

Princeton HealthCare System



# FoundationNews

## Helping in More Ways Than One



Every Wednesday morning, Lee Gunther-Mohr starts her day the same way. Donning her blue volunteer lab coat and white walking shoes, she heads off to University Medical Center of Princeton (UMCP) to serve as a patient relations volunteer. Mrs. Gunther-Mohr has volunteered at UMCP for many years. “I enjoy volunteering at UMCP. When I go up to visit patients on the floors, it’s nice to hear how pleased they are with the new facility and the care they receive. Together with the doctors and hospital staff, we work to give patients the best possible experience,” she said.

Though she has clearly dedicated much of her time to UMCP, Mrs. Gunther-Mohr knew that she could help in more ways than one. “I wanted to make a donation now, while I can appreciate the impact my support is making.” Her gift was made in memory of her husband, Robert Gunther-Mohr, who died in 2014 after 65 years of marriage.

Rather than designating her gift to support one area of PHCS, Mrs. Gunther-Mohr made a generous donation to support multiple areas—Women’s Health, Patient Relations (where she volunteers), Nursing Education, the Annual Fund, and the Bristol-Myers Squibb Community Health Center.

PHCS is deeply appreciative of Mrs. Gunther-Mohr’s philanthropy and of the time she generously gives to our patients. ■

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# Benefits of Funding Professional Development

From emerging technologies and new advances in treatment to the increased demand to provide care to an aging population, **Emergency Department** (ED) care must constantly evolve to meet the needs of its patients—and continuous staff training is vital to the delivery of quality care.

Thanks to the generosity of several grateful patients, four University Medical Center of Princeton (UMCP) ED nurses attended the New Jersey Emergency Nurses Association annual conference this year, where they participated in classes on leadership/management, advanced practice and research, and clinical/patient safety.

Conferences are also an important opportunity for UMCP nurses to network and brainstorm with colleagues from other institutions on common issues, from diagnosing physical, psychological, and social problems of patients to disaster preparedness. In the past, ED staff has returned from conferences with new ideas that they implemented to address patient needs. For example, they learned new ways to manage patients with artificial hearts and ventricular assist devices, strategies for safety with behavioral health patients, how to improve patient outcomes using new neurologic assessments and timely diagnostic tests, and a new process that reduces ED waiting times.



Lori Sletta, BSN, RN, CEN

Jeannie Arena, MSN, RN

Christine Wiggins, RN, CEN

# Healthy and Ready to Learn



In life and death situations, a well-trained and educated emergency staff clearly matters. These educational opportunities provide UMCP's ED nurses with the skills and knowledge they need to provide the best possible care. If you are interested in learning how you can support professional development for nurses and other clinical staff, please contact the PHCS Foundation office at 609.252.8710. ■

In life and death situations, a well-trained and educated emergency staff clearly matters.

The employees of Princeton HealthCare System (PHCS) and Bristol-Myers Squibb (BMS) know the importance of starting the school year off right. For the past several years PHCS employees have held a drive to provide school supplies and gift cards for the children whose families use the BMS Community Health Center at University Medical Center of Princeton.

Employees of Bristol-Myers Squibb joined the effort in 2014, nearly matching what PHCS employees contributed. This year BMS delivered more than 40 backpacks, pencils, markers, notebooks, and more, creating a tradition of giving back to the community in need.

"Every child deserves to start the school year healthy and ready to learn. While physical health is important, we like to think of the big picture. Providing school supplies ensures that our students are poised to succeed," said Ayda Tello from the Community Health Center.

"The employees of BMS are thrilled to collaborate with PHCS employees. The individual giving may seem small, but when we come together, the impact is significant," said Kristie Fischer from BMS.

BMS Community Health Center provides care for more than 7,000 uninsured and underinsured patients in our community. To learn how you can support this important work, please contact the PHCS Foundation at 609.252.8710. ■

**Pictured below:** Bristol-Myers Squibb employees along with employees of the BMS Community Health Center on Backpack Delivery Day.



Sandra Mariani, MSN, RN-BC



# One Family's Legacy of Sup



Having worked as an operating room nurse during the 1940s in the former “Princeton Hospital,” **Estelle Sands** (*above left*) had a passion for the nursing profession and a commitment to the University Medical Center of Princeton (UMCP)—which she passed along to the next generation.

A recent gift from the George H. & Estelle M. Sands Foundation, now administered by son Jeff and daughter-in-law Betsy Sands and daughter Deborah Sands Gartenberg, will fund a five-tiered nursing development program at UMCP that includes retaining Magnet® status by helping with the costs associated with the credentialing process, expanding succession planning, providing education and professional development opportunities, and piloting an RN Residency Program.

“This comprehensive development program will prepare nurses for their evolving role in today’s hospital setting and at the same time translate to positive patient outcomes and high patient satisfaction. It is the cornerstone of our efforts to attract and retain the best possible nursing staff,” commented Karyn Book, Director of Professional Practice, Nursing, UMCP.

The program funded by this new gift builds on the Sands Scholars Program, which, thanks to Estelle, was established in 2002 at the University of Pennsylvania. The scholarship supports up to eight students each year, who then go on to work at UMCP after graduation.

# Supporting Nursing Education



*Pictured: Clinical Nurse Educator **Wendy Luca, MSN, RN, OCN** (center) with 13 nurses recruited to participate in the new RN Residency Program, partially funded through the recent gift from the Sands Foundation. They are featured together with an advanced patient simulator, one of the many tools used for training.*

“Supporting this nursing professional development initiative seemed a natural extension of what my mother’s wishes were years ago. She believed, as we do, that nurses have an enormous impact on patients’ experience during their hospital stay and that nurse training and development is vitally important,” said Jeffrey Sands.

Although Estelle passed away in 2009, her legacy of caring for the community lives on through the nurses at UMCP and the many patients whose lives they touch and save. The Sands Foundation’s new gift will help UMCP continue to lead the region in nursing excellence and quality patient care. ■

## Magnet Status

Highest national credential for nursing excellence, serving as the gold standard for nursing practice.



## Succession Planning Program

Formal process of developing nurses for future leadership positions.

## Support for Advanced Degrees

Support for the costs of higher education for several nurses each year, above and beyond tuition reimbursement.

## Professional Development

Creation of opportunities for ongoing professional development for nurses, which ensures that our nursing staff employs the latest and best practices and continuously learns and reinforces critical skills.

## RN Residency Pilot Program

Nursing students complete an RN Residency Program at the hospital over a 16-week period and are then hired upon graduation. Designed to transition new graduates into the “real-world” work environment.



## Sippelle Gift Enhances Nutrition & Wellness Initiatives

**A**s an accomplished health coach and founder of “Bee Fit with Tracy,” Princeton resident Tracy Sippelle understands the importance of good nutrition and healthy lifestyle choices. Likewise, Princeton HealthCare System (PHCS) strives to create a healthier community by providing education and empowering people to make informed decisions about their health and wellness. So when Tracy and her husband, Scott Sippelle, decided to support a nutrition and wellness program through PHCS’s Community Education and Outreach department, it was a natural fit.

Thanks to the Sippelles’ generosity, PHCS will offer several educational programs that will promote healthy eating habits and exercise throughout the community. Classes will focus on a range of topics, from assessing the sugar content in foods, to emotional eating, to healthy cooking demonstrations.

In addition to supporting these classes, which will be open to all community members, a portion of their gift will underwrite programs specifically aimed at populations served by the Bristol-Myers Squibb Community Health Center (University Medical Center of Princeton’s clinic for uninsured and underinsured patients). These targeted programs will be specially tailored to help overcome barriers to participation such as language, location, and ease of registration. Content will include topics like how to cook healthy meals on a budget, nutrition for a busy lifestyle, and simple exercises to fit into your day.

“We hope our gift will build increased awareness about the nutrition and wellness efforts at Princeton HealthCare System and ensure that everyone in the Greater Princeton community can lead healthier lives,” said Tracy Sippelle when reflecting on the recent gift that she and her husband made to the PHCS Foundation. ■

*Pictured above:*  
**Scott and Tracy Sippelle** enjoy a healthy meal in the Meditation Garden adjacent to the UMCP Restaurant.

For a complete list of Community Education & Outreach events, please visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Compassionate Care Inspires Donor to Give



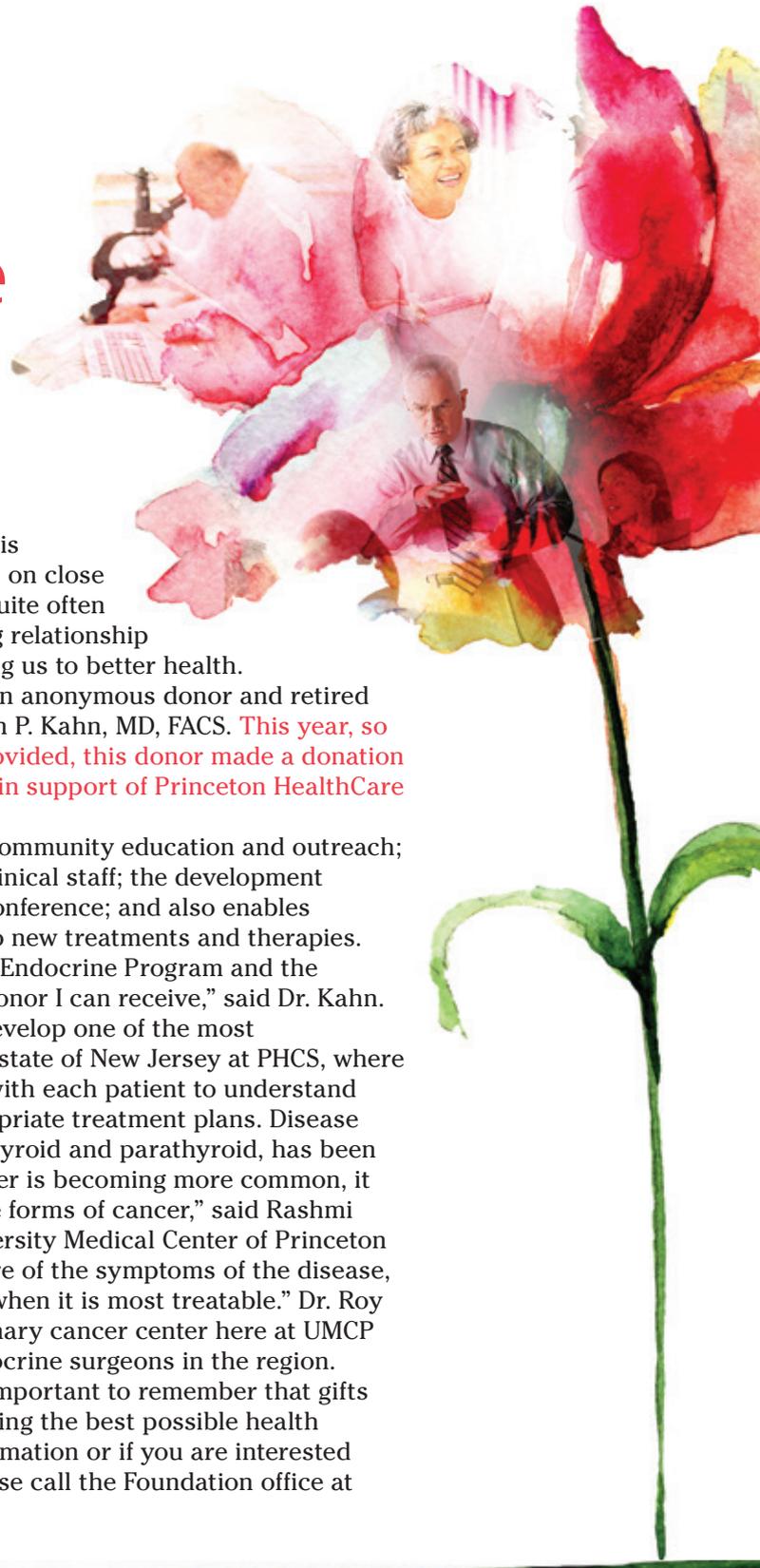
When a health challenge is placed before us, we lean on close family and friends, and quite often build a strong and lasting relationship with the physician guiding us to better health.

Such was the case with an anonymous donor and retired endocrine surgeon Steven P. Kahn, MD, FACS. **This year, so pleased with the care provided, this donor made a donation of \$100,000 in honor of Dr. Kahn (pictured) in support of Princeton HealthCare System's (PHCS) Endocrine Program.**

This generous gift includes funding for community education and outreach; professional development and training of clinical staff; the development of a semiannual, multidisciplinary cancer conference; and also enables PHCS to conduct research studies related to new treatments and therapies. "The recognition that this gift brings to the Endocrine Program and the advancement of its mission is the highest honor I can receive," said Dr. Kahn.

During his tenure, Dr. Kahn helped to develop one of the most comprehensive endocrine programs in the state of New Jersey at PHCS, where a team of specialists work collaboratively with each patient to understand his or her unique needs and develop appropriate treatment plans. Disease of the endocrine organs, particularly the thyroid and parathyroid, has been on the rise worldwide. "While thyroid cancer is becoming more common, it is, fortunately, also one of the more curable forms of cancer," said Rashmi Roy, MD, a board-certified surgeon at University Medical Center of Princeton (UMCP). "As more physicians become aware of the symptoms of the disease, we're detecting cancer at an earlier stage, when it is most treatable." Dr. Roy is an active participant in the multidisciplinary cancer center here at UMCP and one of the only fellowship-trained endocrine surgeons in the region.

As we acknowledge this donation, it is important to remember that gifts of all sizes are critical to our goal of providing the best possible health care to our community. For additional information or if you are interested in supporting this important program, please call the Foundation office at 609.252.8710. ■



# Physician Partners and Champions

The physicians at Princeton HealthCare System (PHCS) not only deliver exceptional patient care, but also play a vital role in our long-term success. In addition to their clinical knowledge, they bring vision and passion for the work they do. Many of them also act as advocates for PHCS and the PHCS Foundation by promoting clinical excellence, sharing their goals for enhancing care, and—at times—helping to connect generous grateful patients to the mission of the organization. In 2015, the PHCS Foundation formed the Physician Partners and Champions as a way to recognize their leadership efforts.

Collaboration between the PHCS Foundation and our Physician Partners and Champions enables PHCS to provide the most advanced and compassionate care to our community. On a rotating basis, we will continue to feature other physicians who have helped to link grateful patients with opportunities to enhance patient experiences in the future. ■

**PHCS Foundation thanks the following physicians**, whose leadership and passion were instrumental in securing support for these areas at University Medical Center of Princeton:



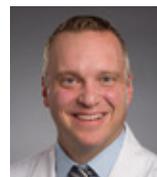
**Richard Bach, MD** – for his help in raising awareness and financial support for the Acute Rehabilitation Unit



**Nisha Dhir, MD and John A. Heim, MD** – who helped raise funds for the Center for Minimally Invasive Surgery



**W. Thomas Gutowski, MD and Brian M. Vannozzi, MD** – who continue to support Foundation efforts to strengthen the Jim Craigie Center for Joint Replacement



**Gerard M. Compito, MD** – who participated in the cultivation and solicitation efforts to enhance our capabilities in stroke care (Center for Neuroscience Care)



**Rachel P. Dultz, MD** – for her efforts in raising awareness and in helping secure a leadership gift for the Breast Health Center to purchase needed equipment



**Heather M. van Raalte, MD** – for her help in raising awareness and financial support for the pelvic wellness program

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