



Women's Association of Morristown Medical Center



Garden State Of Mind Weekend

Secret Garden Tour

Mark your calendars, *Rain or Shine*, for the WAMMC Secret Garden Tour on June 11, 2016 featuring four beautiful gardens in Morris County. Each garden is designed by one of the top landscape designers in our region and they will be on site at their respective properties during the tour.

The tour will commence at 475 South Street, Morristown. Patrons will be transported to each location by Atlantic Health shuttle buses and will return to 475 at the end of the tour. There is no parking at each of the garden sites. The hours of the tour are 9:30 am to 4:00 pm.

The cost of the tour is \$85.00 and includes a delicious box lunch by David Ellis. These lunches will be distributed on the main floor of 475 South Street and can be enjoyed in the Café.

This will be a rare opportunity to tour four remarkable properties in New Vernon and Morristown. In addition to the Secret Garden Tour, there will be Blooming Boutiques at the 475 South Street location for our patrons' shopping experience. The vendors include Classic Home & Garden, Riley & Me, East End Foodies, LeRo, beautiful pastel paintings by Norma Spatz, Back to Nature and others.

Contact WAMMCSecretGardenTour@gmail.com if you would like more information.



Spring is finally here, which means WAMMC's first-ever **Farm to Table Supper** fundraiser is right around the corner. We hope you will join us on June 10th at 7 p.m. to enjoy the wonderful sights, sounds and flavors of springtime in the Garden State.

Held at a private, historic estate in the Somerset Hills, the evening will celebrate local, seasonal fare created and served by some of New Jersey's most highly regarded, home-grown chefs.



Corey Heyer, Executive Chef of The Bernard's Inn and Culinary Coordinator of the Farm to Table Supper, has shared a simple, yet flavorful recipe to tickle your taste buds. Please see Corey's recipe for Chilled English Pea Soup on page 8.



Volunteers Needed for Garden State of Mind



We need volunteers for our spring fundraiser, Garden State of Mind!

Please consider volunteering for **Friday night, June 10th or Saturday, June 11th.**

The general duties include: **Friday** – registration, raffle tickets, etc.; **Saturday** – garden docent, greeter at home of host garden, help at pick up/drop-off center at 475 South Street, etc.

Please send your email address and the date you want to volunteer to Anne Fritz at afritz1976@aol.com.

We will send you more information about times and duties.

PRESIDENT'S MESSAGE



HAPPY SPRING!

When creating a power point presentation for our new members, I did some research from *The First 100 Years*, a history of WAMMC written by Sue Bruen. This is an excerpt that stood out for me:

“In the Morristown of 1889 there was no hospital and a woman’s place was definitely in the home. Yet it was a woman who, by the bequest of her home, brought Morristown Memorial Hospital into being. This legacy from Miss Myra M.B. Brookfield became the nucleus of the hospital’s working capital. The motive was given by the initiative of Miss S. Augusta Stone and other women associated with her. With the signing of the charter of incorporation in 1892, the hospital’s modest beginning was in a house on Morris Street (now where Burger King is located!), purchased with the funds consisting largely of the Brookfield bequest.

On March 22, 1893 a women’s organization was created to help the Directors of the hospital raise money and do the practical work of the hospital. Only three days later, the women had created an Advisory Board, written by-laws and encouraged 75 other women to join! On October 17, 1893 the practical work of the hospital began.”

We are now a group of over 620 members.

With the upcoming celebration of the hospital’s 125th it is important for us to remember how we started and that even after all this time and all the natural changes within the organization, we are still true to that core of women who started back in 1893. The fact that we are still an all-volunteer organization with a legacy of “contributing with passion,” in whatever form that may take, is truly amazing and speaks to who we are as a group.

As our mission statement reminds us, we truly are a “dynamic group of women who support MMC in advancing the quality of healthcare in our community.” And, of course, our Vision statement encourages us to “enhance the ability of Morristown Medical Center to promote healthier

communities by providing a volunteer experience that always engages and inspires our members to ‘contribute with passion.’”

WAMMC Accomplishments 2015:

- Annual \$300,000 contribution to the Foundation
- Six scholarships for nurses totaling \$21,000
- Spring fundraiser – The Honey Brunch – made \$41,787 which enabled us to purchase the Affirm Breast Biopsy Machine for the Breast Center
- Calling All Kids – our TV channel – has created a relationship with Scholastic Books and continues to produce new stories for the children in Goryeb
- Contribution of \$5.3 million made us the lead donor to the Foundation’s Campaign 360
- Continued support to Behavioral Health with a donation of \$500,000 to aid their expansion
- Our TWIGS donated over \$15,000
- The Bargain Box Thrift Boutique \$370,000
- The Gift Shop - \$85,000

Moving forward, I would like us to keep these three words in mind: *Engage, Enhance, Embrace*

In order for WAMMC to continue being the premier volunteer organization it is known for, we need to be thinking about how to attract and retain new members. What is it about us or what is it that we do that would make someone new want to join and become engaged?

Certainly our most notable fundraiser – Mansion In May – is a great way to encourage people to join. But we still need to work on engaging our members in a more meaningful way into the organization by growing our committees so that when stalwart members move on we still have a strong nucleus left.

How do we improve or enhance the quality of our volunteer experience? One way is for us to always have the courage and creativity to think outside of the box.

We need to embrace new concepts, ideas and visions for WAMMC while keeping our core values of community, collaboration, fun, excellence and professionalism in mind. There is a way to try something new – like a weekend in June with two separate fundraising events – where we rely on past knowledge while experimenting with new ideas. I am quite sure that members of WAMMC back in the day were experiencing the same kinds of issues as they worked to keep this organization relevant to their time period yet staying true to their beliefs.

So, all in all, WAMMC is in a wonderful place in time as we move forward into the future thinking about how we can *engage, enhance and embrace* new members, new ideas and new visions knowing that we have a solid foundation beneath us to continue to “contribute with passion!”

Mary Courtemanche

WAMMC Annual Meeting Attendees Enjoyed a Delicious Treat Chocolate Tasting -- a Sensory Experience!

"Fine chocolate, like fine perfume, is an experience to appreciate every day. Mind-Body-Chocolate Every Day", says Oliver Kita, Chocolatier and guest speaker at the Women's Association of Morristown Medical Center's Annual Membership Meeting and Brunch on Wednesday, April 20th at The Bernards Inn.

A Paris trained Chocolatier, Oliver presented a pictorial lecture paired with tasting chocolates from Madagascar, Guanaja, Ecuador and the Dominican Republic. Members were taken on a visual global tour of farming, harvesting and the manufacturing processes; and learned about the three main types of cacao pods (Criollo, Trinitario and Forastero).

The best part of Oliver's presentation was a sensory taste experience of five different chocolates from around the world.

Similar to wine tasting, Oliver explained the five taste experiences when placing a piece of chocolate on your tongue: 1) aroma, fragrance and bouquet; 2) initial or top flavor; 3) middle taste; 4) base – intensity of the cocoa favor – light-medium-strong-bold; and lastly, 5) length of the after



taste or the finish – short, medium or long.

Paring creative talent with an expert education, Chocolatier Chef Oliver Kita is a graduate of the Culinary Institute of America in New York's Historic Hudson Valley and received diplomas from L'Ecole Lenotre Paris, L'Ecole du Grand Chocolate Valrhona, Tain L'hermitage, and Academy du Chocolate Barry-Callebaut of Montreal. Oliver was named one of the Top 10 Chocolatiers

in North America for 2015 by Dessert Professional Magazine.

Oliver Kita Chocolates is located in an 1850 firehouse next door to one of the oldest inns in America in Rhinebeck, New York. Oliver describes his retail space as a chocolate studio instead of a factory or shop, because visitors can actually see the creations being made in real time. He designed the studio to look like a chocolate boutique in Europe or Paris. Rhinebeck is the epicurean center of the Hudson Valley and is known for its historical locations, agricultural estates, and farm-to-table restaurants. *"I believe that everyone deserves to taste and appreciate fair trade, organic or vegan chocolates. The American public is becoming more aware of chocolate, and is demanding finer tastes and better chocolate experiences all the time",* say's Chef Oliver. To that end, the membership was able to purchase some of his fine chocolate bars and signature Woodstock Chocolate Buddha.

To learn more about Chef Oliver Kita or to order his delicious chocolates click on www.oliverkita.com

By Sharon L. Sexton



Gifts and Awards presented at the Annual Membership Meeting

Women's Association of MMC 50 and 25 Year Awards

50 Year Member

Kay Lyall

25 Year Members

Donna Buchner	Wendy Carroll
Lucille Fennelly	Jennifer Kaupp
Judith Ann Martorelli	Elizabeth Matthews
Mary Mauriello	Dolores Namar
Elizabeth Smith	Basilia Spiridon

Women's Association of Morristown Medical Center Annual Meeting

2016 Eleanor Award



On right, Mary Courtemanche; President of WAMMC, presents Dannette Merchant with the 2016 Eleanor Award.

This award was 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 to one of its members. It is given to the "Busy Bee" who has distinguished herself in service to the Women's Association and Morristown Medical Center. Fittingly, the recipient's gift is a beautiful gold bee pin given with deep appreciation for dedication and service.

This year's "Busy Bee" award went to a woman who has been an active member of WAMMC since 1993 and joined the Township Twig in 1997. As a Twig member, she chaired Art Works 2005, their geranium sale and many other fundraisers and service projects and was an integral part of decorating ARI for the holidays.

As a WAMMC Board member she chaired the Chapel Flowers, Mailing and Finance Committees. She was involved in seven Mansion in Mays beginning with Knox Hill in 1999 and ending as the Co-Chair of Glynallyn in 2012 which raised \$1.3 million for the Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center.

During her Presidency we had our first Board retreat, she oversaw the creation of our Organizational Chart; refined our goals and helped to rewrite our Policy and Procedure manual; streamlined many WAMMC documents; saw to our storage problems whether they were physically in the shed behind ARI or digitally in the cloud with AHS IS Dept.; was instrumental in getting the WAMMC/Volunteer Wing renovated; encouraged the Board to "go Green" by always using the monitor in the Conference Room or morphing the printed Newsletter into the eVoice and oversaw the donation of \$4.5 million to MMC.

Therefore, for her many years of dedicated service, loyalty and always 'contributing with passion' to WAMMC, this year's "Busy Bee" Award went to Dannette Merchant.

President of MMC, Trish O'Keefe Addresses the WAMMC



Trish O'Keefe presents a Morristown Medical Center overview

There was a lot to celebrate at our Annual Meeting at The Bernards Inn on Wednesday, April 20th! To begin with, Dr. Trish O'Keefe, long time member of WAMMC, had just become the President of Morristown Medical Center! Her first official duty as President was to give a presentation to the Women's Association Annual Meeting about the health and welfare of the hospital.

Dr. O'Keefe presented an overview of the healthcare landscape and introduced the concept of an "Organized System of Care," meaning that wherever in Atlantic Health System a patient receives care, the care will be consistent. Atlantic Medical Group currently has over 900 physicians.

Within a few years, Morristown Medical Center and Overlook Hospital will be branch campuses of Jefferson School of Medicine.

AHS is expanding its footprint from an outpatient perspective. A new medical office building is opening in Rockaway, NJ and will include an urgent care as well as primary care facility.

In the last year The Nancy and Skippy Weinstein Inpatient Hospice and Palliative Care Center, recipient of \$1.3 million raised by Mansion in May 2012, opened and now has a waiting list. The Inpatient Behavioral Health unit expansion will be completed by the end of 2016 and surgical services are also expanding. Morristown Medical Center has been recognized as one of the top 50 hospitals in the United States.

Dr. O'Keefe concluded by stating her and MMC's pride to be a partner with the Women's Association of Morristown Medical Center.

Women's Association of Morristown Medical Center Annual Meeting

Catalyst of the Year Award



Katie Nolle, recognized as Catalyst of the Year

The **Catalyst of the Year** award is given to a member who has been active for *any number of years* for exceptional service on a project or in multiple positions. The winner of this award Co-Chaired the *Honey Brunch*, has been the By-Laws Co-Chair this year, is now Co-Chairing *The Secret Garden Tour*, will be Co-Chairing *Mansion* in May 2017 and has just been elected to the Executive Board. **Katie Nolle** is the *Catalyst of the Year!*

It Was A Bloomin' Good Day!

MMC hosted the Annual Recognition Luncheon for adult volunteers on April 15th at Hamilton Park Hotel in Florham Park during Volunteer Services Week – a nationally recognized event celebrating



volunteers at all non-profits countrywide. Volunteers who had given 100 hours or more in the past year and key hospital administrators attended the luncheon.

The Women's Association donates a basket each year which is given to a well deserving volunteer. Our own Barbara Ruane put together a fabulous basket—'A Bloomin Good Day' which contained everything one would need for a day in the gardens. It included garden gloves, a sunhat, pruning shears, garden clogs, and a padded kneeler to name a few.

This year's recipient was **Karen Marchese** who volunteers in the Carol G. Simon Cancer Center.

Rookie of the Year Award

The **Rookie of the Year** award is for a newly active individual for significant contributions that greatly enhanced the organization's success. This year the award was given to two very deserving women. The first Rookie of the Year award went



to **Gwynne Wade**, Women's Association "Rookie of the Year"

who has single handedly brought our Membership Committee and Membership sign up process into the 21st Century. The second Rookie of the Year award went to **Karen Gold** who is the treasurer of our Gift Shops and did an amazing job working with our new POS system.



Mary Courtemanche; President of WAMMC presents Karen Gold with the "Rookie of the Year" Award



The
eVoice



C. Merry LeBlond
Editor

Debbie Carroll
Design and Layout

Contact us: newsletter@wammc.org

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

Women's Association of Morristown Medical Center Annual Meeting

Leadership Development



Nancy Alfano receives the Leadership Development Award.

Recognition for Leadership Development is presented to individuals or auxiliaries who have committed time and talents to the ongoing development of effective leadership. This year's award went to **Nancy Alfano** and **Tina Mulhare** for their tireless efforts with Long Range Planning, our new Organizational Chart and their desire to see the WAMMC Board operate on a higher more professional level.



Tina Mulhare, receives a hug from WAMMC President, Mary Courtemanche while accepting the Leadership Development Award.

DUES ARE DUE!

It is now easier than ever to pay your Women's Association dues. New member software allows online renewal. Membership terms can be one, two or five years. For the longer terms, dues are at a reduced rate.

Automatic renewal can be elected if payment is by credit card. Each year a notice will be sent out about the charge and your membership will be renewed automatically.

Did you know that WAMMC has a Scholarship Endowment Fund which supports quality nursing at Morristown Medical Center? The Scholarship Endowment Fund is used to award coursework grants to outstanding Morristown Medical Center and Atlantic Rehabilitation Institute employees who are involved in direct patient care. When you choose your membership level, you can choose one that includes a donation to the fund or you can contribute any amount at the bottom of your membership form before you press the submit button.



Additional benefits of the new software are that you can create a logon ID and password. Once you do this, you will not need to re-enter your member information in the future, however, you can log-in at any time to update your member information such as your phone number, address, or email address. You will also have access to a new membership directory. This directory allows members who log in to find other members in their city, zip code or in a specific Twig. A great networking benefit! If for any reason you do not want your information to appear in the directory, you can choose to have your information removed, however one of the benefits of an association is getting to know other women, so everyone is encouraged to remain in the directory. **Please remember this contact information is for WAMMC related purposes only.**

We hope you find the features and benefits of the new software useful! If you have any questions contact **Gwynne Wade, Membership Chair** at membership@wammc.org.

CHAPEL FLOWERS



Did you know that you could honor or memorialize your loved ones by donating flowers for the MMC chapel?

Select a week that you would like your flowers displayed with your personalized dedication and make a donation of \$35. To do so visit the Women's Association website – wammc.org and click on "Donate".

Knitting with Love Twig Donates \$5,000



Back row left to right: Joanne Kelsey, Janet Balbach, Fran Stauber, Grace Sampson and Amy VanDyk. Front row left to right: Jane Donegan, Arline Bernstein, Merry LeBlond; Chair of the Knitting with Love Twig, Dr. Michelle Sirak; Director of Physical Medicine and Rehabilitation, Department of Pediatrics, Morristown Medical Center, Mary Courtemanche, President of the Women's Association, Morristown Medical Center, Valerie Olpp and Rita Schedel.

The Knitting with Love Twig recently donated \$5,000 to the Goryeb Children's Hospital, Department of Pediatrics.

Dr. Michelle Sirak, Director of Physical Medicine and Rehabilitation at Morristown Medical Center, visited the twig meeting on April 12th to thank the group for their support. The donation purchased equipment and a variety of play items that will be used by children with physical injuries. Dr. Sirak explained how those items will enhance the children's rehabilitation. Therapy will be a bit more fun now!

The Twig donated fifty-five hand-knitted and crocheted blankets to the Goryeb Children's Hospital's Child Life Program in April.

Somerset Hills Twig's Fundraiser a Big Success



Somerset Hills Twig Committee, left to right: Elaine Edge; Treasurer, Jeneen Perrella, Michelle DeAngelis, Sheryl Mychalowych; Co-President, Nancy Conner, Michelle McIntyre, Tracy Redling; Co-President, Kimmarie Shafer.

The newly formed Somerset Hills Twig successfully hosted their very first fundraiser for Morristown Medical Center with their "Bourbon & Burgers in the Barn" event on March 12, 2016.

Tranquillity Farm in Chester provided the perfect setting for the well-attended, sold-out party. Redwoods Restaurant served a delicious buffet featuring three varieties of gourmet sliders accompanied by savory sides and salads. Gary's Wine & Marketplace added a unique element to the party by conducting an ongoing tasting of five different bourbons throughout the evening. As a result of the night, over \$10,000 was donated towards the training for the Goryeb Children's Hospital Cardiology Center's team along with funds allotted for travel and lodging for families of the children being treated for cardiac issues at the hospital.



Chatham Twig Brightens the Day!

On a recent gloomy Monday morning, the Chatham Twig brought some much-needed sunshine to Morristown Medical Center. Twig members delivered over 280 snack bags for the Valerie Fund Children's Center,



almost 650 tea bags (along with a beautiful wooden storage box) for the Carol G. Simon Cancer Center Infusion Center, and over 50 packs of colored pencils to the art therapy program at the Carol G. Simon Cancer Center.

Thank you to Twig members for their incredible generosity!

Dr. Suzanne Mone, pediatric cardiologist at Morristown Medical Center and Overlook Hospital, was the guest speaker for the evening. She thanked the Somerset Hills Twig for their support and concluded her remarks by reading a heartfelt poem that addressed the challenges doctors face in treating very sick children.

A good time was had by all and each guest received a stemless wine glass featuring the new Somerset Hills Twig logo.



The 2016 WAMMC Scholarship Fund Annual Awards

For calendar year 2016, The Women's Association of Morristown Medical Center awarded \$26,000 in scholarships to an impressive and inspiring group of 12 scholars from many areas of the hospital. The WAMMC Scholarship mission is to support the development and education goals for those in direct patient care roles demonstrating extraordinary care and service to patients, their peers and colleagues, the community and others as part of Morristown Medical Center. In addition to an exemplary performance rating and notable recommendations from their supporters, each candidate showcased leadership and a continued impact in their roles both internally within their unit and beyond, as well as externally in the broader community. To see such a passion and commitment to excellence demonstrated by them in their professional roles in patient care while focusing on developing and honing their skills, is truly inspirational and an exhibition of the overall MMC vision and mission.

The average patient care tenure at MMC for the scholarship recipients is over 13 years with an impressive range of 5- 29 years of serving others at MMC.



Scholarship recipients from left to right: Front Row: Kelly Giacomaro, Julie Sarinelli, Tonie Serpenti. Back Row: Meg Dietrich; WAMMC Scholarship Co-Chair, Roxanne Sabatini, Amy DeLeonardis, Christine Barter, Nicole Stalter, JoAnn Ritota, Valerie Marr; WAMMC Scholarship Co-Chair.

Not pictured: Kim Belton, Jennifer Peach, Nicole Hunnighan, Martha Gardner.

2016 WAMMC Scholarship Fund Award Recipients:

Christina Barter	MICU/SICU	RN-Clinical Coord
Kim Belton	PICU	RN-Clinical Coord
Amy DeLeonardis	CCU	RN-Clinical Coord Nurse Educator
Martha "Meg" Gardner	Gagnon 3	RN
Kelly Giacomaro	ICU/MICU	Nursing Assistant
Nicole Hunnighan	Pediatrics	RN
Jennifer Peach	Women's Cancer Center	RN
JoAnn Ritota	ED	RN
Roxanne Sabatini	Nurse Education	RN-Nurse Educator
Julie Sarinelli	ED	RN-Clinical Coord
Tonie Serpenti	ED	RN
Nicole Stalter	ED	RN

These professional women are pursuing a variety of degrees in their field: the BSN, Bachelor of Science in Nursing; the MSN, Master of Science in Nursing; the DNP, Doctorate in Nursing Practice; the PHD, Doctorate in Nursing Education; and advanced certification as Nurse Practitioners.

Congratulations to all!

Chilled English Pea Soup

This is an amazingly easy spring soup to make. One of the beauties of the soup is that by using frozen peas it helps cool the soup down quickly. Frozen peas are also harvested at their peak insuring a sweet pea, not a starchy one. The mint enhances the flavors we crave as the days become longer and warmer. The soup can also be garnished with chilled shrimp or lobster or sliced garden radish. Enjoy!

- 1 Medium Onion, Thinly Sliced
- 1 Leek, White Portion Only, Thinly Sliced
- 1 Garlic Clove, Thinly Sliced
- 1 Sprig of Thyme
- 1 Bay Leaf
- 1 TBSP Olive Oil
- 3 Cups Frozen Peas
- 10 Mint Leaves
- 4 TBSP Crème Fraiche, Whipped to Soft Peaks
- 5 Cups Cold Water
- Salt and White Pepper



Procedure:

In an 8 quart stainless steel pot heat the olive oil over medium heat and add the sliced onion, leek, and garlic. Season with a pinch of salt and pepper and sweat the vegetables for 5 minutes. Do not let the vegetables get any color; turn the heat down if they do. Add the thyme sprig, bay leaf, and 5 cups of cold water. Bring the water to a soft boil and simmer for 25 minutes. Strain the liquid through a fine mesh strainer and discard all of the onions. Add 1 ½ cups of the peas, 3 mint leaves, and ½ of the onion stock to a blender and puree until very smooth. Repeat this with 3 more mint leaves and the remaining peas and stock. Pass the puree through a fine mesh strainer and refrigerate immediately. When completely cool adjust the seasoning of the soup with salt and pepper, if necessary. Divide the soup between four chilled soup bowls and garnish with a tbsp of the whipped crème fraiche and the remaining mint leaves.