



## Women's Association of Morristown Medical Center



*Incoming President Mary Courtemanche with outgoing President Dannette Merchant at the June WAMMC Board Meeting*

### *President's' Message*

I have had the privilege to lead the Women's Association as the president for the past two years. In that time, we have continued our many service projects, redefined our goals, and re-structured our board, and raised significant funds for Morristown Medical Center.

In 2013 we gave \$1.4M, which included the transfer of the Endowed Scholarship Fund to the Foundation. In 2014 we donated over \$2.4M which included the proceeds from Mansion in May at Blairsden, our most successful Mansion to date! We like to say that each Mansion is more successful than the previous, as that is always our goal!

This year, we are on track to donate \$1M with almost \$900,000 already contributed, including funds to the Behavioral Health Renovation, the Behavioral Health IMPACT Program, the Rippel Breast Center, the Gift of Camp at the Valerie Center, and the Autism Center.

In these past two years, the WAMMC and Twigs have donated over \$4.5M to Morristown Medical Center!

These achievements would not be possible without the team of volunteers who selflessly give of their time and talents. I am very appreciative of the WAMMC Board for their commitment and leadership and to our many volunteers who make a difference every day for the patients and their families.

It has been an honor to lead this dynamic group and I am pleased that I have had the opportunity to be a small part of the many successes in our 122 years of *Contributing with Passion!*

As I now turn over the presidency to Mary Courtemanche and the leadership to her capable team, I am confident that the legacy of the women who had the vision of establishing a community hospital with the mission to provide quality care to the patients will continue.

*Dannette Merchant*

## BEHAVIORAL HEALTH



*WAMMC Executive Committee, l to r: Secretary, Lynne Rosenfeld; Past Officer, Tina Mulhare; Vice President, Nancy Alfano; President, Dannette Merchant; Chairman, Department of Psychiatry, Morristown Medical Center, Dr. Thomas Zaubler; Vice-President, Mary Courtemanche; Vice-President, Anne Fritz; Assistant Treasurer, Kathy Christie; Treasurer, Barbara Hoyt*

This past month the Women's Association of Morristown Medical Center presented the Foundation with a check in the amount of \$500,000 for the Behavioral Health renovation. Combined with the 2013 contribution of \$500,000, WAMMC's total donation to this much-needed renovation is **One Million Dollars!** In addition, the WAMMC has pledged \$300,000 to the Behavioral Health IMPACT -- **Improving Mood: Promoting Access to Collaborative Treatment**; a novel model of care that integrates mental health services into primary care practice so that both physical and psychosocial needs can be diagnosed and properly treated as both are intertwined -- making our combined contribution \$1.3M.

These donations were made possible through WAMMC's thriving businesses and partnerships.

*For more information on the Foundation's IMPACT program, [Click Here](#)*

# Honey Brunch Benefits Rippel Breast Center



Reprinted by permission from *The Bernardsville News*  
Article by KIM SULLIVAN HARWANKO Contributing Writer  
Photos by Gwynne Wade

The buzz in the beehive of the Women's Association of Morristown Medical Center (WAMMC) was its Honey Brunch spring fundraiser held Friday, May 1, at Fiddler's Elbow Country Club in Bedminster Township. The money raised at the event will be used for the purchase of an Affirm Breast Biopsy Guidance System for the Carol W. and Julius A. Rippel Breast Center at Morristown Medical Center.

The brunch kicked off at 10:30 a.m. with attendees shopping in the Busy Bee Boutique and sipping the event's signature drink, "The Bee Cup." The drink was created by the country club staff and included toasted apricot and fig honey syrup, lemon juice and Angostura bitters. Honey was a featured ingredient in every course of the brunch.

Attendees also viewed a short video about honey bees from the New Jersey Beekeepers Association.

"It's a beautiful day to support Honey Brunch and WAMMC's purchase of the breast biopsy equipment for the center," said event co-chair Mary Courtemanche of the New Vernon section of Harding Township.

June Meehan of Convent Station created the concept for the brunch. "The idea came to me while I was thinking about WAMMC as a beehive of activity with very dedicated, productive and energetic people," she explained. "Our motto is contributing with passion. We buzz on."



The dessert served at the Honey Brunch was a delicious Chocolate Marquisse Beehive with Honey Creme Anglaise

Brunch was served in the large, windowed dining room alive with spring hues of violet and periwinkle and women engaged in helping their community.

Dannette Merchant, the president of WAMMC, thanked the audience for their support and reminded them about how important it is to keep the medical center on the cutting edge of technology.

"We are extremely proud to provide ongoing support to benefit the Carol W. and Julius A. Rippel Breast Center at Morristown Medical Center. Once again, our volunteers have contributed their time and expertise to make our Honey Brunch event a success – all in support of women's health," Merchant said.

The guest speaker was Dr. Paul Friedman, medical director of the hospital's breast center and a board certified radiologist. "The biopsy device will be attached to one of the newly installed 3D mammography units and will allow women with early and small cancers to have them biopsied rather than having to go to surgery for diagnosis," Friedman said.

Friedman also spoke about the breast center expansion and the new satellite office at 435 South Street in Morristown. "The community wanted an easier access site with free parking," he said. "The facility offers mammography, ultrasound and bone density scans." About 27,000 patients visited the breast center last year.



Brunch was served in the Ballroom at Fiddler's Elbow

As the guests enjoyed their honey-infused meal, Amy Seuberth, managing partner from *Back to Nature Home and Garden* in Bernards Township discussed the importance of organic honey in people's diets and as a medicinal treatment for numerous afflictions, ranging from leg cramps and allergies to scalp and skin conditions. It even helps flush parasites from the liver and colon, she said.

"One tablespoon of honey a day will build up your immune system and help relieve your allergies," Seuberth told the audience.

*Continued on page 3*

# Honey Brunch Benefits Rippel Breast Center



From l to r; Event Co-Chairs Mary Courtemanche and Katie Nolle, Dr. Paul Friedman, and WAMMC President, Dannette Merchant

Event co-chair Katie Nolle of Murray Hill said she was happy with the turnout and the success of the event.

“We are so happy to 'bee' celebrating the beauty, brains and blooms of WAMMC with the Honey Brunch,” she said. “When the flower blooms, the bee will come and today we gather to support the Rippel Breast Center.”

“I enjoyed the brunch and the shopping and am thrilled to support WAMMC in their ongoing efforts to bring high-quality healthcare to our community,” said attendee Nancy Alfano of Bernardsville.

WAMMC has been a driving force and supporting presence at the medical center since 1893. The Association has over 600 members and raises more than \$700,000 annually for the hospital.



Photos above and right: WAMMC members and their guests enjoyed a day of shopping in the Busy Bee Boutique and sipping the event's signature drink, “The Bee Cup” which was created by Fiddler's Elbow Country Club staff for the event



WAMMC Membership Committee Chair, Patty Mullens (l) and WAMMC Membership Committee Member, Lynne Sprague (r)



Committee Members, Lisa Preziosi (l) and Chris Parker (r)



Committee Members, Sue Kennedy, Helen Caulfield and Debbie Carroll



# Food is Medicine!



*Dr. Ron Weiss with WAMMC Board Members (l to r) Gayle Khoury, Carol Tourgee, Nancy Alfano, June Meehan, Gail Decker, Kathy King and Linda Reeves*

Dr. Ron Weiss, an Internist with an undergraduate degree in Botany, recently hosted WAMMC Board members on a tour of his thriving 348-acre Long Valley farm dating back to the American Revolution and its vegetarian-based wellness center. Members of his staff including farmer, Nora Pugliese and Nutrition Education Trainer, Asha Gala worked together with Dr. Weiss to launch **Ethos Health** in 2014, a “*food as medicine*” practice. The farm is a community-supported agriculture project, grows organic vegetables, herbs and fruit for families who volunteer their time in the fields and pay a membership fee to share in the crops harvested.



*Dr. Don Weiss hosts WAMMC board members on farm tour*

In his on-site primary care medical office, Dr. Weiss treats patients by encouraging a plant-based whole foods diet/lifestyle. He believes that plants are known to provide powerful disease modifying tools “which can be far more effective than drugs and surgeries.” Dr. Weiss shared numerous incidents of reversal of his patients’ heart disease, diabetes and

allergies but admits that adopting a vegan lifestyle can be challenging and difficult. He and his healthy energetic staff are examples of the wonderful results achieved by embracing the plant based non-dairy lifestyle.

The tour of **Ethos Health** encompassed a fascinating look at the picturesque farmhouse, the 18<sup>th</sup> Century stone buildings - in various stages of refurbishment, the greenhouse, planted and prepared fields, compost area, naturalized area and a meandering brook (which feeds the Raritan River) with sprouting watercress and edible plants along its banks and occasional trout lurking among the rocks.

This summer, **Ethos Health** will be partnering with Morristown Medical Center to offer its fresh organic seasonal harvest to MMC employees. The Farm Market will be located near the employee cafeteria on the Madison Avenue campus.



*Ethos Farm Nutrition Education Trainer, Asha Gala (l) with WAMMC Board Members, Gayle Khoury, Carol Tourgee, Nancy Alfano, June Meehan, Gail Decker, Kathy King, Linda Reeves, WAMMC President, Dannette Merchant and Dr. Ron Weiss*

For more information about **Ethos Health** their website link is: [www.myethoshealth.com/](http://www.myethoshealth.com/). The WAMMC Board applauds Dr. Weiss’s vision and intends to follow the dynamic progress at **Ethos Health**.

## Calling All Kids®

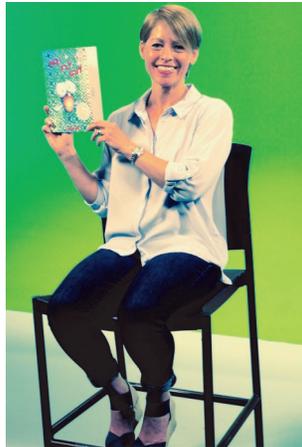
The Women's Association of Morristown Medical Center (WAMMC) Channel 46, **Calling All Kids®**, Committee has been working to expand and create a new format for story time. The expansion aims to animate the stories and provide young audience members with an exciting visual. Moreover, an introduction, ending, as well as appropriate accreditation, will be added to each new story.



To make this happen, WAMMC TV approached Fairleigh Dickenson University (FDU) and was consequentially connected to the FDU Film and Animation Department.

The stories were videoed using the fully equipped campus film studio. FDU staff were so enthusiastic about the project that they organized an internship using film and animation students to produce two stories, 'Clifford, the Big Red Dog' and 'Hi, Fly Guy', from Scholastic Books. The rights had previously been obtained for these stories, as well as many other children's books, to read and animate for Calling All Kids®. The committee now organizes a preproduction plan, which includes casting new readers, students, and WAMMC TV volunteers.

The process has been wonderful from beginning to end. The finished test videos, once approved, should be the first of many to come, for the Calling All Kids® channel. The committee hopes to include animation, music, comedy and educational stories using the new format.



*Debbie Potter, WAMMC TV committee member*

## Grant Award Sponsored by NJ Historical Commission



*WAMMC volunteers, Michele Becker (l) and Maria Papadopolo (r)*

The Women's Association of Morristown Medical Center (WAMMC) was awarded a grant from the Caucus on Archival Projects Evaluation Services (CAPES). The grant included an on-site visit by a professional archivist to assess the conservation needs of the WAMMC documents and to make recommendations for the organization and preservation of the collection.

The grant, sponsored by the NJ Historical Commission, will help WAMMC to maintain the documents and photos, which contain a rich history that has made a lasting mark on the community and the Medical Center.

Volunteers, Michele Becker and Maria Papadopolo have generously donated their time and expertise to assist with this project.

## ANNUAL SCHOLARSHIP AWARDS

For calendar year 2015, the Women's Association of Morristown Medical Center awarded twenty-five thousand dollars in scholarships to eight very impressive employees pursuing degrees in health care. Each candidate received an excellent performance rating, outstanding recommendations from colleagues, continuously strove to enhance their skills, and were dynamically engaged in both the workplace and the community. For more information about these very deserving recipients and the WAMMC Scholarship Program, [Click Here](#)



*2015 WAMMC Scholarship awardees (Front row l to r) Amy De Leonardis, Roxanne Sabatini, Nicole Stalter; (Back row l to r) Doreen Rasp, Lise Cooper, Robyn Sarig. Not pictured: Christine Barter and Kelly Giacomaro*

## SOMERSET HILLS TWIG

There's a new Twig in town! The Women's Association of Morristown Medical Center is excited to announce the newly formed Somerset Hills Twig.

Women residing in Basking Ridge, Bernardsville, Bedminster, Far Hills, Peapack, Gladstone, Martinsville and neighboring towns are invited to join in the fun as we support WAMMC. For more information, please contact co-chairs **Tracy Redling** [tracy@asimpledaisy.com](mailto:tracy@asimpledaisy.com) or **Sheryl Mychalowych** [sheryl.myc@gmail.com](mailto:sheryl.myc@gmail.com)

## Knitting with Love Twig Steps Out to 'Do Lunch'



*The Knitting with Love Twig members held a year-end lunch at Teaberry's in Flemington on Tuesday, June 2nd. Delicious eats and camaraderie were enjoyed by all. Standing l to r: Fran Stauber, Co-chair Merry LeBlond, Terry Mulcahy, Agnes Stoddard, Jane Donegan and Rita Eoga. Seated l to r: Incoming WAMMC President Mary Courtemanche, Ginny Petit, Amy VanDyk, Paula D'Amato, Rita Schedel and Lynn Ruck*

## Welcome New Members May 2015

|                   |              |
|-------------------|--------------|
| Jennifer Becker   | Morristown   |
| Arline Bernstein  | Morristown   |
| Sharon Burke      | Mountainside |
| Adrienne Charlton | Boonton      |
| Rose Ann Ciccone  | Peapack      |
| Kelley Green      | Whippany     |

## Campaign 360

To date, the Women's Association of Morristown Medical Center is the largest single contributor to Campaign 360 – the Foundation for Morristown Medical Center capital campaign to raise \$100M for multiple projects at Morristown Medical Center by the end of 2015. The WAMMC contribution is currently \$5.3 million dollars!



This is the last issue before the summer hiatus—please look for *The eVoice* in your email in early fall 2015! Enjoy your summer, be safe, and have fun!



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Contact us: [newsletter@wammc.org](mailto:newsletter@wammc.org)

A copy of this and past newsletters can be found on the WAMMC website, click here [The eVoice](#)