



CentraState  
Healthcare System®  
ATLANTIC HEALTH SYSTEM PARTNER

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EMERGENCY

# M O M E N T U M

2023 ANNUAL REPORT



**THOMAS W. SCOTT, FACHE, FABC**  
President and CEO, CentraState  
Healthcare System

**JOHN M. CANTALUPO, ESQ.**  
Chair, CentraState Board  
of Trustees

**ASHISH AWASTHI, MD**  
Chief of Staff, CentraState  
Medical and Dental Staff

# M O M E N T U M

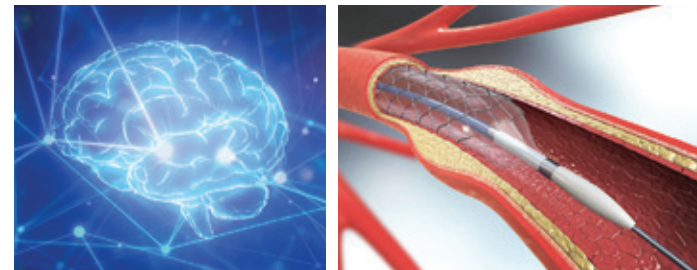
**AT** CentraState Healthcare System, our work is guided by one primary goal: to improve the lives of those we serve. By maintaining a laser focus on this objective every day, we achieve results that grow in strength and power over time, building momentum to magnify the positive impact. In this annual report, we're proud to share the momentum we've gained across many areas over the past year – and we look forward to continuing this transformative progress.

Last year was seminal in many ways, including the growth of key services, the addition of new technologies and the expansion of care access. The licensing approval to perform elective angioplasty to proactively treat narrowed or blocked heart arteries builds on our strong interventional cardiology capabilities, with cardiovascular cases at CentraState nearly tripling over the past year to serve far more people locally. As another notable example of our commitment to delivering world-class specialty care in the local community, we're becoming a destination site for endocrine surgical care with the opening of a standalone specialized practice that's truly unique for a community hospital. Our cancer program has also grown,

with expanded expertise and novel treatments that have previously only been accessible in large metropolitan hospital settings. In addition, we've opened new health pavilions to serve people where they live, with more sites and services coming soon.

Our strong performance in patient care has enabled us to reach new heights in patient satisfaction while earning us many notable accolades. These include first-time national recognitions such as the Emergency Nurses Association's Lantern Award and the 2023 *Fortune* Best Workplaces in Health Care™ list, which ranked us #39 nationally among a coveted list of only 40 large companies. We are honored to provide a culture of excellence and camaraderie that attracts and retains clinicians and team members dedicated to quality patient care – in fact, we've grown our medical staff and internal team more than any other year in our history.

Our momentum has been strengthened through our partnership with Atlantic Health System, as you'll read within these pages. It has also been made possible through the vision of our clinical leaders, the deep commitment of our team, collaborative relationships with local organizations and the tremendous support of our community. As we look to the future, we're confident that our momentum will continue to serve as a driving force to transform care for people throughout the region.





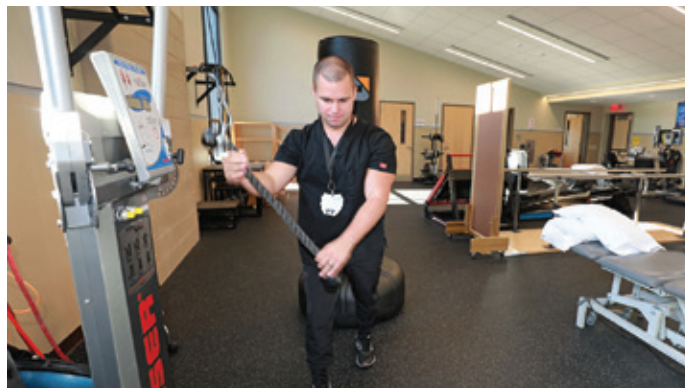
## NOVEL PARTNERSHIP Drives Advances

The unique co-membership agreement with **Atlantic Health System** that was formalized in early 2022 has delivered numerous benefits to patients, physicians and caregivers in CentraState's communities by strengthening our integrated clinical services, physician network and infrastructure.

As a partner of Atlantic Health System, CentraState has significant resources to broaden access to high-quality, value-based care for residents throughout Central New Jersey and touch more lives. In 2023, we grew the number of unique lives served by 11% over the previous year. The benefits of this partnership are unfolding – from expanded physician networks and a seamless electronic health record to more direct access to robust cancer clinical trials and other key services.

This partnership has helped drive additional advances and access over the past year. Patients in local communities can receive integrated care in highly specialized services such as renowned brain tumor expertise at the Gerald J. Glasser Brain Tumor Center at Overlook Medical Center and cardiac surgery at Morristown Medical Center, a nationally recognized leader in this field. The partnership also facilitates access to additional sites for urgent care, physical therapy and lab services. More advances are planned to benefit patients as we maximize the first five years of this strategic partnership.

“ CentraState has the expertise to provide about 95% of the care our community needs right here at home. For the other 5%, we can easily connect patients to expert providers who can best handle those cases, among them our trusted partners at Atlantic Health System. We're working together to make quality care as efficient and convenient as possible for our patients.” – Tom Scott, CentraState President and CEO



## NEW AND CONVENIENT Locations

CentraState met the need for primary care and high-demand services with the opening of the **CentraState Healthcare Pavilion at Jackson** located at 161 Bartley Road. Patients can take care of multiple health needs at once at this spacious pavilion, which offers:

- Primary care for the whole family from Family Practice of CentraState
- Physical therapy services, including orthopedic, sports and post-surgical rehabilitation
- Outpatient laboratory services by skilled phlebotomists, with walk-ins accepted
- Additional specialty services to come

CentraState and Atlantic Health System are expanding access to healthcare services through a new location in **Farmingdale** and one coming soon in **Manalapan**.

CentraState also opened **Endocrine Surgical Associates & Surgical Oncology** in Englishtown. See page 8 for details!

## PREVENTING AND TREATING Heart Attacks

CentraState's skilled interventional cardiologists not only have the capability to open blocked arteries during a heart attack, but they can also skillfully perform this lifesaving procedure before it becomes an emergency.

In 2023, the medical center received licensing approval from the New Jersey Department of Health to perform **elective angioplasty**, also known as elective percutaneous coronary intervention (PCI). This minimally invasive, nonsurgical treatment opens narrowed or blocked coronary arteries to restore blood flow to the heart without requiring open-heart surgery. CentraState interventional cardiologists also perform this procedure if a patient is experiencing a heart attack, in which case it is called emergency angioplasty.



"The elective angioplasty license enables us to perform diagnostic testing and any necessary treatment during one visit for more efficient care," says [Jatinchandra Patel, DO](#), medical director of CentraState's cardiovascular catheterization laboratory and interventional suite, the Robertshaw Cardiovascular Interventional Center. "The majority of patients recover quickly and experience immediate improvement in symptoms, with most going home the same day."

Since these licensing approvals, CentraState has consistently achieved a door-to-balloon time (the time it takes from patient arrival to balloon insertion) in the 90th percentile – often exceeding the 50-minute highest performance standard – thanks to close collaboration across interdisciplinary teams.



## MEETING CARDIOVASCULAR NEEDS

At CentraState's state-of-the-art Robertshaw Cardiovascular Interventional Center (see page 19), patients undergo **lifesaving interventional procedures** such as elective and emergency angioplasty. When patients need a higher level of complex cardiac care, such as open-heart surgery, CentraState offers direct access to Morristown Medical Center through its partnership with Atlantic Health System. Morristown Medical Center is nationally ranked among the top 50 hospitals for heart surgery by *U.S. News & World Report*.





## Supportive Technology KEEPS THE HEART PUMPING

Mohammed Chaudhry, 72 (pictured second from right), was in relatively good health until the day he experienced sudden chest pain, dizziness and numbness in his arms and hands. The Jackson resident was rushed to CentraState's Emergency Department and diagnosed with a heart attack and cardiogenic shock, a life-threatening condition in which the heart cannot pump enough blood and oxygen to the brain and other vital organs.

As part of CentraState's STEMI and Shock Activation Program, paramedics called on the way to alert the Emergency Department and cardiac catheterization team. Mohammed was expedited to the Robertshaw Cardiovascular Interventional Center for emergency angioplasty. He became the first patient at CentraState to receive the **world's smallest heart pump** – known as Impella® – to help his heart pump blood throughout his body. Thanks to interdisciplinary collaboration, Mohammed

underwent treatment within 24 minutes of entering CentraState's doors.

"The Impella protects and supports the heart during and following treatment, allowing it to rest and recover," explains Jatinchandra Patel, DO, medical director of CentraState's Robertshaw Cardiovascular Interventional Center.

Three days later, the Impella was removed and Mohammed's heart function was remarkably improved. He then entered CentraState's Cardiac Rehabilitation Program – which is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation – and has fully recovered.



## Celebrating a Remarkable RECOVERY

To mark Mohammed's graduation from cardiac rehabilitation, CentraState hosted a **Heart Recovery Reunion** to reunite him with the cardiovascular team that saved his life. State Senator Vin Gopal was on hand to deliver Senate Commendations to CentraState and Mohammed while celebrating the efforts of the treatment team and the medical center.

The reception closed with a musical tribute from fellow cardiac care patient **Melody Blasenheim Stevens**. Melody, a Red Bank Catholic High School music teacher, also underwent lifesaving emergency angioplasty and completed cardiac rehabilitation at CentraState.

Melody has since started The Vital Voice Chorus – a group of singers who have experienced a medical trauma such as a heart attack – to deliver messages of hope and vitality. In that spirit, Melody sang "You'll Never Walk Alone" from the musical "Carousel" at the Heart Recovery Reunion.




## Highly Specialized Treatment CLOSE TO HOME

The Statesir Cancer Center at CentraState has added services, specialists and treatments typically only found at large, metropolitan cancer centers. These include **highly intricate surgical procedures** that are providing new hope for patients with difficult-to-treat cancers, such as:

- Hyperthermic intraperitoneal chemotherapy (HIPEC), which pairs surgery and a chemotherapy bath to remove abdominal tumors and residual cancer cells
- The Whipple procedure, which removes pancreatic cancer and reconnects organs to maintain digestive system function
- Robotic pancreatic surgery
- Minimally invasive surgery for liver cancer
- Removal of complex sarcomas, rare tumors that typically begin in the bones or soft tissues
- Tissue-sparing endocrine procedures (see page 8)



“Not only do we excel in patient-centered care and personalized treatments, but we’re expanding access to the latest innovative technologies close to home,” says  Alexander Itskovich, MD, medical director of the Statesir Cancer

Center at CentraState.

Patients travel to CentraState from throughout the region for second opinions. This presents the opportunity for them to consult with physicians for highly specialized services.

## CENTRASTATE EARNS TOP ACCOLADES IN CANCER CARE

Cancer program accreditations mean that patients can be assured of high-quality care benchmarked against national standards. Maintaining these accreditations requires a rigorous, voluntary performance review process using specific measurement criteria. As a testament to the quality of care delivered to patients, CentraState has earned these prestigious three-year reaccreditations:



**Comprehensive Community Cancer Program reaccreditation** for the Statesir Cancer Center and Karen Olbis Radiation Oncology Center at CentraState from the Commission on Cancer (CoC) of the American

College of Surgeons (ACS). CentraState has once again achieved full compliance with all standards for this prominent recognition.



**National Accreditation Program for Breast Centers (NAPBC) reaccreditation** – the hallmark of excellence for breast centers – for the Star and Barry Tobias Women’s Health Center at CentraState. A quality

program of the ACS, NAPBC determined that CentraState had exemplary performance with zero deficiencies.

In addition, CentraState received **CEO Cancer Gold Standard™** reaccreditation from the CEO Roundtable on Cancer. This nonprofit organization recognized CentraState for its commitment to the health and well-being of its employees, their families and the community through its focus on cancer risk reduction, prevention, early detection, high-quality treatment and survivorship services.





## EXPANDING ACCESS TO PROMISING RESEARCH

Through its partnership with Atlantic Health System, CentraState has broadened access to **clinical trials**, bringing research protocols on promising new developments in cancer prevention and treatment closer to home. Patients can now access national trials through the National Cancer Institute's Community Oncology Research Program (NCORP). Research trials at CentraState include those focused on pancreatic, breast and thyroid cancers. **Irene DeCelle, PhD**, and **Shannon Aldi, BSN**, recently joined the CentraState team to facilitate research and expand the number of trials available at a local level.



## Added Support for HIGH BREAST CANCER RISK

Any patient who receives a mammogram at the Star and Barry Tobias Women's Health Center at CentraState can also learn whether they're at high risk for breast cancer. The **high-risk breast cancer program** uses the Tyrer-Cuzick assessment tool to examine broad factors to calculate the lifetime risk of developing breast cancer. Those at high risk receive a personalized care plan through this long-term surveillance program.



Patients also benefit from individual support provided by CentraState's new nurse practitioner, **Karen Lowe, DNP, APN, CGRA**. Lowe works in risk stratification for breast cancer, calculating risk levels, tailoring services to patient needs and helping them navigate any necessary screenings, genetic testing or preventive treatment. She is one of only a few nurse practitioners in New Jersey and one of less than 150 nationally to have cancer genetic risk assessment certification, attesting to her ability to offer patients a highly specialized level of expertise.

## EARLIER DETECTION of Pancreatic Cancer

**Pancreatic cancer screening** continues to expand at CentraState for individuals whose family history puts them at higher risk, facilitating lifesaving treatment for patients diagnosed with pancreatic cancer. Patients who don't qualify for screening based on family history alone may be referred for genetic testing. This program has also helped identify risks for other types of cancer, enabling streamlined referrals to additional specialists for early detection and treatment.

## SPECIALIZED Endocrine Practice Opens

As one of many steps increasing access to endocrine care, CentraState and Atlantic Medical Group opened **Endocrine Surgical Associates & Surgical Oncology** at 55 Willow Lane in Englishtown. This modern facility provides care for conditions ranging from thyroid, parathyroid and adrenal disorders to endocrine cancers and hereditary syndromes. The practice will decrease wait times for endocrine surgery appointments from months to weeks.

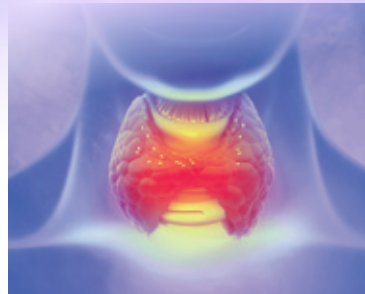
“Having a standalone endocrine practice of this caliber in a community setting is unique for New Jersey and even the country,” says **Alexander L. Shifrin, MD**, a nationally recognized, fellowship-trained endocrine surgeon and surgical director of CentraState’s Endocrine Program. “We’re proud to offer these academic-level services in an extremely accessible setting.”

The facility features convenient parking and eight newly renovated patient exam rooms, including rooms for onsite procedures such as ultrasounds and biopsies.

“In the past, patients would need to travel significant distances for this level of focused expertise,” says fellowship-trained endocrine surgeon **Sarina Bains, MD**, who recently joined CentraState’s medical staff. Dr. Bains is board-certified in general surgery and is fellowship-trained in endocrine surgery at Weill Cornell Medicine NewYork-Presbyterian Hospital and Memorial Sloan Kettering Cancer Center.

““ We’re here to provide patients with a prompt diagnosis, a clear understanding of their condition and treatment options to meet their needs. This means factoring in lifestyle, culture and the safest, most appropriate recommendations to deliver the best intervention for each patient.”

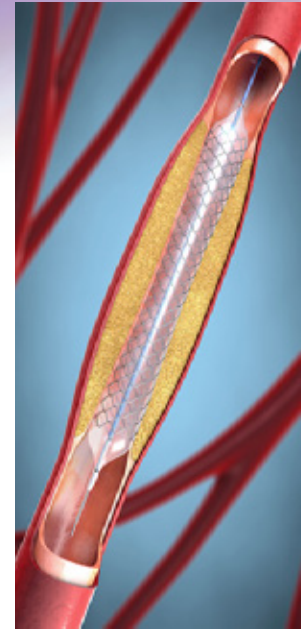
— Sarina Bains, MD



### KEY BENEFITS OF EXPANDED ENDOCRINE CARE

- The latest minimally invasive and robotic procedures for a shorter recovery time.
- One of the only practices in the Northeast to offer every approach to adrenal gland surgery to best fit individual needs.
- Thyroid and parathyroid procedures performed as same-day surgeries using the smallest possible incision and surgical glue rather than stitches, meaning no drains, tubes, bandages or dressing changes.
- Advanced surgical technology, including nerve monitoring to protect delicate vocal cords and voice function.





## TCAR PROCEDURE HELPS PREVENT STROKE

Patients now have access to **transcarotid artery revascularization (TCAR)**, with eight TCAR procedures performed in the last quarter of 2023. This minimally invasive surgical procedure treats carotid artery disease, a buildup of plaque in the neck arteries and a common precursor to stroke. TCAR not only helps prevent future strokes by placing a stent to stabilize plaque – it also lowers the risk of stroke during the procedure compared to open surgery. This is possible through a specialized system that temporarily reverses blood flow away from the brain and filters out plaque debris, preventing it from reaching the brain and causing a stroke during the procedure.

## Leading Vascular EXPERTISE

Vascular surgeon  **Habib Khan, MD** (pictured top center), joined CentraState, further expanding vascular expertise for common and complex surgical procedures. Vascular disease, which includes any condition that affects the blood vessels, can lead to a stroke, heart attack or other health problems.

Up to 90% of procedures performed by Dr. Khan are minimally invasive, meaning a quicker, easier recovery for patients. He is an expert in the latest innovative procedures, such as transcarotid artery revascularization (TCAR) and customized stents to repair complex aneurysms without compromising vital blood flow to the body's organs. Other common vascular conditions treated at CentraState include kidney failure, peripheral artery disease and varicose veins.

## REPAIRING Complex Aortic Aneurysms

When an aortic aneurysm – a bulge in the wall of the aorta – is located too close to the kidney arteries to repair with a regular stent, open surgery was traditionally required to avoid cutting off blood flow to the kidneys during surgery.

This meant an incision from the chest to the pelvis. But with **fenestrated endovascular aneurysm repair (FEVAR)** at CentraState, vascular surgeons can perform a minimally invasive procedure that preserves blood flow to the kidneys using a specialized stent that has customized openings for the kidney arteries.

“Nearly every vascular procedure performed across the country is available at our doorstep, including the most cutting-edge techniques,” explains Dr. Khan. “Our vascular surgery team is making less invasive surgical options available to more people, including older, more fragile patients who may be at too high risk for open surgery.”





## Leadership Shapes MS CENTER



Thanks to the leadership of neurologist and Medical Director **Amos Katz, MD**, the **Linda E. Cardinale Multiple Sclerosis Center** has evolved into one of the largest MS centers in the state. The center's interdisciplinary team helps people with MS slow the progression of the disease and live their best lives

through advanced diagnostics, treatment strategies, clinical trials, and psychosocial, rehabilitative and supportive care.

As part of this growth, Dr. Katz was integral to developing CentraState's award-winning MS Wellness Program in collaboration with experts at CentraState Fitness & Wellness Center and CentraState's OceanFirst Rehabilitation Center. This 12-week program strengthens body and mind through education, exercise and holistic strategies.

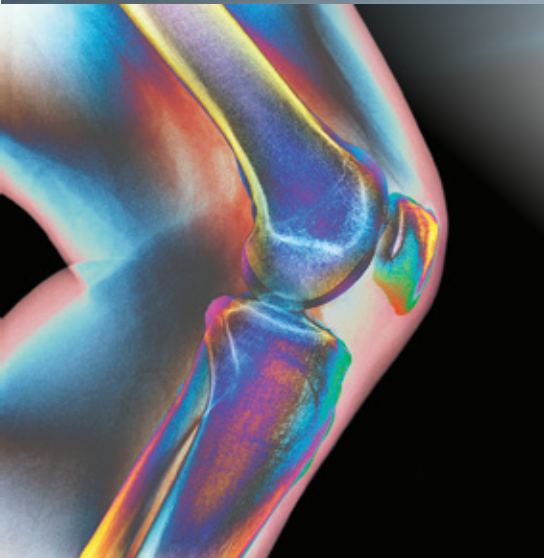
“We've come a long way in our ability to manage MS. Our center is currently providing customized care for more than 1,500 patients through treatments that can stop MS relapses, modify disease progression and reduce symptoms. It's an honor to make a difference for so many patients and families.” — Amos Katz, MD

## NEW NEUROLOGIST JOINS MS TEAM



The Linda E. Cardinale Multiple Sclerosis Center welcomed board-certified neurologist **Jasmin Patel, MD**, who is providing specialized care for patients with MS. Dr. Patel received her fellowship training in multiple sclerosis/neuroimmunology at the Icahn School of Medicine at Mount Sinai in New York and served as chief resident in neurology at New York University Langone Health.

“I'm thrilled to join a team focused on helping patients with MS lead long, active and healthy lives,” she says. “Beyond clinical care, we link them to the resources they need to manage their symptoms and maintain their best quality of life, from nutrition counseling to rehabilitation and social work services.”



## PRECISION Hip and Knee Replacements

CentraState now offers **Mako SmartRobotics™** to elevate care for patients needing partial or total knee or hip replacement. This technology uses CT scans to develop a 3D virtual model of the joint prior to surgery, enabling orthopedic surgeons to better predict implant size options for surgical efficiency while creating a more personalized surgical plan based on each patient's unique anatomy. The surgical plan is programmed into the Mako robot, which the surgeon uses during the procedure for greater accuracy, positioning and alignment of the new joint and preservation of healthy bone.



"This technology enables us to achieve results that are as close to perfect as possible for our patients," says CentraState orthopedic surgeon **Eric Buxbaum, DO**. "We're better matching each patient's normal anatomy for a more natural feel." In 2023, 40 Mako robotic procedures were performed in cases led by Dr. Buxbaum, **Ahmed Siddiqi, DO**, and **Alan Nasar, MD**.



## ◀ Staying in Balance with GAIT TECHNOLOGY

Patients at CentraState's OceanFirst Rehabilitation Center now have access to the **ZeroG® Gait and Balance System** to help them more safely and confidently perform walking and balance exercises. With advanced technology designed to protect patients from falls, this robotic system provides dynamic body-weight support tailored to individual needs.

By creating a supportive reduced gravity environment, ZeroG allows patients to engage in therapy at higher-intensity levels sooner. Therapists can track data and taper off support as treatment progresses, enabling patients to do more independently and facilitating more effective rehabilitation.

CentraState is one of only six facilities in the state to offer ZeroG technology for patients with conditions such as stroke, balance disorders, orthopedic injuries, traumatic brain or spinal cord injuries and neurological impairments.



## SWALLOWING THERAPY Improves Quality of Life

After having several small strokes, **Shuvro Ghose** of Manalapan wasn't able to swallow properly and could only receive nutrition through a tube – until he tried **Synchrony swallowing therapy technology** at CentraState. During treatment, Bluetooth-enabled electrodes were placed under Shuvro's chin and above his throat. He then completed interactive swallowing exercises to improve muscle strength under the guidance of speech-language pathologists. With real-time visual feedback displayed on a screen, he could see his muscle activity and adjust his technique accordingly. Three months after starting this therapy, Shuvro was thrilled to return to the joy of eating.

## NATIONAL LEADERS IN NURSING



## Magnet Nursing EXCELLENCE



CentraState is in an elite group of less than 2% of hospitals nationwide to earn **Magnet® recognition** from the American Nurses Credentialing Center (ANCC) four times, attesting to its excellence in nursing care. Magnet-designated hospitals are regarded as the pinnacle of nursing practice, leadership and innovation.

Nurses at CentraState also share research knowledge with national and international peers. In October, **Margaret Kurczeski, MSN, RN, CEN**, nursing program manager, **Ashley Mackiel, MSN, RN**, executive director of professional development and **Cathleen Janzekovich, PhD, MA, FHELA, MEDSURG-BC, NEA-BC**, vice president of patient services and chief nursing officer delivered a podium presentation at the **ANCC National Magnet Conference® and Pathway to Excellence Conference®** in Chicago. Stemming from collaborative research conducted by CentraState nurses, the presentation focused on the root causes of nurse turnover and interventions to improve well-being, satisfaction and retention. The conference was attended by 13,000 nurses from around the world.



## A Shining Light in EMERGENCY CARE

CentraState's Emergency Department is one of just six in New Jersey and 53 in the country to earn the national **2023 Lantern Award** from the Emergency Nurses Association for exceptional and innovative leadership, evidence-based practice, education, advocacy and research performance.

"Our award application showcased examples of the many advances our Emergency Department team has facilitated, such as how our nurses were instrumental in helping to develop the lifesaving interventional cardiology services we offer," says **Cathleen Janzekovich, PhD, MA, FHELA, MEDSURG-BC, NEA-BC**, vice president of patient services and chief nursing officer. "This prestigious honor is a testament to the exceptional care that our community trusts us to deliver each day."

## COMPASSIONATE CONNECTED CARE JOURNEY

More than 1,000 patient-facing CentraState team members completed each of five course modules in the **Compassionate Connected Care® Press Ganey** curriculum, which focuses on behaviors and strategies that promote empathy and compassion. Improvements in patient experience scores were noted after completion of the curriculum. An abstract on this initiative has been accepted as a podium presentation at the 2024 Press Ganey Human Experience Conference.



## Investing in the NEXT GENERATION

CentraState's 12-month **RN Residency Program** has helped more than 50 nursing graduates transition to the hospital environment and provide the highest level of care for patients through professional education, simulation laboratory skills and structured mentorship. The program recently underwent a promising site visit from the Commission on Collegiate Nursing Education (CCNE) as part of a voluntary process to attain CCNE accreditation.

The RN Residency Program has expanded in size and scope. Many past nursing residents have taken on leadership roles, continued their education to seek advanced degrees, established mentorship relationships and contributed to committees focused on advancing nursing care. An abstract on the growth and restructuring of the program has been accepted at the International Learning Collaborative conference and at Morristown Medical Center's Research Day.



## PERIOPERATIVE Nurse Recognitions

The Association of periOperative Registered Nurses (AORN), representing more than 200,000 surgical nurses nationwide, named CentraState a Center of Excellence in Surgical Safety: Smoke Evacuation. To earn this designation – called the **Go Clear™ Award** – the CentraState Operating Room (OR) team completed an education module, facilitated a 12-week survey of each surgical suite and has taken a comprehensive approach to ensuring a surgical smoke-free environment for patients and staff.

In addition, OR team members presented a poster on a CentraState employee recognition initiative at the **2023 AORN Global Surgical Conference and Expo** in San Antonio. The program, titled "A League of Their Own," used an interactive baseball theme to recognize and celebrate interdisciplinary OR staff for their contributions to teamwork and safety. CentraState presenters also shared ways this type of initiative could be implemented at other hospitals.



## Building LEADERS

CentraState supports nurses across the healthcare system in growing professionally and gaining leadership skills through a recently launched **Nursing Succession Planning Program**. This 12-month fellowship program develops clinical nurse leaders in the areas of education, management, clinical care and research. The program was implemented to improve retention and promote growth within the organization. Succession planning fellows work closely with mentors and collaborate across departments on projects designed to advance nursing practice and enhance patient care.

## SERVING AS A COMMUNITY PARTNER

Beyond delivering high-quality healthcare services, CentraState strives to serve as a valuable community partner. This means identifying evolving needs, creating solutions through programs and services, connecting with people where they work and live, and expanding access to health and wellness resources, including for underserved populations.

## RESIDENCY PROGRAM Graduates New Physicians

The Rutgers Robert Wood Johnson Medical School **Family Medicine Residency Program** at CentraState trains healthcare leaders of the future, with 102 physicians graduating from the program since it began in 2005. Many of these family medicine physicians stay in the region to serve local communities after completing the three-year program.

Six residents graduated from the program in 2023, with three of them joining Family Practice of CentraState, one continuing on as a CentraState geriatric fellow and another providing care at an area practice. Showcasing the level of excellence of the program and its residents, residency



graduate 🏆 Sairah Johnson, MD (pictured above, front left), earned the 2023 Resident of the Year Award from the New Jersey Academy of Family Physicians. Dr. Johnson is the seventh CentraState family medicine resident to earn this prestigious statewide award.



## Vaccine Outreach PROTECTS COMMUNITY

The CentraState population health team works with community organizations, churches and state entities to ensure that hard-to-reach and underserved populations can access health resources, including protective vaccines. In partnering with Rutgers University Correctional Health Care, CentraState nurses and other team members visited nine correctional facilities across the state in 2023, providing vaccine education and more than 500 **flu and COVID-19 vaccine doses**. They also offered vaccines at farms and convenience stores throughout the area.

In addition, CentraState and the Freehold Family Health Center partnered with area health-based organizations to facilitate a **Vaccines & Veggies** Community Health Resource Fair. This special event featured flu and COVID-19 vaccines, health education resources, screenings and a farmer's market with fresh produce.





## EXPANDING ACCESS to Family Medicine

Family medicine residents and other CentraState physicians care for patients at the **Freehold Family Health Center**, a unique collaborative initiative with the Visiting Nurse Association (VNA) Health Group-VNACJ Community Health Center and Rutgers Robert Wood Johnson Medical School through CentraState's Family Medicine Residency Program. The center offers comprehensive healthcare services designed to keep families healthy, with a special focus on underserved populations.

In 2023, the center had more than 15,500 patient visits. In addition, construction has begun on a new onsite dental suite and pharmacy to make care more convenient and affordable for health center patients and families.



## Connections to DISABILITY RESOURCES

In a free event funded by an Inclusive Healthy Communities Grant from the Division of Disability Services of the New Jersey Department of Human Services, CentraState and the Freehold Family Health Center joined Neighborhood Connections to Health and Freehold Borough to provide information about **health and disability resources**. The event featured a mobile food pantry, HIV testing, AIC testing, screenings and vaccines.

“ People with disabilities often feel marginalized and may not have the funds, freedom or resources to access certain health services.

Partnering with CentraState and other local providers helps us connect them to the care they need.”

– Jenna Sistas, Executive Director, Neighborhood Connections to Health

## NOURISHING AREA FAMILIES

CentraState facilitated four **Community Supper** events at St. Peter's Church in Freehold Borough in 2023. Team members and their families volunteered to serve more than 300 well-balanced meals prepared by CentraState's Food & Nutrition Department. They also provided health information and COVID-19 test kits to attendees.





## Providing Insight on HEALTH CAREERS

CentraState inspires future healthcare professionals through several programs designed to help young people learn about health careers. The award-winning **Healthcare Career Explorers** program completed its eighth year in partnership with Monmouth Council B.S.A. Post 255. In 2023, the program provided interactive education, hands-on experiences and hospital tours for 45 high school students in monthly sessions throughout the school year. An additional 13 students participated in a weeklong summer camp featuring CPR training, a Medevac tour and a paramedic training/ambulance tour.

In collaboration with the Freehold Regional School District, CentraState also hosted 379 **Health Profession Pathway** high school students from Freehold and Manalapan to provide information about health career options in the 2022-2023 and 2023-2024 programs. Across similar timeframes, 43 high school seniors in the **Medical Sciences Magnet Program** at Freehold High School have had the opportunity to participate in career days, lectures and an externship program to shadow CentraState healthcare providers. CentraState physicians also visited the high school to provide health career information to juniors.



## Remembering and Honoring VETERANS

CentraState proudly participates in events to honor those who have served in military branches. In September, team members gathered to pay final tribute to 21 deceased veterans and six family members as a procession site for **Military Honors for Forgotten Veterans**. Organized by the Monmouth County Sheriff's Office, the event honored the sacrifice made by honorably discharged veterans and family members from WWI, WWII, Korean War and Vietnam War eras as they were transported by procession to Brigadier General William C. Doyle Memorial Cemetery in Wrightstown for interment with military honors.

On Veterans Day eve, CentraState hosted a flag-raising ceremony and recognition luncheon to honor CentraState veterans for their bravery and sacrifice. Monmouth County Sheriff Shaun Golden was presented with an Appreciation Award for organizing the Military Honors for Forgotten Veterans event. CentraState team members also participated in the Freehold Memorial Day parade to remember the valor of those who served.

## LGBTQ+ INCLUSION Initiatives

As part of CentraState's ongoing initiatives to promote equitable and accessible care, the hospital's **LGBTQ+ Business Resource Group** helps ensure that all people have access to compassionate, quality health services and a supportive environment. In 2023, these efforts included hosting free lectures, courses and Q&A sessions for health professionals. CentraState also celebrated Pride Month with a flag-raising ceremony attended by Freehold Borough Councilwomen Sharon Shutzer and Annette Jordan.



# 2023

## Health Education and Screenings at a Glance

The Star and Barry Tobias Health Awareness Center and the Live Life Well program had **23,595** participant encounters to enhance health and wellness.

A total of **7,073** people attended health fairs and events. Another **6,333** people were reached through health equity and vaccine outreach to vulnerable populations.

RN health coaching services generated **1,707** one-on-one encounters, including **984** coaching encounters for people with heart failure and **351** hypertension encounters. In addition, **588** new members enrolled in one or more on-demand wellness programs.

CentraState provided **1,834** encounters in balance, meditation, tai chi and yoga, and **183** encounters to help people stop smoking.

A total of **1,871** health screenings, including **322** cancer screenings, were provided to facilitate early detection of health issues.

CentraState provided **1,142** diabetes education encounters and **860** A1C screenings to check for prediabetes and diabetes. Another **1,746** encounters were facilitated for weight management and diabetes prevention.

A total of **1,899** people received lifesaving CPR training, including basic life support, advanced life support and pediatric advanced life support.

CentraState provided **2,688** student education encounters on topics including wellness, life skills and health careers.

# 2022

## FINANCIAL SUMMARY

Financial Assistance and Certain Other Community Benefits at Cost

### Community Benefit

(as reported on 2022 IRS filing)

Financial Assistance at Cost	\$	6,353,651
Medicaid	\$	14,750,006
Community Health Improvement Services and Community Benefit Operations	\$	1,318,134
Health Professions Education	\$	1,617,994
Subsidized Health Services	\$	5,446,000
Cash and In-Kind Contributions for Community Benefit	\$	146,270
<b>Sub-Total Community Benefit:</b>	<b>\$</b>	<b>24,186,055</b>

Community Building Activities	\$	13,568
Bad Debt Expense	\$	5,389,146
Medicare Shortfall	\$	40,021,896
<b>Community Benefit as Reported on 2022 IRS Filing:</b>	<b>\$</b>	<b>69,610,665</b>

### Additional Community Benefit

(not reported on 2022 IRS filing)

Unpaid Cost of Managed Medicare	\$	24,917,815
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<b>Total Community Benefit Commitment</b>	<b>\$</b>	<b>94,528,480</b>
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## History Timeline Marks CENTRASTATE'S GROWTH

In November, the CentraState Healthcare Foundation unveiled another decade (2011-2020) of significant healthcare system expansions and events on the **History Timeline** along the walkway between the medical center and the Star and Barry Tobias Ambulatory Campus.

Milestone events reflected in the new decade include the launch of the Gloria Saker Women's Heart Program, the naming of the Statesir Cancer Center, the solar energy initiative, the opening of the Statesir Memory Care Center at Applewood, the opening of the Freehold Family Health Center, Magne<sup>®</sup> recognition for nursing excellence, the frontline fight against COVID-19 and CentraState's partnership with Atlantic Health System.

"Our timeline showcases CentraState's milestones and celebrates the vision of community members who first saw the need for a hospital in our area and supported us across the decades," says Nancy Barone, vice president of Development, Volunteer & Guest Services. "We're so grateful to all those who have contributed to CentraState's growth."



We believe in the mission of the hospital and want to support their effort. For our family, it means we demonstrate being good citizens and role models: supporting our community in which we live and work. It is our belief that supporting CentraState helps them fulfill their mission and enables us to give back to our community."

**Tom Hogan, CentraState Healthcare Foundation Board Member, and his wife, Lisa Hogan**

## CIRCLE OF FRIENDS Goes Digital

As part of CentraState's main lobby renovation, a **Circle of Friends digital donor wall** was installed in September to recognize individuals, businesses, organizations and many boroughs and townships served by CentraState whose philanthropic support over the years has totaled \$10,000 or more. Featuring nine video monitors, this ever-changing tribute will evolve and grow as new names are added.

The name of each member is displayed to honor their lifetime support of CentraState. These generous donors have provided and continue to provide significant support through the CentraState Healthcare Foundation, with collective donations exceeding \$55 million.



By supporting CentraState, I contribute to the provision of excellent medical care, cutting-edge treatments and state-of-the-art facilities. Supporting CentraState means investing in the well-being of our community, which brings a sense of fulfillment and pride. Each member of my immediate family (including myself) has experienced the positive impact of CentraState's care. Such experiences create a strong bond and a desire to give back."

**Matthew Siegel, CentraState Healthcare Foundation Board Member, Planned Giving Committee Chair**



“

Supporting CentraState is supporting our community. When we need help most, CentraState is there for us. Investing in CentraState allows for our organization to deliver our mission of helping seniors in need, whether that is preventative care and education or in critical moments and crisis. CentraState is also open to exploring new avenues of research and opportunities, and our organization is proud to support those efforts.”

Erika Shaefer, President, Brooklyn Home Foundation Board; Executive Director, Monmouth Museum



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## Milestone Support for CARDIOVASCULAR SERVICES

Don and Ann Robertshaw completed their goal to travel to every continent in the world after retiring from their roles in elementary and high school education years ago. Now, with a significant donation through CentraState Healthcare Foundation, they have helped ensure that area residents don't have to travel far for the highest quality interventional cardiology services.

To recognize their generosity, CentraState's cardiovascular catheterization laboratory and interventional suite has been named the **Robertshaw Cardiovascular Interventional Center**.

“Cardiac services are very close to our hearts, especially since Ann once had open-heart surgery,” says Don, a veteran and investment enthusiast. “When we learned that CentraState was expanding its

interventional cardiology services, we wanted to provide our support.”

The Robertshaws have been residents of the Applewood senior living community for the past decade and are involved in its committees and activities. Don chairs the Scholarship Committee, which offers a scholarship established in Ann's honor, and in the past Ann played the organ for services and special events.

“We know how lucky we are to both be here together, enjoying life,” adds Ann. “We're honored to contribute to something that not only matches our interests, but also will help as many people as we can.”

## Significant Gift for CANCER CARE

A substantial monetary gift has been given by a grateful family (who wishes to remain anonymous) recognizing the care they received from Alexander Itskovich, MD, medical director of the Statesir Cancer Center at CentraState. This gift, made through the CentraState Healthcare Foundation, will be used to expand cancer programs and services.

## A LANDMARK YEAR FOR GIVING

In 2023, the CentraState Healthcare Foundation raised more than \$8 million – more than any other year in its history. These generous funds will help create and expand programs that serve people throughout the region.

## ADDITIONAL HONORS AND AWARDS

### An Elite Best Healthcare Workplace

Great Place To Work® and Fortune magazine selected CentraState for the **2023 Fortune Best Workplaces in Health Care™ List**. One of only three companies in New Jersey to receive this recognition, CentraState ranked #39 among a coveted list of only 40 large companies (1,000+ employees) selected nationally. The award is based on an analysis of survey responses from more than 208,000 employees from Great Place To Work Certified™ companies in the healthcare industry.



### Creating an Outstanding Employee Experience

For the third consecutive year, CentraState earned **Great Place to Work Certification™** from Great Place to Work®, a global authority on workplace culture, employee experience on workplace culture, employee experience and proven leadership behaviors.



Employee feedback and independent analysis determined the scores for this research-backed certification. Feedback from more than 1,300 employees revealed that 90% feel good about ways they contribute to the community.

### A Higher Level Most Wired Organization

CentraState earned 2023 College of Healthcare Information Management Executives (CHIME) Digital Health **Most Wired** recognition as a certified Level 8 acute care organization. CentraState has achieved Most Wired designation for 13 of the last 14 years, advancing this year from a prior Level 7 achievement.



### High-Quality Stroke Care

CentraState received the American Heart Association's **2023 Get With The Guidelines® – Stroke Gold Plus with Target: Stroke Honor Roll Elite**, recognizing the commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines. The Target: Stroke Honor Roll Elite level highlights efforts to expedite the time between a patient's arrival at the hospital and treatment with clot-busting medication.



In addition, CentraState was recognized by **U.S. News & World Report** as "high performing" in stroke treatment in its 2023 rankings.



CentraState also received reaccreditation by the Joint Commission as an **Advanced Primary Stroke Center**.

### Heart Care Expertise

CentraState earned the American Heart Association's **2023 Get With The Guidelines® – Heart Failure Gold Plus Award with Targets: Heart Failure and Type 2 Diabetes Honor Roll** for quality outcomes and consistent adherence to the latest evidence-based treatment guidelines.



In addition, the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) recognized CentraState's Cardiovascular Rehabilitation Program as a **certified AACVPR program**, signifying its quality and adherence to standards and guidelines established by AACVPR and other professional organizations.



### Radiology Diagnostic Excellence

For the third consecutive time, the Radiology Department at CentraState was designated a **Diagnostic Imaging Center of Excellence® (DICOE)** by the American College of Radiology. The DICOE award signifies that an entity delivers the highest levels of imaging quality, safety and care.



### Bariatric Surgery Reaccreditation

CentraState received reaccreditation from the Surgical Review Corporation as a **Center of Excellence in Metabolic and Bariatric Surgery**. This accreditation recognizes that CentraState continues to meet nationally and internationally recognized standards while fostering a culture of excellence in patient care.



### Palliative Care Certification

CentraState earned The Joint Commission's **Gold Seal of Approval® for Palliative Care Certification** by demonstrating continuous compliance with performance standards. This certification highlights CentraState's commitment to optimizing quality of life for patients with serious illnesses.



### Organ and Tissue Donation Awareness

In recognition of efforts to raise organ and tissue donation awareness, CentraState was honored with the **2023 DoNation Campaign 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.



## TOP DOCTORS IN THE COUNTY

Monmouth magazine facilitates an annual poll in which physicians vote for peers they deem best in their specialties from thousands of doctors across Monmouth County. In 2023, 54 CentraState physicians were named “**Top Docs.**”



### The Manor Health & Rehabilitation

Awarded a **Five-Star Rating** from the Centers for Medicare & Medicaid Services

Named as a **Best Nursing Home** for 2023-2024 by U.S. News & World Report for short-term rehabilitation

Received a 2023 Bronze Award from the New Jersey Department of Health **Antimicrobial Stewardship Recognition Program**



### 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%** nationally by Holleran for satisfaction scores



### Applewood

Received a **Five-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

### The Joint Commission

- Heart Failure Certification
- Palliative Care Certification
- Stroke Certification
- Total Joint Certification (Hip and Knee)
- Wound Care 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
- CT Accreditation
- Low-Dose CT Lung Cancer Screening Center of Excellence
- Lung Cancer Screening Center Designation
- Ultrasound Accreditation
- Nuclear Medicine Accreditation
- Comprehensive Breast Imaging Center
- Mammography Accreditation
- Stereotactic Breast Biopsy Accreditation

### American College of Surgeons

- Commission on Cancer – National Accreditation, Oncology Service Line, CentraState Healthcare System
- National Accreditation Program for Breast Centers – The Star and Barry Tobias Women’s Health Center

### American Diabetes Association

- Certification for Meeting National Standards for Diabetes Self-Management Education

### American Heart Association

- Heart Failure Gold Plus Honor Roll
- Stroke Gold Plus with Target: Stroke Honor Roll Elite
- Diabetes Quality Achievement Award

### American Nurses Credentialing Center

- Magnet Status (four-time designation)

### Centers for Disease Control and Prevention

- Preliminary Recognition for Diabetes Prevention Program (online)

### CEO Roundtable on Cancer

- CEO Cancer Gold Standard™

### Surgical Review Corporation

- Bariatric Center of Excellence

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## 2023 KEY STATISTICS

752

BIRTHS

15,886

DISCHARGES (INCLUDING SAME-DAY SURGERIES)

5,048

OBSERVATION CASES

66,701

PATIENT DAYS (INCLUDING SAME-DAY SURGERIES)

9,861

SURGERIES

655

CARDIAC CATHETERIZATIONS

108,755

RADIOLOGY/IMAGING PROCEDURES

46,753

EMERGENCY DEPARTMENT PATIENTS

15,501

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

24,747

HEALTH PROMOTION VISITS<sup>2</sup>

742,039

LAB TESTS<sup>3</sup>

220,493

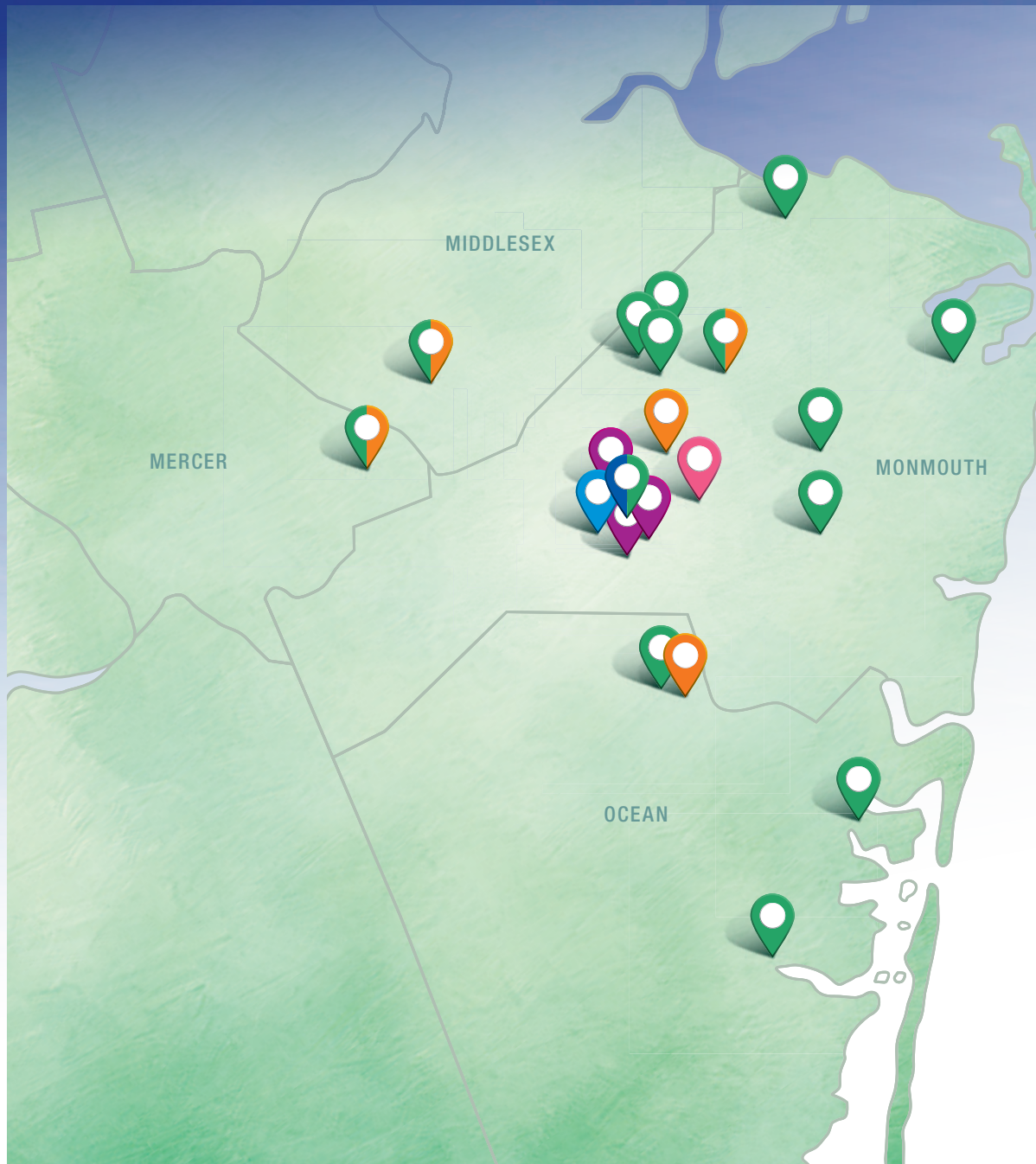
PHYSICAL/OCCUPATIONAL THERAPY TREATMENTS

2,572

SYSTEM EMPLOYEES (TOTAL EMPLOYEES)

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. Includes COVID-19 testing

## CONVENIENT LOCATIONS



### **CENTRASTATE HEALTHCARE SYSTEM – MAIN CAMPUS**

901 West Main Street, Freehold

- CentraState Medical Center
- CentraState Fitness & Wellness Center
- Linda E. Cardinale Multiple Sclerosis Center
- Star and Barry Tobias Health Awareness Center
- Statesir Cancer Center
- OceanFirst Rehabilitation Center

### **CENTRAL JERSEY WOUND & EDEMA TREATMENT CENTER**

1001 West Main Street, Freehold

### **FREEHOLD FAMILY HEALTH CENTER**

597 Park Avenue, Freehold

## HEALTH PAVILIONS (PHYSICIAN PRACTICES, PT AND LAB)

**CentraState Health Pavilion at East Windsor**  
319 Route 130 North, East Windsor

**CentraState Health Pavilion at Jackson**  
161 Bartley Road, Jackson

**CentraState Health Pavilion at Marlboro**  
479 Newman Springs Road (Rt. 520), Marlboro

**CentraState Medical Office at Monroe**  
312 Applegarth Road, Monroe

### COMING SPRING 2025:

**Health Pavilion at Manalapan**  
Route 9 and Craig Road, Manalapan

## SENIOR LIVING FACILITIES

**Applewood**  
1 Applewood Drive, Freehold

**The Manor Health & Rehabilitation**  
689 West Main Street, Freehold

**Monmouth Crossing**  
560 Iron Bridge Road, Freehold

## PRIMARY, SPECIALTY AND URGENT CARE, IN PARTNERSHIP WITH ATLANTIC MEDICAL GROUP

**Atlantic Medical Group Primary Care at Farmingdale**  
1175 Route 33, Farmingdale

**Breast Surgery and Breast Oncology**  
Star and Barry Tobias Women's Health Center  
901 West Main Street, Freehold

**Endocrinology Associates of CentraState**  
901 West Main Street, Suite 305B, Freehold

**Endocrine Surgical Associates & Surgical Oncology**  
55 Willow Lane, Englishtown

**Family Practice of CentraState**  
281 Route 34, Colts Neck  
319 Route 130 North, East Windsor  
901 West Main Street, Freehold  
161 Bartley Road, Jackson  
479 Newman Springs Road (Rt. 520), Marlboro  
312 Applegarth Road, Monroe

**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

**Movement Disorders Program of CentraState**  
901 West Main Street, Ambulatory Campus Building B, Suite 120, Freehold

**Neonatology Associates of CentraState**  
901 West Main Street, Freehold

**Pulmonary Associates of CentraState**  
901 West Main Street, Building A, Suite 160, Freehold  
25 Kilmer Drive, Building 3, Suite 214, Morganville

**Primary Care of CentraState at Manalapan**  
831 Tennent Road, Manalapan

**Surgical Associates of CentraState**  
901 West Main Street, Suite 106, Freehold

**Surgical Oncology at CentraState**  
Statesir Cancer Center, 901 West Main Street, Suite G1, Freehold

**Atlantic Medical Group Vascular Surgery at CentraState**  
901 West Main Street, Suite 107, Freehold

**Women's Health Specialists of CentraState**  
901 West Main Street, Ambulatory Campus Building B, Suite 305, Freehold  
479 Newman Springs Road (Rt. 520), Marlboro

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](https://www.centrastate.com/non-discrimination).



**CentraState**  
**Healthcare System**<sup>®</sup>

ATLANTIC HEALTH SYSTEM PARTNER

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

732-431-2000

901 West Main Street  
Freehold, NJ 07728

