

checkup

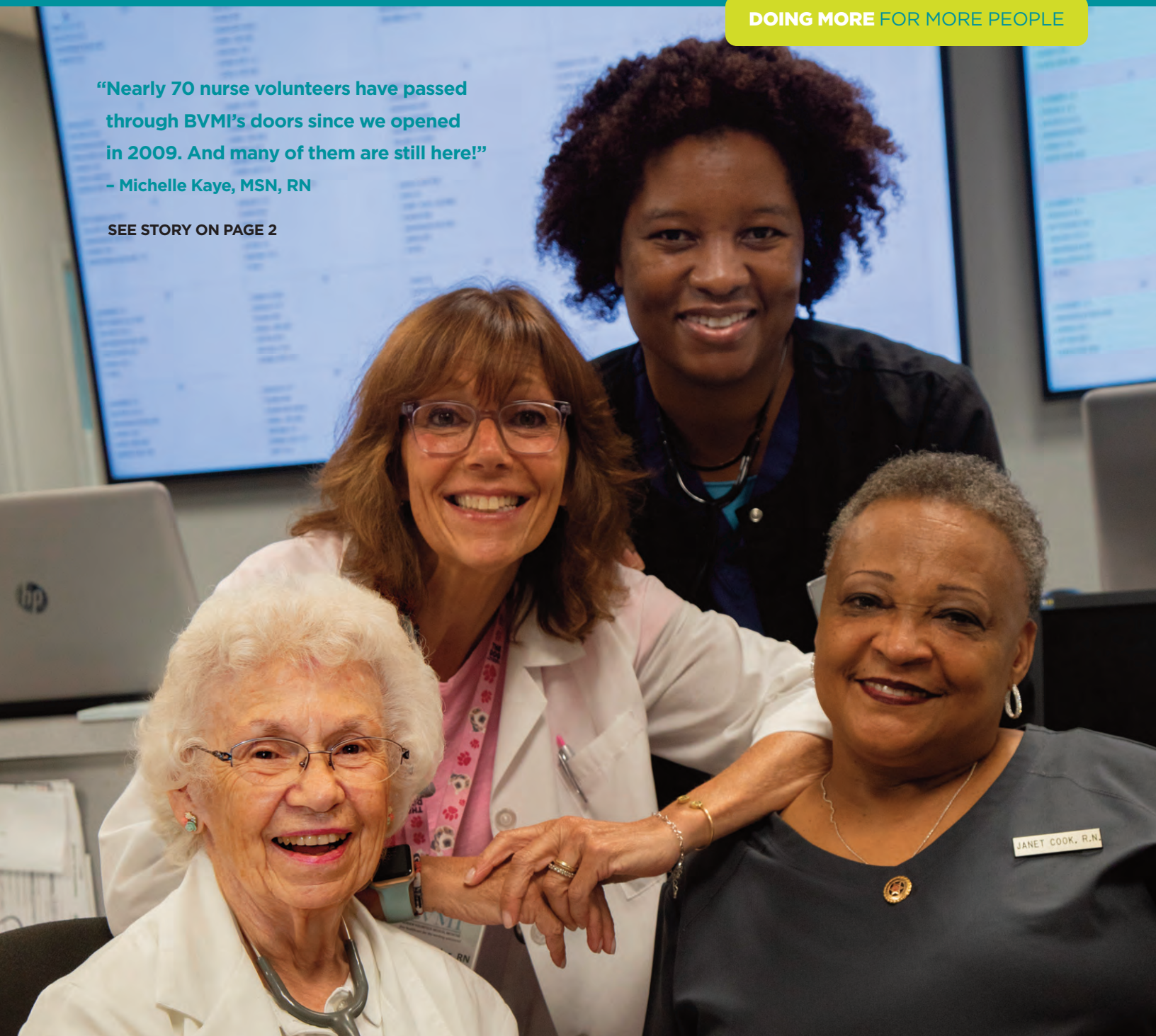
Bergen Volunteer Medical Initiative

DOING MORE FOR MORE PEOPLE

“Nearly 70 nurse volunteers have passed through BVMI’s doors since we opened in 2009. And many of them are still here!”

– Michelle Kaye, MSN, RN

SEE STORY ON PAGE 2



MOREINSIDE

- BVMI NURSES ROCK! YOU CAN, TOO... **PAGE 2**
- PREVENT DIABETES PROGRAM UPDATE... **PAGE 4**
- NEW LEGACY SOCIETY DONORS MIKE AND KATHY AZZARA... **INSERT FRONT**
- THANK YOU TO OUR DONORS... **INSERT BACK**



DEAR FRIEND

It's summer, but you'll never see a "Closed for Vacation" sign at BVMI – because our patients' needs don't take a break. Their numbers are growing, and we're growing with them. Soon we hope to expand our hours so those who find it hard to visit on weekdays can see us on Saturdays.

Our dedicated staff and volunteers do amazing things, and we especially need more nurses. In this issue, you'll meet a few outstanding nurse volunteers. Even with busy lives, each one finds time for BVMI patients. They tell us that the rewards on both sides are pretty great. We even have 17 nurses who have been here for at least five years – about half of BVMI's lifetime! You can also read the latest update on our Prevent Diabetes Program from nurse Gloria Jekic.

Also off and running is our new Dr. Samuel A. Cassell Legacy Society. By joining, you can keep BVMI healthy for years to come. Please note the generous Legacy Society Challenge that's happening right now – for each new planned gift, Mike Armellino and Emily and Rolf Henel will make a \$10,000 gift to BVMI. You will also read about Mike and Kathy Azzara, who have signed on as Legacy Donors.

We'd love to see you at BVMI's 10th Anniversary Gala on Friday, September 13. It's BVMI's only annual fundraising event, and this year we're celebrating at the Edgewood County Club in River Vale. Visit bvmi.org to find out more.

Thank you for every way you make BVMI "happen" all year long!

Amanda Missey, President/CEO
amissey@bvmi.net
201-518-8484



BVMI NURSES ROCK!

"Nearly 70 nurse volunteers have passed through BVMI's doors since we opened in 2009.

And many of them are still here!" Our Nurse Manager Michelle Kaye, MSN, RN, proudly shares this fact with nurses who are thinking of joining this highly respected group of professionals.

Let's meet and applaud a few of them:



Terry Adelgais, MS, RN

"I've spent 50-plus years as an RN, and I won't let my skills go to waste." That's Terry's philosophy, and we are grateful. Her rich background in medical-surgical nursing, critical care, nursing education and drug abuse is a gift she shares with BVMI's patients. Another is genuine caring.

"I met Dr. Sam Cassell while working at Barnert Hospital," she said. "When the hospital closed, I saw an article about BVMI's startup. I signed on with a handful of other nurse volunteers, and things took off from there.

"When you witness the collaboration among nurses, advanced practice nurses and physicians, you know you're somewhere special. To nurses interested in a new experience I would say, 'Challenge yourself and become a part of BVMI. We all have busy lives, but our Nurse Manager is great at scheduling. You don't have to give a lot of time, and every patient's smile will make you glad you do whatever you can.'"

Dianne McDermott, BSN, RN

A sense of déjà vu brought Dianne to BVMI. Years ago, she traveled with Dr. Sam Cassell on his mission to Haiti, offering medical care to people in need. "Back home, once I learned Dr. Cassell was bringing that concept to Bergen County, I wanted to be part of it," she said.

A nurse for 22 years, Dianne works in the Post-Anesthesia Care Unit (PACU) at Hackensack University Medical Center. She also has experience in Open Heart Intensive Care. Having volunteered at BVMI for five months, she says she's still in awe. "Patients here aren't forgotten or just given a Band-Aid," she said. "They're followed and cared about. I leave with a good feeling, so I come back.

"Time challenges are tough for nurses, but we all waste a few hours on other things. At BVMI, you put meaning to those hours. And if you're a parent, it's good for your kids to see you volunteer. It's contagious!"



Here's what some of our patients had to say about BVMI

"Thank you for helping me and providing me with the best care I could possibly imagine. I am very grateful to have such amazing doctors and nurses."

"I have been coming to BVMI since it opened, and I love the kindness from the doctors and nurses especially . . ."



YOU CAN, TOO!



Mary Ann Donohue-Ryan, PhD, RN

"I come from a family of volunteers, so it's in my blood." These are the sentiments of a former candystriper who took things to the next level and well beyond. Mary Ann, a certified psychiatric nurse practitioner, has extensive leadership experience in acute care hospitals, served as president of New Jersey State Nurses Association, is on the editorial board of Nursing Economics, and serves as an executive consultant for hospitals.

"Present day hospitals are fast paced, complex organizations," she reflected. "But at BVMI, the pace is different. It allows us to have clinical, direct care experiences that, for providers, connect us to the very reasons we became involved in healthcare as a career in the first place. Clinical care here follows current, evidence-based standards. Everyone performs at maximum capacity, and the patients are very appreciative. The best people always seem to attract the best people, so it is definitely fun to work alongside everyone who is mission-driven!"

Mary Ann has a family member and a dear friend who also volunteer at BVMI. She would like to add more people she knows to the list. Keeping that in mind, she tells everyone, "I'm on my way to BVMI to volunteer, and you should, too. They're changing lives there."

Aret Varvar, BSN, RN

"When I was growing up, my parents couldn't afford health insurance, so I understand the need for BVMI." Aret decided to volunteer at BVMI nearly three years ago, after a friend in his nursing program told him about us. When he's not at his job as an RN team leader at a dialysis center, he's here. And now he's also a part-time BVMI staff nurse.



"I've always thought about what healthcare should be like, and patients at BVMI get what I imagined. It's a privilege to do this. Everyone goes the extra mile, and that motivates me to be a better version of myself. If I could spend all my time here, I would!"

This fall, Aret begins his studies at Rutgers New Jersey Medical School. "I'll still be close to home," he said. "So I'll probably be reaching out to BVMI for advice. We have a growing relationship, and I hope to come back as a volunteer physician someday!"

Help us spread the word!

BVMI is looking for nurse volunteers to help us deliver vital healthcare services to our hardworking neighbors!

Nurses! ... Join our amazing team!*

- MAKE A DIFFERENCE IN THE LIVES OF BERGEN COUNTY RESIDENTS WHO DO NOT HAVE ACCESS TO AFFORDABLE HEALTHCARE.
- ENRICH YOUR CAREER AND BE REWARDED WITH PATIENT APPRECIATION AND GRATITUDE.
- VOLUNTEER IN A KIND AND CARING ENVIRONMENT, WORKING ALONGSIDE AN AMAZING TEAM OF LIKE-MINDED PRACTITIONERS, SOME WHO HAVE BEEN WITH BVMI FOR CLOSE TO 10 YEARS.
- MINIMUM OF 4-HOUR SHIFTS TWICE PER MONTH. EVENING HOURS TUESDAYS, THURSDAYS AND SATURDAYS (JANUARY 2020) AVAILABLE.
- VACATIONS, WORK, AND TRAVEL ALWAYS ACCOMMODATED.

To apply and for more information go to bvmi.org/medical-volunteers

*Not a Nurse? We also need volunteer endocrinologists, dermatologists, dietitians and Spanish and Korean speakers.

UPDATE: Prevent Diabetes Program



LEFT: Despite the cold and rain, participants in the PDP program crossed the finish line at the Teaneck 5K on May 5, 2019.

“Lifestyle changes are hard, not impossible!” So says Gloria Jekic, RN, who has guided the participants of BVMI’s Prevent Diabetes Program (PDP) over the last several months. This tightly knit, motivated group of six women and one man has now completed 16 class sessions.

“This first cohort learned how to make wiser food choices and control portions,” said Gloria. “They also tried physical activities that are fun and doable, and spent time on ways to manage stress. In the end, it’s not just about how many pounds someone loses. It’s how healthy their eating and exercise habits are likely to be going forward.”

A favorite activity was a guided tour of ShopRite in Hackensack. “The dietitian gave us ideas for stretching food dollars while still eating well and enjoying our cultural foods,” said Gloria. The group has also enjoyed a 5K run, a food demo day with tips on breakfast choices, and visits from a personal trainer and a yoga instructor.

At the six-month mark, everyone prepared a healthy meal for lunch, explaining more about it to each other. And with the arrival of fresh fruits and vegetables from BVMI’s free farmers market, that creativity can continue.

An unexpected bonus has been the success in using WhatsApp as a mutual support network. A private group setup enables participants and their accountability coaches to share photos, exercise videos, nutrition information, and messages of support via cell phone.

To date, participants have reported increased nutritional knowledge that will “stick,” moderate weight loss, and improved sleep. Now, in the second phase of the program, the group is meeting monthly and enjoying a free three-month membership at the Hackensack YMCA.

BVMI is grateful to the Russell Berrie Foundation for funding our PDP. “I’d also like to say thanks to Dr. Landy Gonzalez, my partner in this project,” said Gloria. “We’re already tweaking a few things, using ‘lessons learned’ for our next group!”

YOU ARE INVITED 10TH ANNIVERSARY GALA CELEBRATION

FRIDAY EVENING, SEPTEMBER 13, 2019

COCKTAIL HOUR 6:30–7:30 PM DINNER AND PROGRAM 8 PM

EDGEWOOD COUNTRY CLUB, RIVER VALE

PLEASE RSVP BY AUGUST 30, 2019

bvmi.org/10th-anniversary-gala 201-518-8492
SPONSORSHIPS AVAILABLE

BOARD OF TRUSTEES

Richard Schwabacher, Chair
Quest Diagnostics
Andrea Costa Egan, 1st Vice Chair
Nonprofit ACE
Michael Faust, MD, 2nd Vice Chair
Valley Center for Women’s Health
Ronald J. Saldarini, PhD, Treasurer
Biological Initiatives
Christopher Vanuga, Secretary
Deloitte & Touche

Jill Altana
Dianne Aroh, MS, RN, NEA-BC
Hackensack University
Medical Center
Jordan Goldsmith, Esq.
Cohn Lifland Pearlman
Hermann & Knopf
Len Greer
J&J Health & Wellness Solutions
Terry Hensle, MD

Shannon Lazare
M&T Bank
Amit Limaye, PhD
BD
Jonathan K. Mays, MD, MPH, MBA
Metropolitan Hospital
Zachary Meli
Stryker
Lauren Menkes, LMSW, MPH
Englewood Health

Kristen Silberstein
Holy Name Medical Center
Ana K. Stankovic, MD, PhD, MSPH
Koliada Consulting
Darryl Weiss, MD
Plastic Surgery &
Dermatology Center
Amanda Missey
President/CEO

ADVISORY BOARD

Michael W. Azzara, Chair
Neil Abitabilo
Kathleen M. Burke, PhD, RN
Janet Finke
Kenneth Herman, EdD
Gladys Laden
Gene Marsh
Marilyn Schotz
Clifford Surloff
Bernard M. Weinstein
Joanne Westphal

MISSION

Powered by passionate volunteers, BVMI meets the medical needs of low-income, working, uninsured adults in Bergen County by providing free, comprehensive, patient-centered primary healthcare.



Lynn Diamond Healthcare Center
75 Essex Street, Suite 100 ■ Hackensack, NJ 07601
201-342-2478 ■ bvmi.org

