Dean, School of Pharmacy), Robert Barchi, MD, PhD (TJU President), Michael Vergare, MD (Sr. Vice President, Academic Affairs), and Janice Burke, OTR/L, PhD, FAOTA (Dean, Jefferson School of Health Professions).

Congratulations to Jefferson Medical College Class of 2012



Photo: Medical Media

Our 4th year JMC students gathered this spring in the Hamilton Building for the annual Match Day, when the students receive letters revealing whether they have been matched with a hospital residency program.



Jefferson graduate student Kevin Basile recently received a \$10,000 *Research Scholar Award* from the Joanna M. Nicolay Melanoma Foundation for his exceptional research work. From left to right are Andrew Aplin, MD, Department of Cancer Biology, JMNMF's Denise Safko, awardee Kevin Basile, JMNMF President Greg Safko, and Richard Pestell, MD, Director of the Kimmel cancer Center. Learn more about the Joanna M. Nicolay Melanoma Foundation at <http://www.melanomaresource.org>.

US News & World Report Ranks Jefferson Occupational Therapy Program 6th in Nation

The Occupational Therapy program at TJU's Jefferson School of Health Professions is ranked #6 in the nation, according to *US News & World Report's* "America's Best Graduate Schools for 2012." This is a jump from #13 in 2008, the last time occupational therapy programs were ranked.

Some of the department's innovative programs include Jefferson Elder Care, home-based services and professional training focused on improving the daily lives of older adults and their families, and the Sensory Integration Lab, which investigates the neural and behavioral markers of difficulty processing and integrating sensory information in children with autism and adults with sensory defensiveness and anxiety.

Jefferson's Department of Occupational Therapy offers three degree program options: a combined bachelor's/master's degree (BS/MSOT), an entry-level master's (EMOT) and a clinical doctorate (OTD). The Department also offers Advanced Practice Specialty Certificates in Autism Practice and Research, Teaching in the Digital Age, Innovative Practice with Older Adults and Neuroscience.

Two other Jefferson programs were also included in the recent graduate school rankings. The Department of Physical Therapy, also in the Jefferson School of Health Professions, was ranked #51. Jefferson Medical College was ranked #57 for research and #68 for primary care.

Jefferson's Kimmel Cancer Center Opens Center to Eliminate Cancer Disparities

Despite the decline in cancer incidence and mortality rates in the United States, disparities in cancer burdens continue to exist among certain population groups and the gap continues to widen. The Philadelphia region in particular has a disproportionately high number of residents suffering from cancers, many of which are preventable and treatable.

Such disparities include differences in incidence, prevalence, mortality and burden of cancer and related adverse health conditions. Disparate population groups may

be characterized by gender, age, race and ethnicity, income, social class, disability, geographic location or sexual orientation.

In an effort to reduce and eventually eliminate cancer disparities among adults in the Philadelphia region, the Kimmel Cancer Center at Jefferson has established the Center to Eliminate Cancer Disparities. Edith Mitchell, MD, FACP, a medical oncologist at Thomas Jefferson University Hospitals and Clinical Professor of Medicine and Medical Oncology in the Department of Medical Oncology at Jefferson

Medical College of Thomas Jefferson University, will serve as its Director.

The Center aims to accomplish its mission through the facilitation of disparities-focused research, researcher and clinician education, training and teaching, and increased patient access to quality supportive services, such as palliative care, cancer screening and prevention, and survivorship programs.

Read the news release at www.jeffersonhospital.org/news to learn more about the Center to Eliminate Cancer Disparities.

New Jefferson Vascular Center Offers Multidisciplinary Care

The Jefferson Vascular Center is now open at both Thomas Jefferson University Hospital in Center City (Suite 6270 Gibbon) and Jefferson's Methodist Hospital in South Philadelphia (1300 Wolf Street, First Floor), for the convenience of patients and their referring physicians.

Our multidisciplinary team includes three board-certified vascular/endovascular surgeons, five vascular medicine specialists and a vascular ultrasound radiologist. This enables Jefferson, at both locations, to provide comprehensive patient care for diagnosis, management, treatment and prevention of vascular disease and thrombotic disorders, including: carotid atherosclerosis, thoracic and abdominal aortic aneurysm, renal and mesen-

teric atherosclerosis, peripheral vascular disease, chronic venous insufficiency, deep vein thrombosis, pulmonary embolism, varicose veins and vascular malformations.

Each Center is a point of service for not only vascular surgery, vascular medicine and vascular ultrasound but also wound care and hyperbaric treatment, through our in-house Wound Care Program for surgical wounds that have not healed properly, diabetic ulcers and unusual wounds resulting from various diseases.

To support these services, both locations are specially equipped with such state-of-the-art features as a vascular diagnostic lab, endovascular suites for routine and complex interventional procedures, and two dedi-

cated hyperbaric oxygen chambers for wound care.

As a part of a prominent academic medical institution with a vascular fellowship program, the Jefferson Vascular Center can provide qualified patients with access to up-to-the-minute developing technologies and techniques as well as new anticoagulant therapies used in the treatment of vascular diseases, thanks to Jefferson's participation and leading role in clinical studies.

Note: Jefferson also offers cardiovascular services at additional locations throughout the Delaware Valley.

For more information, please call **1-800-JEFF-NOW** or **215-955-6540**.

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3 Jefferson Staff Members Bring Woman Back to Life on SEPTA Train

"It was a surreal moment," said Dr. Yamoah. "But I was happy I was there to help her."

Dr. Weitz added that it was an "amazing set of circumstances" that led to the Jefferson team being on the train that evening.

"I was supposed to have been on an earlier train but missed it because I was making final preparation for a lecture that I was to give the follow-

ing day," he said. "It's almost as if fate had the Jefferson team on board the train that evening."

Fifteen minutes after the ordeal began, at the next train station, the patient was awake and alert and taken by an ambulance to the nearest hospital.

"I am proud that our trainee went out of his way to help this woman," said Adam Dicker, MD, PhD, Chair

of the Department of Radiation Oncology, of Dr. Yamoah. "He exemplifies all that we stand for at Thomas Jefferson University Hospitals."

Thanks to Dr. Weitz, Dr. Yamoah and our nursing colleague for going above and beyond to demonstrate the TJUH values and fulfill Jefferson's mission of setting the standard for excellence in patient care.

PEOPLE

Joseph Anton, BSN, MS, has been appointed Vice President for Emergency Medicine Clinical Operations, succeeding Rex Mathew, MD, who has left Jefferson to take on two new positions in Maryland.

Thalia Cordaro, a Jefferson Neonatal Nurse Practitioner Program graduate, will present an evidentiary review of the use of skin wraps in the delivery room for preterm, low birth weight infants at the National Association of Neonatal Nurses Annual Educational Conference in October. Her research will be published in the journal *Newborn and Infant Nursing Reviews* this June.

Tova Ganz, a student in the BS/MS Occupational Therapy program at Jefferson School of Health Professions, is the first recipient of *The Ethel Beard Burstein Scholarship*. Ethel Burstein established the scholarship to honor and express gratitude to Ms. Helen Willard and Ms. Clare Spackman, occupational therapists who influenced and helped fund her occupational therapy education and career.

Congratulations to Our Award-Winning Nurses

Janet C. Hindson Award

Eileen Gleason Donnelly, BSN, RN, Clinical Charge Nurse, 4 West
JoAnn Silcox, MSN, RN, Nurse Manager, 3 West

Nightingale Award

Danielle Mierzejeski, RN

2012 Jefferson Nursing Excellence Awards

Clinical Nurse Excellence Awards

- **Med/Surg**
Karen Golden, BSN, RN, RN-BC08, Clinical Charge Nurse, 7 North
- **Specialty**
Christina Choyce, BSN, RN, RNC-NC, Clinical Charge Nurse, ICN
- **Perioperative**
Patricia M. McGovern, BSN, RN, CPAN, Staff Nurse, PACU
- **Critical Care**
Teresa Preuss, MSN, RN, Clinical Charge Nurse, MCCU

Excellence in Nurse Preceptorship/Mentorship Award

Corinne E. Bolinder, BSN, RN, RN-BC06, Staff Nurse, 13 Pavilion

Rising Star Award

Caitlin Meghann Brown, BSN, RN, Staff Nurse, 7 Center

Career Achievement Award

Noreen B. Mac Cullough, MSN, RN, Clinical Charge Nurse, 13 Pavilion

Community Service Award

Rania Abdelaziz Fahmy, BSN, RN, CMSRN, RN-BC08,
Staff Nurse, 9 Center

Eileen Kelly Critical Care Nursing Award

Diane Ellingsworth, MSN, RN, Clinical Charge Nurse, MCCU

Advancing and Leading the Profession Award (new in 2012)

Darlene M. Rosendale, BSN, RN, Nurse Manager, 4 West

Nursing Spectrum Awards of Excellence Finalists

Richard Webster, MSN, RN, Vice President, Perioperative and Musculoskeletal Services, "Advancing & Leading the Profession";
Tamara McGovern, RN, Staff Nurse, 3 West, "Home, Community & Ambulatory Care";
Melissa Martelly, BSN, RN, Staff Nurse, 5 North, "Volunteerism & Service" and
Mary Lou Manning, PhD, RN, Jefferson School of Nursing, "Education & Mentoring."

PEOPLE

Kevin Karns of Oncology Data Services became a Certified Tumor Registrar (CTR) after taking the certification exam in March. The CTR® credential marks achievement, fosters professional pride, and is nationally recognized in recruitment and retention of registry personnel.

In Switzerland this June, **Max Koppel, MD**, a urologist at Jefferson, will serve as the medical advisor to a medical tourism conference, "Hotels Bridging Healthcare: A Conference on Hotel, Wellness and Medical Tourism Entrepreneurship." Medical tourism, also called medical travel, health tourism or global healthcare, is a rapidly growing practice of traveling across international borders to obtain healthcare.

Qiaoli Li, PhD, Assistant Professor of Dermatology and Cutaneous Biology, received a *Mentored Travel Award* from the North American Hair Research Society to pursue her research in collaboration with Dr. John Sundberg at Jackson Laboratory. Dr. Li's research projects deal with ectopic mineralization of connective tissues in heritable disease as exemplified by pseudoxanthoma elasticum (PXE), and specifically, she has been the primary investigator in studies exploring the genetic and dietary modulation of ectopic mineralization phenotype in *Abcc6*^{-/-} mice, a model system for PXE.

Edith Mitchell, MD, FACP, has been named the 2012 recipient of the American Society of Clinical Oncology (ASCO) Humanitarian Award for her personification of the society's mission and values, and for going above and beyond the call of duty in providing outstanding patient care. She is a medical oncologist at TJUH and KCC and Director of the KCC's newly established Center to Eliminate Cancer Disparities.

Fred Rincon, MD, MSc, FACP, FCCP, an assistant professor of Neurology and Neurological Surgery at Jefferson Medical College, Thomas Jefferson University, and a neurointensivist at Thomas Jefferson University Hospitals, was recently elected by vote as member-at-large of the Neurosciences section of the Society for Critical Care Medicine, named chair of Ethics section of Neurocritical Care Society, and named a Fellow of the American Heart Association.

Elizabeth Speakman, EdD, RN, CDE, ANEF, a recipient of the *Dean's Faculty Achievement Award* for excellence in teaching, research and service, has been named co-director of the Jefferson Center for Interprofessional Education. She is an associate professor in the Jefferson School of Nursing.

Alfred C. Salvato has been named Senior Vice President for Finance and Chief Investment Officer, overseeing the finance departments of the six colleges and schools; all controller's office operations; University risk management, and the Jefferson Medical and Health Science Bookstore, as well as managing the endowment, pension plans, working capital portfolios and other managed portfolios for TJU and TJUH.

Jouni Uitto, MD, PhD, Professor and Chair of the Department of Dermatology and Cutaneous Biology, is the recipient of the *2012 Discovery Award*, presented by the Dermatology Foundation during the annual meeting of the American Academy of Dermatology in San Diego.

Scott A. Waldman, MD, PhD, received the *Rawls-Palmer Progress in Medicine Award*. Dr. Waldman is the Samuel MV Hamilton Endowed Professor of Medicine, Vice President of Clinical and Translational Research, and Chair of the Department of Pharmacology and Experimental Therapeutics at TJU. He is also Director of the Gastrointestinal Malignancies Program at the KCC and Associate Dean of Clinical and Translational Sciences at JMC.

PEOPLE

David J. Whellan, MD, MHS has been appointed to the newly created position of Assistant Dean for Clinical Research. Dr. Whellan will remain the Director of the Jefferson Coordinating Center for Clinical Research.

ACHIEVEMENTS

Jefferson's Kimmel Cancer Center has started a phase I clinical trial investigating the latest prostate cancer chemotherapy drug to extend survival, Cabazitaxel, in combination with radiation and hormone therapy. This first-of-its-kind multimodality approach could improve disease control and eventually survival for locally advanced prostate cancer patients.

Researchers at TJUH have determined that mantra-based meditation can have a positive impact on emotional responses to stress, fatigue and anxiety in adults with memory impairment and memory loss.

Rothman Institute at Jefferson researchers have discovered that measurement of C-reactive protein in the synovial fluid is extremely accurate, while measuring a patients' serum white blood cell count (WBC) and the percentage of neutrophils (PMN%) – the conventional method for diagnosis – has a minimal role in the determination of periprosthetic joint infection.

Kimmel Cancer Center researchers found that treatment with brachytherapy – the precise placement of radiation sources directly at the site of a tumor – alone or brachytherapy in combination with EBRT (external beam radiation therapy), was associated with significant reduction in prostate cancer-specific mortality rates compared to EBRT alone.

An empathy study by TJU researchers, which utilized the Jefferson Scale of Empathy with pharmacy and medical students at Midwestern University before and after a 40-minute workshop, found that with sustained, targeted educational activities, empathy scores can improve, and that can potentially lead to positive clinical outcomes.

Researchers at the Rothman Institute at Jefferson have shown that patients who receive surgery less than 24 hours after a traumatic cervical spine injury suffer less neural tissue destruction and improved clinical outcomes.

A leaky gut may be the root of some cancers forming in the rest of the body, according to a TJU study. It appears that the hormone receptor guanylyl cyclase C (GC-C) plays a key role in strengthening the body's intestinal barrier, which helps separate the gut world from the rest of the body, and possibly keeps cancer at bay.

Thousands of people with heart disease and other cardiovascular conditions are prescribed clopidogrel, a blood thinner, to prevent potential deadly blood clots.

Researchers at Thomas Jefferson University found that a combination of steroids and antihistamines can successfully alleviate the allergic reaction and enable patients to remain on the drug. Until now, hypersensitivity required drug interruption, placing the patient at risk for restenosis or a major coronary event.

Lung cancer, the leading cause of cancer deaths in the US and worldwide, is often caught too late. Thomas Jefferson University Hospitals experts in pulmonary and critical care, radiology, thoracic surgery, and medical and radiation oncology have teamed up to launch a novel effort to screen, diagnose and treat lung cancer in its earliest stages. The new Jefferson Lung Cancer Screening Program targets high-risk patients with a smoking history of 30-pack years (one pack/day for 30 years, two packs/day for 15 years etc.) and who are over the age of 55.

Learn more about Jefferson research and news developments at
www.jeffersonhospital.org/news

JEFFCALENDAR

FORUMS

Wednesday, June 13

• Health Policy, Raymond L. Singer, MD, MMM, CPE, FACS, FACC, FCCP, Vice Chair, Quality, Patient Safety, and Outreach Chief, Division of Cardiothoracic Surgery, Lehigh Valley Health Network, “Public Reporting of Cardiac Surgery Outcomes in Pennsylvania: A 20-Year Personal Perspective,” 8:30 to 9:30 a.m., 101 BLSB

LECTURES

Thursday, June 7

• Radiation Oncology, 15th Annual N. Suntharalingham Lecture, Randall K. Ten Haken, PhD, Professor, Associate Chair and Physics Division Director, University of Michigan, Department of Radiation Oncology will discuss “Radiation Oncology in the 20teens: Optimization of Response-based, Adaptive Therapy,” 5:30 p.m., Room 101, Bluemle Life Sciences Building.

• Dr. Ten Haken will also give a talk entitled “NTCP-Normal Tissue Complication Probability: What’s Really Changed Over the Last 20 years?” at 1:30 p.m. on June 7 in the Simon Kramer Conference Room, G312, Bodine Center for Cancer Treatment.

SYMPOSIUM

Monday, June 11

• The Jefferson Postdoctoral Association (JPA) and the Jefferson College of Graduate Studies (JCGS) Office of Postdoctoral Affairs, “7th Annual Postdoctoral Research Symposium,” Scott Kern, MD, PhD, Associate Professor of Oncology and Pathology, Johns Hopkins University School of Medicine, 4 p.m.; Oral Presentation Session s, 11 a.m. - 12 p.m. and 1 p.m. - 2 p.m., Poster Session: 2 to 4 p.m., Connelly Aud., Hamilton Building. For more information, please contact Lisa Kozlowski at the JCGS Office of Postdoctoral Affairs (215-503-5750) or the PRS Planning Committee.

GRAND ROUNDS

Thursday, June 7

• Medicine, Richard Wender, MD, Alumni Professor and Chair, Department of Family and Community, “The Changing Spectrum of Cancer Screening: Lung, Prostate and Colon,” and Thurs., June 14: Jennifer Johnson, MD, PhD, Carolyn Van Why, MD and Aerik Williams, MD, MPH, “Chief Residents Grand Rounds,” noon, DePalma.

Friday, June 15

• Neurosurgery, Karl Balsara, MD, and June 29: Journal Club, Spine (S. Prasad), 7 a.m., DePalma Aud.

MEETINGS

Monday, June 11

• TJUH Executive Committee of the Medical Staff, 5 p.m., 636 Scott.

SPECIAL EVENTS

Wednesday, June 13

• WXPN Musicians On Call plays for Jefferson patients. Also on Wed., June 20 and 27; July 11, 18 and 25.

Wednesday, June 13

• Nursing, Parent Education, Maternity Hospital Tour, 6 p.m. (promptly), lobby, Pavilion. Also, Wed. June 27 (Tour: 2nd and 4th Wed. of every month). For more information, call 1-800-JEFF-NOW.

Thursday, June 14

• Come out and join your Jefferson colleagues on a weekly walk every Thursday at noon. (The walk will take approximately one hour, but if you only have 30 minutes, come out as long as you can.) Where: Meet in front of the Jefferson-Myrna Brind Fitness Center, 1013 Chestnut Street (next to the bookstore). *In the event of rain or snow, walk will be cancelled. (Continues weekly through June and July.)

Monday, June 18

• Methodist Hospital, “Nutrition and Diabetes” – Meal planning tips to help control weight and blood sugar, 2 p.m. to 3:30 p.m., Doctor’s Dining Room, Lower Level. (Free) Registration: 1-800-JEFF-NOW.

Monday, June 25

• Wills Eye Institute, Resident and Fellow Graduation Exercises, 3 p.m., 8th fl. Auditorium, Wills.

Wednesday, June 27

• Schwartz Center Rounds, noon to 1 p.m., Room 101, Bluemle Life Sciences Building. (Subsequent sessions on the fourth Wednesday of each month.) Also, July 25, (Brent, JAH).

CLASSES

Thursday, June 14

• Nursing Parent Education, “Basics of Breastfeeding” classes meet twice a month, 6 to 8 p.m., 833 Chestnut, Suite 920. Call Parent Education at 215-955-6713 for more information. Free class. No RSVP needed. Also, 6/18 (Mon).

Tuesday, June 19

• Nursing, Parent Education, Breastfeeding and Pumping Mothers group (meets every Tuesday of the month) including July and August), noon to 1 p.m., 833 Chestnut St., 3rd fl., Family Medicine Conference Room. All breastfeeding moms and babies, patients and employees are invited. Walk-ins and brown bags are welcome. Call Parent Education at 215-955-6713 for more information.

Wednesday, June 26

• Nursing, Parent Education, “Pediatrician’s Night” – Babies are not just little people... learn practical tips from one of Jefferson’s doctors on preparing and caring for your little one! Register for this FREE program at 1-800-JEFF-NOW. Time: 7 to 9 p.m. Location: 833 Chestnut, Suite 920.

Saturday, June 30

• Nursing, Parent Education, “Siblings Class,” young children are welcome to be part of the Big Sister/Big Brother class. Siblings to be (ages 3 to 7) participate in activities that help them learn about new babies and how to be a big sister or big brother. A tour of the maternity facilities is included. Time: 10 a.m. to noon, 1840 Gibbon. RSVP is necessary. Call 1-800-JEFF-NOW.

SUPPORT/EDUCATION

Monday, June 11

• Rehabilitation Medicine, Swallowing Disorders Support Group for any person or family member, who has a swallowing problem or is unable to eat by mouth because of the swallowing problem, meets the second Monday of the month, noon to 1 p.m., OP Rehab Conference Room, 25 S. 9th St., Philadelphia. Contact Addy Schultz, CCC-SLP/L at 215-955-0122 or e-mail: Adeline.Schultz@jeffersonhospital.org

Thursday, June 14

• Kimmel Cancer Center at Jefferson, Radiation Therapy Information Session, 10 to 11 a.m., G312 Bodine. Also, every Thursday in June and July 2012.

Wednesday, June 20

• Neurosurgery, Aneurysm and AVM support group for individuals, family members—and friends who have been affected by a cerebral aneurysm, subarachnoid hemorrhage, or AVM, 6:30 p.m., 909 Walnut, 3rd fl. conference room. (Meets the third Wed. of the month.) If you have any questions, please call Jill Galvao at 215-503-1714.

Thursday, June 21

• Rehabilitation Medicine, Nu-Voice Club of Center City, a support group for laryngectomy patients, family members and friends, meets the third Thursday of every month except July and August, noon to 1:30 p.m., 9490 Gibbon. Contact

Barbara Baskin, MS, at 215-955-2554 or Barbara.Baskin@jeffersonhospital.org, or Nancy Travers, MA, at 215-955-2554 or Nancy.Travers@jeffersonhospital.org.

Monday, July 2

• Kimmel Cancer Center at Jefferson, Look Good...Feel Better – a workshop for women with cancer to learn more about caring for themselves during treatment, 1:30 to 3:30 p.m., G312 Bodine.

Thursday, July 5

• Kimmel Cancer Center at Jefferson, Bone Marrow Transplant Survivors, a group designed for individuals who have completed a bone marrow transplant. Facilitated by an oncology social worker, this monthly meeting (1st Thursday of every month-including July & August) offers a wonderful opportunity to exchange information, validation and support with other people who have been through the same procedure, noon to 1:30 p.m., 602 BLSB. Lunch will be provided. (Subsidized parking is available at Interpark Garage, 10th and Chestnut Sts. - Enter on 10th or Sansom.) For more information or to RSVP contact Bonnie Crouthamel, LSW at 215-503-7711.

Monday, July 16

• Kimmel Cancer Center at Jefferson, “Jefferson Journaling: A Program for Women Facing Cancer.” A workshop providing techniques and tools for journaling to reduce stress, noon to 1 p.m., G312 Bodine.

Make a Difference in Healthcare – Become a Health Mentor at Jefferson

Please call 215-955-3757 or visit <http://jeffline.tju.edu/jcipe/hmp>.

Join the FastPass program and get 10 percent off every Friday at Jefferson dining locations, plus the option to use your account at a variety of local retailers.

Call 215-955-1547 for more information.

Jefferson Launches Program to Support Better Outcomes for Our Heart Patients

More than 180 staff members, including nurses, dieticians and pharmacists, are participating in the Health Literacy and Heart Failure (HF) Teach-back Program. The project, which is one of Jefferson’s FY 2012 Balanced Scorecard projects, is designed to ensure that all patients with heart failure understand their disease and are well prepared to care for themselves and recover after they leave the hospital.

For more information about the HF Care Coordination or HF Teach-back Programs, please contact Susan Grady, RN (Professional Development Specialist—Patient Education), at 955-7580 or Marya O’Donovan, RN (Director of Nursing Education/Quality) at 952-9452.



Quit Smoking in 3 Weeks

JeffQuit is the area’s leading hospital-run smoking cessation program, based on a proven method. JeffQuit maximizes your success by gradually decreasing the amount of nicotine over a three-week period – providing the greatest reduction of withdrawal symptoms.

Cost less than a month’s worth of cigarettes – \$199 for Jefferson employees, and \$249 for the general public. Jefferson payroll deduction is available!

To Register, Call 1-800-JEFF-NOW

www.jeffersonhospitals.org/jeffquit

SUPPORT GROUPS

Jefferson Hospitals offers a wide range of support programs and counseling for patients and their families. Visit our website to learn more:

Cancer

www.jeffersonhospital.org/cancersupport

Aneurysm & AVM

www.jeffersonhospital.org/aneurysm-avmsupport

Stroke

www.jeffersonhospital.org/strokesupport

Swallowing Disorders, Spasmodic Dysphonia, Laryngectomy

www.jeffersonhospital.org/entsupport

Clean Out Your Closets, Help Jefferson Patients

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benefitting patient programs at TJUH

57 E. Lancaster Avenue
Ardmore, PA 19003
Phone: 610-642-7239

Hours:

Monday-Friday:
9:30 a.m. to 4:30 p.m.
Saturdays: 9:30 a.m. to 3 p.m.

Store is closed during July and August.



Save a Life: Give Blood

Please stop by the Jefferson Blood Center at 8230 Gibbon or call 215-955-7791.

Center hours are 8:30 a.m. to 4 p.m., Mon. – Fri.

Monday blood donors receive a \$5 meal voucher.



JeffNEWS

Robert L. Barchi, MD, PhD, President, TJUH
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