



**2021**  
**ANNUAL**  
**REPORT**



**CentraState**  
**Healthcare System®**  
ATLANTIC HEALTH SYSTEM PARTNER

## In the early 1960s,

a determined group of community members realized the need for a local hospital close to home. Ten years of hard work, planning, and fundraising by the community made this vision a reality. On September 20, 1971, what was then known as the Greater Freehold Area Hospital—built on farmland—admitted its very first patients. Fifty years later, it's incredible to see how CentraState Healthcare System has flourished.

With humble roots cultivated by these passionate community members, CentraState grew from a 120-bed rural hospital to a regional healthcare organization comprised of a 284-bed acute-care hospital, a vibrant health and wellness campus, three award-winning senior living communities, a charitable foundation, and four satellite health pavilions. Today, CentraState provides innovative, specialized care while staying true to its deep-rooted sense of community.

## 1960

The community comes together to plan the building of a medical facility serving the greater Freehold area.



## 1968

Hospital groundbreaking ceremonies take place. By December, \$1.4 million is pledged or raised, surpassing the goal of \$1 million.

## 1969

Construction officially begins in October.

## 1971

The hospital opens on September 12th with 120 beds, 11 physicians, and 200 employees serving a community of 125,000 people. The first patients are admitted on September 20th.



## 1973

New Surgi-Center opens.

## 1975

Groundbreaking ceremonies for the new North Wing take place.

## 1980

The Wellness Center (now the Star and Barry Tobias Health Awareness Center), the first hospital-based health education program in New Jersey, is created.



## 2005

CentraState becomes a university-affiliated teaching hospital with a family medicine residency program.

## 2007

The Star and Barry Tobias Ambulatory Campus opens.



## 2015

A solar energy initiative is launched to power the medical center and support the local community in more sustainable ways. Today, CentraState is the most solar-powered hospital in New Jersey.



## 2018

Freehold Family Health Center opens in collaboration with the Visiting Nurse Association (VNA) Health Group, VNACJ Community Health Center, and Rutgers Robert Wood Johnson Medical School through the Family Medicine Residency Program at CentraState to better serve those in the greater Freehold community.

## 2020

CentraState Medical Center earns Magnet® designation for the fourth consecutive time. • CentraState Healthcare System reaches a Definitive Agreement to expand its partnership with Atlantic Health System. • The COVID-19 pandemic and vaccination rollout showcase the tenacity and skillset of the CentraState team.



## 1982

Two floors are added to the North Tower, increasing the number of beds to 250. • The Radiology Department, Intensive Care Unit, and Cardiac Rehabilitation Program are created.

## 1988

The new Ambulatory Center opens and includes two new operating rooms, two new procedure rooms, and a post-anesthesia room.



## 1990

Applewood Estates opens a lifecare retirement community with 240 apartments.

## 1993

The hospital is renamed CentraState Medical Center and later becomes CentraState Healthcare System. • The East Tower opens, increasing the number of beds to 271, and the Emergency Room expands. • New labor and delivery suites and a nursery are added.

## 2000

John Gribbin is named President and CEO. • Monmouth Crossing, Freehold's first assisted living community, opens.

## 2002

The new three-story, 49,000-square-foot medical arts building opens, housing radiation therapy, ambulatory surgery, and a diagnostic radiology suite. • The Multiple Sclerosis Center opens.

## 2004

A \$10 million expansion of the Emergency Department is completed, doubling the size of the previous ER.



# Celebrating THE PAST

# Inspiring THE FUTURE

As we look back on 2021, the year might best be characterized by reflection on the past and hope for the future. CentraState Healthcare System celebrated a momentous occasion—our 50th anniversary—and we have enjoyed sharing the memories of where we started and how far we've come. From the time that the idea to build a hospital first took shape through the advances of today that you will see throughout these pages, our community has been our foundation and our inspiration.

The future looks bright as we expand our partnership with Atlantic Health System, entering into a unique model for health system co-ownership that will help us expand services, resources, and expertise. The signing of this agreement in December was a historic event that will bring a multitude of benefits to the community.

In addition, since receiving a shot of hope with the availability of the COVID-19 vaccine, we have focused heavily on building defenses among our team and our community. Beyond orchestrating a robust COVID-19 vaccination initiative at CentraState, we have reached out in creative ways to bring accurate information and vaccines to people in our local communities, from school staff to those in hard-to-reach and underserved populations. Thanks to the tireless efforts of our dedicated team, we have administered more than 80,000 vaccine doses.

We are proud to protect and serve our community, and we are incredibly thankful for your ongoing support. As we reflect on the past 50 years, we also look ahead with hope and enthusiasm to carry forward the vision that began with our community and continues to unfold into the future.



**John T. Gribbin,**  
**FACHE**  
President and  
CEO, CentraState  
Healthcare System



**John F. Eggert**  
Chair, CentraState  
Board of Trustees



**Kenneth Eng, DO**  
Chief of Staff,  
CentraState Medical  
and Dental Staff



# The Power OF PARTNERSHIP


CentraState's expanded partnership with Atlantic Health System is designed to improve the health of residents across the region.



Leadership from CentraState Healthcare System and Atlantic Health System sign the final documents to make the partnership official. Shown from left to right are Robert E. McCracken, chair, Board of Trustees, Atlantic Health System; Brian Gragnoli, president and CEO, Atlantic Health System; John T. Gribbin, president and CEO, CentraState Healthcare System; and John F. Eggert, chair, Board of Trustees, CentraState Healthcare System.

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CentraState Healthcare System is focused on strengthening its partnerships with patients, physicians, employees, and the community—which is one of the reasons behind its **expanded partnership with Atlantic Health System**, one of the largest nonprofit healthcare systems in New Jersey.

Following approval from state and federal regulators, CentraState and Atlantic Health System entered into a unique model for health system co-ownership marked by a signing ceremony held on December 8. The new partnership officially took effect on January 1, 2022.

The co-membership agreement makes Atlantic Health the majority corporate member in CentraState and CentraState joins the Atlantic Health System network of care. The partnership will deliver immediate benefits to patients, physicians, and caregivers in CentraState's communities by strengthening its integrated clinical services, physician network, and infrastructure through a capital investment of \$135 million, outlined in a five-year plan endorsed by both systems' boards.




The new model for partnership will provide CentraState with significant resources to support its longstanding community focus while advancing Atlantic Health's mission to touch more lives in New Jersey through collaborations for high-quality, value-based care. The CentraState board and leadership team will continue to oversee system operations at CentraState and ensure the continued advancement of its mission to enhance health and well-being in its local community through the compassionate delivery of quality health care.

Initial benefits for the community include:

## EXPANDED PHYSICIAN NETWORKS

Physicians in the CentraState network have joined **Atlantic Medical Group**, one of New Jersey's largest physician groups. Effective June 2021, nearly 50 CentraState physicians and healthcare professionals gained access to Atlantic Health's nationally recognized services and programs, including risk-based contracting initiatives, which have already delivered better results for patients and proven savings.

## A NEW ELECTRONIC HEALTH RECORD



The **Epic electronic health record (EHR) platform** is now being implemented across CentraState Healthcare System. This innovative platform will improve efficiency and safety in care delivery by providing physicians across specialties and practices access to full and up-to-date medical records, enabling them to work more cohesively on behalf of patients.

## PATIENT ACCESS THROUGH MYCHART

Epic includes a **patient portal called MyChart** which ensures that no matter where a patient receives care, their medical information will seamlessly travel with them. Through this user-friendly tool, patients can access their medical records, schedule appointments, request prescription refills, view test results, communicate with their care team, and more.

# Building Defenses AGAINST COVID-19

CentraState has helped protect countless people by providing evidence-based care, accurate information, a robust COVID-19 vaccination program, and targeted outreach.



The arrival of COVID-19 vaccinations at CentraState set a hopeful tone for the community in the fight against this disease. With a well-orchestrated process in place, various CentraState departments worked together to **vaccinate up to 1,000 people a day** several days a week, while also providing education and vaccines in specific locations throughout the community. By the end of 2021, CentraState had administered **more than 80,000 COVID-19 vaccines**.







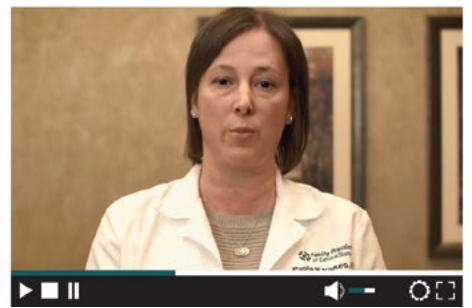
## Retired Nurses Deliver a Shot of Hope

When the need arose for additional personnel to assist in the large-scale COVID-19 vaccination effort, CentraState mobilized a **Helping Hands team** comprised of retired CentraState nurses. This team provided an incredible amount of support throughout the peak of the COVID-19 vaccine distribution process. In addition to administering and reconstituting vaccines, they helped provide monitoring for thousands of vaccine recipients.

Pictured left celebrating a "re-retirement" dinner are Helping Hands nurses (left to right) Candy Langan, RN, Dianne Sweeney, RN, Melanie Lorentz, RN, Rose Julewicz, RN, Karyn Young-Engelman, RN, Vicki Warnock, RN, Terry Parker, RN, and Donna Baird, RN.

## Putting Schools at the Forefront

Recognizing the importance of getting children back to school, CentraState was one of the first organizations in the state to focus on vaccination for educators, providing vaccines for **nearly 4,000 teachers and school staff across 17 schools and districts**. To show their gratitude, the administration and staff of the Freehold Regional High School District created a video thanking CentraState for enabling more than 800 staff members and 350 students to get vaccinated.



## A Focus on Access and Education

In addition to facilitating a robust vaccination clinic at the hospital, CentraState brought vaccine clinics to targeted locations in the community. The team provided **more than 5,000 vaccines for those in hard-to-reach and underserved populations**, people of color, migrant workers, the elderly, and those lacking access to technology or transportation.

With participation from community leaders and hospital experts, CentraState also developed a **public service announcement video series** available on YouTube to address concerns about vaccination among underserved communities—earning a PerCy Award from the Healthcare Planning and Marketing Society of New Jersey and recognition from the New Jersey Hospital Association as a Connect Award finalist for Outstanding Communications. A second video series focused on myths about vaccination for additional groups, including expectant parents.

## Caring for Those with COVID-19

Since the start of the pandemic, CentraState has been a leader in treatment and support for people with COVID-19. During 2021, CentraState delivered inpatient care for **nearly 2,000 people** with COVID-19, and countless people received telehealth and outpatient care from CentraState's medical staff.

### Monoclonal Antibody Treatment Helps Prevent Hospitalization

CentraState provided monoclonal antibody infusions for **nearly 1,000 people** with COVID-19 who qualified for this treatment due to high risk for severe symptoms—**helping 98% of these individuals avoid hospitalization**. Monoclonal antibodies mimic the body's ability to fight off viruses and pathogens, helping to block the COVID-19 virus from entering the body's cells.

Requests for this IV treatment—which is provided in a separate area of the Emergency Department—must be made by a physician and are reviewed by a screening committee. Candidates include people with COVID-19 at risk for developing severe disease or people with a direct exposure to COVID-19 who are unvaccinated or who are immunocompromised and may not have an adequate vaccine response. The treatment works best in mild to moderate cases when administered within 10 days of the onset of symptoms, but the sooner the better.



"If we consider the vaccine our first line of defense in battling COVID-19, I'd say monoclonal antibody treatment has been

the second," says **James Matera, DO**, chief medical officer at CentraState. "We review every request immediately and are very dedicated to providing this treatment to those who can benefit from it. Since the start of the pandemic, I couldn't be prouder of our team for their unstoppable determination to protect people from COVID-19."



**Left to right:**

Darice Kluxen, BSN, RN, CEN, Jennifer Tallant, BSN, BA, RN, CEN, and Donna Keeler, BSN, RN, CEN, TNCC, work together to ensure that the monoclonal antibody infusion program in CentraState's Emergency Department runs efficiently.



## New Program Helps Those with Long-Haul COVID-19

Some people who have had COVID-19 may develop post-COVID syndrome —also called long-haul COVID—which can cause breathing issues, heart problems, kidney damage, neurological symptoms, and lingering loss of taste or smell long after they are virus-free. These symptoms may be subtle or vague, making patients feel “off” but unable to pinpoint exactly what they’re experiencing.

To address these symptoms and alleviate concerns about lasting effects on health, CentraState introduced a **Post-COVID Syndrome Treatment Program** that provides long-haul COVID sufferers with individualized treatment plans. The program is open to anyone who may be experiencing symptoms beyond four weeks after being diagnosed with COVID-19, whether or not symptoms were experienced during initial infection.

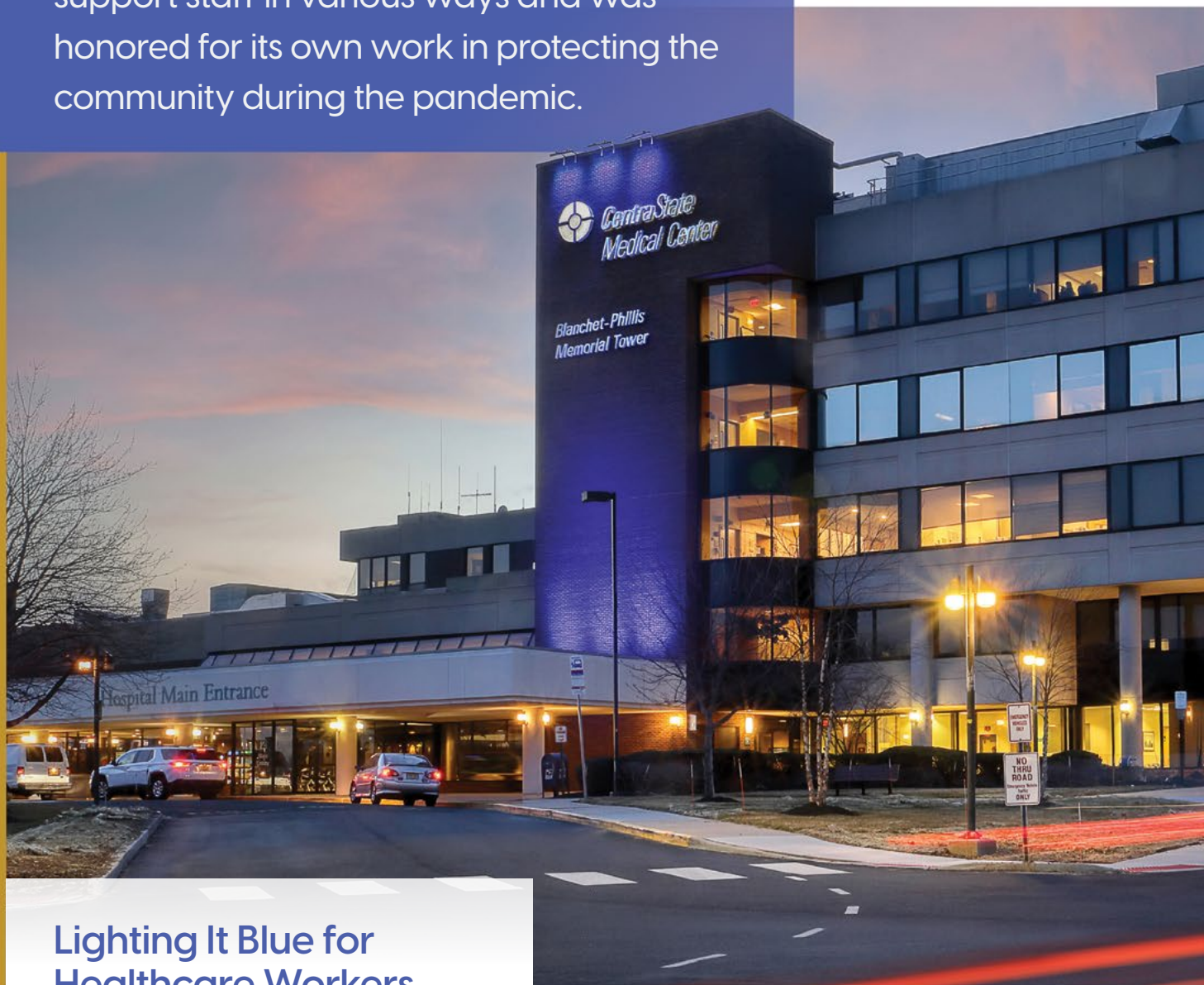


“By offering both preventive and diagnostic screenings, this program provides peace of mind and treatment to address a range of issues, reassuring patients that their concerns are valid, listened to, and understood as they navigate their post-COVID journey,” says  
📍 **Todd Cooperman, MD**, lead physician of the program.



# Recognizing the HEALTHCARE TEAM

CentraState has recognized frontline and support staff in various ways and was honored for its own work in protecting the community during the pandemic.



## Lighting It Blue for Healthcare Workers

Last spring, CentraState joined in solidarity with organizations and businesses across the country by participating in a **Light It Blue campaign** that honored the tireless efforts of healthcare workers throughout an incredibly challenging year. CentraState also commemorated the anniversary of the pandemic's start with a virtual Celebration of Life for staff.







## #FEARLESS Employee Wellness Event

CentraState joined efforts with New Jersey Hope and Healing, a program from Rutgers University Behavioral Healthcare, for a special event titled **#FEARLESS: Overcoming COVID-19 Through Transformation and Resilience**. The event celebrated the steadfast efforts of hospital workers while providing them with wellness tools, healing activities, giveaways, and mental health resources.

## Awards Recognize CentraState Team


CentraState was recognized by several organizations for its team's dedication and commitment to the health and safety of the community throughout the COVID-19 pandemic. The Monmouth County Regional Chamber of Commerce honored CentraState with a **“Beacon of Light” award** at its annual Beacon of Heroes ceremony. In addition, Brookdale Community College recognized healthcare workers from CentraState and other area hospitals at its Scholarship Summer Bash.

Left to right: Kim Kelly, MS, RN, NEA-BC, former CentraState vice president of clinical services; Kenneth J. Reilly, CWS®, secretary/treasurer of CentraState's Board of Trustees; Nancy Barone, CentraState vice president of development, volunteer, and guest services; John T. Gribbin, FACHE, CentraState president and CEO; Debi Gribbin; John Eggert, chair of CentraState's Board of Trustees; Roberta Eggert; the Honorable Barbara McMorrow, member of CentraState's Board of Trustees; and J. Patrick McMorrow pose with the honor given to CentraState by Brookdale Community College.

# Ensuring Care Access THROUGHOUT THE PANDEMIC

While in some cases people had to postpone or delay routine health care during the pandemic, CentraState focused on ensuring safe facilities, providing access to treatment, offering wellness options, and encouraging preventive care.

As part of its efforts to encourage regular mammograms, the Star and Barry Tobias Women's Health Center remained open throughout the pandemic with a steadfast commitment to safety measures and enhanced access. This included extended weekday and Saturday hours and self-referrals for mammograms, meaning no prescription is necessary.



**“I’m** a fighter, but no one is invincible,” says Maria. “You can’t let life get in the way of taking care of your health.”





## Virtual Wellness

With the restriction of in-person programs and events during the pandemic, CentraState found new ways to connect with the community. This included hundreds of virtual presentations, a wellness video library, and new wellness membership plans.

[centrastate.com/events](https://centrastate.com/events)

## COVID-19 and Cancer Survivor Is Thankful for Early Detection

In March 2020, Maria Reid of Millstone was sent to CentraState's Emergency Department with a temperature of 103 degrees and a pneumonia diagnosis. The next thing she remembers is waking up after 21 days on a ventilator. She didn't know where she was, she couldn't walk or think clearly, and in addition to her own COVID-19 diagnosis, she was met with the news that she had lost several family members to COVID-19.

"I lost a month of my life and much more," says Maria. "It was terrifying and truly unbelievable. Yet despite the hallucinations I had, I somehow knew that the healthcare team was saving my life."

When she was back on her feet after a long course of rehabilitation, Maria remembered that she was due for her first screening mammogram and made an appointment at the Star and Barry Tobias Women's Health Center at CentraState. The mammogram showed suspicious results, so she underwent a series of imaging studies and biopsies. With insight from the same radiologists who had monitored her lung results months earlier, tests confirmed that she would face a second battle: breast cancer.

Having a confident interdisciplinary team on her side, Maria underwent a mastectomy performed by breast surgeon John Pellegrino, MD, medical director of CentraState's Comprehensive Breast Cancer Program at the Star and Barry Tobias Women's Health Center. She also had reconstructive surgery with plastic surgeon A.K. Bhattacharya, MD.

The surgeries were successful, and she has been focused on better days since then—including settling into a new home and not allowing life's aggravations to get her down. She also recognizes the importance of keeping up with regular healthcare appointments no matter what the circumstances.

# Expanding PROGRAMS AND SERVICES

In 2021, CentraState continued to broaden services, programs, expertise, and technology to better serve the community.



## Shrinking Tumors at the Source

For some patients, such as those with certain forms of liver cancer, surgery may not be an option. CentraState now offers **transarterial radioembolization (TARE)**, an advanced therapy that targets tumors with a high dose of focused radiation while sparing surrounding healthy tissue. While it's not a cure for every patient, the procedure can prolong—and greatly improve—patients' lives.



"Cancer is increasingly becoming a disease that people live with," says interventional radiologist **Michael D'Angelo, MD**. "When we slow its progression, patients enjoy a better quality of life."

During the procedure, a thin tube called a catheter is guided directly to the site of the tumor. Microscopic spheres containing the radioactive isotope Yttrium-90 are then delivered to the main blood vessel supplying the tumor.

The radiation works from the inside, delivering a highly effective, individualized dose that immediately begins destroying the tumor with minimal side effects.

The procedure does not require general anesthesia or sutures, and patients can go home the same day. While TARE is an effective treatment on its own, it also can work in tandem with other therapies, and it can shrink tumors to a size that makes them easy to remove. In addition to liver cancer, the procedure may be used to treat some other types of cancers, such as metastatic colorectal, pancreatic, breast, and neuroendocrine cancers.



# A New Vision for Cancer Care and Prevention

CentraState has embarked on a new chapter in cancer care with the shared vision and clinical experience of hepatobiliary and advanced gastrointestinal (GI) surgeon ➤ **Alexander Itskovich, MD**, who recently joined the healthcare system as medical director of the Statesir Cancer Center at CentraState. A specialist in surgical treatment for liver, pancreatic, bile duct, and GI cancers, Dr. Itskovich is

spearheading the following plans with an interdisciplinary team.

**Expanded prevention and early detection efforts.** This includes a new genetics program to help people better understand their risk, a pancreatic cancer screening program, and an incidentaloma program that will analyze any incidental finding—something noted on a CT scan that was performed for a different reason—to facilitate early treatment if needed.

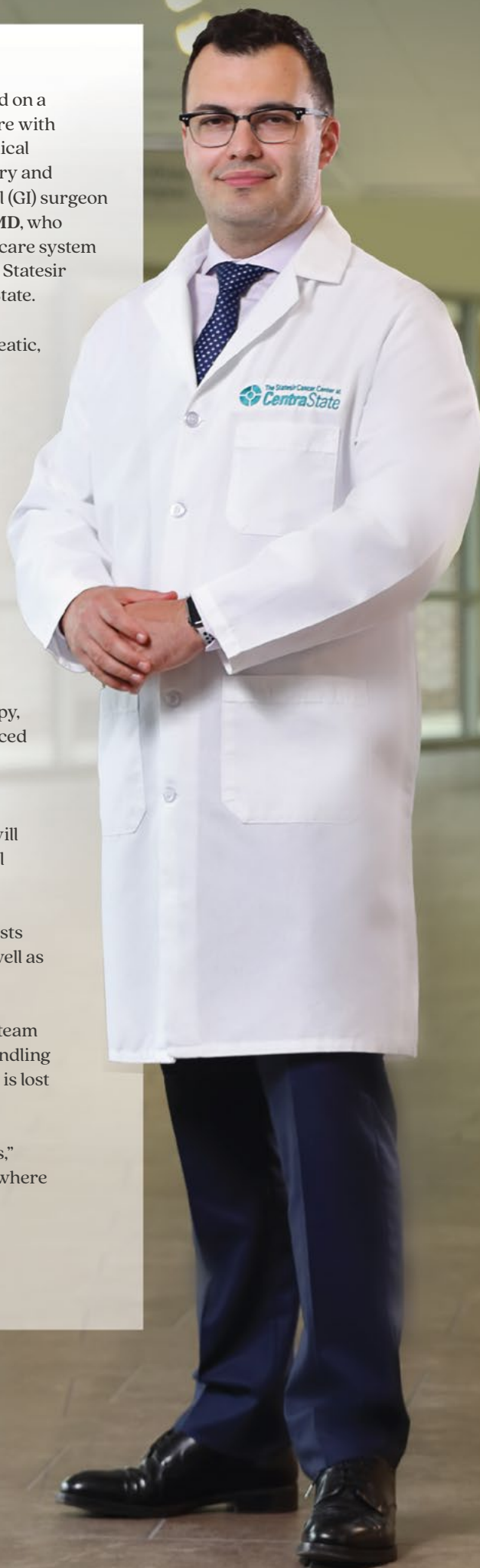
**New clinical services.** Patients will have access to a full range of complex GI surgical options and liver, pancreatic, gallbladder, and bile duct capabilities—as well as intraperitoneal chemotherapy, an advanced combination of surgery and chemotherapy introduced directly into the abdomen to treat certain types of cancers.

**Expansive clinical trials.** An integrated clinical trials program through CentraState's partnership with Atlantic Health System will increase patient access to national thought leaders and additional treatment options.

**Broadened expertise.** CentraState will add new surgical specialists in areas like endocrine, hepatobiliary, and OB/GYN oncology as well as melanoma/sarcoma surgery.

**A cohesive approach.** Building on nurse navigator services, the team will walk patients through every aspect of the cancer journey, handling each logistical detail, alleviating stress, and ensuring that no time is lost in care progression.

“Our patients and community are at the forefront of these efforts,” says Dr. Itskovich. “We’re going to deliver cancer care unlike anywhere in New Jersey—and we’ll do so while maintaining a comfortable, personalized approach. This means broader options, greater convenience, and world-class care.”



## Broadening Women's Health Expertise

❖ **John Pellegrino, MD**, a board-certified breast surgeon specializing in the diagnostic and surgical treatment of breast cancer and other breast diseases, now practices exclusively at the Star and Barry Tobias Women's Health Center at CentraState. Dr. Pellegrino has been on the staff of

CentraState Medical Center for more than 20 years and is the medical director of CentraState's Comprehensive Breast Cancer Program.

A fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons, Dr. Pellegrino completed his Breast Surgery Fellowship at Memorial Sloan Kettering Hospital in New York City and his surgical residency at St. Barnabas Medical Center in Livingston, NJ, where he was chief resident. He earned his medical degree from Creighton University School of Medicine in Omaha, Nebraska. Dr. Pellegrino was recently voted as a Top Doctor in Breast Surgery in a poll of New Jersey doctors by *New Jersey Monthly*.

The Star and Barry Tobias Women's Health Center combines advanced technology with clinical expertise to provide women with comprehensive breast care. The center is accredited by the National Accreditation Program for Breast Centers and is designated as a Breast Imaging Center of Excellence by the American College of Radiology.

## New Location Enhances Wound Care Services

In moving to a new location adjacent to the medical center, CentraState's **Central Jersey Wound and Edema Treatment Center** offers the convenience of eight spacious treatment rooms, close parking, comfortable waiting areas, and a covered walkway to the main entrance. Patients have access to personalized wound care treatment plans combined with lifestyle resources to enhance the healing process and educate them on how to help prevent recurrences.

The wound care team includes an advanced practice nurse, lymphedema specialists, and board-certified physicians from podiatry, interventional cardiology, general surgery, and infectious disease to diagnose and treat multiple types of wounds all under one roof. Central Jersey Wound and Edema Treatment Center is one of only six wound care centers in New Jersey to achieve the Joint Commission's Disease-Specific Care Certification and routinely receives high patient satisfaction ratings in comparison with other wound treatment programs nationwide.





## A New Cardiovascular Interventional Suite

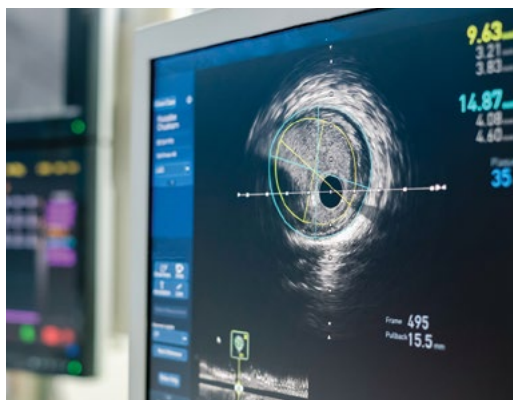
To advance cardiac care for the community, CentraState has completed construction on a new **Cardiovascular Interventional Suite** as a single-story addition on the north side of the medical center.



This initiative centralizes cardiac catheterization, endovascular, and interventional radiology services within a modern, 9,300-square-foot three-room suite with the capacity to serve a greater number of patients. The expansion builds upon the services provided at CentraState while serving as a foundation to adapt and accommodate the latest innovative technologies.



“With the aging patient population, the prevalence of cardiovascular disease is projected to increase,” says interventional cardiologist **Jatinchandra Patel, DO**, director of the Cardiac Catheterization Lab. “The new Cardiovascular Interventional Suite gives patients much-needed additional access to care while enabling our interventional cardiologists to perform lifesaving procedures in a state-of-the-art facility.”



## Expanding Cardiac Catheterization Capabilities

The Cardiac Catheterization Laboratory at CentraState, housed in the new Cardiovascular Interventional Suite, recently expanded its capabilities, offering **full-service diagnostic capability** to quickly and accurately diagnose heart problems such as structural issues, weakened heart muscle, and narrow or blocked blood vessels. Cardiac catheterization is a nonsurgical procedure that provides a more complete picture of heart and blood vessel anatomy than imaging alone.

CentraState has been performing cardiac catheterization since 2005 with excellent patient outcomes and patient satisfaction. As a licensed, full-service cardiac catheterization lab, CentraState can now perform diagnostic procedures on high-risk patients as well as low-risk patients, often avoiding the need to transfer to outside facilities.





## Honoring Forgotten Veterans

CentraState proudly joined the Monmouth County Sheriff’s Office, the Vietnam Veterans of America NJ Shore Area Chapter 12, the Manalapan Township Police Department, and the Ocean County Sheriff’s Office to plan and serve as a procession site for a final Salute to Arms during the **Military Honors for Forgotten Veterans** event last June. The event paid tribute to 23 forgotten veterans and two spouses from WWI, WWII, Korean, and Vietnam War eras in a procession that led to their interment with military honors at Brigadier General William C. Doyle Memorial Cemetery in Wrightstown. CentraState employees and volunteers carried flags to honor the sacrifice made by these honorably discharged veterans and spouses.

## An Environmentally Responsible Neighbor

With the completion of a three-phase, award-winning solar initiative aimed at reducing the hospital’s carbon footprint and offsetting greenhouse gases and carbon dioxide emissions, CentraState is the **most solar-powered hospital in New Jersey**. The hospital’s solar panel farm and parking lot carports enable CentraState to produce approximately 70% of the hospital’s electric needs, save more than \$600,000 in annual energy costs, and reduce the hospital’s impact on Freehold Township’s electrical grid.



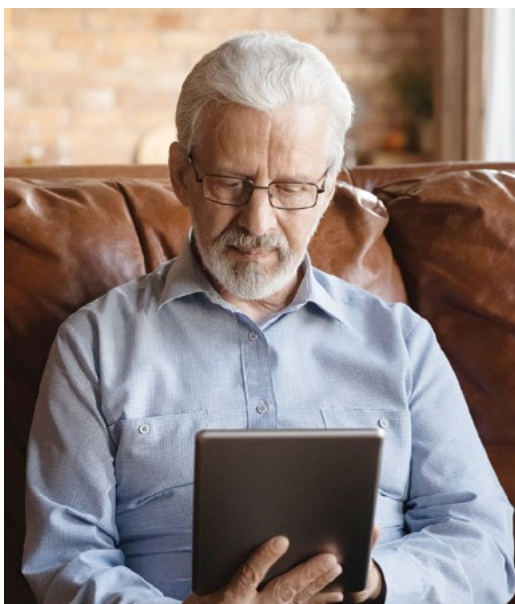
## Leading Generator System Safeguards Care

CentraState has had emergency generators to ensure that all life safety equipment, such as operating room systems and emergency lighting, can continue to function in the case of an electrical outage. But in a recent multifaceted facility upgrade, CentraState became one of the first hospitals in New Jersey to install a **new generator system** that expands this backup functionality throughout the entire hospital—including every outlet and every light switch. The new system goes above and beyond emergency backup requirements to provide the community with continuous access to all levels of care.



## Virtual Grief Support Group Launched

CentraState launched a new virtual grief support group, **HEAL: Helping Everyone Adjust to Loss**, which provides resources for those dealing with grief. The support group encourages participants to ask for and receive support, understanding, and empathy in a compassionate, non-judgmental space. The group is facilitated by two master's level certified grief counseling specialists, and it is open to any adult who has lost a loved one.



## LGBTQ+ Inclusion Efforts

In addition to CentraState's focus on reducing healthcare disparities among marginalized populations, the hospital's **LGBTQ+ Inclusion Committee** helps ensure that all members of the community receive compassionate, quality care in a supportive, welcoming environment free from discrimination. Most recently, these efforts have included implementing gender-neutral bathroom signs throughout the hospital. In addition, the Committee facilitated a virtual lecture series and employee-focused training seminars on topics such as caring for LGBTQ+ youth in the pediatric setting.





# Support from THE COMMUNITY

Throughout the last 50 years, the community has played a significant role in enabling CentraState to advance care for the people it serves.





## Capital Campaign Exceeds Goal

CentraState's beginnings are rooted in philanthropy and community advocacy, and 50 years later, that support remains strong. Thanks to nearly 7,000 donors through CentraState Healthcare Foundation, the **#CentraState2020 campaign** exceeded its goal of \$10 million to raise more than \$16.5 million.

Through contributions from staff, physicians, individuals and groups in the community, businesses, and foundations, the campaign is supporting a broad range of CentraState programs and services that address health and well-being at every age and stage of life, as well as providing critical funding for a five-year Master Facilities Plan—ensuring that CentraState will continue to meet the community's needs now and in the future.

The five main capital projects supported by the campaign include expanding CentraState's LIVE LIFE WELL<sup>SM</sup> initiative, attracting and retaining the best medical talent, creating the Dorothy B. Hersh Pediatric Center at CentraState, enriching senior services, and investing in information technology infrastructure. Gifts also supported areas ranging from telemedicine and UV sterilization techniques during the pandemic to Parkinson's disease programming and behavioral health. In addition, gifts were made in memory of individuals who were cared for by CentraState or instrumental to its journey.

*The CentraState team is proud to serve this community and is incredibly thankful for the many forms of support.*

## Nurse's Gift Spans 50 Years

❖ **Terry Parker, BSN, RN, MPH, COHN-S**, was a student at the University of Pennsylvania School of Nursing when she returned to her hometown of Freehold in 1968 to attend the groundbreaking ceremony for the Greater Freehold Area Hospital. As the shovels lifted the dirt of the former potato field to commemorate the historic moment, she recognized that this new hospital might play a key role in her future. But she didn't know that half a century later, she would honor CentraState's 50th anniversary by making the last gift to the #CentraState2020 capital campaign through CentraState Healthcare Foundation.

Since dressing up as a nurse for Halloween at age 5, Terry felt that she was destined for that profession. She began her CentraState nursing career in 1977 working in the recovery room, followed by roles in patient education and the hospital's clinic.

When an employee health manager position opened, Terry embraced this new opportunity. She brought this department to the next level, changing employee health records from paper to electronic, expanding the flu vaccine program, and helping transition the hospital to a latex-free and smoke-free facility. With assistance from CentraState's tuition reimbursement program, she also completed her master's degree in public health.

Terry retired in 2012 but continued working per diem until 2019. In 2021, when she was asked to serve as a Helping Hand in administering COVID-19 vaccines at the hospital, she didn't hesitate.

"It gave me a sense of fulfillment to help in a time of such need," says Terry. "Not only has CentraState been a cornerstone in my life and my career, but it is part of the fabric of my family and our community."

With a desire to give back in a more formal way, Terry planned to make a gift of \$50,000 in recognition of CentraState's 50th anniversary. Little did she realize that it would be designated as the final gift of the capital campaign.

"What are the odds?" she muses. "I was there for the beginning, and it turns out that this gift marked a wonderful bookend in my career and the hospital's journey."

"I've watched CentraState grow for many years," she adds. "I'm glad it's been there for me, and I'm glad it's there for all of our communities."

If you would like to support CentraState by making a gift, please contact the Foundation at ☎ 732-294-7030 or 🌐 [centrastatefoundation.org](https://centrastatefoundation.org).



# Recent Honors AND AWARDS



**WELCOA**  
WELL WORKPLACE PLATINUM



## Wellness Culture Starts Within

CentraState is one of only nine workplaces in the country to be recognized as a **2021 Platinum Well Workplace** by Wellness Council of America (WELCOA). This platinum-level designation recognizes CentraState's organizational commitment to and investment in health promotion, which starts with employees and extends to the communities it serves. As one of America's healthiest companies, CentraState successfully meets rigid workplace wellness criteria established by WELCOA. CentraState's wellness initiatives intend to build a more resilient organization focused on the mental well-being of its team members with a "caring for the caregivers" approach, leading to better patient outcomes.

## Great Place to Work Designation

As the third-largest employer in Monmouth County, CentraState was proud to be named a **Great Place to Work™ company** by Great Place to Work®, the global authority on workplace culture, employee experience, and the leadership behaviors proven to deliver market-leading revenue and increased innovation. This significant achievement is based on validated employee feedback and reinforces the organization's commitment to fostering a positive work environment, which in turn leads to the recruitment of skilled professionals who can deliver a high quality of care for the community. As part of its data-driven results, CentraState's survey revealed that 90% of employees feel good about the ways they contribute to the community.





## CentraState Named Most Wired

In its 11th year of recognition, CentraState earned **2021 CHIME Digital Health Most Wired recognition** as a certified level 7 organization. The College of Healthcare Information Management Executives (CHIME) recognizes hospitals and healthcare systems at the forefront of using healthcare information technology to enhance the delivery of care for the communities they serve.



## PeRCy Awards Commend Marketing

CentraState has earned two **PeRCy Awards**, presented by the Healthcare Planning and Marketing Society of New Jersey to recognize excellence in healthcare planning, marketing, and public relations in New Jersey. Submissions to these awards compete with other statewide healthcare organizations and are reviewed by a panel of industry experts from other states. CentraState received Best Hospital TV Spot for the maternity TV Spot, "What Do Babies Dream About?" and Best Hospital Public Relations—Relationship Building for the public service announcement video series geared toward underserved populations to address fears and concerns about the COVID-19 vaccine.

## Endoscopy Excellence

CentraState's Endoscopy Department was awarded the **Excellence in Professionalism Award** from the American Board of Certification for Gastroenterology Nurses (ABCGN). This distinction recognizes facilities that support gastroenterology nurses' commitment to excellence through certification.

## Imaging Accreditations

Accreditation by the American College of Radiology (ACR) is the gold standard in medical imaging. In addition to its ongoing accreditations (see next page), CentraState received **ACR reaccreditations** as a Diagnostic Imaging Center of Excellence and in CT and Breast Imaging in 2021.



## CentraState Receives Business Partner Award

The Monmouth County Vocational School District (MCVSD) honored CentraState as its **Business Partner of the Year** at the district's December school board meeting, led by Charles R. Ford, Jr., EdD, superintendent. This award recognizes CentraState's ongoing support of the MCVSD student externship program, a partnership that allows students to work alongside leaders from CentraState's Food and Nutrition Services, Materials Management, and Facilities departments while expanding their knowledge and skillsets.

This collaboration cultivates the passions of the community's future leaders and inspires them to rise as young professionals.

📍 Pictured above are former students of the MCVSD student externship program with Food and Nutrition Services staff and MCVSD leaders.



## The Manor Health and Rehabilitation Center

Named as a **Best Nursing home** for 2021-2022 by *U.S. News & World Report* for short-term rehabilitation and long-term care

Awarded a **five-star rating** from the Centers for Medicare & Medicaid Services

Recognized as an **Antibiotic Stewardship Honor Roll Bronze Level Honoree** by the New Jersey Department of Health and Senior Services

Named a **New Jersey Influenza Honor Roll Awardee** for promoting flu awareness and prevention



## Monmouth Crossing

Earned **Advanced Standing distinction** from the New Jersey Department of Health and Senior Services and the Health Care Association of New Jersey

Ranked consistently in the **top 5 percent** nationally by Holleran for satisfaction scores



## Applewood

Earned **Advanced Standing distinction** from the New Jersey Department of Health and Senior Services and the Health Care Association of New Jersey

Recognized by AV Powell Associates for the **top tier** in long-term solvency among the Continuing Care Retirement Communities nationwide

## Accreditations/ Recognitions

### The Joint Commission

Hospital Accreditation  
The Manor Accreditation  
Total Joint Accreditation (Hip and Knee)  
Congestive Heart Failure Program Certification  
Primary Stroke Certification  
Wound Care Certification  
Heart Failure Certification  
Stroke Certification

### American Academy of Sleep Medicine

Sleep Center Accreditation

### American Association for Cardiovascular and Pulmonary Rehabilitation

Cardiac and Pulmonary Rehabilitation Certification

### American College of Cardiology

Chest Pain Center Accreditation

### American College of Radiology

Radiation Oncology Accreditation  
Diagnostic Imaging Center of Excellence Accreditation  
Ultrasound Accreditation  
Nuclear Medicine Accreditation  
CT Accreditation  
Mammography Accreditation  
Low-Dose Rate CT Lung Screening Center of Excellence  
Lung Cancer Screening Center Designation  
Breast Imaging Center of Excellence  
Stereotactic Breast Biopsy Accreditation

### American College of Surgeons

Commission on Cancer—Accreditation for the  
Statesir Cancer Center at CentraState  
National Accreditation Program for Breast Centers  
—The Star and Barry Tobias Women's Health Center

### American Diabetes Association

Certification for Diabetes Self-Management Training

### American Heart Association

Get With The Guidelines® Gold Plus Stroke Elite and  
Gold Plus Heart Failure Honor Rolls

### American Nurses Credentialing Center

Magnet Status (four-time designation)

### Centers for Disease Control and Prevention

Diabetes Prevention Program Full Recognition

### CEO Roundtable on Cancer

CEO Cancer Gold Standard™

### National Cancer Institute

National Community Oncology Research Program Site  
of the Atlantic Health Cancer Consortium

### Surgical Review Corporation

Bariatric Center of Excellence



# Leadership

## CENTRASTATE HEALTHCARE SYSTEM 2021 BOARD OF TRUSTEES

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## CENTRASTATE HEALTHCARE FOUNDATION 2021 BOARD

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**Matthew Siegel, AIF, BFA**  
**Edward M. Soffen, MD**  
**Kenneth R. Tomkovich, MD**

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Senior Vice President and  
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Senior Vice President and  
Chief Financial Officer

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Senior Vice President, Organizational  
Transformation and Chief Legal Officer

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Vice President, Development,  
Volunteer & Guest Services

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Managed Care

**Vincent L. D'Elia, MA, MPS**  
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**James Richvalsky, MBA**  
Vice President, Physician Practice  
Management

**Laura Schilare, MBA, CPA**  
Vice President, Finance

**Danielle Van Wert, MHA**  
Vice President, Clinical Services

## MEDICAL/DENTAL EXECUTIVE COMMITTEE

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Chief of Staff

**Amit S. Kharod, MD**  
Secretary/Treasurer

**Ashish Awasthi, MD**  
Assistant Chief of Staff

**Maher Youssef, MD, FACP**  
Immediate Past Chief of Staff

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**Poornima Deshmukh, MD**

**DENTISTRY**  
**Marten Ladman, DMD**

**EMERGENCY MEDICINE**  
**Jeremy Dayner, MD**

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**Joshua Raymond, MD**

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**Kunal Gupta, MD**

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GYNECOLOGY**  
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**Jeffrey Friedenber, MD**

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**Michael Menack, MD**

**AT-LARGE MEMBER**  
**Ramanasri Kudipudi, MD**

## CENTRASTATE ASSOCIATED AUXILIARY OFFICERS

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President

**Louise Taylor**  
2nd Vice President

**Madeline Jacobus**  
Treasurer

**Marilyn Jacobs**  
1st Vice President

**Sharon Berenson**  
Corresponding Secretary

**Rita Sorger**  
Scholarship Chair

**Cindy Stark**  
Recording Secretary

# Convenient Locations

## CLOSE TO HOME



**CENTRASTATE HEALTH PAVILION AT MARLBORO**

Family Practice, Women's Health Specialists, Immediate Care, Physical Therapy, and Lab

**CENTRASTATE MEDICAL OFFICE AT MONROE**

Family Practice, Physical Therapy, and Lab

HOLMDEL

**FAMILY PRACTICE OF CENTRASTATE**  
Colts Neck

**CENTRASTATE MEDICAL CENTER**  
Freehold

**THE MANOR HEALTH AND REHABILITATION CENTER**  
Freehold

**CENTRASTATE HEALTH PAVILION AT EAST WINDSOR**

Family Practice, Physical Therapy, Immediate Care, and Lab

**APPLEWOOD**  
Freehold

**FREEHOLD FAMILY HEALTH CENTER/ FAMILY MEDICINE RESIDENCY PROGRAM**  
Freehold

**STAR AND BARRY TOBIAS AMBULATORY CAMPUS/FITNESS CENTER**  
Freehold

**FAMILY PRACTICE OF CENTRASTATE AND SURGICAL ASSOCIATES OF CENTRASTATE**  
Freehold

**MONMOUTH CROSSING**  
Freehold

MILLSTONE

FREEHOLD

**FAMILY PRACTICE OF CENTRASTATE**  
Jackson

**CENTRASTATE PHYSICAL THERAPY & REHABILITATION**  
Jackson

BRICK

**IMMEDIATE CARE MEDICAL WALK-IN**  
Brick

JACKSON MILLS

CentraState Medical Center  
Star and Barry Tobias Ambulatory Campus  
CentraState Fitness & Wellness Center  
901 W. Main St., Freehold

CentraState Health Pavilion at East Windsor  
319 Route 130 N., East Windsor

CentraState Health Pavilion at Marlboro  
479 Newman Springs Rd., Marlboro

CentraState Medical Office at Monroe  
312 Applegarth Rd., Monroe

Family Practice of CentraState  
281 Route 34, Colts Neck  
319 Route 130 N., East Windsor  
901 W. Main St., Freehold  
161 Bartley Rd., Jackson  
479 Newman Springs Rd., Marlboro  
312 Applegarth Rd., Monroe

CentraState Physical Therapy & Rehabilitation  
21 South Hope Chapel Rd., Jackson

Freehold Family Health Center/  
Family Medicine Residency Program  
597 Park Ave., Freehold

Immediate Care Medical Walk-In  
8 Brick Plaza, Brick

**SENIOR LIVING FACILITIES:**

Applewood  
1 Applewood Dr., Freehold

The Manor Health and Rehabilitation Center  
689 W. Main St., Freehold

Monmouth Crossing  
560 Iron Bridge Rd., Freehold



# 2021 KEY STATISTICS

680

BIRTHS

16,121

DISCHARGES (INCLUDING  
SAME-DAY SURGERIES)

68,834

PATIENT DAYS  
(INCLUDING SAME-DAY  
SURGERIES)

3,140

OBSERVATION CASES

215,912

PHYSICAL/  
OCCUPATIONAL  
THERAPY TREATMENTS

45,530

EMERGENCY  
DEPARTMENT PATIENTS

95,254

RADIOLOGY/IMAGING  
PROCEDURES

15,323

FREEHOLD FAMILY HEALTH  
CENTER VISITS<sup>1</sup>

9,359

SURGERIES

100,259

HEALTH PROMOTION  
VISITS<sup>2</sup>

1,824

SYSTEM EMPLOYEES  
(FULL-TIME  
EQUIVALENTS)<sup>3</sup>

824,311

LAB TESTS (INCLUDING  
COVID-19 TESTING)

1,633

NUCLEAR MEDICINE  
TREATMENTS

1. A unique collaborative initiative with the Visiting Nurse Association (VNA) Health Group, VNACJ Community Health Center, Inc. (CHC), and Rutgers Robert Wood Johnson Medical School through the Family Medicine Residency Program at CentraState

2. Includes Health Awareness Center and outpatient diabetes services

3. System employees include physician practice locations



# CentraState Healthcare System®

ATLANTIC HEALTH SYSTEM PARTNER

**centrastate.com**

**732-431-2000**

901 West Main Street  
Freehold, NJ 07728



CentraState Healthcare System is an affiliate of Rutgers Robert Wood Johnson Medical School.

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