



Women's Association of Morristown Medical Center

2015 WAMMC
Annual Meeting & Luncheon

Nathalie Dennis Honored as 2015 Eleanor Award Recipient

First presented in 1982 and named for a most dedicated volunteer, Eleanor Volonte, the Eleanor Award is the highest honor given by the Women's Association of Morristown Medical Center to one of its members. It is given to the "busy bee" who has distinguished herself in service to WAMMC and Morristown Medical Center. Fittingly, the recipient's gift is a beautiful gold bee pin given with deep appreciation for dedication and service.

President Dannette Merchant presented the **2015 Eleanor Award** to Nathalie Dennis at the April 15th Annual Meeting and Luncheon.



Nathalie first became involved in the WAMMC in 2008 when she served as an enthusiastic volunteer at Mansion in May 2008 at Froh Heim. In 2009, she joined the WAMMC Board as a member of the Publicity Committee, chairing the Newsletter until 2011. At the 2010 Annual Meeting and Luncheon, she received the **Rookie of the Year Award** and was elected as the WAMMC Executive Secretary, a position that she held for two terms, finishing in 2014. Additionally, she was a member of the Volunteer Committee as a Day Chair for MIM 2010 at Fawn Hill Farm.

In 2012, Nathalie was General Co-Chair for MIM 2012 at Glynallyn bringing to this position her meticulous attention to detail. In addition to overseeing her committee responsibilities, one of the first things Nathalie did was to research and compile the history of Glynallyn. It took hours of diligent effort and from her research, she was able to put together a timeline of events and wrote a comprehensive history.

Continued on pg 3

Bargain Box Thrift Boutique... with a Touch of Class!



Bargain Box Store Manager Joe Nassaney (center) with Co-Chairs Gail Decker (l) and Jane Kilcullen (r).

It's finally SPRING! A time to clean out and de-clutter from winter; making room for spring and summer attire, and sprucing up the home décor! What to do with unwanted but gently used clothes (women, men and children), the still lovely but bored-with pictures, lamps, pillows, china, or crystal? Books, CDs and magazines – don't throw them away! Cleaning out your jewelry box of beautiful pieces you no longer wear to make room for new additions? What to do with the clothing, toys and books your children have grown out of? Make the **Bargain Box** your donation destination! Donations are tax deductible and signed receipts with full value of the donation are provided.

Do you need something special and reasonably priced? A fun hat for the Kentucky Derby event, a lovely scarf or pin to accent last season's jacket, a unique accent piece for your living room, or an affordable designer label item or a special vintage piece? Make the **Bargain Box** your frequent go-to place for quality, affordable and unique!

Whether donating or shopping, the **Bargain Box** is a high-end thrift boutique located in a large beautiful old home just outside of Morristown at 102 Mount Kemble Avenue -- where it moved in the fall of 1980. Previous locations: 83 South Street (1968) and before that, 5 Maple Avenue (1966).

Continued on pg 3

2015 WAMMC Annual Meeting & Luncheon

President's' Message

I feel like I am in a whirlwind as I continue to serve as your President, but also begin the process of passing the torch to the President-elect, Mary Courtemanche and her team.

Our list of achievements continues to grow . . .

We have received copyright permission from Scholastic Books to use three stories for our dedicated in-house television channel. In addition, our application for trademark of the name *Calling All Kids*® was approved by the United States Patent and Trademark Office. Committee members, Suzanne Ruffo, Lisa Gotsch, Debbie Potter and Tamara Hageneder are busy with development and production of the stories, which are sure to delight pediatric patients and their families.

We received a grant from the New Jersey Historical Commission for an assessment of WAMMC documents by a professional archivist; recommendations will now be made for preservation and organization of the documents. Thank you to volunteers Michele Becker and Maria Papadopolo who have jumped in to take on this project.

This past month we presented the Foundation with a check in the amount of \$500,000 for the Behavioral Health Renovation. Combined with an additional \$75,000 from our annual pledge and the 2013 contribution of \$500,000, our total donation to this to much-needed renovation is over \$1 Million!

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

To those of you who volunteer at the Corner Store Gift Shops and Bargain Box Thrift Boutique, donate your time and talents to the success of our fundraisers and do service and fundraising with the Twigs – this is a team effort – a very successful team!

Congratulations To all of YOU! *Dannette Merchant*

CONGRATULATIONS!

The following members were recognized at the 2015 Annual Meeting and Luncheon for their years of dedicated service.

FIFTY YEAR MEMBERS

Marilyn McCormick and Patricia Moody

TWENTY-FIVE YEAR MEMBERS

Lissa Anderson, Janet Brown, Caroline Knott, Dorothy Lockett, Marianne Mohr, Eleanor Oths, Helen Parr, Virginia Ranger, Bille Schloerb, Darby Scott, Jan Sullivan, Toni Von Zuben, and Kim Wentworth

Congratulations to the 2015 - 2016 Women's Association Executive Officers

| | |
|---------------------|--|
| President | Mary Courtemanche |
| Vice Presidents | Nancy Alfano, Patty Mullens, Prudence Pigott |
| Secretary | Lynne Rosenfeld |
| Treasurer | Barbara Hoyt |
| Assistant Treasurer | Kathy Christie |

Outgoing Officers

A sincere thank you for your time and dedication

Anne Fritz: Two terms as Vice President; Co-Chair, Volunteer Committee

Tina Mulhare: Past Executive Officer; Chair, Long Range Planning Committee

The ABC's of Being a WAMMC President



Tina Mulhare, Executive Committee Member and past president honored Dannette Merchant's two-year presidency with the following:

| | | |
|-------------|------------|--------------|
| Advocate | Judge | Supervisor |
| Buffer | Key Player | Therapist |
| Coach | Leader | Umpire |
| Diplomat | Mentor | Virtuoso |
| Executive | Negotiator | Wonder Woman |
| Foreman | Overseer | X-Can't be |
| Guide | Peacemaker | X-anything |
| Head Honcho | Queen-Mum | Yourself |
| Instructor | Referee | Zealot |

On top of all that you are a *wife, a mom, a devoted daughter, a sister and a friend.*

No matter what words you choose about our president, the essence is you care about others.

For all those reasons and many more, on behalf of a grateful and appreciative Association, we Thank You!

Bargain Box continued

Under the direction of the Women's Association of Morristown Medical Center, the not-for-profit **Bargain Box** has been providing area residents with a *touch of class shopping* experience for fifty-three years – its first year of operation began in 1962! The **Bargain Box** is staffed by a small core of employees supported by a regular team of volunteers, under the expert leadership of Manager *Joe Nassaney*, and WAMMC Co-Chairs *Jane Kilcullen* and *Gail Decker*. New volunteers are always welcome! Call Joe at 973 267-1334 for more information.

You'll want to stop in often to keep up with the new merchandise – especially the designer labels and unique items before they're snapped up!



Above: The Bargain Box has a large collection of housewares including fine china and crystal. Below: The front entrance to the Bargain Box Thrift Boutique



2015 WAMMC Annual Meeting & Luncheon

Fundraising Achievement Award *Christie Gisser and Prudence Pigott*



Christie Gisser and Prudence Pigott accept the Fundraising Achievement Award

Fundraising Achievement Award from the New Jersey Hospital Association was given to the 2014 Mansion in May General Co-Chairs, Christie Gisser and Prudence Pigott who led our most successful Mansion in May ever - MIM 2014 at Blairsden.

Christie and Prudence forged new partnerships and nurtured previous relationships, all the while supporting, encouraging and inspiring their committees. As MIM General Co-Chairs, they tirelessly committed hours of effort, always keeping in sight the beneficiary of their dedication, two great causes for kids!

Undaunted by and saying yes to the challenges, they led their team to an incredibly successful finale. Their efforts and that of their committees doubled the \$1M pledge made by WAMMC! **Congratulations!**

Eleanor Award continued

Among her other contributions to MIM 2012, she secured a graphic designer at no cost to us, and for the first time in the history of MIM we had professional, glossy brochures for reaching out to potential underwriters; she had the vision for a first-ever Visitors' Kiosk, which came to fruition under her guidance; and she inspired new ideas for content in the redeveloped MIM Journal. At the close of MIM 2012 Nathalie's report included comprehensive guidelines with the goal of passing on as much information as possible so that each Mansion in May would be a record-breaking event!

For MIM 2014 at Blairsden, Nathalie served as a Journal Co-Chair where she brought to the position her attention to detail, along with creative ideas for content and her excellent editing skills. She was also a valuable resource to the MIM 2014 General Co-Chairs as an advisor.

Nathalie currently serves on the WAMMC Board as a Member-at-Large, a member of the Policy and Procedure Committee, a member of the Nominating Committee, and as the WAMMC representative on the Morristown Medical Center Diversity Council. She is also on the committee for the 2015 Honey Brunch "fun-raiser" event as the Program Chair.

Many thanks and congratulations to Nathalie Dennis! She truly is an example of a 'busy bee'!

Welcome New Members April 2015

Basking Ridge

Tracy Redling

Boonton Township

Kimberly Downes

Chatham

Dawn Druhot

Florham Park

Aarti Mankikar

Lake Hiawatha

Colleen Dodd

Madison

Sally Lebwohl

Mendham

Susan Sheehan

Morristown

Peggy Grow

New Vernon

Dona Wilson

Randolph

Debbie Potter



The eVoice



Sharon L. Sexton
Editor

Debbie Carroll
Design and Layout

Staff: Merry LeBlond & Kelsey Nakamura

Contact us: newsletter@wammc.org

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

2015 WAMMC Annual Meeting & Luncheon

Karen Johnson by the numbers...



President Dannette Merchant presented WAMMC's Executive Assistant Karen Johnson with a hat for Karen's trip to the Kentucky Derby on May 2nd

As the Executive Assistant of the Women's Association of Morristown Medical Center, Karen is the foundation that keeps the organization's **numerous tasks on track** and is the **glue that holds many** projects, programs, events and meetings together! Our leadership is frequently changing but the **one constant** is Karen. She is

always ready and willing to get the job done, and always with a smile.

Karen began her career with MMC over **37 years ago in Central Supply**. In 1984, she interviewed with past president Mitzi Szerlip and has been the pleasant face of WAMMC ever since. As our leadership changes every 2-4 years, Karen has been alongside 14 WAMMC Presidents to date saying that the turnover "keeps it fresh and interesting!" Just goes to show you how truly flexible Karen is!

She has supported **13 Mansions in May**, countless WAMMC themed events, raffles, and Twig events; providing support for all of our committees and their projects.

Though she maintains a busy schedule with her workload and with the comings and goings through the office, Karen

always has the time to listen – with her welcoming smile, she exudes a calm presence within our often daily frenzy of activity.

Congratulations to Karen on 30 years of service to WAMMC and 37 years of service at MMC! Your commitment and dedication are truly valued and appreciated!

Debbie Carroll, Catalyst of the Year

New Jersey Hospital Association's Catalyst of the Year is recognition of an active member for exceptional service on a project or in multiple positions.

Debbie Carroll, who joined the WAMMC in 2005, was recognized as **Catalyst of the Year** for her exceptional service on a project and in multiple positions. Debbie has done the WAMMC Newsletter layout since 2005 and has been instrumental in moving us from print to the digital eVoice. Debbie has served on several committees including Mansion in May Café Committee, Nominating Committee, and Resource Book Committee and is an active volunteer at the Bargain Box Thrift Boutique. She served as 2006 and 2008 Mansion in May Publicity Co-Chair and the Newsletter Co-Chair from 2005 – 2011.



Congratulations Debbie!

Dr. Trish O'Keefe



Trish O'Keefe, PhD, RN, NE-BC Chief Nursing Officer at MMC spoke to the WAMMC membership and gave an update on initiatives, recognitions and awards at the hospital.

Morristown Medical Center Awards

- **Beacon of Safety Award:** New Jersey State Safety Council
- **Best Hospital** in five specialties: cardiology and heart surgery, geriatrics, gynecology, orthopedics, and pulmonology: U.S. News & World Report
- **Best Regional Hospital** in six specialties: cancer, diabetes & endocrinology, gastroenterology & GI surgery, nephrology, neurology & neurosurgery, and urology: U.S. News & World Report

- **Magnet® Hospital:** 4th re-designation, one of only 25 hospitals nation-wide, for excellence in nursing and patient care: American Nurses Credentialing Center
- **NICHE "Exemplar" Status:** Nurses Improving Care for Healthsystem Elders
- **Top Hospital in New Jersey:** *Inside Jersey* magazine partnered with Castle Connolly Medical Ltd. for the fifth consecutive year.

Atlantic Health System Award

Fortune 100 Best Hospital – 7th year in a row, best companies to work for.

Dr. O'Keefe thanked the Women's Association for their continued dedication, contributions, support and commitment to Morristown Medical Center.

Chatham Twig

In just three hours, the **Chatham Twig** raised over \$1500 for Goryeb Children's Hospital at their second annual **Vineyard Vines shopping event** held in February. It was a wonderful afternoon of tasty refreshments and stylish clothing. The Twig appreciates everyone's support.

On March 9th Chatham Twig hosted another successful **Carol G. Simon Cancer Center Tea**. This is always a very special morning for both patients and Twig members and all delight in the expansive food selections and beautiful arrangements.



Left to right: Marlena Saluzzi, Diane Rooney, Jen Mioceovich and Ginny Mullin

In March the **Chatham Twig** completed a successful band aid and hair accessories collection for the **Pediatric Intensive Care Unit**. The members were incredibly generous and these items will bring many smiles to the children receiving medical treatment.

TAMING THE DAILY FRENZY

Ellen Goldman, EnerG Coaching, LLC, a Certified Executive Wellness Coach and Certified Personal Trainer, offered our membership an energized and informative presentation on "Taming the Daily Frenzy"

Key points of her presentation included:

The distraction epidemic - which is on par with the obesity epidemic! Full engagement as opposed to multi-tasking - put down your Smartphones!
 Sleep deprivation - adults need 7-8 hours of sleep per night.
 Training your brain to focus and get more done - plan several 60 minute focus sessions each day, paying full attention to only one activity.

Practical Steps to Calm Daily Frenzy:

What am I feeling?
Why do I feel this way?
What can I do about this?
How can I calm my Frenzy?



Speaker Ellen Goldman of EnerG Coaching

- **Name the emotions – Take some deep breaths.**
- **Ask yourself "What is within my control?"**
- **Fix the problem now if possible. If not, schedule a time to deal with the cause of the negative emotion.**
- **Switch to a positive emotion – take a walk, call a friend and count your blessings.**

2015 Fund-Raising Achievement Awarded to The Harding Twig



Harding Twig members from left to right: Karrie Russo, Julie Verbaro, Nanette DiTosto, Linda Kearns, Wendy Barisonek, Jennifer Flanagan, Anne Kearns and WAMMC President, Dannette Merchant

The New Jersey Hospital Association's 2015 Fund-Raising Achievement is presented to individuals or auxiliaries that have met or surpassed their fund-raising goal for the past fiscal year or their multi-year pledge.

The Harding Twig, which was launched in 2010, was recognized for their ongoing contributions to Morristown Medical Center. Since their inception they have donated over \$34,000 to MMC. This past year, they contributed \$25,000 for the Gagnon Pediatric Emergency Department.

Congratulations to the Twig and to the Co-Presidents, **Linda Kerns and Nanette Ditosto!**

Rolling Hills Twig Wine Tasting



From left to right: Lynne Rosenfeld, Jennifer DesRosiers, Fran Creegan, Linda Julien, Helen London, Regina McShane, Josephine Iandoli and Arejay Clark