

The Weekly World

User friendly News for TRMC Employees

Welcome to 2020!

Week of January 12, 2020

The Future is Now



Well, we did it---three delicious cakes in two days.

Thanks to everyone who helped celebrate the 20th anniversary of the merger of two hospitals to form Trinitas Regional Medical Center. In case you couldn't be there, here's the link for the video tribute so many of you contributed to. Thanks for making my job both fun and easy! <https://youtu.be/T4Xf6x10voA> [\[youtu.be\]](#) Here's another link to the photo tribute

with a big blast from the past. [\\dc2kintranet/Intranet_Post/TRMC 20th Anniversary booklet.pdf](https://dc2kintranet/Intranet_Post/TRMC_20th_Anniversary_booklet.pdf)





New Decade, New Baby

To the delight of her family and the Trinitas maternal/child staff, Amanda Martinez-Guerrero became the first baby born in 2020 at Trinitas, greeting the world at 5:15pm on New Year's Day.

Weighing in at 7 pounds, 12 ounces, Amanda is the first child of Rocio Martinez-Guerrero and Jose Morales of Elizabeth. Keeping with tradition, the Postpartum and Labor/Delivery staff presented several baskets of gifts to the new family.



Best Toy Collection Ever

For the 10th consecutive year, the Annual Three Kings Day Celebration was recently held at Trinitas to support the children of the Child/Adolescent Behavioral Health Program and the New Point Specialty Program.

Inspired by her grandfather who emigrated from Puerto Rico to Elizabeth about 60 years ago to pick Jersey tomatoes, Assemblywoman Annette Quijano brought the Three Kings Day tradition to Trinitas 10 years ago. Typically observed on Jan. 6 in Latin America and Puerto Rico, it commemorates the Three Wise Men who brought gifts to the baby Jesus during the height of the Christmas season.

“This year we have the best toy collection ever,” said Assemblywoman Quijano in her address as host of the event.

Three years ago, **Alfonso Lopez**, a Trinitas Board of Trustees member, got his grandsons Joseph and Matthew Galgano involved. Joseph (pictured with Lopez) is a senior at Summit High School and Matthew is a junior at Indiana University. This year, they rallied the support of local chain stores and were able to obtain toys, gifts and winter clothing worth \$7,000.



Christmas Leftovers: Thank You, Residents

Just when you were ready to put the 2019 holiday season behind you, BAM, here it is again. Forgive me, but I can't help wanting to share news about the generosity of the Residents and their annual toy drive, which benefitted five families who were either patients of residents from the Medical Clinic or inpatients. Thank you to all who contributed toys and to **Denise Rowel** for helping to organize this successful toy drive.

Giving Tree

Courtney Woods, RN and **Rachel Tlusty, MHW** admire the generosity of the Trinitas employees who gave gifts for the Giving Tree, a hospital-wide effort. Gifts were given to the Pediatric Clinic, the Women's Addiction Program, the Pediatric Emergency Room, the Child/Adolescent Inpatient Psychiatric Unit, the Children's Partial Program and the Child Outpatient Department at New Point.



And speaking of leftovers....



Nutrition to Go:

Tame Inflammation with Food

If you ask **Christina Frescki, MBA, RD, FAND**, Clinical Nutrition Manager, she'll tell you that inflammation is like a lion---important to the jungle, yet very destructive, unless it's tamed by food.



Christina is brand new, by the way, and has practiced dietetics for almost 10 years and has experience counseling people of varied backgrounds, ages, and medical conditions. She sits on the Board for the New Jersey Academy of Nutrition and Dietetics and was recently named a Fellow of the Academy of Nutrition and Dietetics. Previously at RWJ Rahway, she was the in-patient, out-patient, cardiac rehab, pulmonary rehab, and RWJ Fitness and Wellness dietitian. She offered nutrition lectures that were open to the public and was featured in many local publications including *Edible Jersey*.

But back to inflammation, which is how the body heals from an injury, infection or immune reactions. Although acute, short term inflammation is important, while chronic, long term inflammation can lead to serious medical conditions such as rheumatoid arthritis, Crohn's disease, kidney disease, cardiovascular disease, diabetes and Alzheimer's disease. There are ways to prevent inflammation including getting enough restful sleep, exercising regularly, giving up smoking, maintaining a healthy weight and reducing stress. Nutrition is also a key way to keep inflammation at bay.

Eat whole foods as frequently as possible, rather than processed foods (anything in a package or box) as they tend to contain inflammatory salts and refined sugars. Consuming a wide variety of different colored plant-based foods increases your intake of a multitude of anti-oxidants, vitamins, minerals and fiber. Limit red meat and processed meats and rely more heavily on fish, nuts and seeds for protein.

Many herbs and spices offer anti-inflammatory benefits. Add turmeric, ginger, garlic, curry powder, chili peppers, cinnamon, and mints to your spice cabinet and be a scientist in the kitchen.

Tea is also rich in antioxidants that reduce inflammation. Try white, green and oolong teas.

If you are looking for a plan to follow, the Mediterranean Diet is a great choice. Chosen as one of the best diets for 2020, it outlines healthy methods of cooking and eating that can help you design meals to reduce inflammation. The diet also recognizes the importance of being physically active and enjoying meals with family and friends. Give it a try and let me know how it goes!

Welcome, Christina! We look forward to more nutrition to go news we can use!

Building a Life Worth Living

Essie Larson, Ph.D., and co-director of the DBT Institute at Trinitas is practicing exactly what she preaches. That is, building a life worth living.

James McCreath, Ph.D., Vice President Behavioral Health & Psychiatry, says he is “thrilled and proud” to announce that Essie is now a DBT Certified Clinician, the highest accomplishment in the DBT universe. “Congratulations to Essie for all the continual effort she makes to grow her skills.”



Dialectical Behavior Therapy (DBT), created by Marsha Linehan, Ph.D., is now considered to be the gold standard for treating individuals who have difficulties with emotional regulation. DBT is a therapeutic approach developed to treat individuals with Borderline Personality Disorder (BPD) as well as individuals with chronic emotional dysregulation and resulting behavioral issues. Through a supportive and validating therapeutic environment, behavioral skills are developed to improve impulse control, emotional regulation, interpersonal effectiveness and overall functioning, and replace old harmful ways of behaving and thinking with new, more effective ones.

Do you know anyone who is depressed, suicidal, self-injures, or engages in other problematic behaviors like bingeing/purging? DBT might be able to help! It is also beneficial for people who require emotional or behavioral regulation, etc. In short, it helps build a life worth living.

“For me, becoming certified is the ultimate achievement of a Dialectical Behavior Therapy (DBT) practitioner,” says Essie. “It shows that I am not just saying that I provide DBT services. It indicates that experts, who accepted my application, saw me pass a written exam, reviewed a case formulation and

actually watched videos of real sessions believe that I am providing DBT in the manner in which it was intended. My certification by the DBT-Linehan Board of Certification (DBT-LBC) is a huge step not only in my career, but also in the process of assuring quality and adherence to this amazing, empirically validated treatment in the field of mental health!

“As a treatment, DBT has been shown in multiple randomized controlled trials (RCTs) over the past 20 years to reduce suicide attempts and self-injury, reduce hospitalizations, reduce the use of crisis services (e.g. ER visits), increase quality of life, and help individuals with BPD recover from symptoms they never believed they would outlive.”



Swat Team Doctor

Dr. Raffee Matossian, also known as EMS “Physician of the Year” in 2019, has been practicing medicine for more than 40 years. Well, he must finally know it because he was recently honored for 23 years of service as the Union County Swat Team’s physician.

He graduated from Med Autonomous University of Guadalajara in 1976 and specializes in emergency medicine.

Day Trippers Unite

Join the Trinitas Regional Medical Center Auxiliary
for a fun-filled trip to the Wind Creek Casino, Bethlehem, PA

Saturday, February 1, 2020

Cost - \$35.00 per person

Make Check Payable to Auxiliary of Trinitas Regional Medical Center

Bus will leave Trinitas RMC Administration Building at 10:00 A.M.

(Corner of Williamson Street & Pearl Street, Elizabeth)

Free parking in the TRMC Parking Garage - Bring your Parking Ticket to the bus
for free parking validation.

You may also park in the Employee Lot across from the Administration Bldg.

Trip includes: Six Hours at the new Wind Creek Casino

\$25.00 Free Slot Play

SHOPPING at “The Outlets”

For information or reservations contact the Auxiliary Office - (908) 994-8988



New Employee Orientation

Welcome to the Family

Welcome to the newest TRMC employees as of Jan. 6. They are (in no particular order):

Maria Alvarez, Mobile Response Worker, Behavioral Health/MMCAP; **Jessica Augustyniak**, RN, ER Psych NPC; **Anasthasia Blair**, MHW, Behavioral Health ER; **Marcela Blanco**, Medical Assistant, OR; **Zarifko Cela**, RN, 6 South; **Bergenie Celony**, RN Contractor, Behavioral Health; **Carol Davy**, Case Manager RN, Case Management Services; **Coraima Lopez**, NA, 6 South Med/Surg; **Natalie Perez**, MHW, Behavioral Health; **Nancy Pericles**, CNA, Extended Care; **Janice Perry**, Supervisor, Food & Nutrition; **Matthew Ramoth**, MHW, Behavioral Health; **Emmylou Recana**, NA, 8 South; **Salina Risicato**, Adjunct Faculty, School of Nursing; **Robert Shine III**, PCA, ER WSC; **Michele Soller**, MHW, ER Psych NPC; **Milden Spearman**, Security Officer; **Valentina Vinciguerra**, Registrar, Patient Access; **Melissa Walsh**, RN, Behavioral Health DDD; **Elisha Williams**, RN, BB Extended Care; **Latoya Williams**, CAN, Long Term Care; and **Mansi Savaj**, Pharmacy Tech.



Artists Wanted

Artists based in Elizabeth are welcome to submit work for an upcoming exhibit at the Elizabeth Public Library in April.

But time is running out to submit your work.

Call Phyllis Reich, 908.820.4037 or email her at PREich@elizabethnj.org.

Crisis Prevention Training

The Crisis Prevention Intervention Training is nonviolent crisis intervention training designed to teach best practices for managing difficult situations and disruptive behaviors. Learn how to identify at-risk individuals and use nonverbal and verbal techniques to defuse and de-escalate hostile or aggressive behavior.

The Trinitas Education, Training and Development Department will offer 18 classes in 2020 to help you learn ways to de-escalate, understand how your behavior influences others and how to help keep yourself and others safe.

If you are interested in becoming trained in the use of CPI techniques, check with your supervisor and then call Education to Sign up! Check out the list of the dates and locations of all 18 sessions.

January 27 th	CORE
February 19 th	Grassmann Hall
February 24 th	CORE
March 30 th	CORE
April 15 th	Grassmann Hall
April 27 th	CORE
May 26 th	CORE
June 17 th	Grassmann Hall
June 22 nd	CORE
July 27 th	CORE
August 24 th	CORE
August 27 th	Grassmann Hall
September 29 th	CORE
October 21 st	Grassmann Hall
October 26 th	CORE
November 23 rd	CORE
December 16 th	Grassmann Hall
December 28 th	CORE

Hoops to End Homelessness

The Elizabeth Coalition
to House the Homeless

GET READY TO HOOP IT UP!
THE ELIZABETH COALITION TO HOUSE THE HOMELESS
26TH ANNUAL

HOOPS TO END HOMELESSNESS
BASKETBALL TOURNAMENT

FEATURING

ELIZABETH HIGH SCHOOL BOYS JUNIOR VARSITY VS **ROSELLE CATHOLIC BOYS JUNIOR VARSITY**
5:30 P.M.

ELIZABETH HIGH SCHOOL BOYS VARSITY VS **ROSELLE CATHOLIC BOYS VARSITY**
7:00 P.M.

THURSDAY
FEBRUARY 6, 2020
BEGINNING AT 5 P.M.

DUNN SPORTS CENTER
600 SOUTH PEARL STREET
ELIZABETH

EVERY STUDENT WHO DONATES GLOVES, HATS, OR SOCKS WILL RECEIVE FREE ADMISSION. CHILDREN AGES 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT.

BUY TICKETS ONLINE THEELIZABETHCOALITION.EVENTBRITE.COM

TICKETS **\$10** ADULT **\$5** YOUTH (\$5 in advance or with valid student ID)

FOR MORE INFORMATION CONTACT
FRAN SULLIVAN AT 908-337-9287

Do you hate homelessness but love high school basketball? To support the Elizabeth Coalition to House the Homeless, put Feb. 6 on your calendar and buy tickets to the game on TheElizabethCoalition.Eventbrite.com or at the door. \$10 for adults, \$5 for kids.

And don't forget to donate gloves, hats or socks for free admission.

For more info call Fran Sullivan, 908.337.9287.

First Health Month of 2020

January is an especially busy month for health awareness.

Thyroid Health Month, Cervical Health Month, Glaucoma Month, Birth Defects Prevention Month, Blood Donor Month, Healthy Weight Week (Jan. 19-31) and finally, World Leprosy Day (Jan. 27).



And isn't awareness half the battle? I mean, think about it. If it wasn't for World Leprosy Day, how on earth would you remember to go for your annual leprosy screening? I'm joking, of course, but if only for the fact that leprosy is one of the oldest recorded diseases in the world, you might think it's been completely obliterated. The truth is, although it's rare, you can still get it if you're not careful.

The day was chosen to commemorate the death of Gandhi, who had a lifelong compassion for people with leprosy. In case you don't know, the infectious chronic disease also known as Hansen's Disease targets the nervous system, especially the nerves in the cooler parts of the body – the hands, feet, and face.

If you happen to have a family trip to the Amazon planned, I won't tell you not to go. But you should know that according to The Leprosy Mission's 2017 records, the Amazon was one of 14 countries reporting more than 1,000 cases of the disease, as well as China, Brazil, Ethiopia, Indonesia, Nepal, Sri Lanka and the Philippines.

Additionally, I'd strongly advise you cross "pet an Amazonian armadillo" off your bucket list and stay far away from them assuming it's true that more than half of Amazonian armadillos carry leprosy. We can't believe everything we read, but this is not a theory I'd want to test.

Other than that, happy trails and PLEASE get screened for glaucoma, cervical cancer, and thyroid disease, if it is appropriate, and watch your weight. Also keep in mind that just because you may not be watching it doesn't mean no one else is either!

Be well, dear Trinitasians. And stay well.

If I've left something out that you had hoped to see here, please nudge me. However, please don't ask about Employee Anniversaries. From now until the foreseeable future, I will run one list for the entire month. Whew! One less thing to stress about.

Send your info to yfleming@trinitas.org, or call me, Yolanda Fleming, ext. 5139. If you would like to receive this in pdf format, please let me know.

***And please be faithful and "LIKE"
Trinitas Regional Medical Center on Facebook, Twitter and Instagram.***

