

NEWS WIRE...

Vol. 10, Issue 4

January 26, 2007

Play Addresses the Isolation of Postpartum Depression



Raising awareness of Postpartum Depression (PPD) amongst health care professionals is an important step in helping those new mothers who often suffer from the disorder in silence for fear of being

judged, or judging themselves, inadequate mothers.

Physicians and staff of SBMC and its affiliates are invited to attend a new two-act play, *In the Shadow of my Son*, that speaks to the sense of lost self, lost power and shame that women with PPD experience - leavened with humor and messages of hope.

Drawing on the experiences of three such mothers, the play weaves a rich tapestry of excerpts from interviews, personal essays and novels to tell a compelling, entertaining story. Using five actresses, a theme of boxes and children's items as props, it educates audiences while reassuring those suffering from the disorder that they are not alone - or crazy. Integrating broader cultural views on motherhood, it also serves to affirm the vital concept of community as a force for acceptance and support, with the power to reduce greatly the stigma of the disorder, help end the social isolation of its sufferers, and even prevent PPD altogether.

The one hour fifty-minute full theater production of *In the Shadow of My Son* will be performed on Wednesday, March 21, 2007, in the Islami Auditorium at Saint Barnabas Medical Center. Doors open at 6:30 p.m. and the performance begins at 7 p.m. Those interested in attending are asked to make reservations by calling 1-888-SBHS-123, select prompt #1. For additional information, please contact Susan Yoskowitz at (973) 322-5322 or syoskowitz@sbhcs.com. The performance is being sponsored by the Saint Barnabas Medical Center Foundation and produced by Out of the Shadows Productions.

Educating audiences about these symptoms and the promise of healing, *In the Shadow of My Son* reflects some of its author, Nadine Bernard's, personal experience in the transition to motherhood. The mother of a five-year-old son, Ms. Bernard is an actor, writer and director, and a graduate of Cornell University and Sarah Lawrence College. She is the founder of Out of the Shadow Productions, established in 2005. Its mission is to produce stories of recovery, self-discovery, transcendence, and hope that bridge differences among people based on life stages, circumstances and cultures. Its ultimate purpose is to break down boundaries of prejudice, stigma and intolerance.



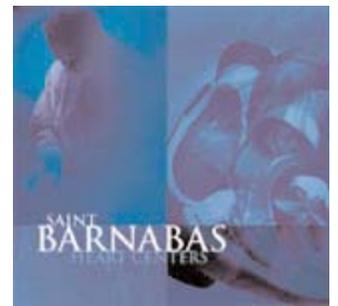
Pharmacy Presents Award

Recently, the Pharmacy Department staff presented the 2006 Pharmacy Physician Award to endocrinologist Sridhar S. Nambi, M.D. The award was presented to Dr. Nambi in grateful appreciation of her demonstration of genuine care for patients, application of appropriate medication therapy, excellent communication skills, and willingness to share knowledge and explain therapies when requested. Congratulations.

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An affiliate of the Saint Barnabas Health Care System www.saintbarnabas.com

SBMC Sponsors System Cardiovascular Presentation

On Thursday February 8 from 7 to 8:30 p.m. in the Islami Auditorium of Saint Barnabas Medical Center, members of the community are invited to hear Mimi Guarneri, M.D., FACC present an informative program on the use of integrative and holistic medicine in preventing cardiovascular disease. Drawing on her experiences as a renowned board-certified cardiologist and founder and medical director of the Scripps Center for Integrative Medicine in California, she will present "The Heart Speaks: Are You Listening?" addressing risk factors for cardiovascular disease; how holistic integrative treatment is key to disease prevention; and the role of nutrition, exercise and supplements in cardiovascular disease prevention and treatment. The lecture will be followed by a panel discussion with Moderators Gary J. Rogal, M.D., Chief of Cardiology, Saint Barnabas Health Care System; and Adam Perlman, M.D., Medical Director of the Saint Barnabas Siegler Center for Integrative Medicine. Seating is limited please call 1-888-SBHS-123 to reserve your place. Everyone System-wide is welcome to join in this informational presentation and discussion.



"Your Family is Our Family" with Circle of Caring

Under the theme of "Your Family is Our Family," the Circle of Caring Program is an initiative designed to provide Saint Barnabas Health Care System employees and certain family members with special amenities upon admission to the System acute care facilities. Included in this program are complimentary visitor parking passes, free television service, and a complimentary fruit basket. The program is open to all SBHCS employees and employed physicians, and their family members (spouses, domestic partners, significant others, children, and parents). Upon admission to one of the seven acute care facilities, the employee or family member must fill out a Circle of Caring participation form, which is available through your Human Resources department or on our employee website: <https://thebridge.saintbarnabas.com>. Once it is completed, the form can be forwarded on to the facility's Executive Director.

Please note that eligible participants admitted to Saint Barnabas Medical Center will receive two daily visitor's parking passes, free television service and a complimentary fruit basket. These amenities not available on weekends or holidays and are limited to five inpatient days, beginning on the day of admission. Program specifics will vary at other SBHCS affiliates.

Spread the word about Circle of Caring, it is a comforting benefit for employees and their family members during their stay at our System facilities.



Supervisor/Director of the Quarter

Do you know a supervisor, manager or director, who has a great attitude, is responsible, knowledgeable and skilled in his or her position? Do they demonstrate the spirit of our "Back to Basics" culture? If so, why not nominate that person to be recognized?

This program is designed to acknowledge employees who truly make a difference at SBMC. Nomination forms, available in Human Resources and the Communications Hallway, can be sent to the Human Resources Department, c/o The Employee Morale Committee.

Employee of the Month

Nominations for Employee of the Month are now being sought. This program is designed to recognize employees who truly make a difference at the Medical Center.

Selected employees will receive a variety of honors and surprises, including a \$100 American Express gift check, a priority parking space, and an Employee of the Month pin. Nomination forms, with criteria information, are available in Human Resources, the Cafeteria and Communication Hallway. Completed nominations can be sent to HR, c/o The Employee Morale Committee.

Around the System - Affiliate News

CMC Nurses Vote Down Unionization - The majority of nurses at Community Medical Center have voted against representation by the New York State Nurses Association (NYSNA). The election results, tabulated by the National Labor Relations Board, were 407 to 316 in favor of non-unionization. A total of 790 nurses were eligible to vote in the election. This is the second time that the nurses at Community have voted down union representation, this time on January 11, 2007 and also back in 2005 as well.

Quote of the Week

The nice thing about egotists is that they don't talk about other people.

- Lucille S. Harper