

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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Fall 2012

Frankenstorm Overtakes Halloween!

by Kristin Wong



Infamously now known as one of the worst storms to ever roll through New Jersey, Hurricane Sandy took its toll on Jersey's power grids, trees, and homes. Numerous towns and streets were flooded and there have also been reports of the bay meeting the ocean. While all of

this was going on, of course, University Hospital, Hackensack, and the East Orange VA were still going strong, admitting and triaging all the patients flocking in from the disaster.

I have never been as proud of being an NJMS medicine resident as I was this week when ALL the residents dug in and came into the hospital in full force—admitting, discharging, and consulting on all the medicine patients that could be managed. Despite the hospital having to go on back-up generators, power outages through

almost 2/3rds of New Jersey, and outside hospital closings with evacuations to Hackensack, our residents truly shined and drove in just to help out. Even our courageous night float teams made it in despite gale force winds outside. You know your program has an amazing work ethic when you have to “turn away” help due to the sheer number of volunteers. We must of course give special thanks to our hospitalists, attendings, and administration for their dedication and assistance amidst the chaos, many of whom stayed over night to ensure coverage the next day.

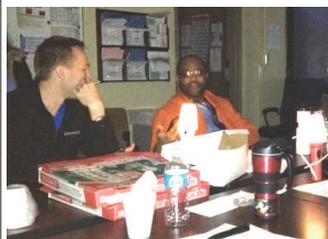


Sadly, this national disaster came during our all hallow's eve “Spook-tacular” party, which had to be cancelled. Dr. Gumby was severely disappointed that he wouldn't have a chance at winning our costume contest, watch Paranormal Activity on our big screen, or eat pizza and popcorn, but alas, we will just have to re-schedule.

In the mean time, as our fair state regains power and functionality, our thoughts and prayers will be with all those who were greatly affected by the storm.

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Epic Order Entry Coming to UH

by Aleksey Tentler

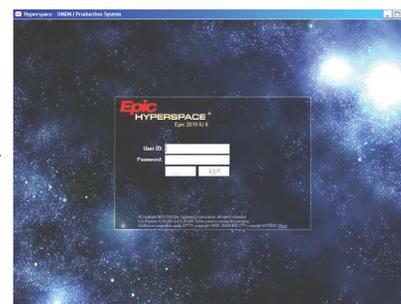
EPIC at UH evolves!

On January 27th, 2013, the long-awaited electronic orders (CPOE) capability will finally come to the inpatient floors of University Hospital. All departments have been working hard to ensure that everyone is trained on the new system, which should greatly decrease the amount of time residents spend searching for charts and blank order sheets. The number of hospitals adopting electronic health records has been

rising, and has increased from 16 to 35% from 2009 to 2011, according to a recent study.

In addition to the electronic orders on the floors, some of our resident quality assessment/improvement groups are collaborating on using the capabilities of Ambulatory EPIC to improve diabetes management, health maintenance, and screening. Using collaboratively-designed “Smart Texts,” residents will be able to pull in screening prompts in the assess-

ment/plan section to lessen the chances of missing any recommended screening. Once CPOE is implemented, all three hospital sites will be 100% electronic for orders. Look for details during an upcoming morning report!



Conference & Research Highlights

Check out your scholarly colleagues and congratulate them on some of their recent abstract and poster presentations! And don't be jealous that they get to go to Vegas, Montreal, Hawaii...all courtesy of the Department of Medicine. I hear the next ID conference is in Kuala Lumpur?...



HFSA Conference, Sep 9-12 Seattle, Washington

Fatima Samad—"Long Term Continuous Milrinone as Destination Therapy in Patients with Advanced Heart Failure."



Chest Conference, Oct 20-25 Atlanta, Georgia

Morium Akthar—"The Disap-

pearing Cardiac Mass: Hiatal Hernia Looking Like a Periventricular Mass."

Miranda Tan—"Association of Fatalistic Beliefs & Insurance Status in Patients with Newly Diagnosed Lung Cancer."



ACG Conference, Oct 19-24 Las Vegas, Nevada

Jose Churrango—"Gastric Bubble: A Rare Case of Acute Gastric Volvulus."

Sejal Gandhi—"A β -HCG Secreting Pancreatic Tumor," & "The Bizarre Tumor: Primary Duodenal Adenocarcinoma."

Neal Patel—"Focal Duodenal

Amyloidosis: A Rare Entity & an Obscure Cause of GI Bleeding."

Margie Tang—"Are Clinicians Following the ACG or ACR Guidelines When Suspecting Acute Pancreatitis?"

Birju Bhatt—"Ramsay Hunt Syndrome in a Liver Transplant Patient on Immunosuppressive Therapy," & "Patient in Acute Liver Failure Having Yeast in the Blood is Not Always a Candida Infection."



IDSA Conference, Oct 17-21 San Diego, California

Jason Zucker—"Utilizing a Single University Hospital's Laboratory Records to Calculate Community Viral Load in a Community without a Comprehensive HIV/AIDS Surveil-

lance System," & "A Decrease in Community Viral Load is Accompanied by Reductions in New HIV Infections in an Inner City Community in Newark, New Jersey," & "The Improved Utility of Sensitive HIV Viral Load Assays as a Predictor of HIV Progression."



Palliative Care Conference, Oct 9-12, Montreal, Canada

Natalie Furka—"The Spiraling Effects of Providing Misinformation in End of Life Decision Making."



AMA Conference, Nov 10-13 Honolulu, Hawaii

Shira Saul—"The Diabetes Manifesto: Diabetes Management in the Outpatient Clinic."

Who's Who Among NJMS Residents - Anthony Kim, MD



Anthony Kim was born and raised in Bergen County, NJ, where he spent the first 17 years of his life. Although early in high school he had no aspirations to go into medicine, Anthony became licensed as an EMT and joined the local ambulance corp, thinking that it would be cool to play with the sirens and possibly look great on his college applications. Little did he know that it would have a profound impact on the rest of his life.

Anthony left NJ to go to Columbia University in NYC. He

majoring in computer science, and after graduating, he started working for Computer Sciences Corporation, a Fortune 500 Company specializing in IT consulting services. Anthony earned numerous awards and promotions for working on multimillion dollar projects in Chicago, Atlanta, and NYC, but he still hadn't found his calling yet.

He changed jobs and moved out to San Francisco to work at a small hedge fund, KL Financial Group. He again excelled and found himself managing a team of 5 traders. After 3 1/2 years, however, it was revealed that the fund was a fraud (à la Bernie Madoff) and the SEC came in to shut it down. Anthony was devastated and took a 6 month sabbatical to figure

out what he wanted to do with his life.

Anthony realized that his prior jobs were only making rich people richer and that he was happiest when he was working as an EMT giving back to society. He became re-licensed as an EMT, got a job at Englewood Hospital as an ER technician, and was accepted into NJMS. And the rest (as they say) is history.

Since Anthony's epiphany, he has traveled to South Africa, Uganda, and Haiti working in



local clinics and hospitals. He is also a Captain in the NJ Army National Guard, and recently spent a month at Fort Sam Houston in San Antonio where he was introduced to combat casualty care, learned basic leadership skills, shot an M16 and M9, and learned other basic combat skills.

Anthony loves the Mets, the Giants, the Devils, has a love/hate relationship with the Knicks, loves fantasy sports, sleep, traveling, and good food.

Anthony is thrilled to be back in NJ. He believes that NJ is the best state in the country (and that NJMS is the best medical school in the state) and is ecstatic that he is able to serve the people of the state in this capacity.

Afternoon Tea with Dr. Kothari



by Ipsit Pandya & Peter Ricketti

On Thursday Sept 27th, a time-honored tradition took place for residents in the NJMS residency program – *Afternoon Tea with Dr. Kothari*. This is an excellent time for residents to come together to receive updates and provide feedback on important events that affect our residency program. Some of the important topics of discussion this past *Afternoon Tea* were the Rutgers-UMDNJ merger, start of recruitment

season, and planning our next social event. Residents were updated on important information and given answers to all of their questions. In addition to open discussions and updates, another favorite part of *Afternoon Tea* is the Bake-Off. The Bake-Off was held at each hospital with two goals in mind; to enjoy homemade treats and to make the residents at the other sites jealous.

VA's Opener
At the VA, Natalie Furka brought a mouth watering brownie batter dip cake, while Shira Saul arrived with a delicious homemade pumpkin and chocolate chip cake. In addition, there was Aleksey

Tentler's aunt's honey cake, Aesha Jobanputra's pound cake, and other party snacks. The residents enjoyed so much of the yummy snacks that they lost the right to counsel their patients on a healthy diet for the rest of the week. While some of the other sites may have falsely claimed victory, it is obvious that the VA residents were the clear winners.



Hack's Rebuttal
To lead things off at Hackensack, our lovely

Chief Resident Anabella Moharita, made scrumptious chocolate chip and oatmeal raisin cookies. Next, Hailey Choi made a riveting apple tart and also pulled off a double fudge chocolate cake with some vanilla

ice cream on the side. Kathleen Carstens made luscious chocolate and vanilla cupcakes. Finally, Peter Ricketti brought in some of the best cannolis ever made. With the variety of baked goods that were made, Peter feels that it doesn't take a doctorate degree to see that Hackensack won the Bake-Off hands down.

So there you have it folks, the victory goes to all residents who had a wonderful and informative afternoon during *Afternoon Tea with Dr. Kothari!*



Who's Who Among Medicine Attendings - Ana Natale-Pereira, MD



by Jose Churrango
Sometimes you wonder... "What can't she do?"
From rounding

with her team and seeing patients in the clinic, to directing the newly established HOPE center and serving as Division Director of General Internal Medicine, be ready to have a "power walk" meeting when you see her. (Oh, and did I forget to mention that she also has 4 children including triplets!?)

What drives the indefatigable Dr. Natale-Pereira is her commitment to New Jersey Medical School and the community she serves. Through diligence and hard work she has achieved much success throughout her life.

She was born in Uruguay (*yoor-uh-gwe*) and immigrated to the US at age 13. She was the first in her family to obtain a college

degree. She graduated from NJMS (the best medical school in the nation! Of course, I may be



biased) in 1996. Dr. Natale-Pereira then completed her Internal Medicine residency and Chief Residency at NJMS before joining the faculty. She is actively involved in grant-funded research and in programs that are geared towards improving the care of the underserved. Through her mentorship, she has greatly impacted the training of medi-

cal students to residents to junior faculty. But if you ask her why she still walks the same wards that she walked as a medical student and resident, she will tell you that she is here to care for those whose voice is often not heard and those who need a champion. Dr. Natale-Pereira is that champion, not only to her patients, but to her students, residents, and colleagues.



A “Day Off” in the Life of a Resident

The Great Outdoors

If action and adventure is what you crave, come “hang” with these talented ladies!

To your right, you’ll see Monika Holbein climbing up a mountain in “The Gunks” just located in upstate NY. And below, you’ll find Lauren Blackwell, a new comer to the rock climbing sport, but has a learning curve that’s well...vertical.



You can also find other residents hiking in Bear Mountain State Park with gorgeous views of the 7 lakes and hopefully a near future camping excursion...



But if mountains aren’t your thing, maybe the Jersey Shore is. Only a 1-2 hour drive away from Newark, the Jersey beaches and boardwalks offer an exceptionally “fun-in-the-sun” experience, equipped with occasional glimpses of Snookie & NJMS residents.



Night Life



From eating at an endless array of Zagat rated restaurants to seeing Slash play with Miles Kennedy just 30 feet away, residents have been filling their free nights with a multitude of activities in and around NJ.

The above party crew went out to celebrate Liz Vassallo’s birthday at Surf City in Jersey City—one of the new “on the water” indoor/outdoor bars next to the popular, resident attended bier garden “Zeppelin Hall.”



Or head the other direction to South Orange to get a delectable and exquisitely prepared dinner at “Above”—an eclectic restaurant with some unique twists on sushi and martinis.



There are tons of Broadway shows or concert arenas that you can go see, but one of Kristin Wong’s favorites is the Wellmont Theater in Montclair, NJ—small & classic, this theater gets you close to the action.

Weddings

While Kristin Wong didn’t think she could actually pull a wedding together during residency, she did—with a little help from her sister, the wedding planner, of course.

But she’s not the only one on the love boat. Many of our fellow residents have tied the knot, gotten hitched, bought the cow—yes, these are real phrases—in the midst of residency.



While it takes a lot of planning, balancing, and creativity, nothing seems to stop them from walking down that infamous aisle, like our future chief, Trent Wang, pictured above.



In fact, several of our colleagues have planned weddings overseas as well, including Aesha Jobanputra (on the left), who will be saying her vows in India, and Sean Bednarz, who is currently planning his nuptials in Nova Scotia.

Let’s not forget to congratulate Scott Dinneen (on the right) on his recent nuptials, one day after taking his ITEs—what a trooper! And Jasneet Gandehok, who will soon be getting married in high style.



Hobbies

Residents have also chosen to fill their free time with various types of hobbies and other relaxing activities, such as painting, as demonstrated by a masterpiece done by Kavita Gupta, located to the right.



Residents have been seen playing in local sports leagues, practicing their musical talents, or cooking, like Arpita Gandhi below, showing off her vegetarian dumplings. And can you believe she’s post-call?

Whatever the activity or hobby, you can bet one of our residents does it, has done it, or would like to do it. We’re proud of the fact that they can balance having a great deal of fun, work hard, and have fun while working. They are truly able to emulate the “work hard, play hard,” motto and have created a great family-like atmosphere while doing it.



New Jersey Sports!

Medwings by Christine Orlowicz

Now in their fifth season of play, the Medwings, NJMS's ice hockey team, has grown rapidly from humble beginnings. Initially founded by two NJMS medical students and including graduate students, dental students, faculty and housestaff, the team began its first season of play at the Prudential Center's practice rink. The first few seasons were a bit rough as the Medwings were a bit overmatched by their competition, but the team soon improved and started winning more consistently. The hockey team grew to be so popular that it was eventually expanded to form two teams, an upper and lower division, and moved to Floyd Hall Arena in Montclair



where they had an expanded number of divisions so the teams could be evenly matched up. Some names of former Medwings players that the medicine housestaff may recognize include Rob Bierwirth, GI fellow; Mike Esrick, Med/Peds resident; and Christine Orlowicz, medical student/medicine resident. Dr. Arrigo of the hepatology department still plays with the Medwings (as a top defenseman) when he is able to take time out of his busy schedule. The Medwings are always looking for more fans—you can find the group on facebook or come out to Montclair to watch a game!

NJMS Pick-up B-ball by Manan Pandya

"All work and no play, makes Jack a dull boy." At NJMS, we believe in this old proverb, and therefore, every Wednesday at University Hospital on the courts by the cafeteria, you may run into some residents or fellows walking around dressed in gym shorts and a T-shirt getting ready for a competitive game of basketball.

You may not see big names like LeBron James or Kobe Bryant on our basketball court, but you will definitely see some of your fellow residents grinding it out on the floor with a flavor of street ball. It's a great way for resi-

dents to get away from the daily routine of hospital work, and provides an excellent source of cardiovascular conditioning. Although most of the participating residents and fellows are from the Department of Medicine, we have had many radiology, surgery and neurology residents show up for the basketball event each Wednesday. It's a good way for interaction between residents of different specialties, which help foster improved relations in the hospital environment.

We encourage all residents irrespective of your skill level to come join us every Wednesday for a fun game of pickup basketball.

Rutgers Football by Trent Wang

R

Rutgers Football had a great beginning, elevating expectations to the extreme.

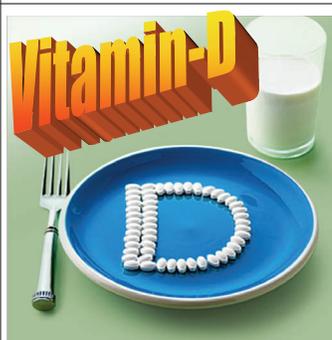
Through the first seven games of the season, the only BCS football program in the State of NJ attained a flawless 7-0 record and a national ranking of #15. Equipped with a stout defense led by future NFL-er Khaseem Greene, a solid running game with a talented sophomore running back Jawan Ramison, and mistake free football coached by Kyle Flood, RU Football was looking like the next national champion. However, their chances for an undefeated year were dashed after a disappointing loss to Kent State.

This was the first 7-0 start since 2006 which was when Rutgers brought itself back onto the college football map after 2 long decades of anonymity. After 10 seasons of hard program building by Greg Schiano, first year Head Coach Kyle Flood has the horses (players) as well as the generals (assistant coaches) to produce results on the field. With recent expansion of the High Point Solutions Stadium in Piscataway as well as increased national and local attention, the football program at Rutgers will hopefully continue to develop into a consistent national power.

Despite the upset, Rutgers still has a chance at their first conference championship, provided that they win their

remaining Big East games. While maybe not as exciting as having a national championship, Rutgers still has exceptional potential to be a threat to any other team.

Cheer for Rutgers and support our State University! After all, it is only a matter of time before we officially adopt this team into our family!



Listen up sports fans! This just in, numerous studies on Olympic athletes indicate physical and athletic performance is seasonal; it peaks when 25-hydroxy-vitamin D [25(OH)D] levels peak during summertime when UV light exposure is at its highest. 25(OH)D is not just important for bone health, but it's vital in allowing body cells to utilize calcium, muscle fibers to develop and grow normally, and the immune system to function properly. Recommendations recently published by The Endocrine Society support active screening of 25(OH)D in those considered to be at higher risk for deficiency, including elderly patients, obese people, pregnant women, and people with pigmented skin, such as Blacks and Hispanics, and to replace Vit D if levels are less than 30ng/ml. (Courtesy of your friendly QA/QI team.)



2012 Procedure Night

by Anabella Moharita



Tables and mannequins were set, fake blood was running down IV lines, and Chiefs and senior residents were excited to teach the intern class all about the different procedures they are going to perform over their next 3 years of residency. The procedures included NG tube placement,

internal jugular and subclavian central line, lumbar puncture, paracentesis, peripheral IV access and prostate exam.

Some of the comments I got from a group of interns when I asked what they thought of procedure night were; "It was fun!", "After procedure night I was able to perform a paracentesis without any difficulty", "I felt more comfortable when doing my first procedure, I knew the landmarks and what supplies I needed", "Chiefs and



senior residents shared with us their secrets and tips in the different procedures", and lastly, "My favorite station was the central line placement." (Go Alex & Fatima!)

Not only was procedure night a success, it was also the beginning of opportunities to practice and become more familiar with

multiple procedures. The VA hospital will soon open a simulation center that will provide the same modules plus ultrasound guided central line placement, a sample code cart supply and our multi-tasking human size mannequin. "Sim Man" will enable residents to learn how to run a code blue, place IVs, listen to abnormal lung and heart sounds, place a chest tube, place foleys in interchangeable genitalia, and even perform a cricothyrotomy.



Furka Flay

Cookie Dough Frozen Yogurt



Ingredients

- ½ cups Unsalted Butter, Softened
- ½ cups Packed Dark Brown Sugar
- ¼ cups Granulated Sugar
- 2 teaspoons Vanilla Extract
- 1 cup All-purpose Flour
- ¼ teaspoons Baking Soda
- ¼ teaspoons Salt
- ¾ cups Mini Chocolate Chips Or Chunks
- 1 cup Vanilla Yogurt

Preparation Instructions

- In a mixing bowl of a stand

mixer, beat the butter and both sugars together until light and fluffy. Add vanilla and beat until combined.
 - In a small mixing bowl, whisk together the flour, soda and salt. Add the chocolate chips or chunks and stir.
 - Add the flour and chocolate mixture to butter mixture and fold in gently. Add yogurt and stir again.
 - Place in a container and cover with lid. Freeze until set, preferably overnight.
 - Makes about 2 cups.

In-House Connections

Look out for these NJMS med school & residency graduates—your former colleagues, now your lovable bosses.



Dorothy Castro, MD
Former NJMS Resident, now Hospitalist Attending



Susana Tapia, MD
Former NJMS Resident, now Hospitalist Attending



David Cennimo, MD
Former Med-Peds Resident, Med Chief, and ID Fellow, now ID Attending



Sender Slawomir, MD
Former NJMS Resident, and Med Chief, now VA Attending



Emily Gordon, MD
Former NJMS Grad, now Ambulatory Attending



Lizza Bojito, MD
Former Hep Fellow, now Hepatology Attending

Techno-Medicology

by Aleksey Tentler



We use Excel for many things including analyzing data for QI projects – it is a very powerful program and can do a lot of analysis if you know how to tell it to do what you want.

Count particular entries in a row/column: Say you have a row with different diagnoses in each cell and you want to count how many times the diagnosis of CHF appears. Put a cursor into an empty cell, write “=countif(” and select the cells you want Excel to look at, put in a comma, and then put the word you’re looking for in quotes and close the parentheses – e.g. =countif(A3:A10,“chF”). After you press enter, you’ll see a count of how many cells with CHF you have. If some cells say systolic CHF and some diastolic CHF, and you want to count both, just put an asterisk before CHF—e.g. =countif (A3:A10,“*chF”). That’ll count any cell that has text ending with “CHF.”

This is just the tip of the iceberg for what Excel is capable of, so if you have anything specific you’d like it to do, please feel free to come see or email me and we can talk about it.

Deep Thoughts



I wonder...if stool transplants work for patients with recurrent C. Diff, can cerumen transplants work for patients with recurrent otitis media?

I saw on my patient’s chart “DNR/DNI/DNT.” I asked what DNT meant; he said “Do Not Tickle.” I said, “Why would you put that?” He said, “It’s because I almost died laughing.”

Got in trouble today for using non-approved medical abbreviations. I guess “has GI bleeding, OMG!” is frowned upon in a medical record. Whatever, next time I’ll spell out “gastrointestinal.”

Celebrity Sightings



Natalie Furka and friends recently “bumped” into Steve Kazee, Tony Award winning actor in the Broadway show “Once.” This show also received the a Tony for “Best Musical.” Located at the Jacob’s Theater, you can “stalk” the actors after the show and apparently on Twitter—just ask Natalie’s sister.

Adam Raskin sighted Seann William Scott at Diablo Royale. Famous for its tacos and tequilas, this restaurant is located at 189 W. 10th St in the West Village. If you can’t make it to the West Village, the restaurant has delivery and an online ordering system, but you might miss your chance at spotting a celebrity. And I’m pretty sure they don’t serve warm apple pie either.



Gerard Butler was spotted by—you guessed it—Adam Raskin in the West Village. Adam seems very fond of that area...and you would be too if you got to see hunky, Gerard Butler at the corner of 19th St & 8th Ave. hailing a cab. This ex-lawyer has also been seen at the Lucky Strike & Artichoke Basille’s Pizza.

Travel & Leisure

by Sean Bednarz



Often described as “The Pearl of the Adriatic”, Dubrovnik is a picturesque medieval town tucked away in southern Croatia. It is filled with cobblestoned streets, meandering alleys, baroque buildings and marble squares which are all huddled within massive 13th century city walls. While there, don’t forget to dip your toes into the clear blue waters of Adriatic sea, enjoy secluded pebble beaches, and take part in café culture, which features local wine and cuisine.

Moreover, for those who prefer more active leisure, Dubrovnik provides superb sailing conditions that allow for further discovery of the hilly coastline. If interested, come talk to me for more useful travel tips.



RCQ brought to you by :

Chief Residents—Umair Ahmad, Jose Churrango, Natalie Furka, Anabelle Moharita, Aleksey Tentler, Madiha Tufail, Kristin Wong

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com



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Distinguished House Staff Awards

July: Ziyaad Al-Khateeb
Margaret Duffy
Abdullah Khan
Dina Khateeb
Theodore Markou
Richard May
Malgorzata Mysliwicz
Sean Sullivan

August: Hector Aguilar
Michael Cho
Nahal Mansoorizangir
Sajid Mirza
Christine Orlowicz
Priya Umapathi

September: Margaret Aldrich
Vinnidy Dave
Lenny Genovese
Aasha Jobanputra
Pavan Patel
Roopa Roy
Jason Zucker

The Best Resident Pick-up Lines

How to pick-up a girl if you're a Cardiologist.
- courtesy of Tariq Niazi



- 1) "You know I'm the right one for you because I know the best way to a girl's heart...
...through the groin."
- 2) "I specialize in taking care of hearts...
...inside and outside of work."

Get to Know The Chiefs

Matching Game

For each correct match you get 1 point. At the end of the year, the person with the most points wins a prize!
(Answers may be used more than once)

Favorite Candy

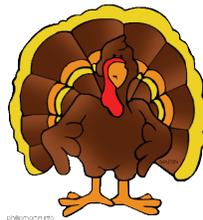
- | | |
|---------------------------|----------------------|
| 1. Sour Watermelon Slices | A. Umair Ahmad |
| 2. Dark Chocolate Bar | B. Jose Churrango |
| 3. Sour Patch Straws | C. Natalie Furka |
| 4. Rice Crispy Treats | D. Anabella Moharita |
| 5. Dark Chocolate M&Ms | E. Aleksey Tentler |
| 6. Twix | F. Madiha Tufail |
| 7. Turkish Delight | G. Kristin Wong |
| 8. Ferrero Roche | |

Favorite TV Show

- | | |
|-----------------------------------|----------------------|
| 1. Walking Dead | A. Umair Ahmad |
| 2. How I Met Your Mother | B. Jose Churrango |
| 3. The Daily Show | C. Natalie Furka |
| 4. Colbert Report | D. Anabella Moharita |
| 5. The Big Bang Theory | E. Aleksey Tentler |
| 6. Rome | F. Madiha Tufail |
| 7. So You Think You Can Dance | G. Kristin Wong |
| 8. The Tonight Show with Jay Leno | |

Submit answers to the Chief's office with your name by Dec 1.
Answers to come at the end of the year...

Important Dates



- November 13, 2012—Happy Diwali!
- November 22, 2012—Happy Thanksgiving!
- December 8-16, 2012—Happy Hanakkuh!
- December 24, 2012—Christmas Eve

December 25, 2012—Merry Christmas!



December 31, 2012—New Year's Eve

January 1, 2013
New Year's Day!



Questions? Need to talk? Call us!



UH Chiefs
973-972-5584 or 6054
HUMC Chiefs
201-996-2591 or 2592
VA Chiefs
973-676-1000 x1873,
1874, or 2803