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The Acorn

A Publication of The Valley Hospital Auxiliary



THE VALLEY HOSPITAL AUXILIARY TURNS

80

A Timeline of Giving—The Valley Hospital Auxiliary has raised more than \$18,810,000 in pledges to support programs and services at Valley Health System, including:

1950: \$140,000 Third Floor Fund
1950: \$30,000 First Official Pledge
1952-72: \$1,890,000 Seven Individual Pledges to Hospital General Fund
1982: \$1,250,000 New North Wing Maternity
1985: \$500,000 North Wing Third Floor
1988: \$350,000 Kurth Cottage Renovation
1989: \$1,250,000 Lobby, Mammography, Pediatrics, Mother/Baby Units
1991: \$1,750,000 ER Renovation, 2 MICU Vehicles, Tel-Med System, Pediatric Hospital Video, Lifeline Emergency Response System
1995: \$2,000,000 Journeys Program, Maternal Child Health Program, Family Wellness Renovation, New Intensive Care Unit
1999: \$2,000,000 Reception Suite, Luckow Radiation Oncology Suite, Telehealth Patient Education System, Pediatric Asthma Program

2003: \$1,650,000 Luckow PET Scanner, Pediatric Suite, *Butterflies*, Pediatric ER Renovation, Maternal-Fetal Medicine Suite
2006: \$2,000,000 Inpatient Pediatric Unit, Women's Health Unit, *Butterflies*, 64-Slice CT Scanner
2010: \$500,000 Center for Women's Heart Health
2011: \$500,000 Maternal Fetal Medicine Suite, Maternal Child Health Program
2012: \$1,500,000 Breast Surgery Program at Luckow Pavilion, *Butterflies* Endowment
2015: \$1,500,000 Child & Adolescent Mental Health Program, *Butterflies* Endowment
2019: \$3,100,000 Pediatric Emergency Department of The Valley Hospital in Paramus, *Butterflies* Endowment



Theresa Salameno

Congratulations on the Upcoming Opening of The Valley Hospital in Paramus

Happy New Year and what an exciting year we have ahead of us. April 14 is the official opening of The Valley Hospital in Paramus. During the past year, we had the opportunity to take "Hard Hat" tours and see firsthand the state-of-the art facilities take shape. This past October, The Valley Ball was held in the stunning first two floors of the hospital.

Happy 80th Birthday to VHA

January 21, 2024 marked the 80th birthday of The Valley Hospital Auxiliary...our ruby year! From its founding in 1944, VHA has raised more than \$18,810,000 in pledges to support programs and services at Valley Health System. Our current pledge of \$3,000,000 for the Pediatric Emergency Department, and \$100,000 for Valley Home Care's *Butterflies* is the largest pledge in the history of the Auxiliary. In November we donated \$400,000 to The Valley Hospital Foundation towards our pledge; to date we have raised \$2,322,660.51 leaving \$767,339.49.

Hats Off to our Auxiliary Members!

Our year began with a bang in September with our first Picnic at The Lake which was such a success that it will be back on the calendar for 2024. On October 13, we partnered for the second time with the Terri Roemer Paramus Run increasing last year's sponsorships and runners and raising \$15,211. Central Board held a Clinique Beauty Make Up evening at Macy's in Garden State Plaza, raising over \$2000. The Tree of Light Illumination Ceremony raised over \$19,000 and the Adopt-A-Family program raised \$12,635 in gift cards for Valley Home Care's *Butterflies* families.

Allendale, Mahwah, Midland Park/Wyckoff, and Saddle River branches held their first fundraisers of the year and many branches celebrated the holidays with get together lunches.

SAVE THE DATE For These Events!



- The No-Sew Blanket Project, Franklin Lakes Branch, January-April 2024
- A Night of Magic and Music, Allendale Branch, February 2, 2024
- High Tea, Oakland Branch, April 11, 2024
- Military Bridge, Mahwah Branch, TBA
- Designer Pocketbook Bingo, Franklin Lakes Branch, June 6, 2024
- 3rd Annual Vegas Night at Seasons, May 1 2024
- 51st Annual Golf Outing at Ridgewood Country Club, June 3, 2024
- 76th Annual Valley Ball at The Lighthouse, Pier 61, NYC. November 2, 2024
- Annual Auxiliary Luncheon, Indian Trail Club, June 20, 2024

*For details,
check out The Bulletin, visit
www.valleyhealth.com/auxiliary
or call Bonnie Dalal,
Auxiliary Coordinator
at 201-447-8136.*

These amazing accomplishments are due to the support and dedication of all Auxiliary members who give freely of their time and talents to plan, host, donate and attend our fundraisers. A big thank you also goes to all those who continue to volunteer at the hospital. Consider asking friends and family to join our awesome organization.

Theresa Salameno
President, The Valley Hospital Auxiliary



Spectacular! The 75th Annual Valley Ball at The Valley Hospital in Paramus

On Friday, October 27, 2023, 400 elegantly-attired guests attended the spectacular 75th annual Valley Ball and were among the first to see the new hospital before it opens to the public. In a beautiful courtyard guests also viewed some of the stunningly-lit Alexander's panels.

The evening began with cocktails and hors d'oeuvres in the glittering first-floor lobby. The party continued in the sleek and expansive second-floor lobby with food stations and rolling carts of delicious culinary delicacies. Guests danced to the sounds of the great Max Weinberg Band.

Thanks to our generous sponsors donors, and guests, we raised more than \$250,000.



Sponsors of Max Weinberg's Appearance

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Carol & Bob Gillespie

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Picnic at the Lake—9/7/2023

More than 100 members (including guests) attended our first annual Picnic at the Lake, sponsored by the Central Board. Auxiliary members were encouraged to bring a guest. The reward for the guest was a complimentary membership in the Auxiliary for the coming year. We enrolled 14 new members.

Standing left to right are Lisa Beslity & Ann Swist, Co-VP's Membership, Theresa Salameno, Auxiliary President, and Nancy Weiss, Auxiliary Co-Treasurer. The Auxiliary welcomes these new members:

Ramsey Branch

Eileen Lobaugh
Frances Mahon

Midland Park/Wyckoff Branch

Stacy Buchmann

Oakland Branch

Dolores Giampapa
Cindy Kwederis

Franklin Lakes Branch

Connie Byrne
Josephine Carapezza
Pam Goldman
Helen Lynch
Susan Mediterraneo
Jeanne Philips
Cathy Teitel
Lynn Van Allen
Maria Zampieri



Tons of Teddies—Valley Home Care's Annual Teddy Bear Party—9/21/2023



*Left to right:
Judy Smith, Sharon Meyer
and Charlotte Byrne,
VP, Volunteer Services,
tied ribbons on the many
bears needed for the
annual Teddy Bear Party.
This is a fun event for
Valley Home Care's
patients and their
families. A good time
was had by all and
every child went home
with a teddy bear.*



44th Annual Terri Roemer Paramus Run In Partnership With VHA—9/15/2023

More than 1,000 people of all ages (men, women, kids, families) came to Paramus Park to participate in the Terri Roemer Paramus Run including 10K & 5K runs, 5K health walk, and 1 mile Kid's Fun Run. All participants made an impact on the health and education of the kids in our community. *Standing left to right are Paramus Run committee members Kathy Ambrose, Barbara Mills—Chair, and Linda Leeder. Missing from photo: Gabrielle Winnert.*



Clinique Flawless Face Make-Up Class at Macy's/Garden State Plaza—11/15/2023

Twenty-eight Auxiliary members and guests gathered for this special event hosted by Clinique. A lovely Clinique executive taught us how to apply the latest in Clinique skin care products and makeup. We also saw beautiful, chic fashions. Afterwards, we headed to Seasons 52 to celebrate our beautiful faces and enjoy a great meal!



Annual Tree of Light Illumination Ceremony—12/3/2023

At the first in-person Tree of Light Illumination Ceremony in three years, speakers were Charles Vannoy, Vice President, Patient Care Services and Chief Nursing Officer, The Valley Hospital, Theresa Salameno, President, VHA, and David Bohan, VP and Chief Development Officer, The Valley Hospital Foundation. Entertaining the audience were the Ridgewood High School Choir and Orchestra who gave a rousing performance of holiday music.



*Tree of Light committee:
Seated left to right:
Claire McLellan,
Patricia Judge,
Catherine Grasso.
Standing left to right:
Judy Smith,
Mary Seminara, Chair,
Elaine Heimberger,
Elaine Arezzo, and
Bonnie Dalal.
Missing from photo:
Carol Gillespie and
Nora McAvey.*

WHERE ARE THEY NOW? SPOTLIGHT ON MEMBERS

In keeping with the VHA's 80th anniversary, what better time than to feature a past Auxiliary president and put the spotlight on two long-time members.

Where is Lillian Reed? VHA President 1988-1990

Lillian Reed and her husband Jim moved from Chicago to Franklin Lakes, NJ in 1977. Lillian and Jim found that several neighbors and friends chose The Valley Hospital as their place to volunteer. She soon joined the Franklin Lakes Branch and began volunteering at Kurth Cottage. She joined the Auxiliary's cookbook committee and headed up the dessert category.

When she became Auxiliary president, Lillian shared an office with Mary Healy, who at that time was head of Volunteer Services. Since Lillian's office was next door to Kurth Cottage, she was able to see and work with many volunteers during the day.

During her two-years as president, Lillian and her board worked hard to add towns to the circle of Auxiliary members. They were very pleased when three new towns became "Valley branches," bringing in additional volunteers and revenue.

Lillian was only active at Valley a short while after her presidency, as Jim retired and they moved to Scottsdale, Arizona. But Lillian continued to volunteer. She was invited to join the steering committee to plan a new hospital in her area. Lillian and Jim just celebrated 70 years of marriage.



Spotlight on Alida Kleimanns & Meme Terpstra

In 2023, Alida Kleimanns celebrated 49 years of membership in VHA and Meme Terpstra celebrated 54 years! Meme started volunteering at Valley in the 1960's when she drove her mother and other ladies to do sewing for the hospital. They made pillow cases and dish towels and mended sheets, hospital gowns and more. Meme also volunteered to feed patients unable to help themselves. She later became a volunteer at Kurth Tea Room (recently known as Kurth Cottage Café). Alida began volunteering at the Tea Room in the early 1970's. Not long after she joined the Auxiliary, Alida served as Recording Secretary of the Central Board and

later was Central Board Treasurer followed by Secretary for Kurth Council. At that time, the Tea Room and the Gift Shop made \$10,000 in donations on a monthly basis to Central Board.

The Tea Room during Alida's and Meme's time was a busy place; they started serving at 11:30 and there was usually a line of people waiting to be seated. There was a special each day with the lobster salad sandwich being the most popular.

In their spare time, Alida and Meme helped sew puppets better known as Sunny the Puppet which were given to pediatric patients. They also knitted and crocheted hundreds of baby hats attached with a sewn-in label "Welcome to the World." Alida and Meme are still active today.

Left to right: Alida and Meme





Introducing 5 New Branch Chairs

Allendale Branch: Lisa Pensa and Claudia Sanchez

A lifelong resident of New Jersey, Lisa grew up in Haworth and began volunteering while in high school and college. After joining the Allendale Branch six years ago she has devoted much of her volunteer efforts to serve on various committees including Adopt a Family and fundraisers; she's also been special events coordinator. The Allendale Branch has over 50 members, a new secretary, new co-chairs of special events and a branch photographer. Lisa feels that VHA's mission and *Butterflies* are very important.

Claudia and her family moved to Allendale in 2003. As a mother of three children, most afternoons and weekends were filled with sporting events, coaching, and kid activities. Claudia is a member of many charitable organizations in her town including VHA. Claudia notes that as a member of the Allendale Branch, she has made wonderful friends, supported and organized truly amazing fundraising events, and witnessed the incredible efforts and successes of the members of the VHA in support of heartwarming causes. Claudia has been a full-time real estate agent for over 20 years; her husband Vico, a contractor, owns VS Construction. She is the Broker-Manager of Christie's International Real Estate Group at the Allendale Sales Gallery.



*Claudia Sanchez (left)
& Lia Pensa*

Ridgewood Branch: Karen Hoy and Lee Jenkins

Karen moved from England to the United States with her husband Andy 24 years ago. Prior to this she worked in Human Resourcing at Price Waterhouse Coopers in London. She has three children, twins Isabelle and Nicholas and Victoria, all of whom graduated from Ridgewood High School and are presently in college. Karen's history with The Valley Hospital began when Dr. Alex Zapolanski performed lifesaving surgery on her mother, at which point she decided to give back. She started volunteering in the Volunteer Services Department in 2014, enjoying the company of the staff and the many volunteers passing through the office. Since joining the Auxiliary at the end of 2015, she has served on the Central and Executive Boards and has enjoyed fundraising through Dancing with Our Stars, Very Virtual Valley Live Auction, fashion shows, golf outings and Valley Balls. She also organized a Mother's Day Afternoon Tea & Boutique. Karen is very excited to restart the Ridgewood Branch with Lee Jenkins as her co-chair. Lee has been a member of the Ridgewood Branch for 15 years and was co-chair of the branch's Nominating and Scholarship Committees. She served on the Valley Ball committee and was a volunteer at Kurth Cafe for 12 years. Lee was on VHA's Executive Board for 10 years as Corresponding Secretary.



Karen Hoy



Lee Jenkins



Saddle River Valley Branch: Tammy Roberts

Tammy Roberts, a lifelong resident of Bergen County, was recently appointed Chair of the Saddle River Branch. She has also held positions in the Saddle River Valley Junior Woman's Club, Northern Highlands Regional High School HASA, and Upper Saddle River Historical Society. She has been both a Girl Scout leader and Boy Scout leader and taught religious education. Tammy is always enthusiastic to lend a hand in the community. She has participated in the Executive Sleep Out to raise money for Covenant House. Tammy is a Broker-Manager at Terrie O'Connor Realtors.

Annual Sporting Clays Classic— 8/28/2023

The Employee Branch hosted its 3rd Annual Sporting Clays Classic at Hudson Farms in Andover, NJ. The event was a huge success with both morning and afternoon sessions, followed by a marvelous dinner held at the Bear's Nest. Thanks to our sponsors and we raised \$90,000 towards the VHA pledge.

Left to right: Bonnie Dalal, Margaret Scancarello, Peggy Becher, Joe Lorino



A Night of Horseplay— 11/3/2023

The Mahwah Branch hosted its annual fundraiser, a Night of Horsplay at Apple Ridge Clubhouse

Waldwick Branch Holiday Lunch



Franklin Lakes Branch Holiday Lunch



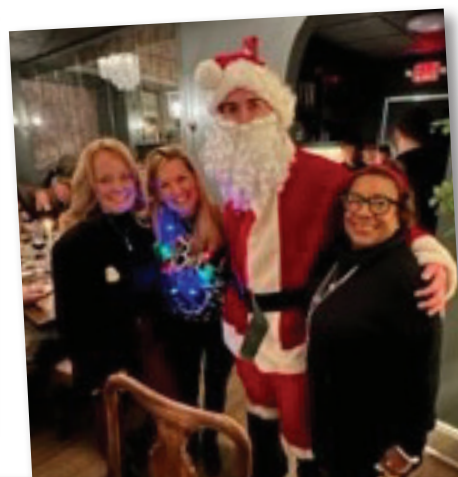
Gals Just Wanna Have Fun Again—11/10/2023

The Midland Park/Wyckoff Branch held its 2nd annual “Gals Just Wanna Have Fun” at the Midland Park Fire House. It was a fabulous evening of dancing including square dancing and line dancing taught to the “Gals” by a professional line caller.



Boutique Shopping & Luncheon Fundraiser—12/3/2023

The Saddle River Valley Branch held its annual boutique shopping and luncheon fundraiser at Seasons Catering in the Township of Washington with over 100 people in attendance and 10 unique vendors selling one-of-a-kind gifts, décor and clothing.



**Allendale
Branch
Holiday
Lunch**

**Oakland Branch
Holiday Lunch**



**Mahwah Branch
Holiday Lunch**

A Look At Valley Medical Group—How It Began—Where It’s Going



*Julie Karcher
Senior Vice President
of Valley Health System
and Valley Medical
Group (VMG)*

An Interview with Julie Karcher.

When was VMG introduced and what was the rationale behind creating it?

The original entity established for the purpose of employing physicians was Valley Medical Services, Inc., which was incorporated in 1993. VMG was introduced in 1997. Originally focused on primary care, Valley Medical Group has grown tremendously as Valley Health System has expanded. Today, Valley Medical Group is an award-winning, multispecialty medical group that provides comprehensive care to patients in 43 adult specialties and nine pediatric specialties.

How many physicians are in VMG?

VMG is a multispecialty medical group with a total of 472 physicians and advanced practice providers. VMG’s 301 physicians and 171 advanced practice providers – nurse practitioners, physician assistants and midwives – care for patients in eight service lines.

How does a physician become a member of VMG? What are the criteria?

Valley Medical Group recruits for new physicians and advanced practice providers in its eight service lines based on needs that have been identified by the hospital or in the community. When the need arises in a particular specialty, we recruit highly-qualified, well-trained providers who are board certified in their respective specialties and embrace our philosophy of care. In addition, to ensure that we provide access to subspecialists, research and advanced clinical programs, Valley has professional services agreements in place with specialties that are not part of Valley Medical Group. Some examples include our Valridge Center for Behavioral Health and Wellness in partnership with Christian Health Care and our many relationships with the Mount Sinai Kravis Children’s Hospital for pediatric subspecialties.

What specialties do VMG doctors cover?

Valley Medical Group serves patients in 43 adult and nine pediatric specialties through its eight service lines: primary and walk-in care, cardiac services, cancer care, medical specialties, women’s services, children’s services, surgery, and hospitalist services.

Which additional specialties might VMG take on in the future?

In 2024, Valley Medical Group will expand its cardiology offerings to include care for patients in advanced heart failure. It will also introduce programs in pediatric gynecology and pediatric urology. In 2024, VMG will also introduce its first primary care practice dedicated to meeting the needs of our LGBTQ patients.

What are the advantages for doctors to become part of the VMG system?

Physicians who are part of Valley Medical Group benefit from an affiliation with The Valley Hospital, one of the highest quality hospitals in our region, and access to our new, state-of-the-art facilities and technology in Paramus. They become part of a large, high-quality multi-specialty group that has been designed to meet the needs of their patients. Valley Medical Group also handles administrative functions like hiring and billing, alleviating the administrative burden and the risks associated with running a medical practice. This allows providers to focus on patient care.

The Valley Hospital Auxiliary Pledge

Proceeds from all Auxiliary events support their current pledge to raise \$3 million to establish the Pediatric Section of the Emergency Department at The Valley Hospital in Paramus, and \$100,000 for Valley Home Care’s endowment for *Butterflies*, a pediatric in-home palliative and hospice care program for seriously ill children. The Auxiliary may provide additional financial support to other Auxiliary and Valley Health System initiatives.



What are the advantages for patients to be in the VMG system?

Seeing providers within VMG gives patients access to The Valley Hospital and the opportunity to receive all of their care in one place. VMG has the ability to care for patients and their families through all stages of life, and coordinates care across multiple specialties. VMG has practice locations in more than 20 towns, including a cardiology practice in Manhattan, making it convenient to access care.

How will the new hospital impact VMG practices and their patients?

What will be different? What will be the same?

Valley Health System is not only investing in our new hospital, but in our VMG facilities, as well. Currently, VMG is responsible for 64 percent of the admissions to The Valley Hospital and 72 percent of the surgeries performed at Valley, and this is expected to increase. Through all this change, patients can also be assured that they will receive the same high-quality care from Valley Medical Group that they have come to expect.

As head of VMG, what is your background in managing such a large group?

Do you have a team of people you work with? What are their roles?

I serve as Senior Vice President of Valley Health System and Valley Medical Group. I have 33 years of experience in healthcare, and I have been with The Valley Hospital for over 25 years. I was named the head of Valley Medical Group in 2020. Valley Medical Group is a physician-led organization. I am proud to work with our Chief Medical Officer, Dr. Puneeta Sharma, and the Chairs and Associate Chairs of our service lines. Each service line is also supported by a Service Line Director, who reports up to our Executive Director of Operations, Lourdes Hidalgo. Valley Medical Group is supported by a talented team of administrative professionals. It takes a coordinated effort to run a multispecialty practice group like Valley Medical Group and I am proud to be part of such an incredible team.

I understand that patients can utilize Valley walk-in care centers for their primary care needs.

How do these services differ from VMG doctors designated as primary care physicians?

Valley Medical Group serves patients' primary care needs through its primary care offices and walk-in centers. Primary care visits are by appointment, with a dedicated provider who follows the patient on a regular basis. In our walk-in care centers, patients can either hold an appointment time or walk in and see the provider on-duty immediately. A patient who has a dedicated primary care provider can still access care with the on-duty provider in a walk-in center, then return to their primary care provider for future care.

Does VMG plan to expand regionally?

Valley Medical Group has embarked on a major regional expansion over the course of the last year. In 2024, VMG will have new locations in Montvale, Glen Rock, Paramus, Riverdale and Dumont, making significant investments to meet the care needs of patients in those communities. Valley Medical Group will also significantly expand its women's, children's, and cardiac services at its 140 East Ridgewood Avenue location in Paramus.

How will VMG be involved with Valley's new Graduate Medical Education (GME) program?

Valley Medical Group will have the exciting opportunity to participate in Valley's new internal medicine and OB-GYN residency programs (launching in 2024), as well as the future surgical residency program (to start in 2025). Through these GME programs, Valley Medical Group physicians will make up the majority of the GME faculty and help to train the next generation of physicians.



John Graziano, CDM, CFPP Executive Chef, The Valley Hospital



According to Chef Graziano, "when the weather is cold, I always like to have a few quarts of bone broth in the freezer ready to go. When someone gets a cold or is feeling under the weather I just pull one out and heat it up. Bone broth has so many benefits. It makes your skin feel great, helps with digestion and makes you feel a whole lot better when you're sick. You can drink it just as it is or add some pasta and veggies and turn it into a meal. It takes some simmering time to make, but once you try it you will always make sure you have a batch ready to go!"

Beef/chicken/lamb Bone Broth

Yield 3 quarts

Ingredients:

Beef/chicken/lamb bones	4 pounds
Onions, diced	1 cup
Carrots, diced	1 cup
Celery, diced	1 cup
Whole tomato, canned	10 ounces
Garlic, whole cloves	8 each
Olive oil	1 tablespoon
Fresh thyme	6 sprigs
Apple cider vinegar	2 tablespoons
Water	1 gallon
Salt and pepper	To taste



1. In a 400 degree oven roast your choice of bones until brown.
2. In a separate pan toss onions, celery, carrots, canned tomato and garlic cloves with olive oil. Roast in oven until lightly brown.
3. Place bones and vegetables in a pot or crock pot. Cover with 1 gallon of water and 2 tablespoons of apple cider vinegar.
4. Bring to a light simmer and allow simmering for at least 12 hours and up to 24 hours.
5. If water evaporates too quickly you can always add more water.
6. As the broth is cooking skim away fat and impurities and discard.
7. Add fresh thyme to the pot the last hour of cooking.
8. Strain all bones and vegetables with a strainer.
9. Season with salt and pepper.

Keep up with the Auxiliary on Social Media

The VHA is on Facebook, Instagram, and Twitter. Just do a search for "The Valley Hospital Auxiliary" on each platform. Be sure to "Like" us! Remember to email Linda Leeder, Internet Chair, at leederlj@gmail.com with information about your branch events. She will be happy to post it. Finally, for everything you ever wanted to know about the Auxiliary, visit www.valleyhealth.com/auxiliary



The Acorn

Editor:

Elaine Heimberger

Co-Editors:

Denise Downey

Theresa Salameno

Graphic Designer:

Annette Ricciardi

Printer:

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