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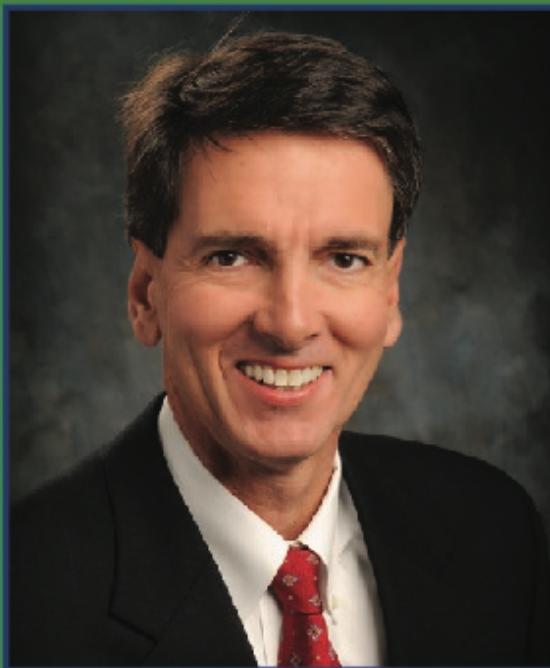
# resource guide

*unique and valuable information for families*



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of Reconstructive Orthopedics

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Inspira Health Network



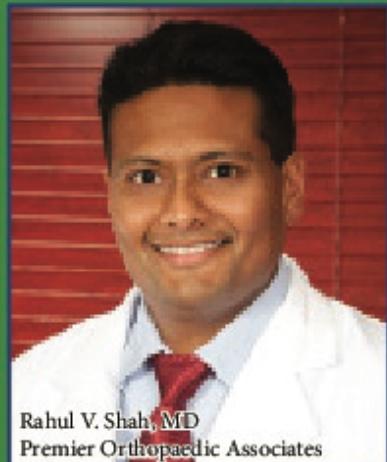
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- Some quotes to encourage you
- Some quotes to stimulate and motivate you
- Something to make you smile
- Some fantastic advertisers
- Some great non-profit organizations
- Special sites for baby boomers (10,000 boomers turn 65 everyday)
- Special sites for senior citizens
- Access to our website with archived resources and special unique features

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*On behalf of the PARTNERS PUBLISHING GROUP we hope the RESOURCE GUIDE continues to be useful to your family. We thank you for your support.*

-John Lore and Granddaughters

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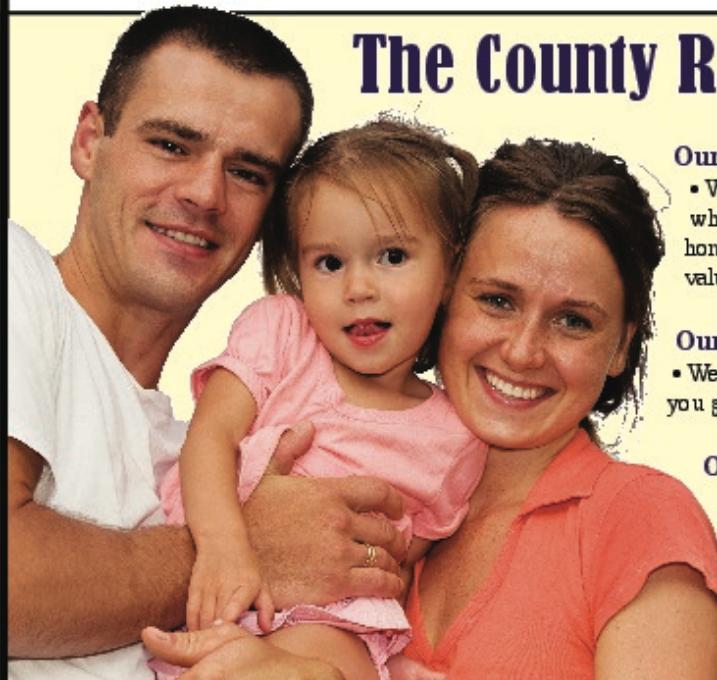
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### ***Quick Facts about our new system:***

- Three acute care hospitals in Vineland, Woodbury and Elmer with 700 total system beds
- Service area covering Gloucester, Salem, Cumberland, Camden and Atlantic counties
- Employs more than 5,000 staff, UMH is the largest in Gloucester, SJH largest in Cumberland
- Medical staffs total more than 1,000 physicians representing nearly 50 specialties
- More than 60 locations in Gloucester, Salem and Cumberland counties
- More than 25 physician practices in three counties with many specialties including family and internal medicine, OBGYN, cardiovascular, endocrinology, neurology, as well as numerous surgical specialists

### ***Why merge?***

In an era of healthcare reform, merging helps strengthen both of our organizations and provide opportunity for positive growth. By sharing our best practices, we are working toward creating one system-wide standard of care that more efficiently and effectively provide quality care to the region.

### ***What are the benefits of the merger to the community?***

Developing this new, expanded system ensures our dedication to serving the health needs of the region long into the future.

### ***The merger will:***

- Enhance the development of clinical service lines in areas including cardiovascular, oncology, women's health, surgery, orthopedics and neurosciences.
- Encourage growth such as the development of ambulatory care sites and expanded information technologies.
- Build stronger relationships with federal, state and local governmental agencies and officials, allowing us to advocate for our region around public funding initiatives and policy dialogues that affect the delivery of health care in our local communities.
- Provide seamless, efficient and effective care over a broader region through collaboration on quality and safety efforts, financial performance and staff development.

For more information please visit:

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# CORNERSTONE

PLASTIC SURGERY & AESTHETIC MEDICINE



Frederick A. Coville, M.D. has been an Aesthetic and Reconstructive Plastic Surgeon for over twenty two years. Dr. Coville was born in Brooklyn, New York and accelerated through school to begin his university studies at the age of sixteen. Upon receiving his Bachelor's degree in biology, he went on to complete medical school before his twenty-fifth birthday. Working his way through medical school, general surgery, and a prestigious plastic surgery residency at Mount Sinai Medical Center in New York, he pursued his first love – which has always been plastic surgery.



## Breast and Body Enhancement at Cornerstone Plastic Surgery

The female breast holds universal importance in human societies and cultures the world over. More than just about any other feature of the female form, a woman's breast becomes an integral part of her identity at an early age. Rightly or wrongly, the size, shape, symmetry, and proportion of a woman's breasts play a large role in molding her personality. At Cornerstone Plastic Surgery & Aesthetic Medicine, we understand how important this aspect of body image is to a woman and we respect its significance. Dr. Frederick A. Coville has spent a great deal of his professional career studying and perfecting the minimal and short scar techniques that can deliver a natural and appealing breast shape and contour so that he can offer you the best options you need to realize your goals.

Dr. Fred believes that having both the surgeon and the patient "on the same page" in terms of expectations, goals and risk factors, is the key to avoiding any problems or misunderstandings later. In the case of breast augmentation, a short incision can be made either in the crease under the breast, around the areola (the dark skin surrounding the nipple), or in the armpit. You can choose to have silicone gel or saline implants, and they can be placed in front of, or behind, the muscles of your chest. Regardless of the location of the surgical incision, Dr. Coville makes every effort to ensure that the resulting scars are as inconspicuous as possible. If your breasts are sagging somewhat he may also recommend a breast lift. Discuss your expectations fully and frankly with Dr. Fred. You will find that he will be equally frank with you, describing your choices and the risks and limitations of each.

Whatever your reasons for your breast surgery, Dr. Fred Coville will give you all the time you need to provide the solutions in your particular case. Our breast procedures are popular because Dr. Fred takes the time to understand what you are looking to accomplish. He then works diligently to translate your ideal into a reality that is attainable. Once you have fully understood what can be achieved and what the implications are of your decision, you can make the appropriate choices.

The procedures that Dr. Fred Coville performs at Cornerstone Plastic Surgery & Aesthetic Medicine for breast enhancement include:

- Breast Enlargement/Augmentation
- Breast Lift/ Mastopexy
- Breast Reduction
- Correction of Inverted Nipples
- Breast Reconstruction
- Correction of Breast Deformities either from prior surgeries or due to congenital causes

Very often, when you're looking to enhance your body image, breast

enhancement can be done alone or combined with a body sculpting procedure such as liposuction. The procedures that Dr. Fred Coville performs to help you sculpt the body you desire include:

- Liposuction
- Tummy Tuck (Abdominoplasty)
- Buttock Augmentation including the exclusive "Jersey Shore Butt Lift"
- Thigh Lifting (Inner or outer thighs)
- Upper Arm Lift (Brachioplasty)
- Body Lifting

Breast Augmentation and Liposuction are the two most commonly performed cosmetic surgical procedures in the US. That said, all plastic surgery requires an artistic eye and a mastery of the skills necessary to execute every procedure properly. I believe it is also crucial to deliver excellent results and compassionate stellar levels of care and service. Don't trust your breasts, body, or any other part of you to an inexperienced or unqualified surgeon. Selecting the best surgeon you can find is the most important decision you will make. Dr. Fred Coville has a tremendous amount of experience in breast augmentation and body sculpting. His experience sets him apart, not his price. The expense of the surgery should be a distant concern when comparing it to a result. It is results that are important long term. Having said this, you will realize there is tremendous value in his work.

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By telephone you can call: (609) 385 2824  
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## Breast and Body Enhancement at Cornerstone Plastic Surgery



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# Getting help for your aching back



By Rahul V. Shah, MD,  
Fellowship Trained, Orthopaedic Spine  
Surgeon at Premier Orthopaedic Associates

Dr. Shah is South Jersey's only Board Certified Orthopaedic Spine Surgeon focusing exclusively on spine problems from the neck to the low back. After growing up in New Jersey, he went to Yale University Department of Orthopaedics and served as Chief Resident in Orthopaedics as well as a Clinical Instructor. While at Yale, he was recipient of the prestigious Wayne O. Southwick Award. Dr. Southwick invented surgical exposure for anterior neck surgery. Also while at Yale, he helped developed Stabimax-NZ, a new way to treat lumbar spine disorders.

After leaving Yale, Dr. Shah went on to serve as a fellow in spine surgery at the University of California San Francisco where he was also a Clinical Instructor. Dr. Shah practiced in private practice and was on the Faculty at University of Central Florida for three years. He has since come to South Jersey to serve in the treatment of all spinal disorders with Premier Orthopaedics of South Jersey and is a founding member of the Premier Orthopaedics.

Spine Intervention Team. He has been voted Top Doctor by the Daily Journal Readers Poll.

**"My doctor told me I have a serious back problem. What type of doctor should I see?"**

First, a serious back problem is one that can lead to significant amounts of pain and disability. Knowing who to talk with, which type of doctor to see, and what to ask is important in determining the ultimate results of treatment. In broad categories, back problems can encompass anything from pulled muscles in the back, disk problems, arthritis, scoliosis and curvatures in the back.

Doctors who are intimately familiar with the musculoskeletal system are the best to seek out. Those doctors who are board certified and fellowship trained are typically most equipped to handle serious injuries of the spine. Secondly, once you have been diagnosed with a significant back problem, seeing a non-operative specialist can maximize the conservative options for treatment. Non-operative medical specialists for the back include physiatrists, neurologists, and anesthesiologists, among others. All of these specialists have intimate knowledge of the spine and its attached ligaments, nerves and muscles. These specialists know how to isolate and target specific parts of the back, like those muscles and nerves, in order to treat the pain a patient is experiencing. Those who are board-certified and fellowship trained in pain management have knowledge of the latest techniques, procedures and medication to resolve your unique injury. Seeing these doctors will help you to understand how to solve your back problem without the need for surgery. Non-operative treatment options can include everything from physical therapy, to medications, to activity modification along with epidural steroids.

**"What if I've already done that and still have back pain?"**

For those people that have exhausted non-operative treatment options, operative intervention can be considered. Many people have the impression that the results of spine surgery are variable and unpredictable. In reality, however, seeking out a qualified specialist may, in fact, lead to more positive and predictable results.

Operative specialists for the spine include orthopedic surgeons and neurosurgeons. Traditionally, most of the spine surgery in the United States was performed by orthopedic surgeons, whereas brain surgery was performed by neuro-surgeons. As the techniques in spine surgery have advanced, the most advanced procedures are offered by those surgeons who have additional fellowship training in complex spine and scoliosis surgery. Regardless of orthopedic or neurosurgical training, determining if your surgeon has fellowship training in spine surgery becomes important in determining that doctor's ability to help your condition. Once you have determined that your doctor is qualified, you should discuss the different treatment options that exist for your condition.

**Questions to ask include:**

- Should I approach my condition with a minimally invasive approach or a more traditional approach?
- Which approach is likely to reliably address my problem?
- What are the risks?

A doctor that can answer these questions will likely be able to help you with your unique ailments.

**"I asked my doctor all of those questions. I'm satisfied with the answers I've received. What's next?"**

Once you have had your questions addressed, it becomes important to investigate your doctor's unique understanding and level of skill in terms of treating your disease. What is his or her experience with this disease?

What types of encounters has he or she had with this? How many cases does your doctor treat like this each year? As you begin to feel more comfortable with a particular doctor, the "art of medicine" becomes more integral to your relationship. In this situation you can utilize the full knowledge and expertise of your doctor to get one step closer to "getting your life back."

*Dr. Rahul V. Shah is a Board Certified and Fellowship Trained Spine Surgeon, partner and owner at Premier Orthopaedic Associates.*



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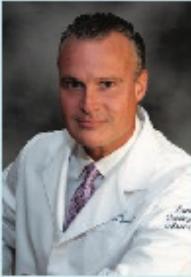
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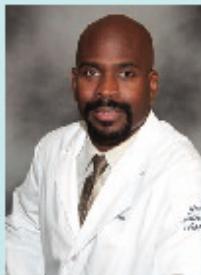
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## Premier Orthopaedic Associates



**Thomas A. Dwyer, MD, FAAOS**  
Board Certified, Fellowship Trained  
Orthopaedic Sports Medicine Surgeon

Thomas A. Dwyer, MD is a board certified, fellowship trained orthopaedic surgeon and the president of Premier Orthopaedic Associates. After earning his Medical Degree from The State University of New York (SUNY) he completed his surgical internship and orthopedic residency at the University of Connecticut. He then completed his fellowship training at The Orthopaedic Research of Virginia program in Sports Medicine. Dr. Dwyer founded Premier in 1998 and quickly established himself as a skilled, dedicated sports medicine specialist. His practice focuses on arthroscopic surgery of the knee and shoulder and serves as the Chairman, Department of Surgery at Inspira Health Network.



**Fred McAlpin, III, DO, FAOAO**  
Board Certified, Fellowship Trained  
Orthopaedic Sports Medicine Surgeon

Fred McAlpin, III, DO is a board certified, fellowship trained orthopedic surgeon and partner at Premier Orthopaedic Associates. Dr. McAlpin earned his medical degree from the Philadelphia College of Osteopathic Medicine (PCOM) and completed his internship and residency at University of Medicine & Dentistry (UMDNJ) in Stratford, NJ, where he also served as Chief Orthopaedic Resident. He then completed his fellowship training at Temple University Hospital in Philadelphia, PA. Dr. McAlpin's practice focuses on sports medicine and injuries of the knee and shoulder, he also serves as the Director of the Orthopaedic Residency Program at Inspira Health Network.



**John B. Catalano, MD, FAAOS**  
Board Certified, Fellowship Trained  
Orthopaedic Trauma Surgeon

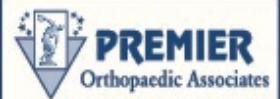
John B. Catalano, MD is a board certified, fellowship trained orthopaedic surgeon and partner at Premier Orthopaedic Associates. After graduating from Muhlenberg College and completing his medical degree at

Thomas Jefferson University Hospital, he completed a surgical internship at Lankenau Hospital, and orthopaedic surgery residency at Jefferson, and a fellowship in Orthopaedic Trauma Surgery at Cooper Hospital University Medical Center. He was Director of Orthopaedic Trauma at Cooper Hospital from 1997 to 2002 and is currently a Hospital Board Member at Inspira Health Network. His practice covers a wide range of Orthopaedic surgery and reconstructive orthopedics.



**Richard C. DiVerniero, MD, FAAOS**  
Board Certified  
Orthopaedic Surgeon

Richard C. DiVerniero, MD is an board certified orthopedic surgeon and partner at Premier Orthopaedic Associates. Dr. DiVerniero earned his medical degree from at The University of Medicine & Dentistry (UMDNJ) in Newark, NJ and completed his studies in advanced surgical techniques at Hahnemann University Hospital in Philadelphia, PA. For over ten years, Dr. DiVerniero has treated patients suffering from painful arthritis, fractures and painful sports injuries. His expertise in joint replacement and foot & ankle care has provided his patients with the best possible care and an path to getting back to an active, healthy lifestyle after suffering an injury.



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## Premier Orthopaedic Associates



**Rahul V. Shah, MD, FAAOS:**  
Board Certified, Fellowship Trained  
Orthopaedic Spine & Neck Surgeon

Rahul V. Shah, MD, is South Jersey's only Board Certified Orthopaedic Spine Surgeon focusing exclusively on spine problems from the neck to the low back. After growing up in New Jersey, he went to Yale University

Department of Orthopaedics and served as Chief Resident in Orthopaedics as well as a Clinical Instructor. While at Yale, he was recipient of the prestigious Wayne O. Southwick Award. Dr. Southwick invented surgical exposure for anterior neck surgery. Also while at Yale, he helped developed Stabilimax-NZ, a new way to treat lumbar spine disorders.

He has since come to South Jersey to serve in the treatment of all spinal disorders with Premier Orthopaedics of South Jersey and is a founding member of the Premier Orthopaedics.



**Kimberley Y. Smith, MD, FAAPMR&FAAPM**  
Double Board Certified, Fellowship Trained  
Physical Medicine & Rehab Specialist

Kimberley Y. Smith, MD, is a double board certified and fellowship trained pain management specialist at Premier Orthopaedic Associates. Dr. Smith attended Xavier University and earned her medical degree from Temple University in Philadelphia. She then went on to complete her two residency training programs at Cooper University Hospital and University of Pennsylvania. Upon completion, she then finished her Pain Management Fellowship training at the Medical College of Virginia. Dr. Kimberley Y. Smith specializes in neck & back pain, muscle spasms, pelvic pain and migraine headaches. Specifically, she is a specialist in Trigger Point Injections, Nerve Block Injections, Radiofrequency Ablation, EMG Nerve Conduction Testing and Botox for Chronic Pain. Her skilled approach keeps patients pain free and able to continue on with their daily lives.



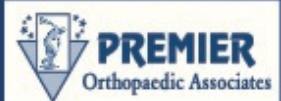
**Peter A. Sarkos, DO**  
Fellowship Trained  
Hand, Wrist & Micro-Vascular Surgeon

Peter A. Sarkos, DO, is a fellowship trained orthopaedic hand and micro-vascular surgeon. Dr. Sarkos earned his medical degree from the Philadelphia College of Osteopathic Medicine (PCOM) and completed a specialty residency in orthopaedic surgery at The University of Medicine & Dentistry (UMDNJ) in Stratford, NJ. Dr. Sarkos then completed his fellowship training at the University of Connecticut in the subspecialty of Hand & Micro-Vascular surgery. His practice covers common ailments like carpal tunnel syndrome and includes more in-depth treatments like joint replacements, finger replantation and complex reconstruction of the hand & wrist. He is an associate professor at the University of Medicine & Dentistry and is the Assistant Orthopaedic Residency Director at Inspira Health Network.



**Vincent N. Disabella, DO, FAOASM**  
Double Board Certified, Fellowship Trained  
Non-Operative Sports Medicine Specialist

Vincent N. Disabella, DO, is a non-operative, Board Certified and Fellowship Trained Sports Medicine Physician and the latest physician to join Premier Orthopaedic Associates. He is the Immediate Past-President of the American Osteopathic Academy of Sports Medicine and has almost two decades of experience in sports medicine. Dr. Disabella graduated from Philadelphia College of Osteopathic Medicine and received his fellowship training in Sports Medicine at Union Hospital-Saint Barnabas Health System in Union, NJ. His extensive work with Impact testing puts him at the forefront of treating sports related concussions and related symptoms. Throughout his career, he has worked with amateur, collegiate and professional level athletes of all sports in training, conditioning and recovering from sports related injuries, including athletes at the University of Delaware. Dr. Disabella treats patients at Premier Orthopaedic Associates offices in Vineland, Elmer and Mullica Hill, NJ.



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# Fat Grafting at Mullica Hill Skincare

## What is meant by fat injections or Fat Grafting?

It is the procedure where excess fat is removed from areas such as the abdomen, flanks, hips or thighs and, after special preparation, injected into areas of the body that need filling. Dr. Malik specializes in the use of the micro-fat grafting technique. The process requires gentle fat removal using low-vacuum liposuction and the use of thin, delicate, non-traumatic cannulas to protect the survival of each harvested living fat cell. The fat cells are then purified and slowly injected thru tiny skin incisions into the tissue of the recipient site utilizing a small syringe and cannula. Tiny droplets are placed throughout the tissues assuring that each transferred fat cell will have an adequate blood supply to achieve the permanent survival of the injected fat cells.



## Buttocks Rejuvenation (Brazilian Lift)

Microfat grafting can add fullness to any part of, or the entire, buttocks to create the desired look. The fat is first gently liposuctioned from the abdomen, flanks, hips or thighs and then processed using a sterile decanting technique. The purified fat is then injected into the buttocks with special cannulas. Postoperative recovery is mild and easily controlled by medication. This office procedure is performed at our office totally under local/tumescent anesthesia. The surgical fee depends on the amount of fat which must be obtained and the number

of donor areas which must undergo liposuction to obtain enough fat. Micro-fat grafting assures lasting results and gives a very natural shape and feel to the buttocks. Once the swelling is down, there is a return to normal sensation, the grafted areas look and feel natural and there are no physical restrictions after the first 2 weeks. Most Brazilian butt lift patients can return to a desk job in about one week. In some cases involving additional procedures or many areas of liposuction, recovery may take longer. Brazilian butt lift patients are usually able to return to full activity levels within two to three weeks.

## Breast Augmentation

Patients who desire breast augmentation but are wary of implants can have breast augmentation using their own fat. Dr. Malik uses the micro-fat grafting technique for breast augmentation. Following the fat transfer the breasts will look and feel normal and the results are long lasting.



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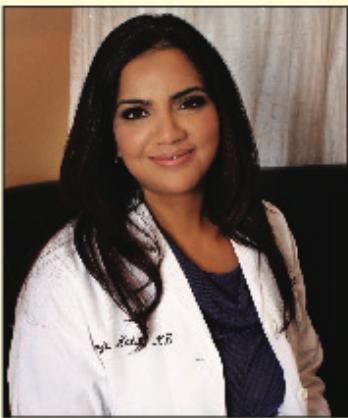
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## What is Laser Assisted Lipolysis?

This new procedure employs an internal laser at the conclusion of the liposuction procedure to heat up the underside of the skin and cause immediate skin contraction.

This is useful in patients who have loose and hanging skin when the underlying fatty layer has been partially removed by the liposuction procedure. While the skin naturally contracts over time, the additional immediate skin retraction allows for faster healing and tighter skin.

Using back and forth movements, the fat is suctioned into the tubing in a sterile collection system. When the liposuction procedure is complete, an elastic compression garment is worn to help the skin contract and heal. The result is a sculpting of bulging areas laden with fat into more attractive contours.



### Pooja Malik, M.D.

Medical Director

Professional Cosmetic Physician

Fellow in Anti-Aging,

Regenerative & Functional Medicine

Dr. Pooja Malik is a Board Certified Family Physician and completed her specialty training at the West Jersey Memorial Family Practice Residency at Virtua. With other educational background including a post Doctoral Fellowship at Johns Hopkins University in Baltimore, Maryland specializing in international health. An outstanding family physician, Dr. Malik's skills extend beyond traditional medicine to include a special interest in medical aesthetics.

Dr. Malik is a member of the International Association for Physicians in Aesthetic Medicine, the American Academy of Cosmetic Family Medicine, Associate Member of the American Academy of Cosmetic Surgery, the Botox Cosmetic Physicians Network and the American Society of Laser Medicine Surgery. She has been extensively trained in the aesthetic use of lasers for hair and vein removal, wrinkle sun and age spot removal as well as Laser Lipolysis Liposuction. She's also had extensive training in botox cosmetic and dermal fillers and facial fat transfer. Most recently, Dr. Malik has become a fellow in anti-aging, regenerative and functional medicine which is affiliated the American Academy of Anti-Aging. She is committed to helping patients address their specific skin concerns with safe and effective procedures. Her quality of care is uncompromising and equaled only by her compassionate demeanor and bedside manner.

### What is Tumescent Liposuction?

Tumescent Liposuction is the method developed by dermatologists which dramatically changed the nature of liposuction treatment.

The tumescent technique is based upon filling the fatty layer of skin with a dilute solution of local anesthesia and other medications prior to removing excess fat.

The tumescent method allows the surgeon to safely and efficiently remove both deep and superficial excess layers of fat with no discomfort, no significant blood loss, very rapid healing, and improved cosmetic results.

### How is it performed?

Before starting, markings are made with a pen to define the areas to be suctioned. The tumescent procedure is then initiated by injecting large volumes of a dilute anesthetic solution directly into the areas of the fatty deposits which shrinks blood vessels and minimizes blood loss.

After a small incision is made in the skin, a narrow tube, called a cannula, which is connected to a vacuum machine, is inserted under the skin in the area to be treated.



<--- Video on Lazer Lipo [www.youtube.com/watch?v=OAh9xPbeTbk](http://www.youtube.com/watch?v=OAh9xPbeTbk)

### What are the benefits of Tumescent Liposuction under local anesthesia?

Tumescent liposuction using local anesthesia of-



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fers the benefits of fewer skin irregularities, less bleeding, reduced bruising, and a faster recovery.

Tumescent liposuction is performed in an office so the expense of hospitalization and the risks of general anesthesia are avoided. The procedure is much safer when only local anesthesia is employed. Because the patient is awake, he or she is able to sit or stand during the conclusion of the procedure, allowing the surgeon to check the status of the patient and the progress in achieving the desired contouring.

The surgeon may complete the procedure with the patient standing up, or remark the patient for additional suctioning on the procedure table.

#### ***What happens before surgery?***

Before surgery, a complete medical history, physical examination and lab tests are per-

formed. During the consultation, the physician will describe the procedure and what results can be expected.

The doctor will also review alternative treatment options and the possible risks and complications of the surgery. Photographs will be taken during the preoperative consultation and consent for the surgery will be obtained.

first 24 hours.

After tumescent liposuction, most patients are alert and awake and able to eat a regular diet. Patients are encouraged to walk around and to shower on the evening after surgery. Most patients may return to work in 2-3 days and physical exercise may be resumed within one week.

#### ***What happens after surgery?***

At the end of the case, the patient is wrapped up with absorbent garments because a lot of drainage is expected in the first two days. The local anesthesia injected into the tissues provides excellent pain relief for the



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## RECONSTRUCTIVE ORTHOPEDICS

### Partial Knee Replacement - Same Day Surgery

"Your going to need a Total Knee Replacement someday"; sound familiar? Recent interest in minimally invasive surgery has led to dramatic advancements in Knee Replacement Surgery. We now realize that many patients with knee pain from osteoarthritis do not have to undergo Total Knee Replacement in order to achieve pain relief and return to a functional lifestyle. Partial Knee Replacements (also called Unicompartmental Arthroplasty) have become a viable option for a number of patients that were once told that they needed a "Total Knee". This highly specialized procedure is even being performed as same day surgery in surgical centers right here in our community.

Surgeons think of the knee as having 3 major compartments: The inner or medial side, the outer or lateral side, and the knee cap or patello-femoral. Most of the weight bearing stress travels through the medial compartment of the knee. As a result, the cartilage that cushions the bones in the medial knee begin to wear down at a faster rate. Many times this leaves the additional 2/3 of the knee cartilage intact. Until recently, patients with advanced arthritis were faced with the decision to live with their pain, or undergo total knee replacement surgery. This is no longer the case; there's another option!

Partial Knee Replacements can be performed in any of the 3 compartments of the knee, most commonly in the medial compartment and secondly in the patello-femoral compartment. Advancements in technology and surgical techniques yield excellent results greater than 10 years after surgery. Furthermore, if arthritis ever develops in the other compartments, a total knee replacement can still be performed with no significant changes in surgical technique. In a comparative study in patients who had a total knee on one side and a partial knee on the other; more patients preferred the partial because it felt more like a normal knee and they had better functional outcomes.

Additionally, the partial knee replacement surgery has been shown to have fewer surgical risks and a faster, less painful rehabilitation. In appropriate patients, these procedures are being performed at surgical centers and do not require a hospital admission nor inpatient rehabilitation. The actual surgery can usually be completed in about 1-2 hours. The incision used is minimally invasive and more cosmetic than a total knee incision. Further, there are no muscles or tendons cut during the partial knee replacement procedure. As a result, recipients of a partial knee are allowed to walk in the recovery room and can bear full weight immediately. They're also encouraged to move the knee fully with no limitations. Outpatient therapy visits start in less than 1 week, and many patients find that with successful rehabilitation they are able to return to activities such as golf in as little as 6 weeks.

Unicompartmental arthroplasty is a highly technical procedure, but when performed by an experienced specialist; it can yield excellent results. Contact Dr Brad Bernardini to see if your a candidate for a partial knee replacement today!



Dr Bernardini is a Fellowship Trained and Double Board Certified Specialist in Orthopaedic Surgery and Orthopaedic Sports Medicine. He specializes in arthroscopic shoulder and knee surgery with an emphasis on minimally invasive joint reconstruction and cartilage restoration in both adults and children. He is regarded as one of the area's leading sports medicine specialists!



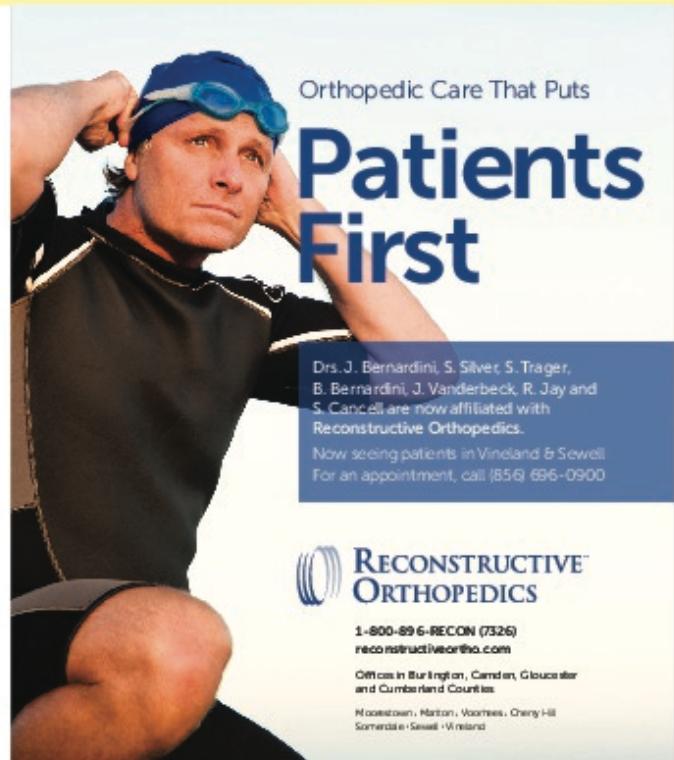
Dr Bernardini is currently the Medical Director of Sports Medicine at the Virtua Health & Wellness Center in Washington Township and is the Co-Director of the Virtua Healthcare Sports Medicine Program. He has been distinguished as an Associate Masters Instructor of Arthroscopic Knee Cartilage Restoration and Patello-Femoral Surgery by the Arthroscopy Association of North America, and is a published author in the American Journal of Sports Medicine.

Dr Bernardini is a former Division IAA Collegiate Academic All-American Football Player, 60 meter dash Patriot League Champion, and 2-Time Bucknell University Track & Field Team captain. He maintains his passion for athletics as a competitive Triathlete and 3-Time Ironman finisher. He is the co-founder of the Jersey Devils Multisport Club, and has achieved distinction as a USA Triathlon Certified Level I Coach.

He currently sees patients at his Reconstructive Orthopedics offices in Vineland and Washington Township, and has privileges in the Virtua Healthcare System, and the Inspira Health Network!

Orthopedic Care That Puts

# Patients First



Drs. J. Bernardini, S. Silver, S. Trager, B. Bernardini, J. Vanderbeck, R. Jay and S. Cancelliere are now affiliated with Reconstructive Orthopedics.  
Now seeing patients in Vineland & Sewell  
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Offices in Burlington, Camden, Gloucester and Cumberland Counties  
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### Shoulder pain and options

Shoulder pain comes in many forms. Bursitis, tendonitis, rotator cuff tear, labral tear, adhesive capsulitis and instability are all terms used to describe problems that lead to a painful shoulder. Many people with shoulder pain, however, have been told at least once by their physician that their shoulder pain is due to arthritis. Although arthritis is not as common in the shoulder as it is in the hip or knee, it is still a very prevalent cause of shoulder pain, especially in women over the age of 60.

Arthritis, by definition, is a disease process by which mechanical and biologic factors contribute to changes in the affected joint. It involves the joint cartilage, bone, synovium (source of joint fluid), capsule (joint lining), ligaments and tendons. In the setting of arthritis, smooth motion between the bones of a joint is lost due to the irreversible changes in the joint.

The most common symptoms associated with arthritis of the shoulder are pain worsened by reaching or lifting, pain at night, weakness in the shoulder, stiffness and a feeling like the shoulder is popping out of joint.

What does it mean to have arthritis of the shoulder? It is important to have an accurate diagnosis for your shoulder pain so the appropriate treatment may be given. To determine if your shoulder pain is due to arthritis, your doctor will perform a history and physical examination. Imaging studies such as x-ray, CT or MRI of the shoulder may also be ordered. Blood or joint fluid testing may be done to help identify the type of arthritis you may have. Once a diagnosis of shoulder arthritis has been made, there are many treatment options. Activity modification is usually advocated to reduce painful flare-ups. Either over-the-counter or prescription anti-inflammatory medications may help reduce the pain and inflammation associated with arthritis. Physical therapy is useful to improve and/or maintain flexibility and strength of the shoulder. Corticosteroid injections may provide short-term pain relief during an arthritis flare-up.

Surgical treatment options for shoulder arthritis are offered once conservative measures fail. When the arthritis is mild, an arthroscopic debridement may be an option. This is a surgical procedure involving the use of a small camera (arthroscope) through small incisions to evaluate the joint and clean out any loose debris such as small fragments of bone and cartilage. Your surgeon may also offer the option of a procedure which helps reduce stiffness in the shoulder (capsular release), also performed through the arthroscope. If the arthritis is more advanced, an open procedure may be necessary such as joint replacement. There are many options for joint replacement of the shoulder, ranging from partial to total replacement of the joint. A specialized replacement is also available for patients who have both arthritis of the shoulder and a torn rotator cuff, called the reverse shoulder replacement. Your decision to proceed with a shoulder replacement is a personal one, based on the severity of your arthritis and your treatment goals. If you are experiencing shoulder pain and would like to explore your treatment options, contact Jennifer Vanderbeck, MD of Reconstructive Orthopedics to schedule an appointment at [856-696-0900](tel:856-696-0900).



**Dr. Vanderbeck** is a Board Certified and Fellowship Trained Orthopedic Surgeon who specializes in Shoulder and Elbow. She completed a fellowship in shoulder and elbow surgery at the Rothman Institute in Philadelphia, PA. Being a New Jersey native, she completed her undergraduate training at Rutgers University in the field of Biological Sciences. Prior to obtaining her medical degree at Jefferson Medical College, Dr. Vanderbeck attended graduate school at Thomas Jefferson University where she received a Master of Science degree in Biomedical Chemistry. She continued her training as both resident and fellow in Orthopaedic Surgery at Jefferson. Dr.

Vanderbeck is a member of the Alpha Omega National Medical Honor Society and has received many honors and awards during her orthopaedic training. She received the Everett J. Gordon Award for outstanding clinical achievement, as well as, the Mark D. Chilton Award for demonstration of an outstanding level of kindness and compassion for the patients entrusted to her care. Dr. Vanderbeck has published in both highly respected shoulder and elbow reference textbooks and peer-reviewed journals. She has lectured on a variety of shoulder and elbow topics, locally. Her orthopaedic practice is focused on the treatment of disorders of the shoulder and elbow including arthritis, work and sports injuries, trauma and complex fractures. She performs total and partial joint replacements for the shoulder and elbow, reconstructive procedures and arthroscopy.

Dr. Vanderbeck, an orthopedic surgeon practicing in Cumberland and Gloucester counties, currently sees patients at her Reconstructive Orthopedics offices in Vineland and Washington Township, and has privileges in the Virtua Healthcare System, and the Inspira Health Network!

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# RECONSTRUCTIVE ORTHOPEDICS



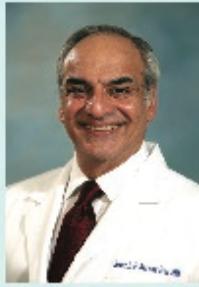
**Seth M. Silver, MD, FAAOS**  
Board Certified Orthopedic Surgeon

Dr. Seth Silver is a Board Certified Orthopedic Surgeon with over 20 years of experience in orthopedics. He is a Fellow of the Academy of Orthopaedic Surgeons. He has been named "Top Doc" in New Jersey Monthly and New Jersey Life by his peers. A graduate of Georgetown University School of Medicine, he continued with his training in the United States Medical Corps. His residency in orthopedics was completed at Brooke Army Medical Center, Fort Sam Houston, Texas. He is a veteran of Desert Shield/Desert Storm. After returning from the Gulf War, Dr. Silver trained orthopedic residents. He also ran a sports medicine clinic, an amputation clinic and supervised podiatrists while serving as an officer in the United States Army. He remains a member of the Society of Military Orthopedic Surgeons. Dr. Silver sits on the Board of the New Jersey Orthopedic Society as well as the Committee on Aspects of Sports Medicine on the New Jersey Medical Society. He has been a consultant to the NJSSAA on matters concerning the health and welfare of school-aged athletes. He is the school and team physician for Millville High School and Cumberland County College. Dr. Silver is involved in the treatment of a variety of orthopedic conditions and performs several orthopedic procedures including Arthroscopic knee and shoulder surgery, Total Joint Replacement of the hip and knee, and all aspects of sport medicine injuries as well as general orthopedics.

Please scan for Dr.  
Silver's interview



Please scan for Dr. Silver's  
knee replacement video



**Joseph P. Bernardini, MD, FAAOS**  
Board Certified Orthopedic Surgeon

Dr. Joseph Bernardini is a Board Certified Orthopedic Surgeon practicing in his hometown of Vineland, New Jersey for over 30 years. He is a graduate of St. Augustine Preparatory School and Villanova University. He received his medical degree from Rush Medical College in Chicago, IL. His orthopedic residency was completed at Hahnemann University Hospital in Philadelphia, PA. Dr. Bernardini has been the Director of Orthopedics at the Vineland Development Center since 1979 and serves as the Vineland High School team physician. He is well versed in Orthopedic Spine Surgery and one of the first physicians in the area with special training for Kyphoplasty, a minimally invasive technique used to treat spinal compression fractures. Dr. Bernardini also has extensive experience in total joint replacement of the knee and hip. Additionally, he is also experienced in arthroscopy of the knee and shoulder, fracture management, basic hand and foot surgery and other areas of general orthopedics. He is a member of the American Academy of Orthopaedic Surgeons, Cumberland County Medical Society, New Jersey Medical Society, Orthopedic Surgeons of New Jersey, Philadelphia Orthopedic Society and Eastern Orthopedic Society. Dr. Bernardini enjoys skiing, boating and flying, and currently holds a private pilot's license.

Please scan for Dr.  
Bernardini interview



Please scan for  
Dr. Bernardini  
Osteoporosis video



**Jennifer L. Vanderbeck, MD, FAAOS**  
Fellowship Trained, Board Certified

Dr. Vanderbeck is a Board Certified and Fellowship Trained Orthopedic Surgeon who specializes in Shoulder and Elbow. She completed a fellowship in shoulder and elbow surgery at the Rothman Institute in Philadelphia, PA. Being a New Jersey native, she completed her undergraduate training at Rutgers University in the field of Biological Sciences. Prior to obtaining her medical degree at Jefferson Medical College, Dr. Vanderbeck attended graduate school at Thomas Jefferson University where she received a Master of Science degree in Biomedical Chemistry. She continued her training as both resident and fellow in Orthopaedic Surgery at Jefferson. Dr. Vanderbeck is a member of the Alpha Omega National Medical Honor Society and has received many honors and awards during her orthopaedic training. She received the Everett J. Gordon Award for outstanding clinical achievement, as well as, the Mark D. Chilton Award for demonstration of an outstanding level of kindness and compassion for the patients entrusted to her care. She has published in both highly respected shoulder and elbow reference textbooks and peer-reviewed journals. She has lectured on a variety of shoulder and elbow topics, locally. Her orthopaedic practice is focused on the treatment of disorders of the shoulder and elbow including arthritis, work and sports injuries, trauma and complex fractures. She performs total and partial joint replacements for the shoulder and elbow, reconstructive procedures and arthroscopy.

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Please scan for  
Dr. Vanderbeck Shoulder  
Surgery video

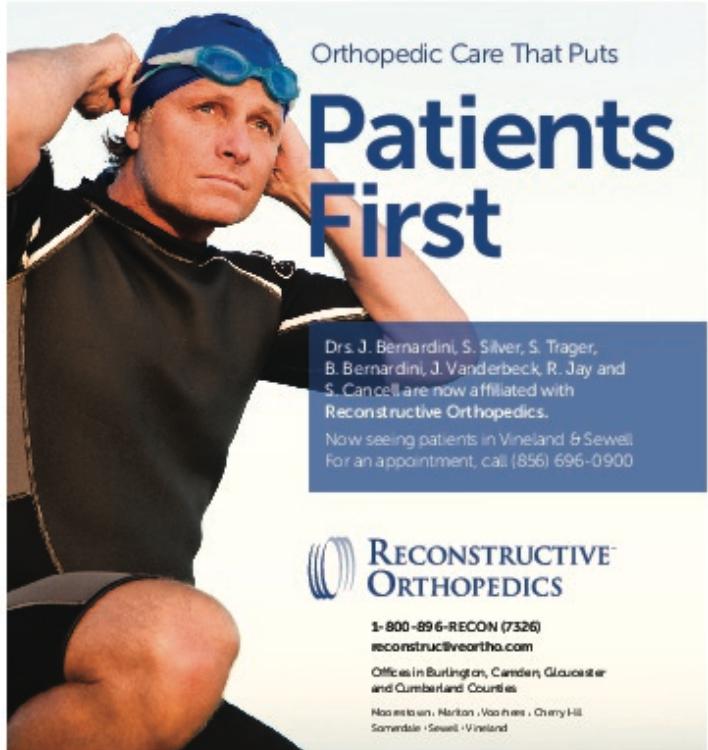


Please scan for  
Dr. Vanderbeck Elbow  
Surgery video



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**George S. Taliadouros, MD, FACOG  
of Delaware Valley Institute of  
Fertility & Genetics**

George S. Taliadouros, M.D. is the founder and director of the Delaware Valley Institute of Fertility & Genetics (DVIF&G), with offices in Marlton, Vineland, and Lawrenceville. He is an assistant clinical professor at the University of Medicine and Dentistry of New Jersey—Robert Wood Johnson University Hospital. An expert in reproductive medicine, Dr. Taliadouros pioneered the use of advanced reproductive technologies in the South Jersey area.

Before coming to New Jersey in 1988, Dr. Taliadouros held research and clinical fellowships in reproductive medicine at the National Institutes of Health and Case Western Reserve University. He is actively engaged in innovating research and is the author of several scientific articles on reproductive endocrinology. The success that his patients have experienced is the result of the balance between the latest effective technological advances and an individual detailed analysis of the couple's needs.

## Obesity and Reproduction

Obesity is a chronic disease that has affected one-third of the population of the United States. Its profound effect on health has been recognized for a long time and accepted. It has been associated with heart disease, high blood pressure and diabetes among other adverse effects on the body. The impact of obesity on fertility though has been disputed for several years.

At Delaware Valley Institute of Fertility & Genetics (DVIF&G), obesity has been treated along with all other fertility problems such as anovulation, tubal and male factor infertility for the last 15 years. We do not address the body weight problem, but rather the underlying conditions that lead to that.

It was not until recently that our professional organization, The Society of Assisted Reproductive Technology (SART) requested the IVF clinics throughout the United States to report not only their success and failure rates, but information concerning the patient's body weight and height. That led to the estimation of the body mass index (BMI) of those patients undergoing

in vitro fertilization (IVF) in this country. BMI divides individuals into groups of underweight, normal weight, overweight and three classes of obesity, 1, 2 and 3.

A large number of patients, 45,163, from all the clinics reporting to SART from New York to San Francisco and from Alaska to Puerto Rico, were studied and the effect of body weight to the outcome of IVF treatment was analyzed. An almost linear relationship of body weight and problems with ovulation was found including the presence of polycystic ovaries (PCO). The heavier a woman was the higher was the probability of having a problem with ovulation. Of course problems with ovulation are addressed during treatment when a patient is undergoing IVF. The failure to achieve pregnancy and the failure to achieve a live birth after becoming pregnant also increased as the body weight increased and this effect was more pronounced in women that were younger than 35 years of age. Overall as the body weight increased the pregnancy rate decreased and the miscarriage rate increased for those women that became pregnant.

When a statistical analysis was performed, a strong inverse association was found in this large group of patients between obesity, on one hand, and pregnancy and live birth on the other. These findings are reflected in editorials published in our scientific journals questioning the usefulness of treating patients with IVF when they are obese and requesting a body reduction prior to undertaking such treatment. Of course pregnancy like many things in nature is a game of chances, a game that can be left to chance or weigh the odds in favor of the mother-to-be.

As indicated previously, at DVIF&G we do not think that obesity in itself is a problem but rather the underlying causes leading to obesity that need to be addressed. We started studying these problems over a decade ago and our own data mirror the findings of this recently published study from SART. With appropriate diagnosis and treatment, within a year the vast majority of patients will become pregnant and will have a healthy child.

*For more information,  
call 856.988.0072 or visit [www.dvifg.com](http://www.dvifg.com)*

**DVIF&G**  
Delaware Valley Institute  
of Fertility & Genetics

Vineland Office 856-794-8080 | Lawrenceville Office 609-895-0088 | Marlton Office 856-988-0072



Vecere Orthodontics, a progressive and friendly orthodontic practice in Cape May Court House, New Jersey.

**Dr. Jeffrey W. Vecere** and his staff are committed to providing comprehensive orthodontic care for children, adolescents and adults. We offer a wide range of treatment options and will work closely with you to develop a treatment plan that is best suited for your orthodontic needs and lifestyle.

## OUR MISSION

It is our desire to provide a unique professional experience for all who encounter our office. We strive for excellence in all areas of our profession and seek to treat every patient as we would want to be treated. Our primary concern is about relationships. We want to be there with you, every step of the way, and give you a great smile that will last a lifetime!

## REVOLUTIONARY ORTHODONTIC TREATMENT

We offer only the latest braces available, including Damon® self-ligating braces and Invisalign® clear aligners. Damon® braces are perfect for patients desiring a straight smile in less time, while Invisalign clear braces are ideal for adult patients who want to enhance their smile, but are concerned about the appearance of traditional braces.

We believe our highly skilled team and our innovative treatments and technologies will give you the confidence that you are receiving the highest standard of orthodontic care available.

At the orthodontic office of Dr. Vecere, your smile is our top priority! We look forward to helping your family with their orthodontic needs and welcome the opportunity to be of service to you and your family!

**22 West Pacific Avenue | Cape May Court House, New Jersey 08210**

**Phone: (609) 465-5175**



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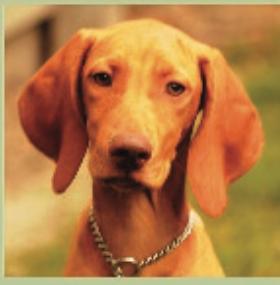
# NORA'S DOG TRAINING COMPANY



**Nora Stotz**  
Owner/Manager

**Nora  
Dog Training  
Company**  
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Seaville, NJ 08230  
**609-624-1300**

[norasdogtrainingcompany.com](http://norasdogtrainingcompany.com)



## THE KEY TO A HAPPY LIFE TOGETHER IS RESPECT AND LOTS OF LOVE ...

Professional training offers many benefits for yourself and your pet. At Nora's Dog Training we will prepare you and your dog for a lifetime of happiness and understanding. We have found that dogs enjoy the training process, as they like to learn and are happier when able to please their owners through good behavior. Dog owners also enjoy spending their time learning with their pets and achieve a sense of accomplishment when able to better understand and control the behavior of their dogs.

Through our gentle, and humane techniques for obedience training and housebreaking, you and your pet will establish a rapport and a way of communicating with each other. You and your dog will be taught all commands with hand signals as well as voice. Also, included in all of our training programs is problem elimination and an orientation to advance training. Whatever your particular problem; barking, chewing, jumping, running away, etc. - you can be assured we will work together with you to correct it, and make your life with your canine companion better than you thought possible.



### *Our Training Program ... how we help you*

Our 14 Day Boarding/Training Program is designed to socialize the dog, build confidence and to help with the problem of separation anxiety. This program is unique, because your pet would be living in a home setting for a period of 14 days. No concrete or chain link!! During his/her stay, your pet will learn and respond to obedience commands such as heel, sit, stay, down, and come. This program also includes housebreaking, crate training, and any behavior problems that need to be addressed.

### *Our Facility*

At Nora's Dog Training Company we understand that your dog is a member of your family. To make your pet's stay as pleasant and enjoyable as possible, we take great care in keeping our facility immaculate. Our fully-fenced grounds are landscaped year-round, which includes fun-filled play areas for small or large breed dogs.

The dogs that attend Nora's Dog Training Company are not only well trained, but well loved! Each "student" has his/her pick of a comfy bed for their stay with us - along with toys, bones and chewies galore! Sorry Mom and Dad, but your puppy may not miss you!



We have trained for:  
**NY Giants**  
**NY Yankees**  
**Philadelphia 76ers**  
**Philadelphia Eagles**  
**Philadelphia Flyers**  
**Famous television hosts  
and entertainers**



# Stern Orthodontics

## "Keeping South Jersey Smiling"

### STERN ORTHODONTICS:

Stern Orthodontics is truly a patient oriented practice. We believe every patient deserves the time, attention, and care necessary to arrive at a proper diagnosis and treatment plan to address the patient's specific needs. We realize that choosing an Orthodontic practice to trust with your family's smiles is an important decision, and we hope our reputation for excellence will put you at ease.

### ORTHODONTICS AT ANY AGE:

Today, both children and adults enjoy many benefits of orthodontic treatment. It is recommended that at age 7 a child have an Orthodontic examination. At this age, we can detect developmental problems that can be treated or monitored to prevent more severe problems from developing later on.

Innovative treatments also address orthodontic problems experienced by many adults. The American Association of Orthodontics has estimated that there are currently over 1.5 million adults currently undergoing orthodontic treatment. Orthodontics makes a beautiful smile possible at any age.

### TREATMENT OPTIONS

We offer a variety of treatment options to our patients to enhance their experience and cosmetic requirements. Traditional stainless braces with or without colors

INNOVATION Self Ligating braces in both metal and cosmetic clear ceramic.

### INVISALIGN and INVISALIGN TEEN

GAC MTM lingual (behind the teeth) braces

SURGICAL orthodontics for those adults with severe skeletal jaw discrepancies.

PROPEL orthodontics: PROPEL is a system to perform Alveocentesis™, a treatment done to stimulate alveolar bone to remodel faster and accelerate orthodontics.

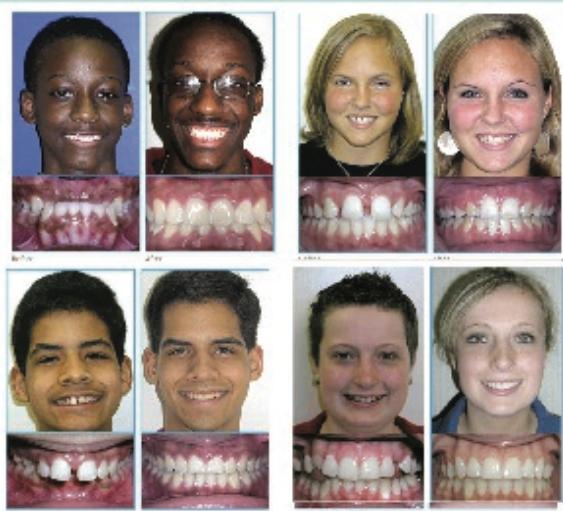


Dr Robert Stern has been in the practice of Orthodontics since 1989. Dr. Robert Stern DMD is a graduate of the University of Pennsylvania School of Dental Medicine and received his specialty training in Orthodontics from Boston University Henry M Goldman School of Graduate Dentistry. Dr. Stern is a Diplomat of the American Board of Orthodontics.

Dr. Tanya Stavisky joined the practice in 2000. Dr. Tanya Stavisky DMD MS is a graduate of Temple University School of Dentistry where she also received her specialty training in Orthodontics and a Master of Science in Oral Biology. Dr Stavisky has earned the following distinctions: Fellow of the International College of Dentistry, Fellow of the American College of Dentistry, Fellow of the Pierre Fauchard Academy.



### JUST A FEW OF OUR "BEFORE AND AFTERS"



**Robert Stern DMD  
Tanya Stavisky DMD, MS**  
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Pennsville  
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# Compassionate, Quality OB/GYN Care Here in your community

## Making your OB/GYN visit more comfortable

While many women may not look forward to their OB/GYN visits, choosing the right physician can make it a much more comfortable experience. You not only want a doctor that you feel comfortable with, but one that's conveniently located near your home so that your appointments fit into your busy lifestyle.

And many women feel more comfortable with a woman doctor. So whether you're adding to your family or seeking gynecological care in your community, the female practitioners at Physicians of Southern New Jersey's obstetrics and gynecology practice are here to help you. With offices in Vineland and Elmer, our physicians offer families in our community access to quality obstetric services and gynecological care for women of all ages.

Dr. Khadija Najid and Dr. Leisa O'Flynn specialize in caring for women, often dealing not only with their reproductive health, but also with general primary and preventive health care. They deliver at the SJH Regional Medical Center and SJH Elmer Hospital, which both offer home-like birthing suites distinguished by a staff committed to clinical excellence and personalized care.

### **POSNJ Obstetrics and Gynecology**

Leisa O'Flynn, D.O., FACOOG is a board-certified OB/GYN with more than 12 years of experience. She

completed her medical degree and residency at the University of Medicine and Dentistry of New Jersey. She also holds a law degree from Albany University. Dr. O'Flynn provides quality and compassionate birthing options, laparoscopic gynecologic surgery, endometrial ablations, minimally invasive gynecologic procedures including robotic surgeries using the da Vinci system, IUD insertion and removal, and colposcopies.

SJH Medical Office Building  
134 Bridgeton Pike, Suite A  
Mullica Hill - (856) 223-1385

Khadija Najid, D.O. is a board-certified OB/GYN who received her medical degree from the New York College of Osteopathic Medicine in Long Island and completed her residency at Wyckoff Height Medical Center in Brooklyn. She specializes in a variety of child birthing options from water births to epidurals, laparoscopic gynecologic surgery, endometrial ablations, IUD insertion and removal, colposcopies and hysteroscopies.

SJH Elmer Hospital Physician Care Center  
525 State Street, Suite 6  
Elmer - (856) 363-1210



## Physicians of Southern New Jersey

### Obstetrics and Gynecology

**Khadija Najid, D.O.** sees patients at the Elmer location  
SJH Elmer Hospital Physician Care Center  
525 State Street, Suite 6, Elmer, NJ 08318

**856-363-1210**

**Leisa O'Flynn, D.O.** sees patients at the Mullica Hill location.  
SJH Medical Office Building  
134 Bridgeton Pike, Suite A • Mullica Hill  
**856-223-1385**

# Question: Is incontinence just a normal part of aging?

**Answer: No! Let Physicians of Southern New Jersey Urogynecology help improve your quality of life.**

Incontinence is more than inconvenient, it's embarrassing. Are you someone who knows what every bathroom looks like, because you go so often? Do you leak urine when you laugh, exercise or stand up? You don't have to put up with it anymore.

Gary Mirone, DO, the community's only fellowship trained urogynecologist, and Donna Wilezol, MSN offer compassionate care for women and treat their unique problems such as incontinence and pelvic organ prolapse.

Their practice is designed, furnished and staffed to create a private and comfortable environment just for women. Both Dr. Mirone and Donna can help you with these health concerns that are not only embarrassing, but can also affect your quality of life.

Dr. Mirone brings impressive credentials to our region including fellowship training in urogynecology and pelvic reconstructive surgery. And with an office conveniently located in Vineland, he is helping women with these disorders and offers services that until now were not readily available in our community.

Dr. Mirone offers women a variety of tests right in his office that can diagnose the causes of incontinence. He also offers the latest treatments for these disorders, including surgical options for women suffering with incontinence and prolapse at both SJH Elmer Hospital and SJH Regional Medical Center.

Dr. Gary Mirone is a board certified urogynecologist with fellowship training in urogynecology and pelvic reconstructive surgery. During his tenure at the Athena Women's Medical Group in Tumersville, he trained under Dr. Timothy McKinney, chief of urogynecology and pelvic reconstructive surgery at the University of Medicine and Dentistry of New Jersey.

Physicians of Southern New Jersey Urogynecology  
2950 College Boulevard Suite 2D • Vineland NJ, 08360

Phone: (856) 641-8680

New office hours in Mullica Hill.

SJH Medical Office Building • 134 Bridgeton Pike • Suite A  
Mullica Hill, NJ 08062



**Gary S. Mirone, DO and  
Donna Wilezol, MSN**

**Physicians of  
Southern New Jersey**

South Jersey Healthcare

# Experts in Women's Imaging

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South Jersey Healthcare offers comprehensive radiology services in comfortable, caring surroundings. In addition to digital mammograms and bone density scans, our experienced radiologists and staff now offer MRI of the breast.

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- DEXA Scan
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[sjhealthcare.net/radiology](http://sjhealthcare.net/radiology)

# Gentle Beginnings Women's Health and Birth Care

*Is your family growing? Ours is, too!*

Gentle Beginnings recently welcomed a new midwife to our practice and we'll soon be opening a new office in Haddon Heights, in addition to our Elmer location. As part of the South Jersey Healthcare organization, Gentle Beginnings specializes in natural childbirth and waterbirth at Elmer Hospital Maternity Care, which features home-like LDRP's, a water birthing tub, and staff support from board-certified specialists in obstetrics/gynecology and pediatrics.

Founded in 1995 by Karen McEvoy Shields, CNM, MSN, Gentle Beginnings has been supporting women in southern New Jersey with natural childbirth for more than 17 years. Jane Letushko, CNM, MS, joined the practice in 2011 and Lindsay Dauphinee, CNM, MSN, is the newest addition to the Gentle Beginnings family.

As Certified Nurse Midwives, we believe that caring for women is very much like caring for a friend. We pride ourselves in supporting women emotionally, physically and spiritually to give birth naturally. We take the time to listen to our patients so that we can understand their special needs. Our experienced midwives partner with our patients to assist them in making informed decisions that best fit their health care needs.

Gentle Beginnings considers birth one of the most miraculous events in a woman's life. If you are currently pregnant or considering becoming pregnant we are available to assist you in achieving a healthy, family-centered pregnancy and birth. From young teens to women experiencing menopause, we care for a broad range of women's needs. Gentle Beginnings helps our patients achieve and maintain good health by emphasizing education and prevention. In addition, we provide routine gynecological care for all women.

If you would like more information about Gentle Beginnings or to speak with one of our midwives, please call us at (856) 358-1100.



Interview with Lindsay



Gentle Beginnings Water birth



Interview with Jane

389 Harding Highway, Suite 6, Elmer, NJ 08318

(856) 358-1100

*Now accepting new patients!*



Lindsay Dauphinee, CNM, MSN, Karen McEvoy Shields, CNM, MSN and Jane Letushko, CNM, MS

## Our services include:

- Gynecologic care • Birth control
  - Natural family planning
- Assistance with menopausal symptoms
- Diagnostic Screening • Health Education
  - Nutritional counseling
- Pre-conception screening and counseling
- Pregnancy Confirmation • Complete prenatal care
  - Postpartum and follow-up care
  - Breastfeeding consultations
- Specializing in natural childbirth • Waterbirth
- Delivery at SJH Elmer Hospital Maternity Care, a Baby-Friendly<sup>®</sup> birth facility

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**856-265-0200**

Gentle Beginnings

# MICHELE KEENAN

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Michele is a home grown New Jersey web developer who has worked as a programmer for over 17 years and developing websites for over 13 years. She spent most of her career working in the software industry designing and maintaining websites, monitoring website traffic and developing programs. After taking a couple years off to start a family, she decided to take the leap and begin freelancing. You can find her hiding away at night, excitedly working on her latest contract. She bounces back and forth between designing websites and custom programming projects for her clients using PHP, MySQL, and AJAX/Javascript. If she's not in front of the computer coding or posting to a social network site, she's most likely spending time with her family in a park or at the beach.



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## VSEC has the most caring, compassionate and dedicated staff members

### Ron Ben-Amotz Surgeon

#### Education:

Graduated Faculty of Veterinary Science, Summa Cum Laude, Szent István University, Budapest, Hungary

Graduated ECFVG program at the University of Florida

Graduated The Ohio State University, Masters of sciences

Completed one-year internship in small animal medicine and Surgery at Virginia Maryland Regional College of Veterinary Medicine

Completed one-year Internship in Surgery at Gulf Coast Veterinary Specialists

Completed three-year residency in surgery at the Ohio State University

Passed ACVS & ECVS credentialing exam for board-certification in small animal surgery

#### Professional Certifications & Associations:

- Diplomate, American College of Veterinary Surgery
- Diplomate, European College of Veterinary Surgery
- AO Vet North America
- American Veterinary Medical Association



Dr. Ben-Amotz lives in Philadelphia with his wife, Shir-Raz, a future certified veterinary physical rehabilitation specialist, daughter, Shai and Son, Yonatan. When not at VSEC, he enjoys spending time with his kids and taking part in triathlons.

### Cara R. Horowitz, DVM, DACVIM - Internal Medicine

#### Education:

Graduated Tufts University Cummings School of Veterinary Medicine

Completed one-year internship small animal medicine and surgery at the Animal Medical Center in New York, NY

Completed three-year residency in internal medicine at the Animal Medical Center in New York, NY

Passed ACVIM credentialing exam for board-certification in internal medicine



#### Professional Certifications & Associations:

- American Veterinary Medical Association

Dr. Horowitz is very excited to be joining the team at VSEC. She lives with her husband, Boston Terrier and two cats. In her spare time she enjoys spending time outdoors, reading and baking.

### Melissa A. Java, VMD, DACVECC

#### Education:

Graduated University of Pennsylvania School of Veterinary Medicine

Completed one-year internship in small animal medicine and surgery at the Animal Medical Center in New York City

Completed three-year residency in emergency and critical care at the University of Pennsylvania  
Passed ACVECC credentialing exam for board-certification in emergency and critical care

#### Professional Certifications & Associations:

- Diplomate, American College of Veterinary Emergency & Critical Care
- American Veterinary Medical Association
- Pennsylvania Veterinary Medical Association
- Veterinary Emergency and Critical Care Society

### Kathy J. Kazmierski, VMD, DACVIM - Oncologist

#### Education:

Graduated University of Pennsylvania, School of Veterinary Medicine

Completed three-year residency in oncology at Colorado State University

Earned a Master of Clinical Sciences from Colorado State University

Passed ACVIM credentialing exam for board-certification in medical oncology

#### Professional Certifications & Associations:

- Diplomate, American College of Veterinary Internal Medicine (Oncology)
- Veterinary Cancer Society
- American Veterinary Medical Association



Dr. Kazmierski lives in Philadelphia with her husband Barry McMillan, and their two Boston Terriers, Spike and Sonny. Kathy loves living in the city and following all of the Philadelphia sports teams (especially the Flyers!). In her free time, she also enjoys traveling, baking and exercising.

### Lisa S. Ziemer, VMD, DACVR – VMD, DACVR – Radiologist

#### Education:

Graduated University of Pennsylvania, School of Veterinary Medicine

Completed Post-Doctoral Fellowship, Radiation Oncology Research Department, University of Pennsylvania School of Medicine

Completed three-year residency in Diagnostic Imaging, University of Pennsylvania

Passed ACVR credentialing exam for board-certification in Veterinary Radiology

#### Professional Certifications & Associations:

- Diplomate, American College of Veterinary Radiology
- American Veterinary Medical Association
- Pennsylvania Veterinary Medical Association



Dr. Ziemer is in a domestic partnership with her partner, Chris, who is a competitive Ironman triathlete. They live in Center City Philadelphia, with their three dogs Henry (Norfolk Terrier), Darwin (Great Dane), and their latest rescue, Kona (Cane Corso mix). In her free time, Lisa enjoys exercise, particularly running and weight lifting, and classical flute practice and performance. Lisa also sits on the board of directors of several non-profit organizations in the Philadelphia area.

**VSEC PHILADELPHIA**

*Opening*  
*February 4, 2013*

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267-800-1950

Dr. Java has a number of rescued pets including a pitbull (Oui-Z), two cats (Parkway and Margo), 4 birds (fancy pigeon-Midge, lovebird-Stumpy, cockatiel -Kraze-E, parakeet-Knuckles) and a guinea pig (Lem).

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Left to Right  
Ron Ben-Amotz, DVM, MS, DACVS, DECVS, Surgeon  
Melissa Java, VMD, DACVECC, Criticalist  
Cara Horowitz, DVM, Internal Medicine Doctor  
Lisa Ziemer, VMD, DACVR, Radiologist  
Kathy Kazmierski, VMD, MS, DACVIM, Oncologist

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Scott S., Franklinville, NJ



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# Cute Kiddos Sites

## Yahoo! Kids

Most adults no longer log onto Yahoo! every morning to get the latest news, check email, and generally warm up to daily Internet offerings, but your children can still use the Yahoo!'s Kids counterpart as a sort of Internet home base. It has a plethora of games of all kinds, music, movies, jokes, sports, horoscopes, e-cards, and even a StudyZone that has information on animals, reference materials (e.g. a world factbook, dictionary and encyclopedia) and more.

If you want to check up on your kids' activities, go to the Parents section, which provides movie reviews for kids from a parent's perspective, advice on online safety, and much more. Of course, the best feature of Yahoo! Kids is its child-friendly search engine, which only pulls up appropriate links. Your kids will find so much to do and learn on Yahoo! Kids that they won't need to go anywhere else.

## National Geographic Kids

Now, kids have online access to a lot of the same great educational material, which allows them to keep apprised of things happening around the world. Yes, there are the requisite games to keep kids interested, but the People and Places section, Animals, Activities, Stories and other educational links are where the good stuff is. This is a learning site up there with the best of them, and you're kids won't even know they're boosting their IQ and taking a free trip around the while browsing it.

facts; and more make up this universe of pure childish fun. While the site is largely entertainment-based, it does have some interesting educational stuff thrown in for good measure.

## Whyville

Whyville is also a social networking built from the ground up for tweens. The online world requires your child to manage money, eat properly and helps educate kids on online safety. A filter automatically removes and reports the use of foul language and sends red flags to site moderators for other words that may lead to inappropriate chatting. In fact, before kids can even participate, they must pass a test to get their "chat license." It's actually very difficult to pass. Kids can design their own personal avatar, earn "clams" by playing games, start their own business, write for the town newspaper and more. Whyville is a great and safe way to get your kid acclimated to online networking sites and teach them some basic Internet codes of behavior before they enter the big, bustling world of Facebook, Twitter and other social networking behemoths.

## Seussville

When it comes to teaching kids morals, nobody has ever done it with such subtlety and imagination as Dr. Seuss. Ever since the 1950s, his books have been teaching kids valuable lessons, such as the importance of environmental awareness in industrialized society (*The Lorax*), why racism is stupid (*The Sneetches*), and the psychological implications of holiday-motivated materialism (*How the Grinch Stole Christmas*).

## Beauty & Well Being at Cornerstone



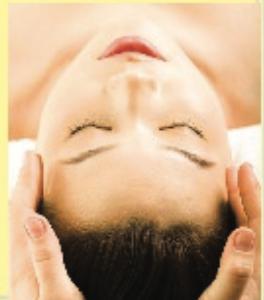
Irina Venezia has over 25 years of experience in medical massage therapy and skin care. She initially began her study of medical massage therapy and medical skin care in the Ukraine, where she was raised by her mother and loving grandparents. Irina also earned a Bachelor's degree

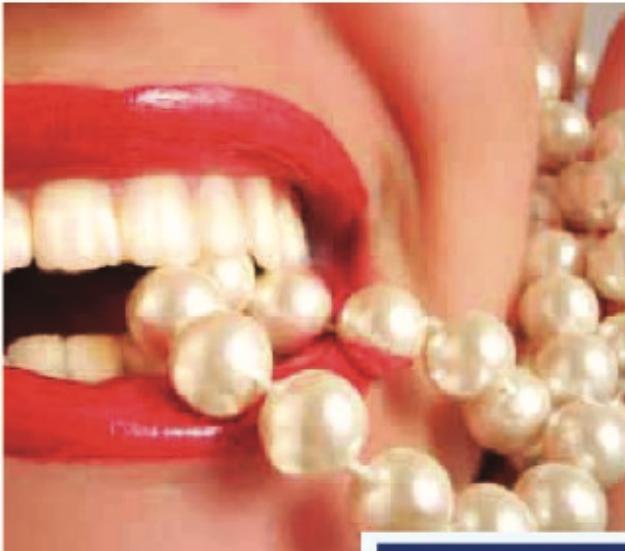
in business economics while in Ukraine. She first worked at a plastic surgery and therapy clinic, before migrating to the United States in 1990 to reunite with her father who was a professional chef aboard an international ship traveling around the globe.

Irina has most recently joined Dr. Fred and his team as a medical massage therapist and aesthetician at Cornerstone Plastic Surgery and Aesthetic Medicine. Here she is able to integrate her many years of training and experience with the advanced treatments Dr. Coville offers in a truly comprehensive and holistic way.

Dr. Fred Coville is proud to offer the skilled services of his team of aestheticians and massage therapists here at Comerstone Plastic Surgery & Aesthetic Medicine. Irina Venezia, who heads this team, is one of the few aestheticians certified in medical massage, post-surgical lymphatic drainage, as well as advanced skin care. As such, Irina, Margo Pisnoy and the rest of our team are able to offer truly healing hands to all of Dr. Fred's patients, both surgical and non-surgical. Cornerstone's Signature aesthetic crew is an integral part of Dr. Coville's skin care and rejuvenation program. Together they have created the most comprehensive beauty and wellness program in the region utilizing foundational health and skin treatments from around the world.

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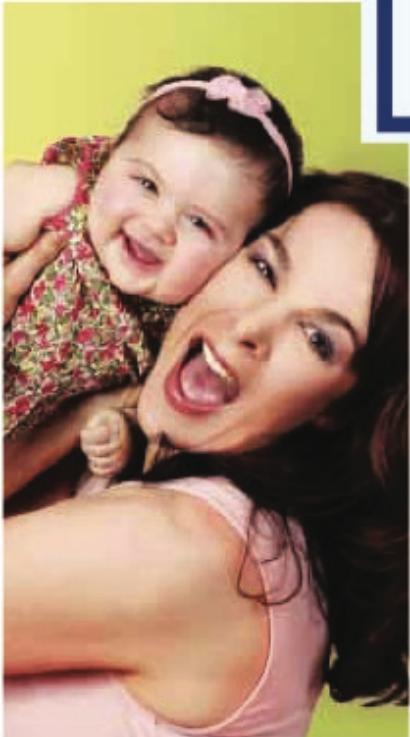
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Mark runs the two offices In Atlantic county and Linda the Cape May Location. But It Is not surprising to find them together at the same office when things get busy. Call today to schedule an appointment and start hearing what you have been missing.

## Why You Should Only Buy Hearing Aids from a Hearing Healthcare Professional

### Hearing loss is increasing.

Statistics show us that hearing loss already affects nearly one out of every five American adults. Statistics also tell us that the number increases along with age. Thus, it only makes sense that as more people live longer, more people with hearing loss are seeking help.

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- ✓ Turn the TV up loud to hear it
- ✓ Have difficulty hearing companions in noisy places

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### Where you get hearing aids is important.

But buyer beware. There is no one-size-fits-all solution to hearing loss. Just as every person is unique, every hearing loss and hearing need is unique, too. To ensure you get a hearing aid that's custom fit to your precise needs and lifestyle, it's always recommended that you consult a hearing healthcare professional. He or she may find other health-related issues that could be causing your hearing loss.

Let Harmony Hearing Aid Centers help you hear better.



The hearing healthcare professionals at Harmony Hearing Aid Centers have helped City residents improve their hearing — and quality of life — by providing the in-person, customized services that the Better Hearing Institute recommends.



### Hearing healthcare professionals make a difference.

Only an experienced hearing healthcare professional has the training and state-of-the-art equipment needed to inspect your ear canal, accurately measure your hearing loss, assess your unique needs, and fit you with hearing aids that take all this important and unique information into account.

### DID YOU KNOW?

On average, people wait five to seven years between first experiencing hearing loss and actually getting help for it.

### One size does NOT fit all.

Segei Kochkin, Executive Director of the BHI reiterates this point, writing in his published warning, "The process requires a complete in-person hearing assessment in a sound booth; the training and skills of a credentialed hearing healthcare professional in order to prescriptively fit the hearing aids using sophisticated computer programs; and appropriate in-person follow-up and counseling. This is not possible when consumers purchase one-size-fits-all hearing aids over the Internet or elsewhere."

### Get the most out of your investment.

Hearing aids purchased without the consultation or advice of a hearing healthcare professional risk doing more damage than good — to both your confidence and your wallet. That's because hearing aids purchased without help from an expert might not sound good, might not work well, and probably won't be hearing aids you'll want to wear.

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# Hip New Apps!

## Hottest app of the month: Score! World Goals

Formerly known as Score! Classic Goals, the mobile equivalent of Phoenix from the Flames has received a major update which now allows you to recreate an additional 200 classic goals from domestic as well as international games. Graphics and sound effects have been given a polish and a new turn-based multiplayer mode means you can find out who really has a photographic memory of the most iconic strikes.

Price: Free | Platform: iPad, iPhone, iPod Touch iOS 5.0+ |

## Cam Me

Whether you a love a selfie or need to do a hands-free snap, the gesture based app lets you take pictures simply by waving your hand in front of the camera sensor so all that is left to do is clear the background of any incriminating objects.

Price: Free | Platform: iPad, iPhone, iPod Touch |

## Lego Batman: DC Super Heroes

The Dark Knight swoops onto Apple devices with a host of his Lego-built DC pals with real voiceover used for the first time on an iOS Lego platformer.

Price: £2.99 | Platform: iPad, iPhone, iPod Touch iOS 5.1+ |

## iMini

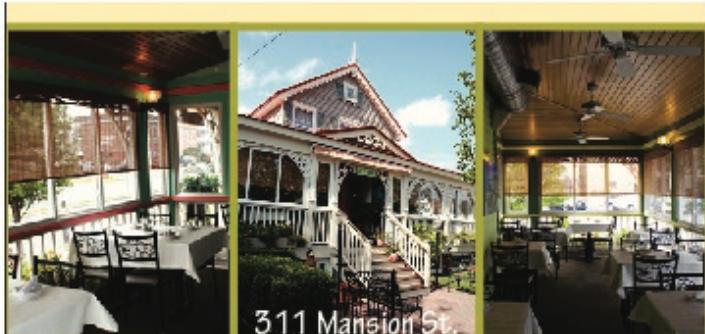
The legendary 1971 Minimoog synth, used by Kraftwerk and Jean Michel Jarre, has been faithfully recreated for iPad, complete with authentic sound.

Price: £14 | Platform: iPad iOS 5.1+ |

## BC Tent Finder

Provides happy campers with tools and info, including real-time weather updates, a handy compass and a torch to help you find the toilet block.

Price: Free | Platform: iPad, iPhone, iPod Touch iOS 5.0+ |



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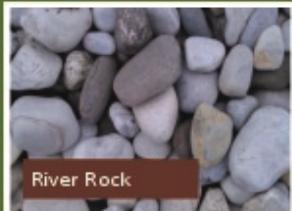
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- Generate a balance sheet
- File sales tax



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# Websites for Boomers

## 1. AARP

The leader of the pack is the web site. More so than any other website, AARP represents, for better or worse, the very broad interests of Baby Boomers, particularly when it comes to the broad issues such as healthcare. AARP took some flak from many of its dues-paying members for getting involved in promoting healthcare reform, but give AARP its due for being out there in an aggressive way for Baby Boomers.

After AARP, my list has no real hierarchy, but I decided to number the list anyway. Following are 12 more sites that I find useful, entertaining, and creative:

2. The Baby Boomer Knowledge Center has a certain Zen to its offerings. Subcategories include: Resourceful, Wistful, Impactful, Engaging.

3. Eons.com tries to be everything to all Boomers. It has games, member postings, recipes, socializing, and other features that appeal to wide interests. (If you like Eons, then here are some other sites to visit: BoomAration, 55Alive and Livin' Life Boomer Style.)

4. Grandparents.com may seem a little premature for many of us, but Baby Boomers are very rapidly becoming grandparents. And in the same way that we have been different parents than our parents, we'll be different grandparents than our grandparents for sure. Grandparents.com helps show the way.

5. Third Age focuses on aging well, and health and wellness. There's plenty of information on numerous topics that concern Boomers here. A large panel of experts provides great insight into many of the challenges of growing older as a Boomer.

6. Baby Boomer Talk Online provides some Boomer-inspired videos that will bring a smile to your face (think Ferris Bueller lip-synching The Beatles).

7. VibrantNation.com is a Boomer woman-centric site: love and sex, health and fitness, <http://www.accessrx.com/blog/wp-content/uploads/2010/04/boomers2.png> fashion and beauty, work and money. (The National Association of Baby Boomer Women site has similar offerings.)

8. The Boomer Market Advisor plays to the retirement needs of Baby Boomers. (In that vein, if you haven't already, you should become familiar with the Social Security website and in particular its benefits estimator.)

9. WorkForce50 goes beyond being an employment site; it gives career and second-career advice to those over 50. (WiserWorker is in that same genre.)

10. SonicBoomers is a music guide for Baby Boomers who are willing to pull away from their favorite oldies radio station. This site will keep you in the loop on the music you grew up with and will introduce you to the music you may find appealing as you gray.

11. 2BoomerBabes has a different take on its approach to Baby Boomer issues – its mediums include online, radio, and podcasts.

12. If you're looking for a mate, check out Baby Boomer People Meet.

13. And I'd be remiss if I didn't put my two cents in for Examiner.com and yours truly, the Baby Boomer Examiner. Examiner has a lot of focused, narrowly niched writing, and it is well respected because it fills a need for information about Baby Boomer issues.

Read more: <http://www.accessrx.com/blog/expert-interviews-and-podcasts/top-13-baby-boomer-websites/#ixzz2IMThSP7m>

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# New Jersey People in Profile



## Kathy Streck

is owner/instructor of ZK Group Fitness, LLC, in Pitman ([www.zumbakathy.com](http://www.zumbakathy.com)) and a participant in the 2013 "Dancing With The Gloucester County Stars" event, where she is raising money for infertility awareness through RESOLVE, the National Infertility Association. A 1991 graduate of the Art Institute of Philadelphia, Kathy – who herself struggled with infertility for many years – holds a degree in Interior Design.

In addition to her career in fitness, Kathy owns and operates an interior design firm specializing in residential and yacht interiors ([www.kathystreckinteriors.com](http://www.kathystreckinteriors.com)).

Kathy began her fitness career in 2006, and the following year opened ZK Group Fitness, offering classes in Zumba®, Pilates, yoga, body sculpting, as well as classes for seniors. As Kathy says, ZK Fitness is "really a comfortable place where the camaraderie is contagious and negative judgments are left outside the door." Kathy – who resides in Pitman with her husband, Dr. Paul Streck -- holds many fitness certifications, including: AFAA® (Aerobics & Fitness Assoc. of America) Certified Group Fitness Instructor, Licensed Zumba®, Zumba Toning®, Zumba Gold® (for Seniors) & Zumbatomic® (for Kids) Instructor, and Certified SCW® Behavioral & Lifestyle Coaching.



## Alfred Bartolomeo

The County of Gloucester constructed a club house for the golfers in 2004 and several companies were awarded the opportunity to create a unique eatery and catering service but they all were unsuccessful. Al and his partner created a business plan which enabled them to offer the community casual dining, excellent local talent, quality service, and a beautiful venue for catering. Al's experience and tenure in

the hospitality business paved the way for Bogey's success it has enjoyed for the last 5 years. Studio 24 Scoops and More is Al's latest accomplishment. It is an ice cream shop and eatery artfully decorated and patterned after the disco era of the 70's. Customers enjoy a variety of sandwiches, salads, soups and ice cream treats while listening to disco music. On June 1st, 2011 the Gloucester Chamber of Commerce awarded Al with the "Small Business Person of the Year".

Please scan to watch a short interview with Alfred Bartolomeo



## Carol Favacchia Herforth

" I am originally from Overbrook Philadelphia. My husband and I moved to Cape May area 22 years ago to raise our 3 daughters.

7 years ago I decided to open a restaurant, the timing was perfect, and my girls were old enough to help me operate the business.

The Island Grill Restaurant/Catering Company is located in the heart of Cape May. We are a quaint YOB, featuring cuisine with a Caribbean flair as well as providing healthy options. We are noted for our Fresh Fish, Crab Cakes and our signature dish Lobster Mac & Cheese.

I also cater private events on and off premise. All menus are customized to the client's needs. Creating menus brings me great joy, this is fun for me.

My passion for food, details and entertaining is reflected in our service. We serve you with pride.

Island Grill Video



## Pooja Malik, M.D.

Professional Cosmetic Physician

Dr. Pooja Malik is a Board Certified Family Physician and completed her specialty training at the West Jersey Memorial Family Practice Residency at Virtua. With other educational background including a post Doctoral Fellowship at Johns Hopkins University in Baltimore, Maryland specializing in international health. An outstanding family physician, Dr. Malik's skills extend beyond traditional medicine to include a special interest in medical aesthetics.

Dr. Malik is a member of the International Association for Physicians in Aesthetic Medicine, the American Academy of Cosmetic Family Medicine, Associate Member of the American Academy of Cosmetic Surgery, the Botox Cosmetic Physicians Network and the American Society of Laser Medicine Surgery. She has been extensively trained in the aesthetic use of lasers for hair and vein removal, wrinkle/sun and age spot removal as well as Laser Lipolysis Liposuction. She's also had extensive training in botox cosmetic and dermal fillers and facial fat transfer. Most recently, Dr. Malik has become a fellow in anti-aging, regenerative and functional medicine which is affiliated with the American Academy of Anti-Aging. Her quality of care is uncompromising and equaled only by her compassionate demeanor and bedside manner.



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**Nurse-Family Partnership** is an evidence-based, community health program that helps transform the lives of mothers pregnant with their first child. Each mother is partnered with a Registered Nurse early in her pregnancy and receives ongoing home visits that continue through her child's second birthday. The goals of the Nurse-Family Partnership program are to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of families. The program is offered nationwide, is voluntary, and free of charge. At its heart, the program empowers women to change their families' lives for the better.



**Robins' Nest Inc.** offers the Nurse Family Partnership program in Cumberland, Salem, Gloucester, Atlantic and Cape May counties.

If you are interested in additional information, would like to enroll or make a referral, please contact:

Whitney Supemavage, RN, BSN, Program Director at 856-881-8689 ext. 124



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### PROFESSIONAL Women of VINELAND's Sir Speedy

Ginger

Production Co-ordinator



Ginger, along with her husband O.D., has owned and operated Sir Speedy Printing in Vineland for over 30 years. During the time The Chases have opened Vineland's Sir Speedy they have served thousands of satisfied clients and have garnered several business awards. These honors include Small Business of the Year by the Greater Vineland Chamber of Commerce, the Tri-County Community Action Agency Public Service Award and for 23 consecutive years a Century Club Award from the Franchise for being a top center in the company's network. Ginger graduated from Gwynedd Mercy College, went to New Mexico as a volunteer teacher/social worker, married husband O.D., has three children, Odie, Jonathan and Betsy, relocated to Southern California and taught ESL. O.D. was Director of Franchise Services for Sir Speedy Inc. In 1980 the Chases moved to Vineland and opened their Sir Speedy Center. Ginger immediately became involved in the community by volunteering in many organizations such as The Chamber of Commerce, YMCA, VDID, Workforce Investment Board, Vineland Adult Education Advisory Board, VRDC Board, Holy Shore Girl Scout Council and Sacred Heart Parish Council. Currently, Ginger is Treasurer on the Board of Trustees of Cumberland County College. For her community contributions, Ginger was honored by the Sicilian American Club, Hendricks House, Rotary Club of Vineland as a Paul Harris Fellow and the NAACP. She received a Congressional Achievement Award for her contributions to the physically and mentally challenged.

Angela

Graphic Designer



In Graphic Design from Cumberland County College and her Bachelor's Degree in Graphic Design from The Richard Stockton College of New Jersey. Angela is very detail oriented and enjoys using her skills to create a variety of print materials for the customers.

Alison

Customer Service Manager



Alison has over 26 years in the printing industry. After graduating from Vineland High School, she decided to leave the area and pursue her dream of living in New York City. Alison started out in the industry working as an office manager for a printing broker, working with advertising agencies, this allowed her to learn all aspects of printing. Alison is our Customer Service Manager. She is very detail oriented and enjoys working with customers to help with all of their print needs. Alison loves her job and is always ready for a challenge.

Denise

Retail Specialist



Denise has been with Sir Speedy Vineland for the past seven years. Although she did not have any previous printing experience, she picked up the industry very quickly. Denise is our retail and wedding specialist handling personal, promotional and business products. Denise is detailed oriented and provides excellent customer service to all customers. She is an expert with wedding and party invitations. Denise is a graduate of Vineland High School and has very strong family ties to the area.



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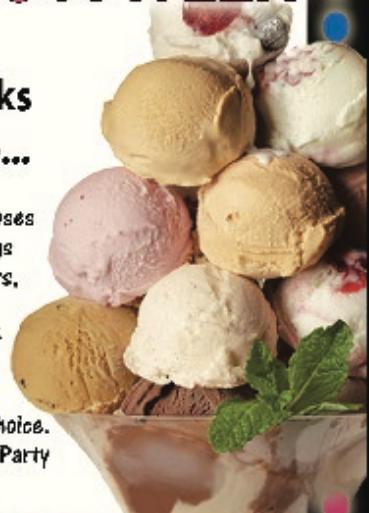


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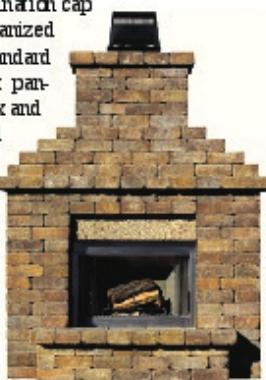
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# The Power of Positive Teaching

## Edwin J. Hallanan, M. Ed.

Mr. Hallanan received his Bachelor of Arts degree in the Social Sciences from Pace University, NYC. He then enlisted in the United States Army. He was trained to be an Information and Education Specialist and pursued that military career for three years. During those years he also taught a series of college level courses through the United States Armed Forces Institute, Evening Division. He also attended Trenton State College for addition Education courses.

Upon leaving the service he began to teach in the Pemberton Township Schools. He also enrolled in the Masters Degree Program at Rutgers University. He graduated from Rutgers and was promoted to supervisor of the Pemberton Township Schools. This position required supervising more than 200 teachers and 6,000 students in 11 schools. He also served as Chairman of the committee to develop plans for the first Special Education School in the state of New Jersey-the Creighton School.

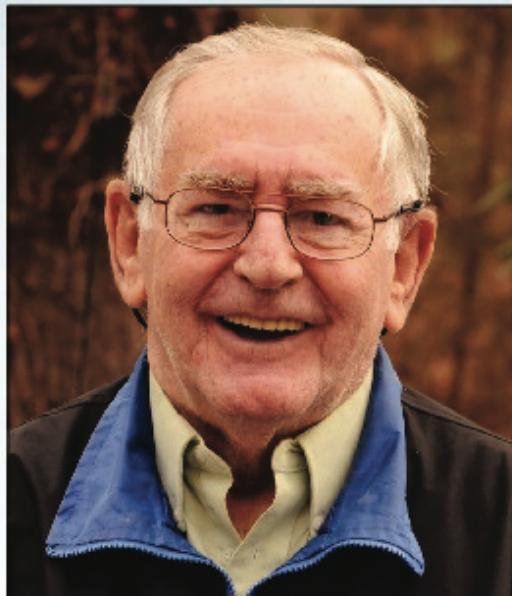
Mr. Hallanan ultimately left Pemberton and became Superintendent of the Swedesboro-Woolwich School District. During this time he also became affiliated with the Delaware Valley Institute in Philadelphia as an Education Consultant and Counselor. This was a Psychological Institute, which was owned and operated by Drs. Joseph and Kathleen O'Connor. Mr. Hallanan worked in concert with them for a number of years in a wide variety of ways as a consultant and counselor. He developed a number of plans and counseling techniques for clients with an array of problems including drug and alcohol addictions.

After twenty years of service, Mr. Hallanan left the Swedesboro-Woolwich Schools to work as a principal at Ranch Hope. He also did some part time counseling for Shiloh School. A year later he was called back and was asked to become their Superintendent. He stayed for 5 years.

He later decided to do additional work in Special Education and became a Principal at Creative Achievement Academy in Vineland. He spent the next few years working with multiply handi-

capped and emotionally disturbed students first at the elementary school, then opening up a new middle school and finally at the high school.

During his career at Swedesboro he became President of the Board of Education of the Gloucester County Educational Services Commission and provided leadership in founding this organization. This is now a six county organization.



Mr. Hallanan also served on the Commissioner of Education's Management Information System (MIS) committee for 10 years.

In the area of migrant education he established the first summer program in Gloucester County for this he served as a summer school principal for 6 years for this program.

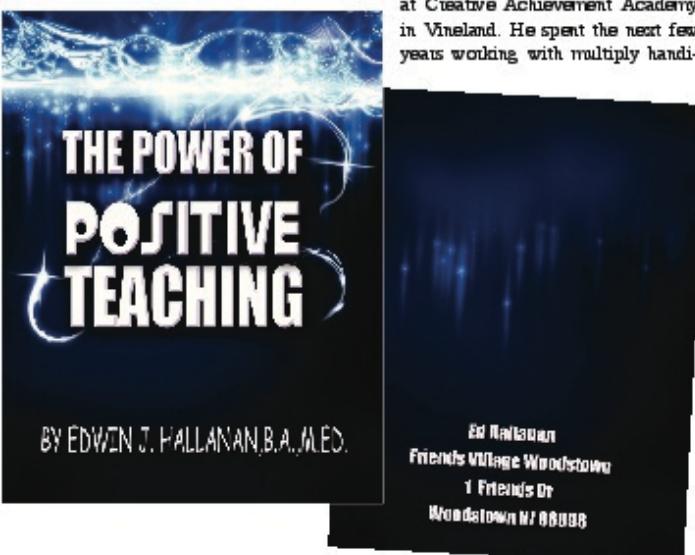
He also established the first Title I Program for Reading using the concepts of auditory and visual discrimination and motor skills for the improvement of reading. This program was adopted statewide.

While working with the Shiloh school he was instrumental in establishing the A.S.A.P. program which became a 6 district consortium. He became president of that board and helped provide the impetus for additional drug and alcohol information programs in Cumberland County.

After leaving Shiloh he became an adjunct professor at Cumberland County College and taught courses in Student Success Systems, Learning Communities, World Geography, Education Courses, and even English and Reading at the Federal State Prison in Fairton.

So far Mr. Hallanan has "retired" three different times and then gets bored and keeps coming back to try something even more exciting.

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Our job is not rubbing bodies; it's about waking people up—connecting them with how they feel. It's about disease prevention and detection; but it's also about returning people to themselves."

Getting people to wake up enough to feel their unhappiness is an important piece in them. "a lot of us live comfortably numb: When your disconnected from what you feel your life becomes comfortably habitual, you might try to make changes, but chances are you'll slide right back. If we were really connected to how we feel, most of us couldn't stand the lives we're living—literally and figuratively". Bodywork is one the tools for accessing the wisdom that allows us to connect or heads with our bodies once again.

Most of us live our lives from the neck up. You can't access wisdom if you can't feel your body massage is a way to draw the energy, mind, and consciousness out of the head into the body—creating a more integrated way of being. Sadly, a massage is something the first experience people have in connecting with their body. True holistic medicine, means we have to care for the body. Just as we care for the mind. Most of us are pretty smart and we know what we need to do to improve our own care. "It's doing it, that's the problem." The answer is very simple:

***Find support and create specific action steps. With these things in place, yes you can make positive changes.***

I first became intrigued with facial work several years ago I took Myofacial Release 1 and 2 unwinding Course with John Barnes in Miami, Florida

I heard account of dramatic changes reported by recipients of MFR method of Structural Integration. Structural Integration was far more dramatic than any other body work. I'd receive and I never felt myself respond and change so profoundly. My chronic tension was relieved, my energy increased and I achieved a greater sense of self awareness and empowerment. As a result, I came to believe that facial manipulation is the most powerful and effective means of bodywork.. I was deeply influenced by myofascial restrictions sessions and recognized that each time I receive fascia work my own work changed. I became increasingly grounded, powerful and connected with my clients.

In fact, my greatest understanding of fascial work came from my personal experience of receiving it. I became acutely aware of how fascia changes and what level of energy a body needs to facilitate its changes. I realized I had a gift—the innate ability to learn and translate fascia contact. In other words, whatever I felt in my body I could immediately utilize with my clients.

When I introduce MFR to clients, I explain that all of the structures in the body are surrounded, protected and supported by connective tissues. It is the ubiquitous matrix which connects or binds together the body's organs, and systems, and at the same time provides compartmentalization between them. As you know fascia is a continuous elastic sheath which provides structural support for the skeleton and soft tissues( muscles, tendons, organs, etc) This tissue changes readily softening and lengthening when energy is added through deliberate contact. The characteristics of fascia identified it's different biochemical states as "gel" and "sol".

The gel is described as having low hydration level, in which fascia often shortens and becomes adhered to surrounding layer of tissue. When I'm working tissues in this state feels thick and dense to my hands. With my conscious touch the chemistry of the fascia changes and with seconds it begins to "sol". In its sol state fascia is better hydrated, more elastic, and more easily stretched and lengthened. This new quality if tissue feels supple under my hands. My goal in working is to facilitate the gel, sol change to most effectively manipulate the client's fascia.

Another significant characteristic of fascia is the way it organizes the body through extensive webbing of layers. Weaving ground and through all the structures in the body fascia creates a complicated, contagious three dimensional network. Within this network, I endeavor to touch a single layer at a time, sequentially addressing the fascia layers from the superficial to deep. I work only on the superficial layer of resistance, adding energy through my contact until I sense a melting sensation under my hands. This melting signals the accomplishment of sol state, during with the softening tissue is stretched and lengthened. Once this happens it is appropriate to work on the next, deep layer. It is a violation to touch the deeper layers of fascia without first having worked the surface layers. Otherwise the body shuts down to the energy input or???? Its defenses and the client will likely experience the work of harsh or painful. Without honoring the fascial layers, we may try to muscle our way through resistant tissues, without achieving any positive results.. In contrast the fascial matrix changes readily when energy is added with a clear and conscious intention.

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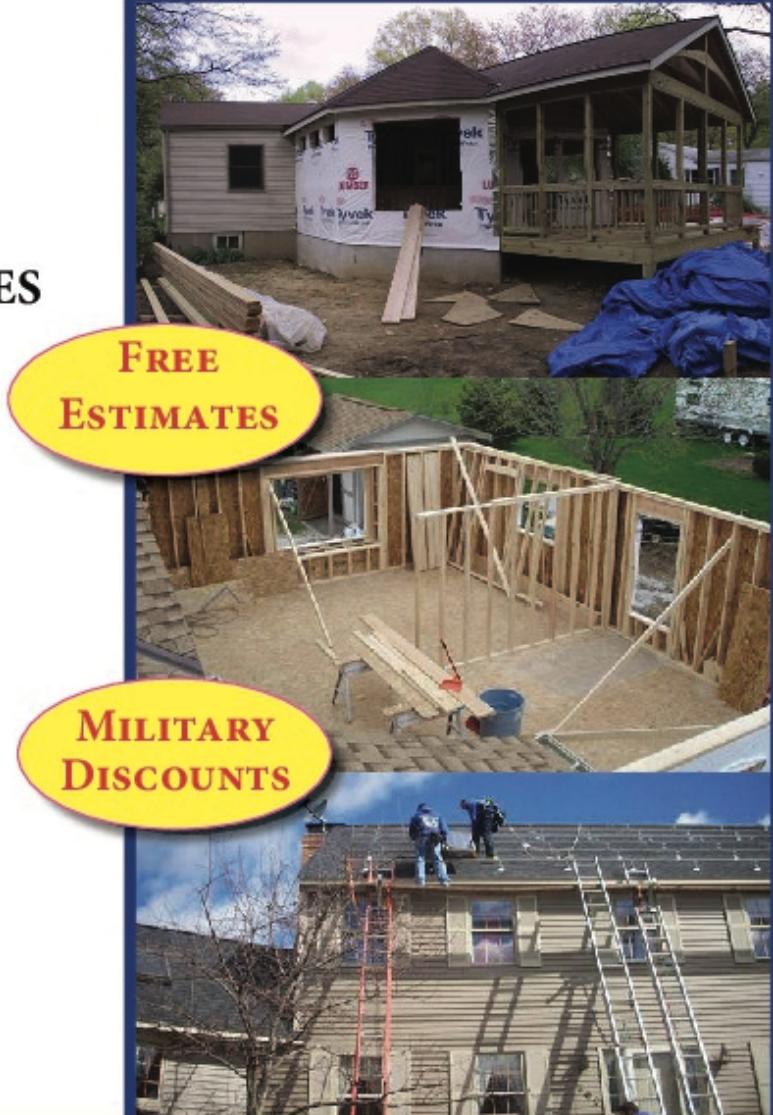


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# Interesting Websites

## 1. Bored Wife Arcade

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Whatcha waiting for? [www.bored-wife-arcade.com](http://www.bored-wife-arcade.com)

## 2. New Video Site on the Web

Switchcam - Switchcam is the website for every music fan who missed that amazing concert their favorite act did at Hollywood Bowl (eg. me + John Mayer in 2010), and wades through YouTube for hours, looking for the best live clips of the show: Switchcam relies on passionate human curators to crowdsource the best versions of fans' videos taken at live concerts and DJ sets, and sort them into magic song-by-song video playlists of any particular gig. And the best part is that the video (and sound if you choose) switches between cameras during the songs, to give you multiple perspectives of the same concert... kinda gives you a better view of the concert than if you were actually there!



## 3. Best New Music Website

Loudlee - Another beautifully curated website that should reduce your chronic dependence on YouTube (while still using its videos and music) is Loudlee. It's a completely FREE, online, personalized music library and player that curates YouTube's vast database of videos and songs into equally vast, searchable collections of artists. You simply search for who you want to listen to and then add that artist and their discography to your burgeoning library. You can then share your library, likes and listens with your friends via Facebook.

## 4. Website Most Likely To Inspire You

Makers - If you've been lacking any inspiration recently, here's a nice little library of exclusive, revealing video interviews with some of America's most powerful, famous and trailblazing women in their fields. Makers is produced by Emmy Award-winning and Oscar nominated filmmakers Dylan McGee, Betsy West, and Peter Kunhardt, and developed by PBS & AOL, so it was hardly surprising that the digital platform they created would have the emotional chutzpah to go with the intuitive web user experience needed to get Makers off the ground and into this list.

## 5. Best Education Site for Kids

Wondermind - If you have kids, and naturally they're better at using the internet than you are, make sure you direct them to this absolute gem of a website. Wondermind is a beautifully crafted, interactive site that teaches kids (and grown ups too) about how the brain works. It slickly combines the science behind the brain with a little Alice in Wonderland themed world of minigames, quizzes and videos. That it works so well is hardly surprising, given that a joint project by the Tate (Britain's premier modern art gallery), Bafta award winning games studio Preloaded, interactive video director Martin Percy and a London University professor.

## 6. Rate Photos and Videos

I Waste So Much Time - If you already think you waste too much time looking at funny stuff on the internet... probably best to look away now! From the makers of one of our fave coffee break sites of 2011, Attack of the Cute, comes I Waste So Much Time, which aims to show you funny pictures + videos, and let you rate them. And that's it. Couldn't be simpler - just go on I Waste So Much Time, look at funny pictures or videos and interact with them, clicking on one of three buttons underneath ("Awesome", "What the What?", or "Boring"). Try it: It's free; no annoying facebook sign-ups to get through; and it's fun clicking on the buttons.

## 7. Easiest Way to 'Read It Later'

Pocket - While All My Faves is (in our humblest of opinions ;)) the easiest way to save your bookmarks across all your devices, Pocket is a great companion tool to save any articles, videos or images you like the look of, but don't have the time to read right now, whatever device you're using. Within the click of a button (either the Pocket browser addon or a 'read it later' button on 300+ apps including Flipboard), you save whatever you want to view again later (this article included?) onto your own personal Pocket dashboard. Very useful indeed if you ask us!

## 8. Best Website For Organized Living

Buttoned Up - We've added Buttoned Up into our list due to popular demand from users who've been so pleased with the barrage of handy hints and tips for organized living this website has provided, since our original Weekly Faves feature. It's a super site built by four mommies who seriously know how to organize, for other mommies and daddies who, well, don't. Or not as much as these guys anyway! The 'Tools & Giveaways' section is a particularly useful part of the site, filled with downloadable lists designed for organized living like a 'Back-to-School Checklist' and a holiday gift budget form. Buttoned Up might just change your life – it's that useful!

## 9. Most Interesting New Social Network

Cowbird - Sometimes 140 characters just isn't enough. It's arguable that Twitter sums up our modern fast moving world, where we are satisfied by an endless rush of throwaway one-liners. The creators and curators of short story community Cowbird would heartily disagree – having created a never ending web of online short story tellers, linked almost magically by the subjects of their stories: the people, places and themes they evoke. A sort of modern day diary for the online generation, you can write or record a visual, picture, video or sound-based online diary or story, and share it with the world. Cowbird then is a different type of social network. One where every story you tell is placed in your virtual library, where it can take pride of place forever. Sound intriguing? That's because it is!



# Retirement Planning Websites

With companies cutting 401(k) matches, pensions all but gone from the benefits landscape, and with Social Security set to run out in the next 30 years or so, today's workers realize that preparation for retirement is essential. Here are 10 online retirement planning tools that can help you get set for the future.

1. **ESPlannerBASIC** is a free application designed to help you with your long-term financial planning. After you enter detailed information about your situation including income, current expenses and future expenses, the program charts a course to help you achieve financial stability in retirement. Recommendations for a savings plan, life insurance and other financial decisions are also given.

2. **WealthRuler** is available from TD Ameritrade. It allows you to enter information, make adjustments according to situation, and personalize your display. WealthRuler then visually graphs what you need for retirement, helping you develop a plan to reach your goals.

3. **Fixed annuity calculator** A fixed annuity isn't for everyone. But the AARP has a fixed annuity calculator that can help you determine whether this retirement planning investment vehicle might be a good idea for you.

4. **Asset allocation evaluator** TIAA-CREF has an evaluator that can help you figure out the best way to divide up your portfolio depending on your goals and risk tolerance.

5. **Calculator:** When to begin saving Yahoo! offers a handy calculator that illustrates how much you can save over time if you start by a certain age. The best answer to the question "When should I begin saving for retirement?" is always "Now!" That answer becomes even more obvious when you see the numbers.

6. **Vanguard retirement center:** This free service provides different calculators depending on your needs: More than five years to retirement, less than five years to retirement, and already retired. They provide helpful information on distributions, saving and asset allocation.

7. **Goal calculator** : Figure out your retirement goal with help from this Principal Financial Group calculator. This online planning tool is aimed at helping you determine what your retirement target is, and whether you are on track to reach it.

8. **Plan Well, Retire Well** This Web site, offered through the University of Illinois Extension, provides planning help and financial tips with a step-by-step guide to retirement.

9. **ProsperityPersonal.com** You can manage your finances and investments today to have a better retirement tomorrow. This is a free tool that can assist you with retirement planning by helping you manage your wealth and investments.

10. **IRA calculator Morningstar** offers some of the best financial planning tools out there. With the Morningstar IRA Calculator, you can determine your eligibility for different types of IRAs, which will work best for you, and even whether a conversion might be your best option.



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# Senior Social Networking Sites and Online Tools

*High tech gurus have joined with experts from the aging, health care and Senior services realms to create social networking sites that connect Seniors and boomers around common interests.*

Which social networking sites make the biggest splash with seniors and baby boomers? Check out these Senior Social Networking Sites and Online Tools. Sure to put sophistication, sizzle and sass into Senior and Baby Boomer social networking.

## 1. Genkvetch Social Networking

Slogan: Social networking for those who recall rotary phones and 45-rpm records

Website: [www.genkvetch.com](http://www.genkvetch.com)

Registration: Free, required registration.

Applications: User-friendly apps for seniors use to post, share.

Description: Genkvetch is about the over-50 set and gets high marks for readability, big fonts, simple color scheme, a personals section and news of interest to seniors, including health, current events and volunteer opportunities. Genkvetch is open to people of all faiths, accepts no advertisements, and seems to really understand Seniors' interests. Genkvetch is not a flashy or sophisticated site, but great fun for all. If you're not tech savvy, this is a good place to start connecting with other Seniors.



## 2. ThirdAge

Slogan: Baby Boomer health, aging and retirement

Website: [www.thirdage.com](http://www.thirdage.com)

Registration: Free, and required to access interactive features, including home, profile, chat, special offers.

Applications: Senior newsletters, groups, discussion boards, videos, articles, classes, polls, horoscopes, games, etc.

Description: Pretty sophisticated site for Seniors and Baby Boomers. Leading online lifestage media, marketing and consumer insight company focused on serving Baby Boomers. Through strategic partnerships and integrated advertising campaigns, ThirdAge helps companies build lasting relationships with site audience. ThirdAge has more than 1,000,000 unique visitors each month, and nearly 1,000,000 subscriber to its customized newsletters each week. SeniorPeopleMeet function is geared to Baby Boomers and older adults who may not be tech savvy.

## 3. Seniorocity

Slogan: Premier Online Social Networking Community for Adults over 40

Website: [www.seniorocity.com](http://www.seniorocity.com)

Registration: Member log in provided for access to interactive features. Postings, pictures, group posts, etc.

Applications: Profiles, photo share, posting. Profile photos, share functions enabled.

Description: Geared to Baby Boomers and older adults who are not necessarily tech savvy. Seniorocity is an online community for adults developed to provide a social network for "Mature Adults and Seniors."

Billed as an alternative to Facebook. Takes awhile to get around the site, become comfortable. Great links for Seniors.

## 4. AARP Online Community

Slogan: Where friends and family network, share photos

Website: [www.aarp.org/onlinecommunity](http://www.aarp.org/onlinecommunity)

Registration: For free, to build profile, join groups and connect with others

Applications: Senior e-news, games, photos, videos, discounts.

Description: User friendly for Seniors, but limited, online community site. Seems to be an extension of AARP site and a place where AARP drives content, products and services. Registration enables access to AARP's weekly Webletter with the latest news and information from AARP.org for seniors everywhere.

## 5. Eons

Slogan: Online community for spirited Boomers

Website: [www.eons.com](http://www.eons.com)

Registration: Free, to access interactive features for seniors and boomers.

Applications: Profiles, groups, pictures, Brain games, puzzles.

Description: Pretty sophisticated site for seniors and Boomers. Eons.com is the online community for spirited Boomers who want to explore their passions, keep in touch with friends, connect with interesting

people. Groups on Body & Health, Money & Careers, Travel, Love, Fun, Learning, and so much more. Awesome brain games.

## 6. Rezoom

Slogan: Redefining life for an ageless generation

Website: [www.rezoom.com](http://www.rezoom.com)

Applications: Online groups for seniors, boomers, photo share, blog, email, etc.

Registration: Free, to access ReZoom community, share photos, blog, etc.

Description: Sophisticated website and online community. For Baby Boomers and younger. Self-described as an "alternative to AARP." Focused on health and wellness, travel, entertainment, going green, and investing. Committed to "building a better world" through charitable donations. Interesting social network and website for Seniors and Boomers.

## 7. Multiply

Slogan: One place for doing more with your media

Website: <http://multiply.com>

Applications: Website, blog, email, photos, share features. Integrated tools for creative media.

Registration: Free, to access interactive features.

Description: Sophisticated but easy site to navigate. Great for Seniors who want to post and share creative content, writing and photographs. One place to do something more with media products. Multiple gives you access to your own website where you can post, blog and keep in touch. Easy uploading of photographs and videos. Integrated tools for creative media, like cards, calendars, photographs, and more.



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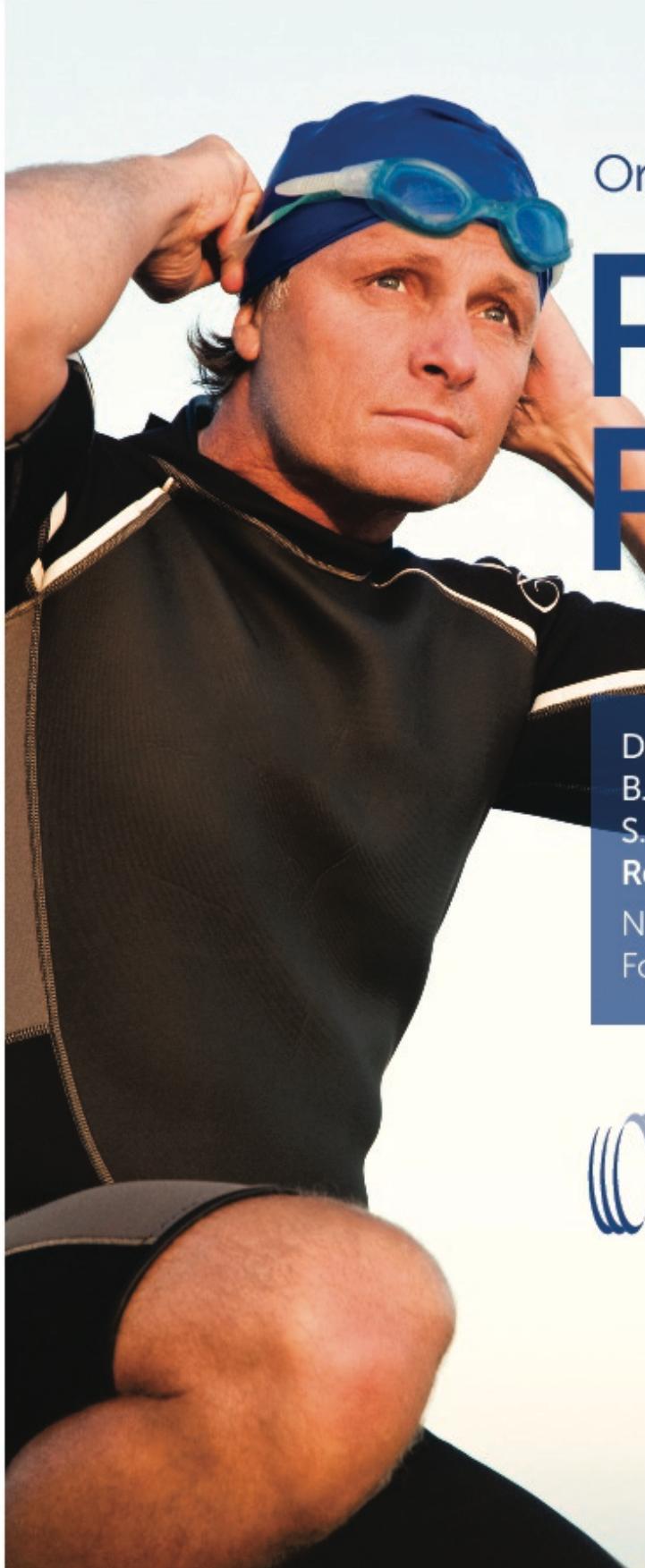


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A black and white photograph of a man from the waist up. He is wearing a dark wetsuit with white piping on the shoulders. He is looking upwards and to his right. His hands are raised to his head; one hand is adjusting a blue swim cap, and the other is holding a pair of blue swimming goggles. The background is plain white.

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