

N INNOVATION WELLNESS
QUALITY LEADERSHIP
N MORE EXPERTISE

IS HAPPENING HERE



CentraState
Healthcare System®

ATLANTIC HEALTH SYSTEM PARTNER

2022 ANNUAL REPORT

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IS HAPPENING HERE

AT CENTRASTATE HEALTHCARE SYSTEM,

we're proud of our deep community roots that underscore our strong focus on personalized, compassionate care. At the same time, CentraState has evolved into a regional destination for world-class healthcare services – and that gives our patients the best of both worlds. In fact, as you'll see within these pages, many distinctive and innovative initiatives are happening right here.

In 2022, CentraState renewed its vision to provide increased access to care, deliver excellence in clinical outcomes, enhance the patient experience, and further integrate wellness efforts and other offerings into our care systems. To guide these priorities, we have embarked on a three-year strategic planning process that is designed to make care more accessible and convenient for people throughout our region, further enhance quality, and add more physicians and specialty services that set CentraState apart.

Our efforts are already well underway. In the past year, we have onboarded primary care physicians and specialists, including leading experts in endocrinology and neuro-oncology. We're now a satellite location for the Gerald J. Glasser Brain Tumor Center, and we're planning a comprehensive Endocrine Surgery Center and additional health pavilions that enable more people to receive care close to home. People with challenging healthcare needs such as complex cancers have access to surgical treatments typically only available in major metropolitan centers. In addition, our partnership with Atlantic Health System reinforces our focus on superior outcomes and further broadens our reach.

These are exciting times at CentraState as we continue to add more programs and services that you would not typically find at a community hospital. Our focus on expanding access to the best care at the best value will benefit patients across Central New Jersey and beyond. It's happening here – and we're just getting started.



Thomas W. Scott, FACHE, FABC (center)
President and CEO, CentraState Healthcare System

John M. Cantalupo, Esq. (left)
Chair, CentraState Board of Trustees

Kenneth Eng, DO (right)
Chief of Staff, CentraState Medical and Dental Staff

ONCOLOGY

ADVANCING CANCER CARE

It's happening here:
CentraState offers world-class
procedures and innovative
tools to fight cancer.



CentraState is delivering the type of advanced cancer care you'd find in a major metropolitan cancer center, paired with the personal touch of a community-based healthcare system. This level of care has been driven by the efforts of a skilled multidisciplinary team under the guidance of **Alexander Itskovich, MD** (pictured above center), hepatobiliary and advanced gastrointestinal (GI) surgeon and medical director of the Statesir Cancer Center at CentraState.

Renowned physicians in cancer subspecialties such as endocrinology and neurology are providing care at CentraState, alongside a strong core clinical team. Highly intricate surgical procedures are available to provide new hope for patients with difficult-to-treat cancers. Patients have access to new clinical trials, along with high-risk cancer assessment and genetics programs that can detect cancer at its earliest stages.

"We're building high-caliber teams around our patients to solve complex problems," says Dr. Itskovich. "We're offering world-class services right here at CentraState."



Unique HIPEC Protocol Is Extending Lives

A highly advanced, two-phase surgery now available at CentraState may extend lives substantially for certain patients with abdominal-related cancers. Hyperthermic intraperitoneal chemotherapy, or **HIPEC**, combines tumor removal surgery with a heated, concentrated chemotherapy bath inside the abdomen, battling cancer directly at its source.

HIPEC is typically only available in high-volume, metropolitan cancer centers, and Dr. Itskovich has brought the procedure to CentraState – making the hospital one of just a few in New Jersey to offer this treatment. Candidates may include patients with stage four cancer that has spread into the abdominal cavity, including appendiceal cancer, peritoneal mesothelioma (cancer of the abdominal lining), certain colon and ovarian cancers, and some gastric cancers.

With surgery alone for these types of intraabdominal cancers, it can be nearly impossible to remove every cancer cell. However, the heated chemotherapy solution bathes the abdomen to kill residual cancer cells and reduce the chances of recurrence. The surgery requires an incredible collaborative approach with more than 50 team members working together on complex protocols.



Gerald J. Glasser Brain Tumor Center Partners with CentraState

As part of CentraState's partnership with Atlantic Health System, fellowship-trained neuro-oncologist **Robert Aiken, MD**, is now

available to see patients at CentraState, a new satellite location for the Gerald J. Glasser Brain Tumor Center. Board-certified in neurology and neuro-oncology, Dr. Aiken specializes in the diagnosis and management of patients with benign and cancerous tumors of the brain, skull, spine, and spinal cord.

With extensive expertise that includes clinical research, Dr. Aiken serves as co-director of the Gerald J. Glasser Brain Tumor Center – ranked No. 1 for neurosurgery in NY, NJ, CT, and PA and among the top 5 percent of the nation's neuroscience programs for five years in a row.

In addition to treating patients at the Statesir Cancer Center at CentraState, he is collaborating with oncologists, neurosurgeons, and other CentraState specialists to ensure a seamless continuum of care and is facilitating opportunities for patients to participate in brain tumor clinical trials.

"We're offering patients a very modern approach to neuro-oncology treatment, with access to comprehensive care and the latest clinical trials close to home," says Dr. Aiken. "With this level of care and convenience, patients don't need to travel to New York or Philadelphia."

A Closer Look at the Lungs

An **endobronchial ultrasound (EBUS) bronchoscopy** performed by interventional pulmonologists at CentraState is one of the quickest and most precise ways to diagnose lung cancer for people at high risk, such as smokers, individuals over age 65, or those with abnormal-looking lymph nodes detected through imaging tests.

In the past, screenings have been limited to the airway. EBUS bronchoscopy goes beyond the airway to provide a safe way to visualize the lymph nodes and lungs using a small, flexible scope equipped with a special video camera and ultrasound device. This technology can capture images to evaluate areas that may not be seen with scans or X-rays, and it can also be used to obtain image-guided biopsies.



Minimally Invasive Surgery for Liver Cancer

The liver's large blood vessels and complex anatomy can make tumor removal challenging, especially with open surgery. CentraState is one of the few hospitals in the state to remove liver tumors with **minimally invasive liver lobectomy**, which reduces the risk of bleeding while offering a shorter hospital stay and a quicker recovery. Depending on the needs of the individual patient, the procedure can be performed laparoscopically or robotically using the da Vinci Surgical System.

HIGH-RISK CANCER SCREENING PROGRAMS

People at high risk for certain types of cancer need a different monitoring strategy. CentraState offers the following high-risk screening programs to help detect cancer early, when it's most treatable.

Pancreatic cancer screening

CentraState offers pancreatic cancer screening for individuals whose family history puts them at a higher risk of pancreatic cancer. Patients who don't qualify for screening based on family history alone may be referred for genetic testing to determine if they are at high risk. If a patient qualifies for screening, next steps include an MRI of the pancreas and a personalized care plan based on those results.

Lung cancer screening

CentraState's low-dose CT scan lung screening program can detect lung cancer at its earliest stages, even before symptoms start. CT scans can detect nodules as small as 1 to 2 millimeters, and these tiny nodules can then be tracked for changes and growth. Low-dose CT screenings are available every year for those who have no symptoms of lung cancer and meet criteria related to age and smoking history.

Breast cancer screening

A mammogram at CentraState now comes with insight on whether a patient is at high risk for breast cancer. The high-risk breast cancer program employs the Tyrer-Cuzick risk assessment tool, which examines broad factors to calculate the ten-year and lifetime risks of developing breast cancer. Those at high risk receive a personalized care plan, which may include semi-annual office visits, supplemental imaging, and genetic testing.

More Convenient Mammograms

To make preventive health care more convenient and accessible for women, CentraState offers mammograms with no prescription. Patients age 40 or older with no symptoms who are due for a routine mammography can simply make an appointment with the Star and Barry Tobias Women's Health Center. Self-referred mammography is covered by most insurances, just as it would be with a physician prescription.



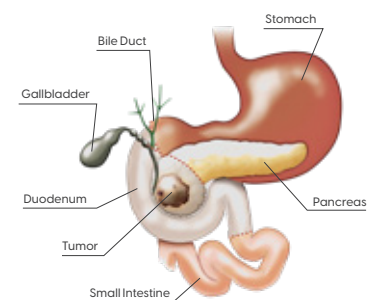
Complex Surgery Treats Pancreatic Cancer

A surgical intervention called the **Whipple procedure** can be a very real lifeline for patients with certain types of pancreatic cancer. During this complex procedure, the head of the pancreas, the gallbladder, the duodenum (the first part of the small intestine), and part of the stomach are removed. Then, the bile duct, the remaining portion of the pancreas, and the remaining portion of the stomach are reconnected to the small intestine so that food can be digested as usual.

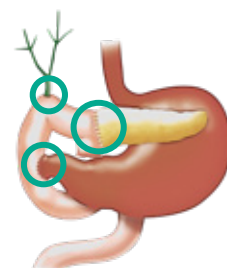
"It's like rearranging the entire plumbing of the digestive system," explains Alexander Itskovich, MD, who has been performing the procedure for nearly a decade and now offers it at CentraState with the support of a multidisciplinary team. "It's a difficult procedure because it's performed in a compact area with multiple organs and a maze of large blood vessels that tumors like to invade. In addition, suturing the pancreas is like sewing gelatin, so it requires a special technique."

The procedure, which can take up to 12 hours, helps prevent cancer from spreading to other organs and is the only known cure for certain pancreatic tumors.

BEFORE



AFTER




ENDOCRINOLOGY

SPECIALIZED ENDOCRINE CARE

CentraState is expanding its endocrinology services into a regional destination for endocrine care.




A New Era in Endocrine Surgery

Renowned endocrine surgeon  **Alexander L. Shifrin, MD**, joined the staff of Surgical Associates of CentraState and CentraState Healthcare System as surgical director of endocrinology. Dr. Shifrin specializes exclusively in the diagnosis and surgical treatment of thyroid, parathyroid, and adrenal cancers and benign conditions, from common to complex. He has performed thousands of endocrine surgeries

over his career, including the most advanced minimally invasive procedures.

Dr. Shifrin provides streamlined care in collaboration with CentraState's network of endocrinologists, oncologists, and other specialists. A national leader in his field, he sees patients from throughout the region and across the country. Dr. Shifrin has been instrumental in prestigious clinical trials and is a prolific author, having written or contributed to dozens of textbooks and other publications on endocrine surgery.

 As part of my philosophy of care, I work closely with patients to factor in life circumstances and ensure personalized treatment with a high comfort level," says Dr. Shifrin. "I'm pleased to be working collaboratively with the CentraState team to expedite and advance endocrine care."



ENDOCRINE SURGERY CENTER TO OPEN

As part of CentraState's commitment to offering the most comprehensive endocrine surgery program in New Jersey, construction has been completed on a state-of-the-art facility that will house the hospital's **Endocrine Surgery Center** at 55 Willow Lane in Marlboro. Scheduled to open this spring, the Endocrine Surgery Center will be led by Dr. Shifrin and an expanding team of endocrinology and interdisciplinary specialists who will broaden access to vital care for conditions ranging from thyroid, parathyroid, and adrenal disorders to endocrine cancers and hereditary endocrine syndromes. This patient-centered facility will be equipped with the latest technology, including the ability to perform in-office ultrasound-guided biopsies.

CentraState Convenes Endocrinology Experts

CentraState convened national and international experts in endocrinology at its first **Endocrine Symposium**, with physicians and other healthcare professionals from across the region in attendance. Participants learned the latest diagnostic approaches and treatment modalities for patients with adrenal, thyroid, and parathyroid diseases and cancers.

NEUROLOGY

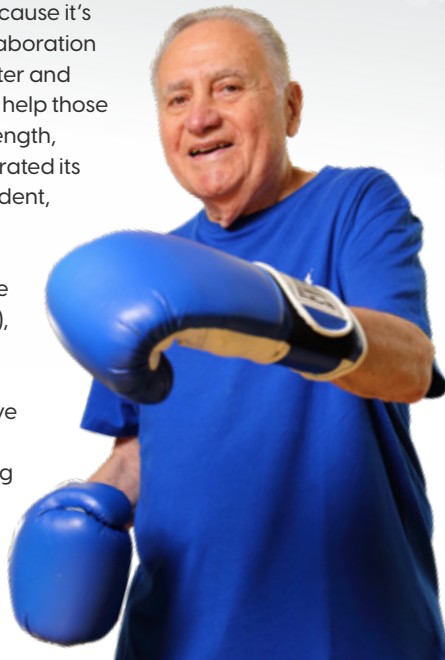
NOVEL APPROACHES IN NEUROSCIENCE

Tailored care and advanced treatments are available for patients with complex neurological needs.

Taking a Stance Against Parkinson's Disease

🕒 **Terry Marcus** is a big fan of **Rock Steady Boxing**, because it's helping him in the fight of his life. The program – a collaboration between CentraState's OceanFirst Rehabilitation Center and CentraState Fitness & Wellness Center – is designed to help those with Parkinson's disease maintain or improve their strength, coordination, and balance. Rock Steady Boxing celebrated its fifth anniversary in 2022, and Terry, an Old Bridge resident, is one of more than 200 participants to date.

Through Rock Steady Boxing, Terry was referred to the **Charles Kaempffer Parkinson's Program** (see page 18), part of CentraState's **Movement Disorders Program**. Overseen by neurologist Jia Zhen Cheng, MD, these programs help detect and manage neurodegenerative issues early, when treatment is most effective. The individualized treatment plans developed by Dr. Cheng can include medication, referrals to subspecialists, and physical, occupational, or speech therapy. Since beginning his coordinated care at CentraState in 2020, Terry has improved his flexibility and ability to walk.



New Neurosurgeon Joins Medical Staff



Board-certified neurosurgeon
🕒 **Shamik Chakraborty, MD**, recently joined the CentraState medical staff and the Princeton Brain, Spine, & Sports Medicine team. Dr. Chakraborty has advanced training in brain and spine tumors, complex spine surgery, and minimally invasive spine treatments, and he has received the Healthgrades Neurosciences Excellence Award for superior clinical outcomes in stroke care and cranial neurosurgery.

Dr. Chakraborty is highly skilled in using **neuronavigation**, a 3D navigation system available at CentraState that enables safer and more precise treatment of brain tumors and other conditions. The system allows the comparison of real-time 3D images during surgery to preoperative MRIs. Because the brain can shift during procedures, this level of detail can help surgeons better preserve neurological function and improve patient outcomes.

A TREATMENT OPTION FOR TREMORS

Deep brain stimulation (DBS) is a treatment that can help patients with essential tremor or Parkinson's disease experience tremors less frequently and often decrease tremor medications. The procedure is available to CentraState patients through the hospital's partnership with Atlantic Health System's Overlook Medical Center.



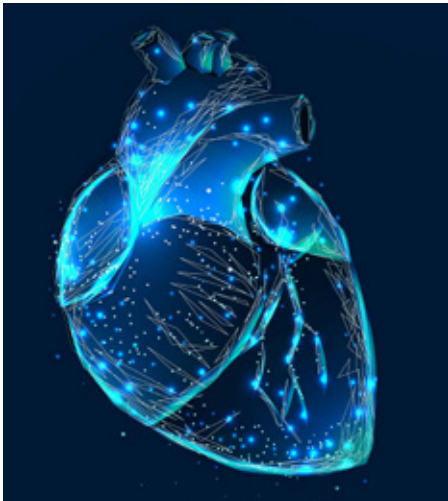
DBS helps "reprogram" the portion of the brain that controls movement so that the brain's electric signals fire in a more regulated pattern. The procedure involves carefully placing electrodes within the brain through a pre-designated route and implanting a pulse generator – a device similar to a pacemaker – under the skin of the chest to control the electrical current. A few weeks after surgery, neurologist 🕒 **Jia Zhen Cheng, MD** begins programming the device and calibrating the signal to ensure that the current is properly programmed to optimally alleviate symptoms.

"After DBS, 80 to 90 percent of patients see improved clinical symptoms, reduce their use of related medications, and enjoy a better quality of life," says Dr. Cheng.

CARDIOLOGY

HEALING THE HEART

A higher level of lifesaving interventional cardiology care is happening here.



Saving Lives Through Emergency Angioplasty

Research has shown that when a heart attack happens, patients have the best chance of recovery if their arteries are opened emergently. That lifesaving care is available at CentraState through a procedure called **emergency angioplasty**, also known as emergency percutaneous coronary intervention (PCI).

The procedure requires licensing approval from the New Jersey Department of Health – and CentraState was recently awarded this designation for meeting all necessary qualifications in its new, state-of-the-art Cardiovascular Interventional Laboratory. The approval builds on the medical center's accreditation as a Chest Pain Center and its longstanding expertise in performing interventional procedures such as cardiac catheterization.

Through emergency angioplasty, CentraState's interventional cardiology team can quickly locate a blockage in a patient having a heart attack, restore blood flow to the heart, and minimize or prevent heart damage through a minimally invasive technique called balloon angioplasty. This lifesaving treatment is available at CentraState 24/7.



A TRACK RECORD OF CARDIOVASCULAR SUCCESS

CentraState opened its 9,300-square-foot **Cardiovascular Interventional Laboratory** in 2022 to centralize cardiac catheterization, endovascular, and interventional radiology services while adding capacity to serve a greater number of patients. Since 2005, the hospital's experienced interventional cardiologists have been performing cardiac catheterization – a procedure that provides a more complete picture of heart and blood vessel anatomy than imaging alone – with excellent outcomes and patient satisfaction.

Using cardiac catheterization, interventional cardiologists thread a catheter from the wrist or groin to the heart to quickly and accurately diagnose heart problems. At CentraState, 90 percent of cardiac catheterizations are performed via a blood vessel in the wrist, which is more comfortable for patients and has a shorter recovery.

"We're expanding access to care for the many people affected by cardiovascular disease," says **Jatinchandra Patel, DO** (pictured above center), medical director of the Cardiovascular Interventional Laboratory at CentraState. "At the same time, the ability to perform emergency angioplasty is a great benefit to the community. We're shortening that critical time-to-treatment window, allowing people who show signs of a heart attack to receive immediate treatment at CentraState."



CentraState Hosts Cardiovascular Symposium

CentraState provided a robust cardiovascular disease continuing education opportunity at its third annual Cardiovascular Symposium. The event centered on the importance of collaborative care efforts in managing stroke as well as how advances in cardiovascular medicine can transform care.

SURGERY

SURGICAL EXPERTISE

CentraState offers a full range of additional high-tech surgeries and procedures.

Specialized Hip Surgery Can Delay Arthritis

Hip arthroscopy, a minimally invasive hip pain procedure that has typically only been available at large metropolitan hospitals, is now available at CentraState. This highly specialized surgery can slow or prevent the progression of arthritis in the hip and potentially postpone the need for a hip replacement. The procedure is most often used to treat a condition called impingement, which is when the hip ball and socket no longer rotate with ease.

To perform the delicate procedure, a surgeon inserts a camera called an arthroscope, along with surgical tools, through three small incisions on the hip to clear the impingement. In most cases, patients can have hip arthroscopy early in the morning and be home by lunch.



"This procedure can improve quality of life for patients and keep them feeling healthier for longer," says CentraState orthopedic surgeon **Garret Sobol, MD**. "It's a win-win for our patients with hip pain, as they can now receive this specialized care close to home."

Disc Replacement Without Fusion

When conservative treatments don't relieve pain, surgery may be needed to treat a herniated disc or other disc problems of the spine and neck. Traditionally, an anterior cervical discectomy and fusion (ACDF) is performed to remove a herniated disc and replace it with a spacer, which locks movement in that joint and requires the joints above and below it to work harder.

CentraState orthopedic surgeons offer an alternative option: **disc replacement surgery**. This minimally invasive technique replaces the disc with an implant that mimics natural function without fusing the bones together. With no plates or screws required, disc replacement surgery preserves the spine's normal range of motion while decreasing recovery time from three months to several weeks.

BACK ON BOARD AFTER FOOT SURGERY

Lifelong competitive surfer **Joanie Sapienza** of Manasquan had just finished a surfing session with friends when she jumped on a skateboard and slipped off, twisting her foot. A CT scan showed six fractures and a tear of the Lisfranc ligament, one of three ligaments in the middle foot that helps keep the foot stable.

Understanding Joanie's passion for surfing, CentraState podiatrist Alison DeWaters, DPM, researched the best solution. To reduce the risk of arthritis and retain function, she used a flexible approach called a **mini-TightRope™**. During this procedure, two buttons connected by fiber wire are placed across the bones and ligaments to stabilize them while they heal. The wire doesn't need to be removed, so patients can return to physical activity more quickly than with traditional approaches. With the help of physical therapy, Joanie was stand-up paddleboarding and getting used to using her feet again within four months. Soon after, she leashed up and paddled out into the ocean.

"I don't act my age, and I don't want to," Joanie says. "I want to keep my active lifestyle as long as I can – and luckily, I'm back to what I love."



COUPLE SHARES BARIATRIC JOURNEY

Now a combined 200 pounds lighter, 🏆 **Daniel and Marie Anderson** have a second chance at a healthier life after bariatric surgery. The Burlington County couple underwent gastric sleeve surgery one week apart with Seun Sowemimo, MD, medical director of CentraState's **Bariatric Surgery Program**, who notes that having a supportive partner in the process can be a real advantage.

CentraState's program came highly recommended through friends, so they were more than willing to make the hour-long commute for their appointments. Since their surgeries, they've adopted the healthy lifestyle strategies needed for long-term success.

"It's one of the best decisions we've ever made," says Marie. "We supported each other through the surgery, and now we get to build this amazing new life together."

Rapid Relief for Enlarged Prostate

Prostatic hyperplasia (BPH), also known as enlarged prostate, is a common condition in men that can block the flow of urine out of the bladder and cause bladder, urinary tract, or kidney problems, along with urinary symptoms. Prescription medicines may not provide adequate relief and can cause side effects. But the minimally invasive **UroLift® 2 System**, available at CentraState, provides rapid, lasting relief.

During the outpatient procedure, tiny implants are placed to hold open the obstructed urethra that's blocking urine flow. The procedure treats the blockage directly, instead of treating its symptoms. As a result, it doesn't require ongoing medication or the removal of prostate tissue.



"This technology allows us to perform the procedure in just a few minutes, so the total time spent at the hospital is only two to four hours rather than days," says CentraState urologist 🏆 **Troy Sukkarieh, MD**. "Our patients have been very pleased with the results and lack of side effects."

Bariatric Center of Excellence



CentraState has been accredited as a Center of Excellence in Metabolic and Bariatric Surgery by the Surgical Review Corporation (SRC), a nonprofit patient safety organization that develops and administers best-in-class accreditation programs. The program features board-certified, fellowship-trained bariatric surgeons and robust bariatric patient education, support, and fitness programs. In addition, 34 CentraState team members are certified as Bariatric Care Specialists – more than any other organization certified by SRC to date.

ACCESS

EXPANDING ACCESS TO CARE

From training physicians of the future to focusing on inequities, CentraState is broadening care access.



STREAMLINED ACCESS TO ELECTRONIC HEALTH RECORDS

In an extensive collaborative undertaking as part of its partnership with Atlantic Health System, CentraState implemented the **Epic electronic health record (EHR)** platform and trained hospital-wide staff in its use. The platform improves efficiency and safety in care delivery by providing physicians across specialties and practices access to up-to-date medical records and enabling them to work more cohesively to provide optimal care for patients.

Epic includes a patient portal called **MyChart**, an interactive health management tool that enables patients to securely manage and receive health information 24/7. Patients can now use MyChart to access their medical records, schedule appointments, request prescription refills, view test results, communicate with their care team, and more.



Maternal Health Initiative Focuses on Access

As a Healthcare Transformation Consortium (HTC) member with Atlantic Health System and several other hospitals and health systems, CentraState is participating in a statewide program with **Wildflower Health**, a leading women's health solutions company, to improve maternal health outcomes in New Jersey. This partnership is also focused on reducing care inequities for New Jersey women of color, who face higher rates of maternal mortality.

As part of this initiative, patients will have access to a mobile app designed by Wildflower to provide a personalized care journey for expecting moms and families, with features such as health tools and trackers. In addition, the initiative includes health advocacy services to help moms more effectively connect to care during and after pregnancy.



A PHYSICIAN GRADUATING CLASS UNLIKE ANY OTHER

The Rutgers Robert Wood Johnson Medical School **Family Medicine Residency Program at CentraState** has prepared many young physicians to excel as family medicine providers, but the 16th graduating class was unique. Members of the class of 2022 were just nine months into their internship year when the pandemic started, and their response was phenomenal, according to program director Maria Ciminelli, MD. The graduating class of this three-year program had more than 5,000 adult and 1,500 pediatric Emergency Department and hospital encounters, with more than 1,000 COVID-19 hospital encounters.

“The pandemic transported us to a very different world, especially within the practice of medicine,” says Dr. Ciminelli. “Our 2022 graduates took care of CentraState’s sickest COVID patients as part of the ICU COVID-19 response team. They met challenges in stride and learned a tremendous amount about teamwork, resiliency, and adaptability.”

Medical Loan Assistance

To improve regional access to primary care and ease the financial burden of medical education payments for young physicians, CentraState family medicine residents have access to a **Physician Loan Assistance Program** when they commit to employment by an Atlantic Health System hospital or partner, including CentraState. The program provides qualified residents with up to \$110,000 of medical loan repayment.

Immediate Care Locations Within Reach

Through CentraState’s partnership with Atlantic Health System, patients have access to Immediate Care urgent care centers in **Brick, Toms River, Marlboro, Hazlet, Red Bank, and East Windsor**. Combining high-quality care with the convenience of a walk-in medical office, these sites are open seven days a week, including most holidays.

Staffed with a multidisciplinary team, Immediate Care treats acute and chronic illnesses and injuries and provides walk-in radiology and laboratory services. Online check-in and telehealth visits are also available. For patients who already use CentraState or Atlantic Health System doctors and services, full medical records can be quickly and securely accessed through the Epic electronic health record system.



Coming Soon!

Construction is underway for new CentraState Health Pavilions in Jackson and Farmingdale, which will offer one-stop shopping for health services ranging from physician care to lab services and physical therapy.

COMMUNITY BENEFIT

CentraState is honored to serve as a strong and valuable community partner.



NURSING EXCELLENCE BENEFITS THE COMMUNITY

CentraState is in an elite group of less than 2 percent of hospitals in the nation to earn **Magnet® recognition** from the American Nurses Credentialing Center (ANCC) four times, which attests to its excellence in nursing and benefits the community in countless ways. Magnet-designated hospitals are regarded as the pinnacle of nursing practice, leadership, and innovation, and they continually seek to raise the bar for patient care.

In 2022, CentraState nurses adopted a new shared governance structure to further empower nurses at all levels to improve patient outcomes, and a new Professional Practice Model to underscore how nurses practice, collaborate, and communicate. These principles were showcased during the implementation of the Epic electronic health record, which has provided nurses in particular with tools to enhance patient safety, streamline care, and spend more time at the bedside.

Community Health Needs Assessment

In 2022, CentraState completed a Community Health Needs Assessment to help pinpoint the evolving healthcare needs of the community. This assessment, conducted every three years, incorporates data gleaned from **more than 450 community members** through robust surveys and interviews, along with other sources. It covers a wide range of topics related to healthcare needs, access, and socioeconomic issues.

Areas of opportunity identified in the 2022 assessment included topics related to cancer, heart disease, behavioral health, nutrition, physical activity, and weight. CentraState has analyzed the results and developed an implementation plan that prioritizes significant health needs and will guide community health improvement efforts in the coming years.



Vaccination Clinics Protect the Community

Beyond delivering evidence-based care for those with COVID-19 and safeguarding the healthcare system for all those who have entered its doors throughout the pandemic, CentraState offered 239 on-site and community vaccine clinics

and provided more than 11,000 COVID-19 vaccine doses in 2022. The CentraState team has also worked with various community organizations, churches, and state entities to ensure that hard-to-reach and underserved populations have access to COVID-19 and flu vaccines. CentraState has administered **more than 88,000 COVID-19 vaccine doses** since the start of the pandemic.



CentraState Remembers and Honors Veterans

CentraState proudly joined the Monmouth County Sheriff's Office, the Vietnam Veterans of America NJ Shore Area Chapter 12, and other organizations to serve as a procession site for a final Salute to Arms during the **Military Honors for Forgotten Veterans** event in June. Team members and volunteers carried flags to honor the sacrifice made by 16 honorably discharged veterans and two spouses from the WWII, Korean, and Cold War eras as they made their way to Brigadier

General William C. Doyle Memorial Cemetery in Wrightstown for interment with military honors. CentraState also participated in the Freehold Memorial Day Parade and held a celebration on Veterans Day to recognize and thank its own veterans and reservists.



LGBTQ+ Initiatives Promote Equitable Care

As part of CentraState's focus on reducing healthcare disparities among marginalized populations, the hospital's **LGBTQ+ Inclusion Committee** helps ensure that all people have access to compassionate, quality care in a supportive, welcoming environment. In 2022, these efforts included hosting several free

lectures for healthcare professionals. The Committee also celebrated Pride Month by promoting awareness about equitable care, and CentraState illuminated the hospital with rainbow floodlights and displayed a Pride flag.

2022 HEALTH EDUCATION AND SCREENINGS AT A GLANCE

The Star and Barry Tobias Health Awareness Center and the Live Life Well program had 39,489 participant encounters to enhance health and wellness.

A total of 15,863 people attended health fairs and events.

Health coaching services benefited 1,244 new on-demand wellness class members and 392 people with heart failure, and health coaches provided 197 hypertension encounters.

A total of 1,733 health screenings, including 277 cancer screenings, were provided to facilitate early detection of health issues.

CentraState provided 1,076 diabetes education encounters and 779 glucose screenings to check for prediabetes and diabetes.

A total of 1,698 people received lifesaving CPR training, including basic life support, advanced life support, and pediatric advanced life support.

CentraState provided 1,849 student education encounters on topics including wellness, life skills, and health careers.

COMMUNITY BENEFIT



INSPIRING FUTURE HEALTHCARE PROFESSIONALS

CentraState facilitates several programs that help young people learn about health professions.



In collaboration with Freehold Regional High School District, CentraState hosted 339 **Health Profession Pathway Students** in the 2021-2022 and 2022-2023 programs, helping Freehold and Manalapan sophomores, juniors, and seniors learn about a range of career options.

▲ CentraState Employee Relations Business Partner Tina Valente and Director of Dining Services Norma Dorer provide an interactive demonstration for Health Profession Pathway Students.

▲ CentraState is a participating site for the **Boy Scouts Health Care Career Explorers** program, which provides interactive education, hands-on experiences, and hospital tours for high school students to learn about healthcare careers. In 2022, CentraState hosted 46 students, with 570 students participating over the past seven years.



More than 100 students in the 2022-2023 **Medical Sciences Magnet Program** at Freehold High School have had the opportunity to participate in career days, lectures, and a senior externship program to shadow healthcare providers at CentraState.

Federal and State Funding to Enhance Care

The community will now benefit from access to **stereotactic radiosurgery (SRS)**, thanks to the efforts of Rep. Chris Smith, who championed funding as part of congressional spending bills for 2023. The House Appropriations Committee of Congress approved \$615,000 to upgrade equipment at CentraState to enable this state-of-the-art procedure, which is used to treat primary and metastatic brain and spine cancers, epilepsy, other neurological conditions.

In addition, thanks to the efforts of State Senator Vin Gopal in championing an appropriation request, seniors throughout the region will have access to an **expanded falls prevention program**. CentraState received a \$250,000 State Budget Appropriation grant to purchase equipment that has been shown to reduce falls and fall-related injuries by up to 35 percent, with software that enhances the ability to distinguish between a patient's intentional movements vs. movements associated with a fall.



Supporting Voting Rights

The League of Women Voters has a core belief that quality health care at an affordable cost should be available to all U.S. residents, which aligns with CentraState's strategic initiatives. As a strong supporter of voting rights, CentraState was proud to host a press conference announcing the formation of the **League of Women Voters of Monmouth County** from three individual local leagues – Greater Red Bank, Southern Monmouth, and Western Monmouth. This merger is designed to expand and streamline their ability to carry out their mission of empowering voters and protecting democracy.

At the press conference are (left to right) CentraState President and CEO Tom Scott, Monmouth County Clerk Christine Hanlon, League of Women Voters of Monmouth County (LWVMC) Co-Presidents Barbara Chaudhery, Sharon Steinhorn, and Evelyn Murphy, and CentraState Board member and LWVMC member Barbara McMorrow.

2021 FINANCIAL SUMMARY

Financial Assistance and Certain Other Community Benefits at Cost

Community Benefit

(as reported on 2021 IRS filing)

Financial Assistance at Cost	\$	5,990,450
Medicaid	\$	6,750,742
Community Health Improvement Services and Community Benefit Operations	\$	1,217,863
Health Professions Education	\$	2,546,655
Subsidized Health Services	\$	5,715,905
Cash and In-Kind Contributions for Community Benefit	\$	114,072

Sub-Total Community Benefit:	\$	22,335,687
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Community Building Activities	\$	18,759
Bad Debt Expense	\$	3,148,637
Medicare Shortfall	\$	26,568,336

Community Benefit as Reported on 2021 IRS Filing:	\$	52,071,419
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Additional Community Benefit

(not reported on 2021 IRS filing)

Unpaid Cost of Managed Medicare	\$	18,722,334
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Total Community Benefit Commitment	\$	70,793,753
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FOUNDATION

COMMUNITY SUPPORT

Many advances in care are made possible by the support of the community through the CentraState Healthcare Foundation.



SUPPORT FOR PARKINSON'S DISEASE CARE

From growing up in the area to serving for nearly 20 years on the CentraState board, Charles Kaempffer was a strong supporter of the medical center's growth and evolution. Later in life, Charles was diagnosed with Parkinson's disease, and he received well-coordinated care while living in Florida with his wife, Carolyn.

In memory of Charles, the Landy family recently made a generous donation to CentraState through the CentraState Healthcare Foundation – one that was generously matched by Carolyn and Charles' family. This funding will support CentraState's Movement Disorder Program, and CentraState has named the **Charles Kaempffer Parkinson's Program** in his honor.

"Parkinson's is such a complex disease," says Carolyn, a second-generation resident of Applewood, CentraState's senior community. "Anything that can be done to help patients and families retain as normal a life as possible is really important. Through these donations, we're honoring Charles while helping to support a one-stop shopping approach and care that people can count on."

❖ Pictured above: CentraState neurologist Jia Zhen Cheng, MD (far left) and members of Charles Kaempffer's family (left to right) Catherine Lacey, Carolyn Kaempffer, Jack McCloskey, Camryn McCloskey, Karen Kaempffer, Christopher Kaempffer, and Michael McCloskey celebrate the naming of the Charles Kaempffer Parkinson's Program.

Expanded Access to Genetic Testing



Since moving to the area in the 1970s, **❖ Marilyn Jacobs** has served the healthcare system and the community through efforts such as leadership roles on the CentraState Associated Auxiliary and enhancements to the Linda E. Cardinale

Multiple Sclerosis Center at CentraState. In honor of Marilyn's 80th birthday and in memory of her husband, Joseph, a generous donation was made to establish the **Marilyn and Joseph Jacobs Genetic Testing Program** at CentraState, which will expand access to genetic testing for those in need.

"It's given me so much enjoyment and fulfillment to be involved and watch the hospital grow," says Marilyn. "CentraState has always been there for me and my family – and I wanted to be there for CentraState and the community as well. Any time you can help in some way, it comes back to you multifold."



LEAVING A LEGACY

Carolyn Duckett's lifelong support of CentraState will continue for many years to come. The second-generation Applewood resident has left a **generous bequest** to CentraState to support initiatives of the Star and Barry Tobias Women's Health Center. Fund uses may range from updating technology to increasing mammogram access for uninsured and underserved populations.

Carolyn and her husband, John W. Duckett, Jr., had a strong sense of pride for CentraState and their community. Their support over the years enabled renovations at Applewood and the establishment of CentraState's **Anna C. Stewart Smythe Memorial Nursing Scholarship** in honor of Carolyn's mother, who lived at Applewood following a career in nursing. To date, scholarships have been granted to 17 CentraState employees seeking nursing degrees or additional certifications.

▲ Carolyn Duckett (above right) is pictured with Joseph Tsai, one of 17 prior Anna C. Stewart Smythe Memorial Nursing Scholarship awardees.



Legendary Saxophonist Honors CentraState

In an event facilitated by the CentraState Healthcare Foundation, Screamin' Steve Barlotta returned to CentraState to perform a **free tribute concert** with his band, the Sensational Soul Cruisers, to thank team members for saving his life during a near-fatal battle with COVID-19 in March 2020. Since then, CentraState has helped him get back on his feet and back on stage through the Post-COVID Syndrome Treatment Program, which he describes as a blessing.



A Milestone Celebration

The CentraState Healthcare Foundation's **50th Annual Celebration Ball** commemorated the 50th anniversary of the medical center and honored CentraState past President and CEO John T. Gribbin for his leadership and service. The event raised more than \$400,000 to support CentraState programs and initiatives.

▲ Pictured above, left to right: CentraState Healthcare Foundation Board Chair Joseph Iantosca; CentraState past President and CEO John T. Gribbin; CentraState Vice President of Development, Volunteer and Guest Services Nancy Barone; CentraState President and CEO Tom Scott; and CentraState Board Chair John M. Cantalupo, Esq.

Thank you

CentraState is incredibly thankful for the generosity of the community.

In 2022, the CentraState Healthcare Foundation raised nearly \$6 million in funds that will be used to help create and expand programs that serve people throughout the region.

EXCELLENCE

RECENT HONORS AND AWARDS



Building Wellness from Within

The Wellness Council of America (WELCOA) has recognized CentraState as a **Platinum Well Workplace** for its investment in health promotion. As one of America's healthiest companies and the third-largest employer in Monmouth County, CentraState successfully meets WELCOA's rigid workplace wellness criteria and is one of just a few workplaces in the country to achieve platinum-level status.

Creating an Outstanding Employee Experience

CentraState earned **Great Place to Work Certification™** for the second year in a row from Great Place to Work®, a global authority on workplace culture, employee experience, and proven leadership behaviors. Employee feedback and independent analysis determined the scores for this research-backed certification. Feedback from nearly 1,200 employees revealed that 90 percent feel good about ways they contribute to the community.



CentraState Named Most Wired

For the fourth consecutive year, CentraState earned 2022 **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 technology to enhance the delivery of care for the communities they serve.



Chest Pain Treatment Accreditation

CentraState was awarded **Chest Pain Center Accreditation** from the American College of Cardiology based on a rigorous onsite evaluation of the staff's ability to evaluate, diagnose, and treat patients who may be experiencing a heart attack. This honor signifies exceptional competency in treating patients with heart attack symptoms, along with streamlined protocols from admission to post-discharge care.

High-Quality Stroke Care

CentraState received the 2022 **American Heart Association's Gold Plus Get With The Guidelines® – Stroke** quality achievement award for its commitment to ensuring that stroke patients receive treatment according to nationally recognized, research-based guidelines.

Diabetes Center Recognitions

CentraState received the American Heart Association's **Target: Type 2 DiabetesSM Honor Roll** award, which recognizes that patients with type 2 diabetes receive the most up-to-date, evidence-based care when hospitalized with cardiovascular disease or stroke. CentraState's Novo Nordisk Diabetes Center was recognized by the American Diabetes Association's **Education Recognition Program**, acknowledging that CentraState's team provides comprehensive information to help patients successfully manage diabetes.

Radiation Oncology Excellence

The Statesir Cancer Center at CentraState was awarded **three-year reaccreditation** in radiation oncology from the American College of Radiology (ACR), representing the highest level of quality and patient safety. The accreditation is awarded to facilities that meet specific practice guidelines and technical standards developed by ACR after a peer-reviewed evaluation by experts in the field.

Wound Care and Edema Center Recertification

CentraState earned **The Joint Commission's Gold Seal of Approval®** for Wound Care Certification by demonstrating continuous compliance with its performance standards. The Gold Seal reflects a strong commitment to providing safe and quality patient care.



Business Leadership Award

Monmouth Arts recognized CentraState with its **Business Leadership Award** at the organization's Golden Celebration, "Cheers to 50 Years of Art," which commemorated 50 years of service as the leading arts organization in Monmouth County.



Organ and Tissue Donation Awareness

In recognition of CentraState's efforts to raise organ and tissue donation awareness, the hospital was honored with the **2022 Workplace Partnership for Life Platinum Award** from the U.S. Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services. The Platinum Award is the highest accolade granted by HRSA to hospitals that promote organ and tissue donation.



Scott Earns Boy Scout Honor

The Monmouth Council of the Boy Scouts of America honored CentraState President and CEO **Tom Scott** with the **Western Monmouth Good Scout Award** for his leadership and commitment to service. Scott, an Eagle Scout, is a proud supporter of the Boy Scouts' Health Care Career Explorers program, which provides interactive education for young people to learn about healthcare careers. CentraState has served as a host of this program for seven years, benefiting 570 students.



ACCREDITATIONS/RECOGNITIONS



The Manor Health & Rehabilitation

- Awarded a **five-star rating** from the Centers for Medicare & Medicaid Services
- Named as a **Best Nursing Home** for 2022-2023 by *U.S. News & World Report* for short-term rehabilitation and long-term care
- Received a 2022 Bronze Award from the New Jersey Department of Health **Antibiotic Stewardship Recognition Program**
- 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 the Health Care Association of New Jersey
- Ranked consistently in the **top 5 percent** nationally by Holleran for satisfaction scores
- Earned **Best in Meals and Dining in Senior Living Award** from a PlaceforMom® for excellence in food service




Applewood

- Received a **5-Star Rating** from the Centers for Medicare & Medicaid Services
- Earned **Advanced Standing distinction** from the New Jersey Department of Health 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



Medical Society Honors Matera

CentraState Chief Medical Officer  **James Matera, DO**, was honored by the Middlesex & Mercer Counties Medical Society at its **Leadership in Medicine: Empowering Physicians to Lead and Improve Healthcare** event for leading CentraState and its ambulatory centers through the COVID-19 pandemic with great strength and character. The organization was particularly impressed with his unique COVID-19 team concept that helped CentraState patients and providers stay as safe as possible throughout ongoing challenges.



The Joint Commission

Total Joint Accreditation (Hip and Knee)
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 (in person)
Preliminary Recognition for Diabetes Prevention
Program (online)

CEO Roundtable on Cancer

CEO Cancer Gold Standard™

Surgical Review Corporation

Bariatric Center of Excellence

LEADERSHIP

A NEW LEADER AT THE HELM: TOM SCOTT



➤ **Tom Scott, FACHE, FABC**, was appointed president and CEO of CentraState Healthcare System in 2022, succeeding John T. Gribbin, FACHE, upon his retirement after 22 years of service. For seven years, Scott served as CentraState's chief operating officer and was instrumental in fostering growth and integrating the healthcare system's strategic vision with its operations. Scott's deep experience in healthcare management includes a leadership role with CentraState's partner, Atlantic Health System, where he served as chief operating officer of Chilton Medical Center.

Scott has long promoted a culture of teamwork, innovation, accountability, and excellence at CentraState, and he has a strong vision for navigating the healthcare landscape. Under his leadership, CentraState recently embarked on a three-year strategic plan and completed a comprehensive community needs assessment, and has already made numerous enhancements across various health services.

“It's a privilege to be part of an exceptional team that is passionate about providing the best care for our patients,” says Scott. “Working together, we're expanding clinical excellence and access to high-quality, affordable health care, while never losing sight of our deep community roots.”

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



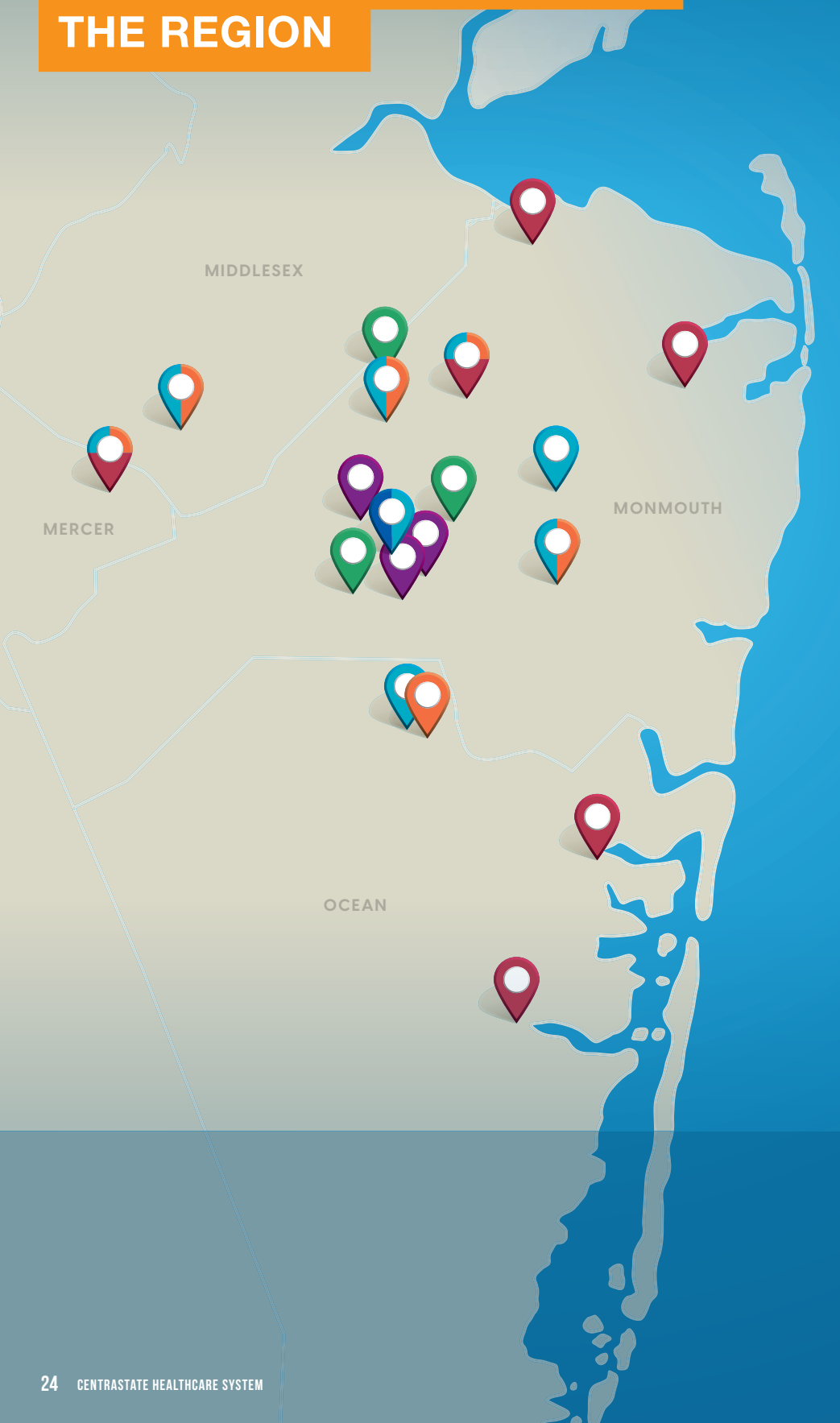
CentraState Healthcare System is an affiliate of Rutgers Robert Wood Johnson Medical School.

CentraState Healthcare System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

CentraState Healthcare System does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. For more information, please visit our website at centrastate.com/non-discrimination.

CONVENIENCE

LOCATIONS THROUGHOUT THE REGION



CentraState Medical Center

Star and Barry Tobias Ambulatory Campus
CentraState Fitness & Wellness Center
CentraState Surgical Associates
CentraState Pulmonary Associates
Statesir Cancer Center (Breast, Endocrine, Hepatobiliary Surgery)
Linda E. Cardinale Multiple Sclerosis Center
901 West Main Street, Freehold



Family Practice of CentraState – Atlantic Medical Group

281 Route 34, Colts Neck
319 Route 130 North, East Windsor
1175 Route 33, Farmingdale **coming 2023**
901 West Main Street, Freehold
161 Bartley Road, Jackson
831 Tennent Road, Manalapan
479 Newman Springs Road (Rt. 520), Marlboro
312 Applegarth Road, Monroe



Health Pavilions and Medical Offices

CentraState Health Pavilion at East Windsor

319 Route 130 North, East Windsor (Family Practice, Women's Health Specialists, Immediate Care, Physical Therapy, Lab)

CentraState Health Pavilion at Farmingdale

1175 Route 33, Farmingdale **coming 2023**

CentraState Health Pavilion at Jackson

175 Bartley Road, Jackson
coming 2023

CentraState Medical Office at Manalapan

831 Tennent Road, Manalapan (Family Practice, Cardiology Specialists, Lab)

CentraState Health Pavilion at Marlboro

479 Newman Springs Road (Rt. 520), Marlboro (Family Practice, Women's Health Specialists, Immediate Care, Physical Therapy, Lab)

CentraState Medical Office at Monroe

312 Applegarth Road, Monroe (Family Practice, Physical Therapy, Lab)

QUALITY

2022 KEY STATISTICS



Immediate Care Medical Walk-In Locations

8 Brick Plaza, Brick
319 Route 130 North, East Windsor
Airport Plaza Shopping Center,
1376 State Route 36, Hazlet
479 Newman Springs Road (Rt. 520),
Marlboro
46 Newman Springs Road East,
Red Bank
Toms River Shopping Center,
1 Route 37 West



Freehold Family Health Center

597 Park Avenue, Freehold



CentraState Endocrine Surgery Center

55 Willow Lane, Marlboro
coming 2023



Central Jersey Wound & Edema Treatment Center

1001 W. Main Street, Freehold



Senior Living Facilities

Applewood

1 Applewood Drive, Freehold

The Manor Health & Rehabilitation

689 West Main Street, Freehold

Monmouth Crossing

560 Iron Bridge Road, Freehold

758

BIRTHS

15,459

DISCHARGES (INCLUDING
SAME-DAY SURGERIES)

4,376

OBSERVATION CASES

46,878

EMERGENCY
DEPARTMENT PATIENTS

16,210

FREEHOLD FAMILY
HEALTH CENTER VISITS¹

42,034

HEALTH PROMOTION
VISITS²

812,011

LAB TESTS (INCLUDING
COVID-19 TESTING)

1,482

NUCLEAR MEDICINE
TREATMENTS

70,852

PATIENT DAYS
(INCLUDING SAME-DAY
SURGERIES)

204,744

PHYSICAL/
OCCUPATIONAL
THERAPY TREATMENTS

91,546

RADIOLOGY/IMAGING
PROCEDURES

8,149

SURGERIES

2,382

SYSTEM EMPLOYEES
(TOTAL EMPLOYEES)³

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
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732-431-2000

901 West Main Street
Freehold, NJ 07728

