

What's Inside?

More on how pulmonary rehabilitation led three patients to friendship

page 2



A spotlight on Shore's Stainton Society

page 3



Signs of a stroke? Choose Shore for quick intervention

page 4



Shore Pulmonary Rehabilitation Program Leads to Friendship

Your gifts help us change lives! Thank you for the important role you play in our ability to provide programs and services that help people in our community live their best life. We are grateful for your continued support!

JoAnne Blackwelder, Jimmy Welch, and Ginny Coco (pictured above, left to right) are as close as three friends could be. They finish each other's sentences, know each other's families, and support one another in all of life's ups and downs. Although they seem like they have been friends forever, they became close only three years ago as participants in Shore's outpatient pulmonary rehabilitation program.

Pulmonary rehabilitation is an exercise and education program for people with chronic lung disease or breathing

problems, like COPD, which helps them regain and maintain their strength and stamina and enjoy a more active life. Patients are monitored by exercise physiologists, nurses and techs throughout their session.

When JoAnne, Ginny and Jimmy first started going to pulmonary rehabilitation, it was located on the 4th floor of the hospital. For some patients, the route to rehab was a bit long, making it challenging for them to get there. That's how the friends first became acquainted, while pausing to rest along the way.

With support from generous donors, Shore moved the rehab program to a more convenient setting on the hospital's

(continued inside)

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HOSPITAL SAFETY GRADE



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(continued from page 1)



JoAnne, Ginny and Jimmy recently made a generous donation to Shore Medical Center through its Guardian Angel program to honor their caregivers in pulmonary rehabilitation. Pictured left to right is Christina Kozmor, RN, M.Ed., director of cardiac and pulmonary rehabilitation; Ruth Knott, cardiovascular tech; Jimmy Welch; Sandy Martini, BS, exercise specialist; Ginny Coco; Mark Zaleskiewicz, MS, exercise physiologist; and JoAnne Blackvelder.

campus. The new location offers parking just a few feet from the front door and a short walk to the exercise room. Donor support also helped Shore purchase new equipment for the facility.

“The new location has been a wonderful change for patients,” says Chris Kozmor, RN, M.Ed., director of cardiac and pulmonary rehabilitation. “The program is thriving and picking up more and more people.”

JoAnne, Ginny and Jimmy each were devastated when they learned they needed to be on oxygen the rest of their lives. But finding each other helped them overcome many of the fears that came with their condition and new way of life.

JoAnne, who prior to her illness walked two miles a day and went to the gym nearly every day, was especially distraught.

“When my Shore Physicians Group pulmonologist Dr. James O’Connor told me I needed oxygen, I thought I wouldn’t be able to do anything. It was a big shock. It was so depressing.”

As each of them discovered, however, pulmonary rehabilitation was the key to getting back to what they love. And through their friendship and the camaraderie with the staff, they had the support they needed to keep going.

JoAnne remembers how important her rehab friends were in those early days.

“There were times at first when it was so hard to get out of bed, and Ginny would call me – ‘Are you alright? Are you coming, JoAnne?’”

The friends have missed very few sessions, but when they do, they still find time to see each other.

“I was hospitalized three times over the past few years and spent two weeks at a nursing home,” said Jimmy. Ginny quipped, “We brought Jimmy lunch when he couldn’t make it.”

At one point, Ginny, too, was hospitalized in very serious condition, and JoAnne visited her in the hospital and as she recovered in the nursing home.

Ginny says the pulmonary rehab group is like a fraternity.

“We watch ‘Who Wants to be a Millionaire?’ while we’re working out. We’re convinced that if we could get the whole group of us on the show, we’d be sure to win a million dollars. We have a huge variety here with all of our varied background and ages,” Ginny says with a laugh.

The three friends agree that there’s something extra special about the staff at Shore.

“At the old rehab location, Shore staff from all over the hospital would ask us if we needed any help when we stopped to rest on the way up,” Ginny says. “It’s strange to say this, but that kind of concern is not as common in bigger hospitals, which can be austere and serious – too big to be personal. That’s one of the great benefits of Shore.”

The trio is especially fond of the rehab staff.

“No matter how miserable we might feel when we get out of bed in the morning, when we get to Shore, their excellent care never fails to make us feel better,” JoAnne says.

JoAnne says she’s had such a positive experience that she does what she can to help others find help through pulmonary rehab.

“People come up to me at the grocery store and can’t believe I’m out shopping and doing things with an oxygen tank. One woman said after being put on oxygen, her brother just sits in front of the television set. I told her about the program at Shore in hopes she could help her brother.”

All three participants agree that they’ll keep coming to pulmonary rehabilitation until they can’t. It has been instrumental in their ability to live their best lives.

“We’re happy Shore campers, what can we say?” jokes Ginny.

If you feel that you or a loved one may benefit from pulmonary rehabilitation, talk to your doctor today about getting a referral. For more information, call 609-653-4677.

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In 1980, one year after Stainton's passing, Shore leadership dedicated the west wing of the hospital as the Howard S. Stainton Pavilion. Pictured left to right is then president of Shore Rick Pitman; then board secretary Art Ford; Jeanette Corson, Howard Stainton's daughter; and D. Allen Stretch, then chairman of the board.

Shore's Stainton Society

A Proud Past and a Promising Future

Imagine walking into a department store with your young child, where the owner stops to offer you a warm greeting along with a brand new shirt and tie – at no charge - to match the Easter suit you're about to purchase.

Now imagine you're elderly, on a fixed income and your oil tank is running low. Along comes the manager of a local oil company who fills your tank at no charge. He said the owner heard you were having trouble and wanted to help.

The generous spirit of Ocean City businessman and philanthropist Howard S. Stainton was behind these stories, and countless others just like it during his lifetime. His business ventures, which included Stainton's Department Store, Seashore Oil Company, and Stoeco Homes, provided him with the means to give

generously. Although he passed away in 1979, Mr. Stainton's legacy of giving back to his community continues on today, both through a trust established in his name, and through Shore Medical Center's esteemed Stainton Society.

Art Ford, a land use attorney for Mr. Stainton and a Shore board member for decades, says Stainton's vision was a big part of Shore's success. "He could see far down the road before anyone knew it even was a road." It was that vision, along with Stainton's generosity, that helped Shore expand and modernize throughout the 1950s, 60s and 70s, with Stainton serving on the board and later as a passionate partner and supporter for many years.

Shore's Stainton Society, founded in 1989 ten years after Mr. Stainton's passing, was established to help provide ongoing philanthropic support for the hospital's growth and modernization programs and inspire others to give in the spirit of Howard Stainton. For many years, the Stainton Society grew and thrived. Now, the Stainton Society is heading into a new era. 2019 marks the 30th anniversary of the Stainton Society, which brings an opportunity to take a new look at this vital giving society and help reengage and inspire current members and recruit new members.

Ford is eager to see the Stainton Society reinvented. He says the timing is perfect.

"I have been a trustee of Mr. Stainton's estate for the past 40 years, and we will finally be winding down the remaining funds this upcoming year. We have been able to fund many projects that we knew were important

to Mr. Stainton. In fact, we gifted \$1 million to Shore from his estate in 2011 during the campaign to build the new surgical pavilion. As we close out the estate, it really is the perfect time to remind our community about joining the Stainton Society and supporting their community hospital."

As someone who has been a part of Shore for more than half of its existence, Ford has never been more proud to be a part of the organization.

"We've aligned ourselves with world class organizations like Penn Medicine, one of the best healthcare systems in the northeast. Investing in Shore as a member of the Stainton Society is investing in your family's future health needs," Ford says. "I know people are pulled in many different directions, but it's important to find your niche. I'm grateful that Shore has been my niche, and I hope more people will follow in Mr. Stainton's footsteps in continuing his legacy at Shore."

Jessica Giles, development manager and point person for Shore's Stainton Society, says she is eager to help carry on the legacy of such an important figure in the history of Shore and our community.

"Although plans are still underway, the new and improved Stainton Society will have a modern look, new donor recognition opportunities, special events, and other membership perks. I look forward to getting to know our Stainton Society community and reaching even more people to help them become actively involved in the future of our community hospital."

To learn more about the Stainton Society, please contact Jessica Giles at 609-653-3986 or visit: www.shoremedicalcenter.org/stainton-society.



Donate today! There are many ways to make an impact.
Visit www.givetoshore.org or call **609-653-3800** to learn more.



Signs of a Stroke? Quick Intervention can Make All the Difference

Every day at Shore, we have the opportunity to save lives and prevent further injury or illness - and your support helps us have the resources to be successful in our efforts. One of the many ways your generosity helps is through our stroke program.

As a nationally recognized Advanced Primary Stroke Center certified by the Joint Commission with a Gold Seal of Approval, Shore diagnoses and treats stroke patients faster and with better outcomes. In fact, recently a Joint Commission surveyor visited Shore as part of the reaccreditation process, when he witnessed our staff responding during a true stroke emergency. The surveyor remarked how impressed he was with Shore's response to the patient in need.

"We have countless stories of patients both young and old who arrived at Shore with stroke symptoms and left with little to no adverse effects," says Pat Otaegui, MSN, RN, APN, administrative director of nursing who oversees the stroke program. "We're very proud of our team and our outcomes."





When a person comes to Shore's ER with stroke symptoms, they are immediately rushed to have a CT scan to determine if they are having an ischemic stroke (one caused by a clot). If so, and the person arrived within 4.5 hours of symptom onset, the person may be a good candidate to receive tPA, a clot-busting drug that can completely break up the clot and reverse the stroke if it's caught in time.

Shore is also a member of the Jefferson Neuroscience Network, which gives patients direct access to Jefferson's neuroscience specialists through a robot that is wheeled to the bedside.

The specialist appears on the screen and speaks directly with the patient and family, reviews the CT and lab results, and makes recommendations to either continue treatment at Shore or transfer them to another facility for advanced intervention.

While Shore is always prepared to care for you and your loved ones, it's important that you are aware of the signs of a stroke so that you can "Act F.A.S.T." By memorizing this acronym and information, you, too can help prevent a loved one from having long-term disability or even death from a stroke.

ACT F.A.S.T.

- F**  **FACE**
Ask the person to smile. Does one side of the face droop?
- A**  **ARMS**
Ask the person to raise both arms. Does one arm drift downward?
- S**  **SPEECH**
Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- T**  **TIME**
If you observe any of these signs, it is time to call 9-1-1 Immediately. Note the time of symptom onset.

Remember, your support is a big part of our ability to provide outstanding care in all areas and to all patients. Thank you for your ongoing generosity!

To learn more about Stroke Prevention and Shore's Neuroscience Center, visit: www.shoremedicalcenter.org/centers/neuroscience.