

## What's Inside?

More of Ree's journey to  
find chronic migraine relief  
**page 2**



**Donor Spotlight:**  
Ed Johnson's 'sweet'  
commitment to Shore  
**page 3**



Shore's VA Navigator  
Program helps veterans  
seeking medical care  
**page 4**



## Brigantine Woman Finds Chronic Migraine Relief Thanks to Shore –and You!

*As a Shore Medical Center donor, your gifts help us provide cutting edge medicine and attract highly skilled physicians like neurologist Dr. Joshua Daniel, who is helping Ree Leeds reclaim her life again after years of debilitating headaches.*

March 15, 2003 was a day Ree Leeds will never forget. She awoke with an excruciating, stabbing pain in her head that left her unable to communicate or get out of bed. She had experienced migraine headaches several times in the past, but nothing quite like this. Little did she know that this day was the first of what would become 14 long, painful years of battling daily headaches. Those headaches ranged from a five to an eight on the pain scale and were triggered by stress, bad weather, a missed meal – or nothing at all.

*“With every migraine, I’d get a stabbing pain in my head. Everything hurt – even the seams on my clothing, so I’d wear them inside out. The rest of my body felt like I had the flu, but without the fever.”*

Before her severe headaches began, Leeds and her husband enjoyed raising their young son, exploring museums and attending concerts. She was a self-taught watercolor artist in her spare time, and worked full-time in a job she loved as an assistant registrar at Stockton College, where she began her career in 1976.

*(continued inside)*

SHORE CONNECTIONS | SUMMER 2017

*A Cause to Celebrate*  
**BENEFITING SHORE CANCER CENTER**

**September 15, 2017**  
Golden Nugget  
Casino Hotel Atlantic City

**Purchase tickets by August 1**  
**for a chance to win a trip to**  
**Jade Mountain Resort in St. Lucia!**

**For sponsorships, tickets and**  
**more information, call 609.653.3800**  
**or visit [acausetocelebrate.org](http://acausetocelebrate.org).**

*(continued from page 1)*

**Left:** Ree Leeds and Shore neurologist Dr. Joshua Daniel are pictured in the infusion suite at Shore Medical Center, where Leeds receives treatments for chronic migraines. **Right:** Leeds is a self-taught artist who began expressing her pain through art a few years after her migraines began. She paints in several techniques, but her works expressing pain are always abstract, as with *Rough Waters*, pictured below.

Unfortunately, the chronic pain and unpredictable nature of Leeds' headaches forced her to quit her job. Sadly, one year later her husband passed away. She was doubly grieving – for the loss of her husband, and the life she once knew. Suddenly, she had to rely on her parents, friends – even her young son – for help.

### A Good Feeling

After the first episode and until last year, Leeds attended a headache center in Philadelphia where she received wonderful care. However, Leeds couldn't drive long distances, so she relied on friends and family for transportation. That made it difficult to schedule and stick with her frequent appointments. After a cycle of particularly bad migraines this past fall, she decided it was time to find something closer to home, a search which led her to Shore neurologist Dr. Joshua Daniel.

"Right away I had a good feeling about Dr. Daniel," Leeds said. "I could sense from the calming voice of the woman who scheduled my appointment and later from the compassionate yet unique

and confident way Dr. Daniel spoke that I'd found my answer."

### A Curing Cocktail

One method Dr. Daniel uses to treat headaches is infusion therapy, where a customized "cocktail" of medications are administered to the patient intravenously. Medications and dosages must be carefully selected to meet the patient's unique symptoms and medical history. Leeds had six less-than-successful infusions at her previous headache center, but Dr. Daniel was eager to try a new type of infusion that Leeds had never experienced before. The difference she felt was immediate.

*"I've been living in a fog for the past decade, but after my first infusion with Dr. Daniel, that fog lifted! I have clarity in thought now, thanks to him and the team at Shore Medical Center."*

### Reclaiming her Life

Although her headaches are not yet gone for good, they are much less painful and less frequent. For someone like Leeds who has been battling severe headaches for so

long, the difference Shore Medical Center has made in her life is tremendous.

"Now my headaches are mostly a four on the pain scale. I can deal with that – to me, it's like a walk in the park!"

Over the years, Leeds was unable to do many of the things she loved, but she tried her best. Painting was one thing she was able to do to some extent. About 10 years ago, she began expressing her pain through her art. She paints in a variety of techniques, but those expressing pain are always abstract.

"Before Dr. Daniel, I had to paint with a timer; 20 minutes on, with a 10 minute break, and only for up to two hours," Leeds said. "But the other day, I painted for five and a half hours, with only three breaks. It was great!"

Another important part of Leeds' life is her church. She has been a member of its worship committee for the past three years, but her attendance has been scattered. Last year she worked the church's flower sale, but was only able to work half the time.

"This year, I am planning to work all four days. I know I can do it," Leeds said. Two years ago, Leeds met a fellow widower named Jim. They got engaged and plan to marry next spring. With an improvement in her health, they have a lot to look forward to.

"I can't believe someone loves me in spite of my headaches," Leeds says. "When you've been in pain for so long, you don't see the beauty in you – but he does."

Leeds looks forward to continued progress under Dr. Daniel's care.

*"I'm gradually becoming the person I was 14 years ago. I am grateful to Dr. Daniel, the entire Shore Medical Center team, and all those who support the hospital's work for giving me my life back."*

*Dr. Joshua Daniel is a neurologist with Shore Physicians Group who treats strokes, headaches, neuropathy and other neurological conditions. For more information, call 609.365.6202.*



## Thank You for Caring!

Departments and programs that assist thousands of patients in their time of need each year.



*Ed Johnson and his granddaughter, Elizabeth Panduro, at her Kentucky wedding on December 31, 2015. Johnson was able to attend despite having three surgeries at Shore in the months prior to the celebration.*

## Donor Spotlight: Ed Johnson's Sweet Commitment

When Ed Johnson turned 90 in the fall of 2015, he threw himself a party at the Ocean City Yacht Club to celebrate. After dinner, each guest enjoyed a serving of Mr. Johnson's homemade peach ice cream and a slice of vanilla fudge. For those who were lucky enough to remember Johnson's candy and ice cream shop at Brighton Place and the boardwalk in Ocean City, which burned down in 1969, his token of appreciation also offered a sweet bite of nostalgia.

While his guests left the party with a satisfied sweet tooth, Johnson left with a deep sense of satisfaction. The party brought

together his most treasured friends and loved ones in a joyful celebration of his life. It was the perfect way to recognize such an important milestone, one that only 30 percent of the population will reach.

### Safeguarding Healthcare

Not long after his party, Johnson decided to add another mark on his timeline of achievements. He made a significant financial commitment to Shore in the form of a bequest to help sustain the hospital for future generations.

Johnson's experience with Shore is similar to many individuals who spent most of their life in the area. His children were born at Shore, and he probably would have been born at Shore as well - had it existed. Johnson remembers how different Shore was in those early years.

"My son was born in 1953. My wife, Elizabeth, recovered in a hallway, and my son slept on a pillow in a bureau drawer," Johnson recalled. Later, in 1958, his infant daughter Ann would require treatment at Shore for a serious infection. Johnson remembers that like it was yesterday.

"Healthcare was very different back then. They wanted to send us home and keep our daughter at the hospital. Spending the night with patients was frowned upon, even when it was your baby. We refused to leave her side, and they eventually gave us a private room."

Johnson was a business owner in the community, first owning the candy and ice cream shop, and later owning Family Ambulance Service, which acquainted him to the business side of Shore.

"We did almost all the work for Shore and the other area hospitals as well,

" Johnson said. "I bought it with four

vehicles in 1980, and sold it with 12 in 1992."

### The Gift that Gives Back

In 2015, Shore helped Johnson through some especially trying health issues. He had two back surgeries and a hip surgery, and ran into some complications along the way - the kind that almost prevented him from attending his granddaughter's wedding in Kentucky. Thanks in part to the expert, compassionate care he received at Shore, however, he was able to recover in time and be there for his granddaughter.

As part of his commitment to Shore, Johnson received Lightkeeper's Society membership benefits, which provided him with liaisons at the hospital to aid him in navigating the health system.

"Healthcare has become a jumbled and confusing mess. Mary McGuckin (Lightkeeper's Society manager) and her team can really help make things easier for you."

Johnson believes that everyone should consider supporting their community hospital - today and after they're gone.

"It's important to consider your age and how much you're going to need for care. Once you figure that out, you'll know how much you can contribute. Supporting the hospital is all about reciprocity: you give to the hospital, and the hospital gives back. We're all going to need it someday, so why not make a decision today to consider including Shore in your estate plans?"

*Shore recently launched a new webpage to help you with your estate planning. This resource offers a gift calculator, updated information on tax benefits for giving, an explanation of types of bequests, and much more. To access this resource, visit [www.shorelegacy.org](http://www.shorelegacy.org), or [www.shoremedicalcenter.org](http://www.shoremedicalcenter.org) and click on the "Give to Shore" link.*



**Donate today!** There are many ways to make an impact.  
Visit [www.givetoshore.org](http://www.givetoshore.org) or call **609-653-3800** to learn more.



*Stephen Jansen, a Vietnam veteran, leads Shore's new VA Navigator Program, which helps veterans make the most of their VA medical care.*

## A New Resource to Help Veterans in Need

With your generous support, Shore Medical Center can respond appropriately and swiftly to needs in our community as they arise. One of those needs our donors have helped us with recently is greater support for veterans seeking medical care. Navigating the VA healthcare system can be daunting, so Shore established the Veterans Affairs Navigator Program to help demystify the process and allow local veterans take full advantage of their healthcare opportunities.

Led by US Marine Corps Vietnam Veteran Steve Jansen, the VA Navigator Program guides veterans through the process of seeking VA medical care and helps them overcome barriers they may encounter. Jansen is a disabled veteran who knows first-hand the pain and struggles that many veterans have experienced in search of healthcare, and he is eager to help. He has served as a volunteer at Shore Medical Center since 2002, providing him with a unique background that combines his military experience with his knowledge of the healthcare system.

"Veterans have long been neglected when seeking care, and it is very important to help them through the convoluted VA process," Jansen says. "I have experienced and lived through having horrible nightmares and the negative effects of PTSD. Once I received treatment, my whole world changed. I am now dedicating my life to get any suffering veteran I can to experience the world in which I now live," Jansen says.

Shore Medical Center's Veterans Affairs Navigator Program will help veterans better understand their VA healthcare coverage, what reimbursements and compensations they're eligible for and how to obtain them, explanation of their benefits, and much more.

If you know someone who could benefit from the VA Navigator Program, please contact Steve Jansen, Shore Medical Center Veteran Advocate for more information or to set up an appointment at 609-653-3543 or email [VA\\_Navigator@shoremedicalcenter.org](mailto:VA_Navigator@shoremedicalcenter.org).

## New for You!

