



*inside*  
**Deborah**

Spring 2015



*Thank You  
Volunteers*

April 12-18: National Volunteer Week

Pictured left to right are Deborah Red Coat Volunteers Wildred Sharp, Carolyn Tolle and Cindy Mascinantoni.



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**inside Deborah**  
is a publication of  
Deborah Foundation  
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### **Congratulations to a Four-Star Hospital**

Deborah was recently recognized by the federal government with a distinguished 4-star rating – near perfect (the highest is 5). This rating is based on CMS data for patient satisfaction scores and was among the highest in the Philadelphia/New Jersey region. This is one of the reasons why patients “Demand Deborah.”



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## Message from our President & CEO

*Dear Friends,*

Welcome to our new, Spring issue of *Inside Deborah* magazine. This periodic publication provides us the forum in which to highlight important news and innovations at Deborah, like the addition of state-of-the-art genetic testing that you can read about in more detail further into this issue. Also in this issue we focus on our Case Management Department and the vital support services they provide to our patients and their families by navigating their course of treatment and ensuring the safest possible transition home.



**Joseph Chirichella**

President & CEO, Deborah Foundation and  
Deborah Heart and Lung Center

We are currently entering a new era of healthcare, focused on a higher accountability for a healthier population. Deborah is engaged in meeting this challenge and broadening the focus on health and wellness. We are working closely with other providers to integrate our expertise in Heart, Lung, and Vascular care to accomplish this goal. Much of this commitment to a healthier population will be accomplished this year by bringing our world class patient experience closer to where our patients live and work. I encourage all of our readers to personally make a renewed commitment to health and wellness.

On a somber note, I am very saddened to report that we have recently lost a valuable member of the Deborah community. Paul DeMassi was a long-time Deborah supporter and dedicated Board Member. He was a staunch advocate and supporter of Deborah's ground-breaking medical work, and its ongoing mission of compassionate care. We have lost a strong voice for the Hospital and Foundation. Please join me in sending words of comfort to Paul's family, as we work to heal the loss in our hearts.

In closing, I would like to take this opportunity to thank our tireless donors and volunteers, whose support is so crucial to our ongoing mission. Each and every one of our patients benefits in some way from their generosity and support – whether it is through new technologies or procedures, or even a small donation that might enhance and spruce up our space. Enjoy this issue! Take advantage of the opportunities for increased activity by taking a walk in the fresh air and enjoying the harvest of the fresh fruit and vegetables that the Spring season brings!

*Joseph Chirichella*



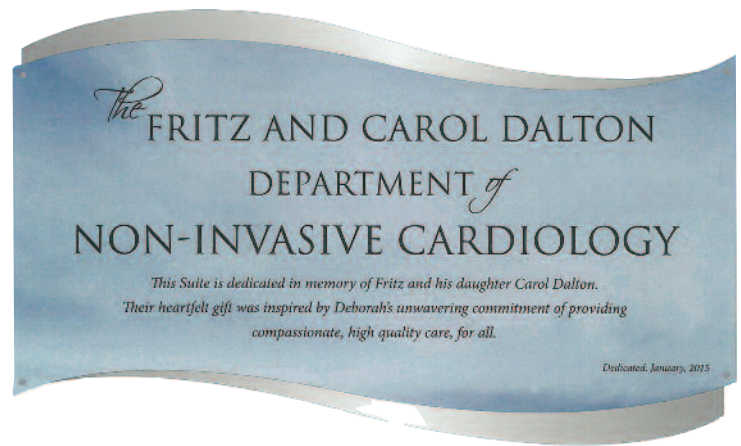
# A Young Heart Inspires A Gift For The Ages

Fundraising for an organization like Deborah Heart and Lung Center is a very rewarding and inspiring activity. Whether you are a volunteer, chapter member, Board member or a paid professional, it is a wonderful opportunity to become acquainted with extraordinary individuals and organizations.

Recently, Deborah was blessed to receive a monumental gift. It was an estate gift from The Fritz Dalton Inter Vivos Trust in the amount of \$2.4 million. The Trust itself was written so that a certain portion of the Trust was paid to a woman named Carol Dalton each year, until her death, at which time the monies remaining in the Trust would be distributed to Deborah. When we were notified of the gift, we researched Mr. Dalton's name in our donor database but found no information. Fritz Dalton had never donated to Deborah before, was never at an event and was never on our mailing list. Fortunately, there was contact information available through the estate.

The contact person was Mrs. Bertha Dalton, Fritz's wife. Bertha explained that Carol was the daughter of her late husband, Fritz. Carol was born mentally and physically challenged. Fritz loved Carol very much and established the trust to fund a lifetime of comfort and care for her. Carol had recently passed away at the age of 67, which triggered the gift to Deborah.

The next question we asked was...Why Deborah? Mrs. Dalton explained that it was her husband's choice. He was inspired to donate to Deborah based on a



personal family experience in the 1970's. As the trust documents were opened, a short story provided the answer to that question. In it, Fritz referenced a story about a young boy that lived in his family's neighborhood (located in the Pocono region of Pennsylvania) and who was very ill with a severe heart condition. "The boy's family had little money and no health insurance. He was brought to Deborah where he was operated on at no cost to his family. The expense was covered by funds donated to the organization. As a result, he is alive and well and will go on to live a long and healthy life. This is the organization where I want my daughter's money to go, once she no longer needs it."

In recognition of this incredible gift, the Foundation has dedicated;

***The Fritz and Carol Dalton Department of Non-Invasive Cardiology*** in their honor. They are also permanently listed together as one of Deborah's top contributors on our Donors of Distinction display. As Deborah's altruistic philosophy continues to resonate in the hearts and minds of our donors so, too, does this generous gift from the Dalton family. Like our mission, the Dalton's philanthropic ideals are a large part of what makes Deborah so special.

If you would like to speak to one of our Foundation professionals for information on how you can include Deborah in your estate planning, please contact us at 609-893-0200.

## ***In Memoriam: Paul J. DeMassi***

Paul was elected a member of the Deborah Foundation's Board of Directors in 1999. An avid participant in fundraising for Deborah, his particular interest was in pediatric care and he was a generous donor to our Children of the World® program.

As a Board Member, Paul took an active role in fundraising by participating in many committees and attending foundation events. He once said, "To me, Deborah is a vehicle by which I can contribute whatever time and talents I may have to improve the lives and futures of others."

We will miss Paul's dedication and enthusiasm for Deborah. His wife, Barbara, his four children, and ten grandchildren will forever be in our thoughts.



# Grateful Patient: “I’m Still On This Earth Because Of Deborah”

*Some of our readers may have read parts of Miguel’s story in a recent letter, but there is so much more to the story.*

At forty years old, Miguel Delgado has experienced health challenges that no one should have to face. From a young age, he has experienced heart palpitations, feelings of rapid and inconsistent heartbeats. These episodes had become relatively common, so when he woke up on April 15, 2012 and did not feel well, he was not immediately worried. But on that day, one month after finishing chemotherapy for his fourth battle with cancer, Miguel was actually having his first heart attack. He was taken to his local hospital where a stent was implanted. But just three months later, he suffered a second heart attack and needed a second stent.

Raised in New Jersey, Miguel knew of Deborah Heart and Lung Center’s stellar reputation and had no doubt Deborah offered him the best chance at survival. In July 2012, he came to Deborah and the initial echocardiogram revealed a large blood clot in the left ventricle of his heart. This is a very serious and life-threatening condition that offers limited choices to treat or correct. Since open heart surgery to remove a blood clot from the heart is rare and risky, Miguel’s doctors suggested other treatments first.

After these treatments did not produce the results they hoped for, he was faced with the options to risk living with the clot or have open heart surgery. Confident in his team at Deborah, Miguel chose to have the surgery.

Miguel’s team, led by Frank Fish, MD; Jon George, MD; and Arthur Ng, MD; along with numerous nurses, and other clinical staff, supported him through that challenging and scary time. Not only was his team there for him during the procedure, they were with him before surgery providing reassurance, after surgery providing comfort, and sitting in his room when all that was needed was their encouraging words. Our clinical staff not only has highly advanced and specialized training, but also personally connects with our patients extending kindness and compassion, which puts patients at ease even during the tensest of moments. Because of this team approach, Miguel’s surgery was successful and



amazingly, just five days after open heart surgery, he went home – a testament to the amazing care he received at Deborah.

In September 2014, yet another stent was placed in his heart. Incredibly, just two days after being discharged, he attended the Deborah Foundation’s Annual Walk-A-Thon and walked 2.5 miles in support of patient care at Deborah! Walking along with him were 20 family members and close friends.

Miguel says, “I rest easy knowing I have the most amazing team behind me; a team that has been so thorough and pioneering in my care. They have helped me defy the odds over and over again and I consider them an extension of my family. With everything I have been through, I know there is a reason I am on this earth and I am thankful that my team at Deborah has given me the time to find it.”

**It is never too early to make an appointment for a cardiac checkup. Even those under age 40 can benefit. Please call Deborah today at 1-800-555-1990 and put your mind at ease.**



# From the Desk of the CDO

*As Deborah continues to employ game-changing strategies pertaining to patient care and medical advancements, we are incredibly excited to announce the release of Deborah Foundation's Innovation Guide. I encourage you to browse through this fascinating publication, which is available on our website [www.deborahfoundation.org](http://www.deborahfoundation.org)*

*This booklet will introduce you to some of the region's Top Docs and a sampling of the cutting-edge technologies we are working with here at Deborah. By investing in and attracting the very best clinical and business professionals, along with incorporating the most sophisticated medical technologies available, Deborah continues to establish new standards by which high-quality specialty healthcare is delivered.*

*Why is this publication called the Foundation's Innovation Guide? Because all the departments featured in it have benefitted from the extreme generosity of our Family of Donors. Funding for equipment, renovations, research and training has been provided in part from gifts contributed by individuals, organizations, foundations and corporations.*

*In the rapidly changing world of medicine, it is imperative Deborah remains at the forefront of discovery by introducing and implementing the newest technologies and techniques available.*

*The Foundation, supported by our loyal donors, is committed to raise the funds necessary for Deborah to continue as such a leader in the delivery of specialized healthcare.*

*We are steadfast in our efforts to remain a beacon, attracting the brightest and most creative minds to a place where we are committed to providing tomorrow's innovations...today!*



**Stephen J. Toal**  
Chief Development Officer

## **Contact the Foundation Team at 609-893-0100**

**Jim Carson**  
Planned and Major Gifts Officer

**Ellen Krivchenia**  
Planned and Major Gifts Officer

**Carla Tisdale-Walker**  
Corporate/Foundation  
Relations Manager

**Kathy Garske**  
Corporate/Foundation  
Relations Coordinator

**If you would like information about how you can help fund some of our upcoming projects, please contact me at 609-893-0200 to schedule a meeting so I can explore and discuss your interests with you.**

**To view the Innovation Guide, please visit [www.deborahfoundation.org](http://www.deborahfoundation.org)**

# Customized Medication Treatment Based On Your Genetic Makeup

Many medications available today are intended to be “one size fits all,” but in reality, we know that is not always the case. It is widely known that medications affect people differently -- leading to adverse effects for some and being a lifesaver for others. In cases where a medication causes an adverse effect for a patient, doctors must trial other medications until one is found that works.

Leading the way in targeted cardiac care, Deborah now offers state-of-the-art genetic testing for patients, allowing our specialists to tailor medical treatments based on genetic makeup. This targeted approach to cardiac care uses genetics to predict individual response to commonly prescribed cardiac medications and evaluate risk for adverse drug reactions for certain cardiac conditions. Targeted genetic testing is a groundbreaking initiative which will improve the quality of care for patients at Deborah.

With DNA testing, Deborah physicians can avoid the trial and error that has become all too common for patients. The science of genetic testing to predict a patient's response to medication is called Pharmacogenomics. It is, as explained by Francis Collins, MD, PhD, Director of the National Institutes of Health, “The ability to get the right drug, at the right dose, for the right person.”

With adverse drug reactions being a significant cause of hospitalizations and in-hospital deaths, genetic testing offers great promise because it allows physicians to know beforehand how patients will react to a specific drug. At Deborah, using a simple cheek swab and occasionally blood work, we can determine how patients' genetics will determine their response to commonly prescribed cardiac medications and evaluate their risk for adverse drug reactions. The results from this test provide our doctors with a report of medications that are safe to

prescribe, medications to be used with caution, medications to be avoided, and combinations of medications which should be avoided.

But the benefits of genetic testing go further than defending patients from adverse drug effects. The trial and error that is so common also increases the cost of a patient's medical care. Furthermore, with the ability to know in advance that a medication will be safe to prescribe, not only does the patient save money, but also reach the therapeutic goal much sooner.

Many patients, especially those currently taking cardiovascular medications, could benefit greatly from genetic testing. This type of innovative testing is available at Deborah, due in part to funds contributed to the Deborah Foundation.

**“We’re 100% committed to getting it right for the people we serve. Deborah’s state-of-the-art genetic analysis gives a higher level of precision and accuracy to predict a patient’s metabolic response to medications.”**

*Richard Kovach, MD, Chair  
Interventional Cardiology*



**To join Deborah's Family of Donors, please visit our website at [www.deborahfoundation.org](http://www.deborahfoundation.org) To make an appointment with a Deborah cardiologist to find out if genetic testing is right for you, please call 1-800-555-1990.**



# Deborah Now Offers Life-Changing Results for Patients with Severe Asthma

Deborah's Department of Pulmonary Medicine offers a revolutionary procedure to bring relief to patients with severe asthma. The procedure is called Bronchial Thermoplasty (BT) and it has produced life-enhancing results for Deborah patients.

People with asthma have more smooth muscle

surrounding their airways and, during an asthma attack, this excess muscle constricts the airway and causes difficulty

breathing. Andrew Martin, MD, Chair of the Department of Pulmonary Medicine, performs the BT procedures at Deborah.

BT is a noninvasive, outpatient procedure performed in three sessions and works by

inserting a bronchoscope, a long flexible tube with a camera on the end. Mild heat is then applied inside the airways which reduce the smooth muscle in the airway causing them to constrict less. The result is the patient breathes easier and the likelihood of an asthma attack decreases dramatically.

Jacinta Samuel, John Parkinson, and Lorraine McGary (pictured) all suffered with severe asthma, which not only affected their overall health, but also their quality of life. Jacinta has lived with asthma her entire life and tried countless medications in an effort to control her asthma, with limited success. Some treatments would work for a time, but ultimately, she would always end up back at "square one." John was first diagnosed

with asthma while in the service, and his asthma became progressively worse over the years. In the last seven years he has endured multiple hospitalizations, a month-long stay in an intensive care unit, and--because his doctors could not stabilize him--two weeks in a coma. A former smoker, Lorraine was diagnosed with asthma as an adult

but it became severe when she moved to New Jersey. Over the years she found that a combination of medications treated her asthma, but she was still having severe episodes requiring treatment with powerful steroids, resulting in adverse side effects.

All agreed that it was hard to imagine their asthma getting any worse,

so when they heard about BT, they knew they had to give it a try. The procedure was amazingly successful for all three and their quality of life improved dramatically! Jacinta has not experienced an asthma attack since her third procedure in July 2014, and is able to play tennis and swim again. Since having the procedure, John can feel the onset of an asthma attack better than before, which allows him time for treatment and helps avoid trips to the

Emergency Room. For Lorraine, daily tasks such as walking up and down stairs or vacuuming required her to use her rescue inhaler or a nebulizer treatment. After BT, she has gone from using her inhaler 4-5 times a day to using it 3-4 times a week!



*Photo courtesy of Boston Scientific Corp.*



**Asthma is a chronic disease affecting over 25 million people in the United States alone. If you, or someone you know, has severe asthma, make an appointment with the Department of Pulmonary Medicine today by calling 1-800-555-1990, so we can determine if Bronchial Thermoplasty is right for you.**

# The Common Cold Saved My Life

It's usually not very nice to be happy when your husband gets a cold. But in Karen Magrini's case, that cold around the Christmas holidays saved her life.

"I knew when Joe got sick that I would probably get it," she recalls from the kitchen of her comfortable Barnegat home. "But that cold was a life-saver."

After Christmas, Karen was feeling so ill she went to an urgent care center where they took a chest x-ray.

"The technician then told me it looked like I had an enlarged heart," she says. "I thought, 'that's not possible.'"

Referred for follow-up, she had a CAT scan. Next thing she knew the phone was ringing.

"I was told to get to the Emergency Department as soon as possible. Apparently I had a very large aneurysm, around 10 centimeters." Karen and her husband Joe rushed to the ER, where Karen was hooked up to monitors and told she needed immediate



Joe and Karen Magrini

transfer to a cardiac center for heart surgery. For her, there was never any doubt where she would go.

"Of course I picked Deborah. Joe's mother had been here years ago and did fantastic, and many of my neighbors in this community go to Deborah. Everyone knows it's a terrific hospital."

The rest of the story? Karen was stabilized at Deborah for nine days prior to surgery, so she could more fully recover from her cold, which was verging on pneumonia. Then, as healthy as could be, Karen underwent surgery for the aneurysm, as well as an aortic valve replacement, and bypass grafting for a blocked coronary artery.

*continued...*



Paul Burns, MD,  
Chief of Surgery,  
tells Karen's  
medical journey.



Joe remembers how worried he was. "They told me it would be a four-hour procedure, and my sons and I were there waiting, but it took over ten hours. At one point you start to worry if everything is OK."

Joe and his sons were not alone, however. Not only did the OR staff frequently visit them and provide updates, but dedicated members of the Zipper Club (former open heart surgery patients) also stopped by to bolster their spirits.

"We found out that part of the reason it took so long was that because the aneurysm was so involved, it was difficult to repair. In order to do it correctly they had to place Karen in a deep hypothermic state, by chilling her body temperature way down. After the surgery it took time to rewarm her."

The surgery was successful and Karen spent the night in the Intensive Care Unit under observation.

"I found out later what had happened," she says. "Joe didn't want me to know how difficult the surgery had been. I was surprised when I found out."

Deborah's Chief of Surgery, Paul Burns, MD -- who performed the surgery -- is thankful that Karen came to Deborah.

"She had absolutely no symptoms like shortness of breath or feeling tired or dizzy," he remarks. "All three of the conditions she had were potentially fatal, and she is a very lucky woman to have had her surgeries before anything happened. Each of these conditions is repairable, and I am confident that Karen will have a long and productive life ahead of her. When Karen chose Deborah, she found a team that was 100% committed to getting her life back on track. That's what we did."

For Karen, life has completely gone back to normal. The 70-year-old loves her three sons and six grandkids, and thoroughly enjoys her clubhouse activities, playing Mah Jong, taking ceramics classes, and picking up the next Book Club selection.

"I am so thankful to Deborah," she says, "and to my husband, who gave me his cold. Otherwise, I would never have known I was so sick."

## Behind the Scenes of Karen's Story

Open heart surgery patient Karen Magrini and her husband Joe, opened their home to the Deborah film crew recently and gave us a detailed and emotional account of her amazing experience. Her story has a tremendous impact on everyone who hears it, causing them to reflect on life and to never take their own health for granted.

The film crew -- a producer, cameraman, sound tech and photographer -- was welcomed into the Magrinis' home for the taping of her story. It was heartwarming as the crew learned about their fifty-year love story and viewed photos of their children and grandchildren.



**Top: Jeff Coleman, Producer, interviews the Magrinis.**

**Bottom: Nurse Susan Burkett recounts caring for Karin overnight in the ICU.**

Please watch Karen's and other patients' journey videos by visiting [www.demanddeboarh.org](http://www.demanddeboarh.org)

# Case Managers and Social Workers Put Patients--and Their Families--at Ease

There are countless individuals and departments involved in making sure a patient's care and hospital stay is the best possible; at Deborah, the Case Management/Social Services Department serves as the hub of the patient experience. Under the leadership of Michelle Johnson, MSW, LCSW, the team works around the clock to ensure that all our patients--and their families--are prepared for care transitions or discharge and supported before, during, and after a hospital stay.

Johnson started the department at Deborah in 1995 and, twenty years later, her staff has grown to include 11 nurse case managers, five social workers, a spiritual advisor, and three patient family liaisons. Together, they provide support to all same-day patients, observation patients, and inpatients.

The Case Management/Social Services staff members are, first and foremost, patient advocates. Their jobs can be both rewarding and demanding all at once. However, Johnson is quick to point out that her staff went into this field because they wanted to help people, and they see their jobs as an extension of the humanitarian mission of Deborah Heart and Lung Center.

With all the changes in today's healthcare landscape, case managers and social workers help patients and their families maneuver the healthcare system – a task that can be daunting and confusing to families who have no medical background and/or are dealing with stressful situations. It is their responsibility to coordinate a

patient's care from the time they arrive at Deborah to post-discharge. They are involved in daily rounds and work closely with physicians and other clinical staff to facilitate safe, effective, and timely discharge planning, appropriate levels of care, and documentation.

A primary goal of the Case Management/Social Services Department is to provide appropriate discharge planning, in an effort to prevent patient readmissions in the 30 days following discharge. This requires our staff to make any and all arrangements to ensure the patient's well-being after they are discharged. Services they arrange include long-term nursing care, rehabilitation care, visiting nurses, and hospice care, if necessary. A testament to their hard work and dedication, Deborah regularly ranks as one of the top hospitals in the state of New Jersey for discharge planning and communication!

When you choose Deborah, you are choosing the highest quality cardiac, pulmonary, and vascular care in the region. All our departments are held to the same uncompromising standard of care which includes excellent clinical outcomes, supreme customer-driven service, and a seamless continuum of care to the patients we serve.

Deborah's Case Management/Social Services Department is supported in part by the Deborah Foundation, which receives donations from individuals and the following charitable foundations: The Chatlos Foundation, F.I.S.H. Foundation, The Danellie Foundation, and Associated Health Foundation.





# For Red Coat Volunteer, Time with Deborah Has Been a “Privilege”

Over the last 42 years, Alice Lamboy has made Deborah her second home and given her time and talents as both an employee and volunteer. She started working in Deborah’s Business Office in September 1973, but soon realized that a traditional desk job was not for her. With help from Deborah, Alice was able to pursue the education required to become an EKG technician and became certified through Cardiovascular Credentialing International, an organization that provides examinations and credentialing for medical professionals.

Alice quickly found that the job of an EKG technician suited her and that she really enjoyed the opportunity to interact with patients, including pediatric patients who came to Deborah through our former Children of the World® program. As a native Spanish speaker, Alice was especially involved in the lives of pediatric patients from South America and Puerto Rico. She acted as a translator and support system for the parents and the children, often taking the families on errands and developing close relationships that lasted many years.



In particular, she is close to Dalila, 16, a former patient from Puerto Rico that she has known since infancy. Dalila had life-saving surgery at Deborah when she was only 6 months old and Alice acted as the translator for her family. Dalila comes to Deborah once a year for a cardiac checkup and, thanks to Deborah, is living

a full life, including a modeling career in New York. On her most recent trip, she celebrated her 16th birthday and had the opportunity to visit with Alice.

After working for Deborah for 35 years, Alice retired in 2008 to care for her husband. Being retired was a tough adjustment for Alice and she really missed the interaction with both staff and patients. So a few years later, after her husband passed away, she decided to join the Red Coats and give back to Deborah. Today, you can find Alice assisting in the EKG Department, where she helps with filing and sterilizing the EKG monitors, or in the Ambulatory Care Center helping outpatients.

If you ask Alice to describe her 42 years with Deborah, she says simply that it has been a privilege to work alongside so many dedicated individuals and serve our patients. Alice says, “To be helpful to my patients, to put them at ease and comfort them, is the most rewarding experience of my life.” On her days off, Alice loves to spend time with her two children, four grandchildren, and two dogs.



**If you are interested in being a Red Coat Volunteer, contact  
Cyndy Kornfeld, Director, Volunteer Services at 609-893-3372.**



# Celebrating Heart Month at Deborah's 5th Annual Women's Health EXPO

On February 7th, Deborah Heart and Lung Center hosted its 5th Annual Women's Health EXPO at the Enterprise Center at Burlington County College. Six Deborah physicians, representing various specialties, were joined by a host of other health professionals to provide health screenings to more than 1,000 attendees.

"Each year we work in conjunction with the American Heart Association's Wear Red Day," said Renee Bullock-Palmer, MD, Director of the Women's Heart Center. "We want to raise awareness about the need to fight heart disease in women." Dr. Palmer was joined by Denise Zingrone, DO, Assistant Director of the Women's Heart Center; Jenine Vecchio, MD, Director, Joslin Diabetes Center Affiliate at Deborah; Jennifer Mazzoni, DO, Director, Outpatient Congestive Heart Failure Program;



Naveep Brar, MD, Attending, Pulmonary; and Niya Jones, MD, Attending, Cardiology. "Bringing together the expertise of pulmonology, cardiology, and diabetes, we can really offer our visitors a full picture of what it takes for a woman to stay 'heart healthy,'" she added.



"We really look forward to the one-on-one time with our visitors."

Deborah's staff provided health screenings at the event, including: blood pressure, glucose, body fat analysis, pulmonary function testing, balance, cholesterol/lipid panels, sleep apnea, and peripheral arterial disease assessment. The staff also provided information on asthma, bariatric services, the James Klinghoffer Center for Wound Healing and Hyperbaric Treatment, and lung cancer information.

A wide range of vendors was on hand at the EXPO, as well as a dozen premium partners who support Deborah's health initiatives. Deborah would like to express our appreciation for our Major Sponsors: the Freed Foundation, Boston Scientific, and Johnson & Johnson, who made the day possible. We would also like to give special recognition to our Lead Sponsor, Wawa Corporation, who provided delicious healthy-menu snacks for all. Thank you to all who attended and supported this year's Women's Expo. We hope to see you there next year!



To receive information on upcoming Deborah events, please join our mailing list by calling 609-893-0100 or visit our website at [demanddeborah.org](http://demanddeborah.org)



# Two Families' Experiences Inspire Philanthropic Mission

Philadelphia University seniors, Najah Jacobs and Monica Schacker, not only share the responsibility of being co-captains of the Women's Basketball team, but also the unfortunate circumstance of losing a loved one to heart disease. Last August, Najah's brother, Michael, passed away unexpectedly due to a loss of heart function. Not long before, Monica's father, also named Michael, passed suddenly from a heart attack. The losses were devastating to Najah and Monica but they were determined to make a difference.

As Law and Society majors, Najah and Monica are required to take a Capstone Seminar in their senior year. The course is designed to be a



combination of a classroom and a real-world laboratory for students to apply leadership, oral advocacy, writing, and public policy skills while giving back to the community by volunteering or through a self-directed advocacy project such as a fundraiser. For their senior capstone project, Najah and Monica chose to raise money for Deborah Heart and Lung Center in an effort to help others who may be struggling with heart disease. Najah says, "As hard as [our loss] was to cope with, we didn't want what happened to our families to happen to another family." Najah and Monica chose Deborah, as it is the only hospital in the region exclusively focused on heart, lung, and vascular care. In addition, Deborah continuously introduces



innovative procedures and techniques offering state-of-the-art technology to patients.



On Tuesday, February 17th, the Women's Basketball team played in honor of Najah's brother and Monica's father. At the game were two Deborah Foundation representatives, Doreen Liller and Tina St. John-Bialt, who provided information about Deborah's Cardiac Programs. The team also sold healthy baked goods as a fundraiser for Deborah.

To date, Najah and Monica have raised over \$1,400 for Deborah and they plan to keep it going. The Deborah Foundation is very proud of their selflessness and commitment to helping others, and so appreciative of their willingness to "pay it forward" while honoring the memory of their loved ones!

**To honor Najah's brother and Monica's father, or someone close to you, please make a gift to the Deborah Foundation today so we can continue researching and introducing innovative treatments to diagnose and prevent cardiac-related fatalities. Gifts are also accepted online at [www.deborahfoundation.org](http://www.deborahfoundation.org)**



# Students Compete At Deborah's Heart Challenge and Art Competition

The 17th Annual Deborah Heart Challenge and Art Competition took center stage at Pemberton Township High School on February 22, 2015. Despite the ice and snow, over 600 attendees enjoyed a juried Art Exhibit featuring over 170 2-D and 3-D Art entries by students from nine South Jersey high schools. Guests also enjoyed delicious food created by the talented students from the Pemberton Township High School Culinary Arts Program.

The academic Heart Challenge competition featured nine student teams vying for top honors in fast-paced rounds of questions posed by three Deborah physicians: Lynn McGrath, MD, Matthew Samra, DO, and Niya Jones, MD. Lenape High School squeezed ahead in the final round to take First Place for the 10th straight year. Congratulations, Lenape!

A Second Place tie went to Shawnee High School and Moorestown Friends, with Pemberton High School in Third Place. The Art Competition Best of Show winners are: for 3-D art, Pemberton's Alison Kemp (pictured top right), and for 2-D art, Lenape's Amy Wu (pictured bottom right). Congratulations to all the schools which participated in this year's competition!



Luuu Love



Heartbeats



Left: Deborah's Physicians  
Bottom: All Heart Challenge and Art Competition students gather for a photo.





# By Planning, You Can Make A Difference In The Lives That Follow

We know that planning for the future can seem like a puzzle. You may have it in your heart and mind to help Deborah's future, but unless this is recorded by a will, living trust or in a beneficiary designation, your wishes might never be fulfilled. Small or large, your gift is as important to us, as it is to you.

If you don't use a legal method to transfer your property upon your passing, the state will determine what happens to it under a one-size-fits-all formula. Will this pass down the values and ideals you hold dear?

**Wills and Living Trusts** provide for those people and institutions that are important to you, and distribute your assets exactly as you direct. Both can be simple to create and need not be complicated or expensive. They can balance your personal and family goals and values with the legacy you wish to be remembered for. This makes them essential regardless of the size of your estate. We

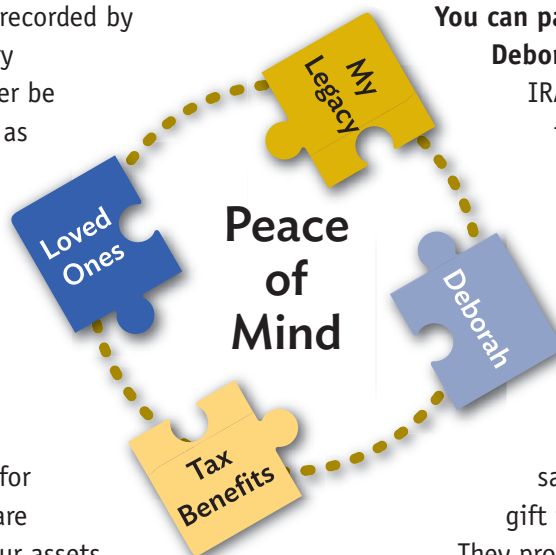
always recommend that you seek a qualified professional in drafting any legal document.

## **You can pass the following assets directly to Deborah without a will or living trust::**

IRAs, life insurance policies, bank and investment accounts, and commercial annuities. You can use a "pay on death" (P.O.D.) provision for a bank account or a CD, or a "transfer on death" (T.O.D.) provision for other investment accounts. Simply ask your bank or your account manager for a change of beneficiary form.

These three options offer the satisfaction of making a meaningful gift while retaining control of your assets.

They provide the flexibility to make Deborah a first, second or contingent beneficiary and to give a fixed amount or a percentage of any asset or your estate. As your situation and wishes change, they are easy to update to suit your needs.



**To include Deborah in your will, living trust or beneficiary designation, simply use our legal name and tax ID number:**

**Deborah Hospital Foundation**  
**Browns Mills, NJ 08015**  
**ID# 22-2049500**

This information is for educational purposes only; we always recommend that you consult with your trusted advisors before you make any charitable gift.



**We're here to help to answer any inquiries you may have. Please call Jim Carson or Ellen Krivchenia at 609-893-0100.**

***Here is some important  
information...***

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**Deborah Foundation**  
609-893-0100  
[deborahfoundation.org](http://deborahfoundation.org)

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**Volunteer Services**  
609-893-3372

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**Special Events**  
(718) 631-3500

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**Deborah Heart and Lung Center**  
**Physician Referral Line**  
800-214-3452

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**To schedule an appointment  
at Deborah**  
609-621-2080

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**General Information**  
800-555-1990  
[deborah.org](http://deborah.org)

## **Upcoming Events**

**Burlington County Sheriff's Department Senior Expo**  
**May 13, 2015 • 10:00am – 2:00pm**

The Fellowship Center  
1114 Oxmead Road, Burlington, NJ  
Admission is free  
Contact the Sheriff's Department for more information  
at 609-845-2829

**Deborah's 5K Run/Walk and Bike Ride**  
**Saturday, September 19, 2015**

Freedom Park, Medford, New Jersey  
For more information  
Contact Doreen Liller (609) 893-3372 or  
[dliller@deborah.org](mailto:dliller@deborah.org)

**New Jersey Region's**  
**2015 Annual Raffle**

Tickets are available @\$5 per ticket.  
To take a chance at winning, contact a  
local Chapter in your area or the  
National Volunteer Services Office at  
(800) 223-0135.  
First Prize: 2016 Buick Verano  
Second Prize: \$3,000 Visa Gift Card  
Third Prize: \$1,000 Target Gift Card

**For information on Chapter events, please call the Foundation at 609-893-3372 or visit  
our website: [www.deborahfoundation.org](http://www.deborahfoundation.org)**