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HELLO DONALD!

ONE: JANUARY V 2023

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Dr. Donald McCain on Waking Up & Saving Lives Every Day

Receiving a cancer diagnosis can be exceedingly difficult. There are a lot of questions and a wide range of emotions when patients learn they have cancer. It's a lot to navigate. Selecting an oncologist is one of the most important decisions a patient will ever make.

More than 2,000 patients turned to Dr. Donald A. McCain for their cancer care. Dr. McCain is the chief of Surgical Oncology and vice chair of the John Theurer Cancer Center at Hackensack University Medical Center.

Dr. McCain has an extensive background. He has the largest single practice performance of sentinel lymph biopsies and dissections. He is a board-certified surgical oncologist whose major interests are melanoma, gastric cancer, colorectal cancer, hepatobiliary cancer, sarcomas and micrometastasis. He holds an academic appointment at Rutgers Medical School. Prior to coming to Hackensack University Medical Center, he completed his surgical oncology fellowship at Memorial Sloan-Kettering Cancer Center.

He holds memberships in several key national and regional professional organizations. His work has been published extensively and he has been recognized throughout his career for research excellence.

In 2001, Dr. McCain joined Hackensack University Medical Center. "Coming out of Memorial Sloan-Kettering, it was important to me to be part of the most premiere hospital. Hackensack has the highest-level of care offered and excellent colleagues to work with in different fields. It is certainly where you want to be. Having a teaching residency program is very important," said Dr. McCain. "I enjoy being able to teach the next generation of surgical residents."

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Black History Month 2023: Black Resistance

Presented by the HMH Diversity, Equity & Inclusion Department



During the month of February, Hackensack Meridian *Health* will celebrate African American (Black) History Month. This year's national theme is "*Black Resistance*." This theme takes a look at how African Americans have fought repression from America's earliest days. From escaping the plantation, to the rise out of poverty, the struggle for equal housing and education to the struggle for voting rights, the resistance lives on even into the 21st century.

African American (Black) History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

[Click here](#) to view African American (Black) History Month - Week One presentation, which shares historical perspective on Black resistance, explores African American population changes in 2022, presents a playback link to the HMH 2023 Dr. Martin Luther King, Jr. event, outlines Black History Month resources, and shines a spotlight on the following team members:

- LaToya R. Thomas, MSN, CNL, RN-BC
- Reverend Ray Lewis, Jr., D.Min., M.Div., BA, BCCC
- William "Will" Carroll, PharmD, BCPS

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Black History Month 2023

Special Message from Avonia Richardson-Miller, EdD, MA, BS, SVP, Diversity, Equity & Inclusion and Chief Diversity Officer

This year's national theme for African American / Black History Month is **Black Resistance**. On first reading, one may find that theme intimidating; I find it inspiring. When we look at American history and the story of African Americans since they were brought involuntarily to these shores, resistance to being oppressed is a constant theme. More importantly, we see African Americans on the front lines of all fights for justice in America, as far back as the Revolutionary War. Black Resistance comes from the universal human longing for freedom from tyranny and fear. This type of resistance has no color: whether speaking about the French Revolution or the Allied forces fighting Hitler and German oppression. In America, Black Resistance shows up in heroic stories like those of Dr. Martin Luther King Jr., Harriett Tubman and Frederick Douglas. It has also been ever present in stories where countless unnamed Black slaves employed many small acts of resistance, sometimes invisible to their oppressor. As Dr. Maya Angelou wrote in her book "I Know Why The Caged Bird Sings" the human spirit that is caged must try to fly.



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Introducing StandOut at HMH

We are excited to bring ADP's StandOut to HMH! We have been on a mission to find an engagement tool that creates connections within our teams and organization, drives actions that make a difference and is easy to use, and StandOut will help us do just that.

StandOut
Powered by 

StandOut is a research-based tool that will enable HMH to create a workplace where team members fall in love with the work they do, stay in love every day and share their love for HMH with everyone they know. StandOut will help you discover and leverage your strengths at work. It will also help leaders and team members better connect on a regular basis.

Want to know how you StandOut? [Click here](#) to watch our StandOut story and learn more. You can also [take the StandOut Assessment now](#) to unlock the keys to your strengths.

Our Culture Circles will be bringing the gift of StandOut to team members across the network on February 14. Check with your local Culture Circles and Pulse for details about events near you!

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MyHMH on the Go

New MyHMH Mobile App Now Available!

The MyHMH mobile app is here! Many of the resources available to you on MyHMH will be available in the palm of your hand while you're on the go.



The **MyHMH Mobile App** is available to all our team members and offers you the opportunity to:

- View PTO balance and paycheck information
- Receive HMH network notifications
- View top team member news on MyHMH
- Access important policies
- Submit tickets to **MySupport**
- Access **Wambi** to celebrate and recognize team members

The MyHMH mobile app can be accessed by team members via **personal or HMH-issued mobile phones**. [Download it today!](#) [Click here](#) for more information on how to download and log in to the MyHMH Mobile App.

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Heart Month 2023 is HERE!

Hackensack Meridian *Health* is celebrating Heart Month! In addition to these activities taking place across the network, please keep reading Pulse for local initiatives.



Wear Red on Friday, February 3

Join others across the nation and wear red on February 3 to show your support for heart health. We want to see your photos and hear about your inspiration. [Click here to access a Google Form](#) where you can submit photos of you and colleagues wearing red. Photos may be used on our social media channels!

(Note: You can access the link from email on your phone and attach a photo; or if accessing the form from your work computer, you'll need to email yourself the photo from your phone, save it, and then attach it to the Google Form.)

Learn More About The Gift Of StandOut on Valentine's Day!

We are so excited to debut StandOut -- a new engagement platform selected by our team members and leaders. Your Culture Champions and Culture Circles are planning really engaging events, designed to help you:

- Find Out and Share What Makes You StandOut
- Share Some Love With Your StandOut
- Share How You StandOut

Keep reading your local Pulse newsletter for details about the event!

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SOMC's Kevin Jester: Don't Be Afraid of Calcium Scans

[Adapted from HealthU - Heart Month 2023](#)

When team members were being recruited to test the new cardiac calcium scan procedure at Southern Ocean Medical Center, Kevin Jester, imaging manager, signed up, not because he had any worries about his heart health—he was just doing his part to make sure everything was working as it should before the hospital started offering it to patients. “It’s one thing to go through a simulation,” Kevin says. “But it’s also very helpful to have a living patient to practice on.”



The imaging procedure (called a CT Calcium Scoring scan) is a CT or CAT scan, is painless and noninvasive, and takes only 10 minutes. An electron beam detects and measures the amount of calcium in the heart's arteries. The more calcium that is present, the greater the likelihood of developing heart disease or having a heart attack or stroke.

When Kevin finished the scan and walked into the control room to chat with his colleagues, he knew something was up. "Everyone was kind of looking at me like I had three eyeballs," he says.

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PAST DUE: Annual Basic Regulatory Training

The deadline to complete your 2022 annual basis regulatory training was **JANUARY 31**. Don't wait! Please access the HMH Learning Management System, MySuccess Learning to complete your annual mandatory education. Get compliant and complete your regulatory training modules!

To access MySuccess Learning: All team members, whether they are working on the network or remotely, must first connect via [Citrix](#). You will need [DUO](#) to access MySuccess Learning remotely. In Citrix, click on the MySuccess Learning icon.



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February Google Update

In this month's [Google Update](#) learn:

- **Top Tip:** How to automatically delete old emails in Gmail.
- How to use dropdown chips in Sheets, which are a custom formatting feature that enables you to easily indicate statuses or various project milestones outlined in your Sheet.
- How to type and edit by speaking in Google Docs or in Google Slides speaker notes and present slides with automatic captions to display a speaker's words in real time.
- About live virtual orientation sessions. New Chrome device users are encouraged this session, which will review syncing your device, working with applications, keyboard shortcuts and more.



Looking for more? Click the [What's New for Google?](#) link under Managed Bookmarks.

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Community College Opportunity Grant

The Community College Opportunity Grant makes it possible to earn an Associate degree without accruing debt. Available to eligible New Jersey residents, the program covers tuition costs and fees, allowing you to achieve a debt-free college degree, expand your opportunities, learn new skills and increase your earning potential. [Click here](#) to learn more (for information in Spanish, [click here](#)).

Questions? Check out this [FAQ](#). If you are interested in attending community college and utilizing CCOG awards, please complete [this intake form](#) to be contacted regarding next steps.

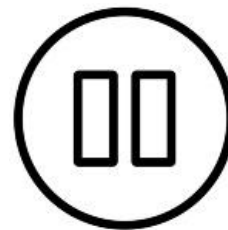


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10-minute Epic Pause scheduled for 9:30 p.m. Thursday, February 2

There will be a 10-minute Epic Pause from 9:30 to 9:40 p.m. Thursday, February 2, to install Epic updates. For more details, click [here](#).

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