

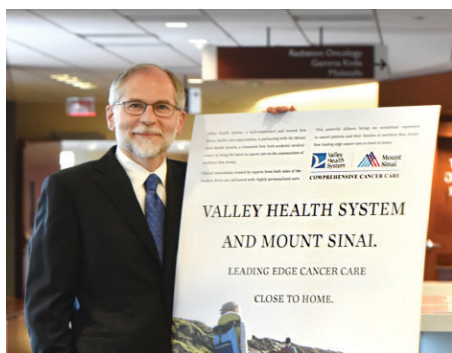
# Cancer Creates...

STRENGTH • COURAGE • HOPE



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## Valley and Mount Sinai: A Partnership for Cancer Care



*Ephraim Casper, M.D., FACP, Chief Medical Officer of Valley-Mount Sinai Comprehensive Cancer Care*

As a patient at Valley's Blumenthal Cancer Center, you may have noticed the Mount Sinai Health System logo on our building, at your doctor's office ... and even on this newsletter! That's because, since 2015, Valley and Mount Sinai have

been working together to provide state-of-the-art, comprehensive cancer care. Oncologists at both Valley and Mount Sinai are partnering to make sure cancer patients and survivors in northern New Jersey receive the highest level of care possible, including the latest technology, treatment options, access to clinical trials and more.

Through our alliance with Mount Sinai, Valley offers our community:

- New clinical programs and services
- The expertise of Mount Sinai's renowned cancer specialists, who collaborate with Valley's cancer teams to review patient cases, provide second opinions and recommend care plans
- Best practices in care, backed by the latest research and clinical trials

Best of all, patients and their families

won't need to travel far to receive their leading-edge cancer care. Physicians and surgeons at the Blumenthal Cancer Center are now members of the faculty of the Icahn School of Medicine at Mount Sinai, and Mount Sinai physicians will be providing on-site consultations for patients at the Blumenthal Cancer Center. "Those patients who really need specific expertise can get that from Mount Sinai but still get their care at Valley. That's really important in terms of keeping people close to home and their support systems," says Ephraim Casper, M.D., FACP, Chief Medical Officer of Valley-Mount Sinai Comprehensive Cancer Care.

For more information about Valley-Mount Sinai Comprehensive Cancer Care, visit [www.ValleyHealthCancerCenter.com](http://www.ValleyHealthCancerCenter.com).

## Valley's Culture of Safety

At Valley Health System, we take pride in giving our patients the highest level of care in the safest-possible environment. That's why we have made a commitment to creating a culture of safety throughout our organization. Valley is dedicated to preventing harm and delivering safe, reliable, efficient, compassionate care – to every patient, every time.

### Valley's Safety Journey

Delivering safe and reliable care and service to our patients and their families is nothing new to Valley, but recently, we've taken some steps to formalize our commitment. All Valley employees and physicians have been asked to take a pledge committing themselves to Zero Harm. We have also adopted a Values Statement that affirms Valley's promise to keeping our patients

and each other safe. And all employees are receiving training on the best ways to keep our patients, their family members and our fellow employees safe.

**ZERO HARM | 100% RELIABILITY**

### What This Means for You

Valley is always striving for excellence, and as a patient in our system, you can expect our healthcare providers to put you and your family first and deliver the best possible care. You and your family members are also encouraged to speak up and alert your healthcare team of any barriers to safe, high-quality care. By working together, we can ensure that Valley's healthcare environment promotes safety as well as healing.

## We're Here to Help

For more information about cancer support services for patients and caregivers, please call Valley's oncology social workers at **201-634-5787**.



COMPREHENSIVE CANCER CARE

## Our Navigators are Here for You



The Valley Hospital's Blumenthal Cancer Center is proud to offer navigators to help guide our patients through their cancer journey, from screening and diagnosis all the way to survivorship and beyond.

Knowledgeable and compassionate, Valley's navigators are with patients every step of the way.

Our navigators:

- Schedule appointments and obtain patient records from other medical facilities
- Help patients understand their care options
- Coordinate testing, medical appointments, treatments and other services
- Act as a liaison between Valley's care teams and services available at Mount Sinai Health System
- Provide health education and referrals to community resources



In addition, navigators provide a holistic and integrative approach to the patient's

healthcare that promotes health and healing. This level of coordination and support is especially useful as patients face physical and emotional challenges related to their new diagnosis.

**For more information or to connect with one of Valley's navigators, contact Liz Longo at 201-634-5367.**

## Cancer Survivorship Series

### *Thriving Through and Beyond Cancer*

The Cancer Survivorship Series is an ongoing series that educates, informs and empowers patients to better manage their health and enhance their quality of life during and after cancer treatment. Workshops are held in the second floor conference room at the Blumenthal Cancer Center in the Luckow Pavilion, 1 Valley Health Plaza, Paramus. Space is limited; to register, please contact **Brooke Laster, LCSW**, at 201-634-5787 or [blaster@valleyhealth.com](mailto:blaster@valleyhealth.com).

### Fear of Recurrence

*Thursday, July 13, 6-7:30 p.m.*



**Claire Grainger, LCSW**, an oncology social worker at CancerCare in Ridgewood, will discuss the fear of recurrence and its impact on those diagnosed with cancer. Claire will help you look more closely at what triggers fear of recurrence. She will share tools to help you feel more in control and allow you to focus on the parts of your life that are of most value to you. She will also address strategies for moving forward in

meaningful and healthy ways.



## Have You Heard About The New Valley Hospital?

Earlier this year, The Valley Hospital announced plans to build a state-of-the-art, 372-bed hospital in Paramus – across the street



from the Blumenthal Cancer Center's home at The Robert and Audrey Luckow Pavilion. This brand-new facility will enable Valley to meet the long-term needs of the northern New Jersey community by providing

enhanced services, new medical technology, single patient rooms and more.

Valley's Certificate of Need application, filed in February, is pending approval by the New Jersey Department of Health. The next step will be a thorough review of Valley's site plan by the Borough of Paramus. Once approved, Valley plans to break ground for the hospital in 2019, with an estimated opening in 2023.

For more information about The New Valley Hospital, including the latest news and updates, visit [www.TheNewValleyHospital.com](http://www.TheNewValleyHospital.com).

### There's More Online

Visit [ValleyHealthCancerCenter.com](http://ValleyHealthCancerCenter.com) and click on "For Patients & Families," then "Cancer Creates Newsletter," to find current and previous issues of *Cancer Creates*.



### We Want to Hear from You!

Have an inspiring story or helpful tip to share? Let us know, and it may appear in our next edition of *Cancer Creates*! Email submissions to [sardito@valleyhealth.com](mailto:sardito@valleyhealth.com).