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A Team Approach to a Healthier Life

Your gifts help us change lives! Thank you for the important role you play in our ability to provide programs and services that help people in our community live their best life. We are grateful for your continued support!

When Jim Higbee, 58, runs into people he hasn't seen in a while, they are amazed at how much weight he has lost, often asking 'When did you get your bariatric surgery, Jim?' He always replies with pride, "It wasn't surgery at all! It's thanks to Haley Fritz at Shore Medical Center."

Over the past year, Jim has lost more than 100 lbs. through Shore's Outpatient Nutrition Counseling program, where Haley, pictured with Jim above,

works as a registered dietitian. She coaches people who need or want to become healthier through better lifestyle choices.

"I've dropped three clothing sizes and can now shop in regular stores," Jim says. "I've eliminated three of my four blood pressure medications. I can sleep better, stand longer and exercise more. Everything is easier now. And I have Haley to thank for it."

A Long Journey

Jim struggled with his weight his whole life. He always felt he could - or should - lose the weight on his own, despite trying countless commercial weight-loss programs with no luck.

(continued inside)

Shore Medical Center Is Proud To Present



Friday, October 5, 2018

GOLDEN NUGGET CASINO HOTEL
Brigantine Blvd. & Huron Ave. AC, NJ 08401

ENTERTAINMENT

VIP Performance by the Atlantic City Ballet.

ATTIRE

Black Tie Optional

For Sponsorships and Ticket information,
call Doreen Gordon at 609.653.3800 or visit
acausetoccelebrate.org



(continued from page 1)



Jim Higbee, before losing 100 lbs. with help from Shore

It wasn't until a serious heart condition landed him in the ER at Shore Medical Center that he finally began his journey to becoming healthier. The ER physician referred him to Dr. Manuel Cunanan, a pulmonologist with Shore Physicians Group (SPG), who referred him to a primary care doctor with SPG, since he did not have one. He eventually became Dr. Jacqueline Rounds' patient in 2016, who made the first call on Jim's behalf to set up an appointment with Shore's nutrition counseling program.

It took Haley a few tries to get Jim to come in for a visit, but he finally met with her in January 2017.

"I was nervous, but Haley made me feel very comfortable. She just wanted to talk to me with no pressure or commitment, to see if she could help me. As you can see from me now, she did!"

Establishing Trust

At the first appointment, Haley learns about her patient's dietary habits, schedules, and what they've tried in

the past. That information helps her plan a menu and exercise schedule with the patient, one that is completely customized to their unique circumstance so they are set up for success.

"My focus is on changing the way you eat and helping you find time for exercise, not on a specific weight loss goal," says Haley. "I understand patients want to focus on weight, but sometimes you may have a month where you don't lose much, and that can be discouraging. We instead focus on the choices that may have slowed down progress, and just keep moving forward."

One of the ways Haley helps patients stay on track is by having them submit their weekly menu to her in between visits. For Jim, that's what helps keep him honest.

"Haley told me that if this is going to work, I need to always be honest with myself and with her," Jim says. "Once in a while I might fall off track, and I think for a minute about not putting it on my chart, but I know I wouldn't be able to look her in the eye the next time. When I do mess up, she doesn't yell at me."



When Jim lost 100 lbs., he made this shirt to wear to his next visit with Haley. He wears it proudly to encourage others to seek help from Shore.

She helps me get right back on track."

The Future

Jim was so thrilled to achieve his personal goal of losing 100 lbs. that he made a t-shirt, pictured below, that he wears proudly to promote the nutrition counseling program at Shore. He feels he owes so much to Haley and Shore, and hopes that more people will consider seeking help with her.

The next goal for Haley and Jim is to drop his last blood pressure medication. He also has a friendly competition scheduled for June with a friend who is a long-distance runner.

"We agreed that she will run across the bridge connecting Somers Point and Ocean City three times while I walk the bridge once. Whoever reaches their goal first is the winner. It gives me something to work toward," Jim said.

While Jim has already had tremendous success with the nutrition counseling program, he doesn't plan to stop visiting Haley anytime soon.

"We're starting to extend the amount of time between our appointments because I'm doing so well, but I still feel that I need Haley's help to accomplish my goals," Jim says. "She always tells me what a good job I'm doing, which is so encouraging, but I remind her it's not just me, it's us. We're a team. I feel a sense of responsibility to myself, to her, and now to help others realize that with help, they too can achieve the success that I have through this program and get healthy."

Are you wondering if nutrition counseling is right for you? Learn more by visiting shoremedicalcenter.org/nutrition-counseling. For an appointment, call 609-653-4600, option 5.

a Planned Gift to Shore Medical Center

Information on estate planning, planned gift calculators, and more!



As Director of Respiratory Care at Shore Medical Center, Sylvia Buzzi sees every day the difference Shore makes in patients' lives, from premature infants with underdeveloped lungs to adult patients in the ICU. That's why a few years ago she and her husband Anthony made a planned gift to Shore in their will. "I couldn't think of a better organization to support when I'm gone," she says.

Donor Spotlight: An Employee Perspective

It is rare today for someone to work at the same place their entire career, but for Sylvia Buzzi, Director of Respiratory Care at Shore Medical Center, she couldn't imagine working anywhere else.

With 36 years of employment under her belt, Sylvia has already made an incredible impact on patient care at Shore, both clinically and philanthropically. She supports the hospital through membership in Shore's Stainton Society, multi-year pledges, and by attending Shore's "A Cause to Celebrate" gala benefiting Shore Cancer Center. And now, thanks to a planned gift to Shore in her will, Sylvia's impact will last well beyond her lifetime.

Sylvia made her planned gift to Shore several years ago after she and her husband Anthony got married. The couple have no children, so they began planning what to do with their estate when they are gone. Sylvia already knew she wanted to include

Shore Medical Center in her plans, and Anthony supported her decision.

"I've practically grown up at Shore – it's like a second family for me," says Sylvia. "Shore was there for me when I was a respiratory student and in need of a clinical placement, and when I needed a job upon graduation. I became a respiratory therapist at Shore in 1982, and later a clinical coordinator," Sylvia explains.

In 1999, Sylvia had the opportunity to become the director of respiratory care, but she didn't feel ready to be in charge. Once again, Shore was there for her, providing education and support so she could be successful in the role. She has led the department ever since.

Sylvia and her team know firsthand the difference Shore makes in patients' lives, which is another reason she couldn't think of a better organization to support when she's gone. Respiratory therapists work with people of all ages, from premature infants with underdeveloped lungs to adult patients in the intensive care unit.

"Every day our team saves lives. We're there in emergencies when peo-

ple need to be intubated in order to breathe, we perform CPR on patients whose heart has stopped, and run ventilators for those who need one in order to survive. We are usually among the first to respond when any patient is in a life threatening situation," Sylvia says. "We also interact with nearly every department, so I see from many angles how amazing this organization is."

Sylvia credits her longevity at Shore to the family-like culture.

"Shore is an incredible place to work," says Sylvia. "Therapists from other organizations who come in on an as-needed basis to assist with scheduling often say how they wish they could work full-time at Shore. They see how we work together and with the physicians, the protocols we have in place, and the autonomy we have. We never have full-time openings, though," Sylvia says.

Sylvia encourages others who have an affinity for the hospital, whether as a long-time employee or someone who has benefited from the hospital, to put Shore in their will.

"It's an easy gift because it's not something you need to budget for now, it's made when you eventually pass. You can live out your days knowing that your legacy will continue in the lives that are saved at Shore Medical Center."

If you would like to include Shore Medical Center in your estate plans, please contact Mary McGuckin in the Planned Giving and Development Department at 609-653-3800.

Shore has established the DiOrio Society to recognize those individuals who have included Shore in their plans.



Donate today! There are many ways to make an impact.
Visit www.givetoshore.org or call **609-653-3800** to learn more.



A Campaign for Exceptional Births

*Help us reach our goal of raising
\$100,000 for new fetal monitors!*

Every gift you make to Shore Medical Center has a direct impact on the quality of care we provide our patients. You help us enhance current services, introduce new offerings, and respond to the rapidly changing world of healthcare technology. We wouldn't be the medical center we are today without your help, and for that we thank you.

One of our Centers of Excellence at Shore is our Maternity Department, where our maternity team has the privilege of delivering an estimated 1,200 babies each year. From the moment a mother-to-be enters the hospital to the moment she first hears her sweet baby's cries, she is connected to a fetal monitor. This is the most important tool in determining the baby's well-being during labor and

delivery, but there is new technology in fetal monitoring available that can provide mothers with an even more incredible birth experience and outcome. Shore will purchase 10 new fetal monitors this year, and we're asking for your help to support this effort.

We've launched an exciting new fundraising initiative, 'Campaign for Exceptional Births,' to help with the \$100,000 needed to purchase these monitors." We hope you will join us in this campaign by making a donation today using the enclosed form.

About Fetal Monitors

Fetal monitors consist of two straps and sensors connected to a machine that measures a baby's heart rate and the mother's uterine contractions. These readings help our team and obstetricians determine if any intervention is needed.

Our current monitors are effective, but new monitors have flatter, more sensitive sensors and are more accurate with movement. They will allow a mother to use a bathtub or shower, bounce on a birthing ball, and move her body in ways that alleviate pain. At the same time, our team can be assured that the monitors are still capturing the most accurate information. Movement during labor can help shorten the duration of labor, lessen pain, decrease the chances the mother will need an epidural or a C-section, and ultimately lead to a more satisfying birth experience for the mother, and a healthy baby.

There are many ways you can contribute to this campaign. One

way is by joining us May 10 at Greate Bay Country Club for "Dinner & A Dream," a dinner featuring a live condensed performance by the Atlantic City Ballet of "A Midsummer Night's Dream."

Tickets are \$30 for Stainton Society members and children ages 8 to 17, and \$50 for nonmembers. Tickets are available online at www.givetoshore.org or by calling our Planned Giving & Development Team at 609-653-3800. They will also be able to explain other giving options to support the Campaign for Exceptional Births.

Dinner & a Dream

Thursday, May 10 | 5pm-7pm
Greate Bay Country Club
901 Mays Landing Road,
Somers Point, NJ

Tickets include dinner and a condensed live performance of A Midsummer Night's Dream by the Atlantic City Ballet

Visit www.givetoshore.org for tickets and more information or call 609-653-3800



ACB
SHORE MEDICAL CENTER™

BENEFITING MATERNITY SERVICES AT SHORE