White Fish Over Lentils

Making this recipe involves a simple two part process: cooking the lentils on the range and cooking the fish over the hot lentils in the oven. The lentils give the fish a heartiness and a richness which is healthy and filling.

INGREDIENTS
- 1 onion chopped
- 1 bell pepper chopped
- 2 cloves of garlic crushed and chopped
- 6 tablespoons extra virgin olive oil
- 1 pound of French lentils, washed and drained
- 6 cups of chicken stock
- 2-2½ pounds white fish (flounder or dover sole work well), cleaned and deboned
- Juice from 1 lemon and another lemon sliced for garnish
- 1 tablespoon of olive oil
- Chopped parsley
- Chopped tomato (optional)
- Additional 1 tablespoon of olive oil

INSTRUCTIONS
1. Preheat oven to 350 degrees.
2. Saute onion, garlic and pepper in olive oil on range top in large sauce pan until translucent.
3. Add stock and lentils to sauce pan.
4. Bring to a boil and then lower flame or burner to simmer.
5. Cook until lentils are softened (not mushy), approximately 20-25 minutes. Lentils will cook a bit more in the oven with the fish.
6. Add salt and pepper to taste to the lentil mixture, stir and drain excess liquid.
7. Spread the hot lentils in a shallow roasting pan and place fish on top.
8. Squeeze lemon over fish. You can add more salt and pepper to the fish. As an additional option, spread diced tomatoes over the fish. Top with sliced lemon, chopped parsley and drizzle lightly with olive oil.
9. Cover with aluminum foil and place into oven.
10. Cook until fish is no longer translucent, but white and firm. Depending on the thickness of the fish, the average time will be about 15-20 minutes.
11. Serve immediately.

Recipe kindly provided by Daphne Kashanian, M.D. of Dining with a Doc (diningwithadoc.com).

It is with much gratitude that we sincerely thank our partner, Heritage House/Sotheby’s for underwriting this publication.

Each Pursuit is a New Beginning...

As the Women’s Heart Fund set out in 2017 to focus on supporting health programs, services and technology for women at Hackensack Meridian Health, I am thrilled to reflect and share that we accomplished our goal in many important ways.

In June, we welcomed more than 230 guests to the Heart of Rock and Roll cocktail reception at the Asbury Hotel in Asbury Park where we raised more than $145,000. During the event, we were glad to welcome Chazz Palminteri of the hit Broadway musical, A Bronx Tale, and his wife, Gianna. Chazz provided an inspiring message of philanthropy when addressing the room, sharing a saying from his father that motivates his generosity to this day, “In this world, there are givers and there are takers. The takers eat better, but the givers sleep better.” I am proud of our dedicated group who believe in the overwhelming benefits of giving.

Most importantly, I am proud that all funds raised in 2017 will be dedicated to supporting the construction of a Center for Survivorship and Wellness Care that will be housed in the new HOPE Tower at Hackensack Meridian Health Jersey Shore University Medical Center. The Center for Survivorship and Wellness Care will be there to help women who are fighting cancer, and dealing with the many challenging side effects of chemotherapy (find out more about the Center for Survivorship and Wellness Care inside).

In 2017 we also had the opportunity to celebrate an initiative supported by the Women’s Heart Fund last year – the continued education of Hackensack Meridian Integrative Health and Medicine health care providers. We were fortunate to be able to send several clinicians to a “Healthy Kitchens, Healthy Lives” conference in California. Today we are blessed to see them use and present their learnings on a regular basis.

As we look forward in 2018, I am thrilled to welcome Heidi Maggs as the new chair of the Women’s Heart Fund, returning after serving as chair from 2009-2011. It is bittersweet to leave this role, but please accept my sincere gratitude for all you have done in support of the Women’s Heart Fund and the many special women in this community. Although I am sad to step down as chair, I am elated to welcome an incredible woman as next chair who will do wonderful things for the Women’s Heart Fund. Heidi, we all wish you great success!

Best wishes to all,

Mollie Giamanco
Former Chair, Women’s Heart Fund
It Could Happen to You...

In 2014, members of the Women’s Heart Fund gathered in the Kurr Atrium of Jersey Shore University Medical Center waiting for fellow board member, Anita Roselle. They were getting ready to tour the hospital’s new CardioVascular Intensive Care Unit (CVICU), including the family waiting room that the group helped to fund. Friends gave Anita 20 minutes and a few phone calls, but had to move forward with the tour without her. Little did everyone know, Anita was in the middle of dealing with her own cardiovascular health incident.

For a few years, Anita was feeling discomfort in her chest, but more often than not, simply drinking some water made the discomfort subside. Like many women do, Anita ignored the signs that something more serious was happening and focused her attention on family and staying active with the many causes she supports. As we commonly see, Anita put everyone else’s needs before her own.

It wasn’t until Anita was out to dinner one night that the pain became severe, and water offered no relief. The next day, when everyone else was touring the CVICU, Anita was finally with her doctor receiving an overdue scan of the heart. The results revealed several blockages and the need for quadruple bypass surgery as soon as possible. “I can’t stress it enough, you have to listen to your body,” explains Anita. “We have such unusual symptoms when there’s a cardiac issue and they are very different from what men experience, we can’t ignore them.”

Ludlum, surgery for Anita went really well, and she recovered wonderfully. “The care at Jersey Shore University Medical Center was exceptional!” she added. “I had surgery on September 14 and by the first week in December I was able to enjoy myself at a local fundraiser – I feel so grateful I was able to heal and don’t have to use an oxygen tank.”

Since Anita’s cardiovascular procedure she made a commitment to take better care of herself and has seen a big difference in her health. Overall, she continues to stand by a mindset she has believed in since she married her husband Joe more than 55 years ago, “always stay positive, give to others, and you will live a happy and healthy life.”

Supporting women’s health at Hackensack Meridian Health

Funded by the Women’s Heart Fund

The Center for Survivorship and Wellness Care will be the Hackensack Meridian Health Cancer Care southern regional hub for survivorship services, located in the new HOPE Tower at Jersey Shore University Medical Center (scheduled to open in Summer 2018). “Survivorship” is defined as beginning at the time of a cancer diagnosis regardless of the course of care and outcome. The services provided within the Center will focus on maintaining wellness, and will be led by an Advanced Practice Nurse (APN) who is oncology certified. The only criteria for participating in the Center is having had a cancer diagnosis and being female. The APN will conduct a complete assessment of the patient, including clinical status and symptom assessment, psychosocial screening, exercise and nutrition status. Based on the outcome of the assessment, the person will be referred for appropriate services.

Services to be offered in the Center are being finalized, and may include:

• Survivorship plan including diagnostic recommendations
• Wigs and bra fittings
• Cardiac assessment
• Basic fitness assessment
• Nutrition counseling
• Financial counseling
• Massage therapy
• Therapeutic touch/Reiki
• Intimate group exercise classes
• Guided imagery
• Art/Music therapy
• Other services to be identified

Growing evidence proves practicing Mindfulness has both physical and emotional benefits. Hackensack Meridian Integrative Health & Medicine provides education on Mindfulness, so members of the Women’s Heart Fund newsletter committee took advantage of an introductory class offered by psychologist, Lisa Sussman, Psy.D.

The hands-on experience forced attendees to look at everyday tasks and activities differently, focusing our attention in new ways. Below are five techniques we learned that you can work into your day immediately, to start experiencing the benefits of shifting your mindset.

USE ALL OF YOUR SENSES

Next time you eat, feel the texture of the food in your mouth or wrapper in your hand (if there is one), take in the smell, concentrate on any noises that occur in the experience, focus all of your attention on what you are eating and nothing else, and slowly taste all the flavors. Turn off “auto pilot” and participate fully in an activity, rather than multi-tasking.

MAKE BREATHING COUNT

Take as little as five minutes a day to focus fully on your breathing, in the breath and out the breath. Acknowledge thoughts that come to mind and then return your focus to your breath.

PRACTICE LIVING WITHOUT JUDGMENT

Focus just on the facts. For example, “I ran three miles today at five mph” vs. “I’m slow and not good at running.” Judgment can cause more intense emotion, and can negatively weigh on you.

TAP INTO TECHNOLOGY

With the gaining popularity of practicing Mindfulness, there are several smartphone applications that can help guide you. Dr. Sussman shared a few of her favorites; Calm, Breathe2Relax and Headspace.

TAKE FIVE

When you feel overwhelmed or caught up in emotion, look around and name five things you see, noticing their characteristics. Next, touch five things around you, paying close attention to textures. Lastly, listen to the noises around you, can you identify five different sounds? This “5-5-5 exercise” will help bring you back to the present moment.

What is Mindfulness?

Focusing your attention in a particular way – on purpose, in the present moment, and non-judgmentally.

Mindfulness provides a healthy coping and self-regulation tool that helps build resilience and manage stress.

Members of the Women’s Heart Fund Newsletter Committee (Patty Micale, left, and chair, Heidi Maggs, 3rd from the right) gathered for a photo with other participants of the Mindfulness class, led by Lisa Sussman, Psy.D. (pictured 3rd from the left).