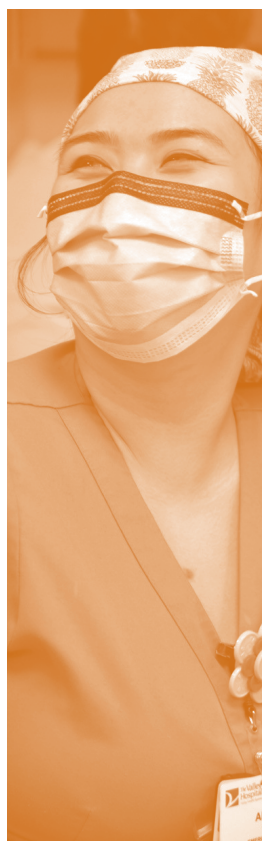
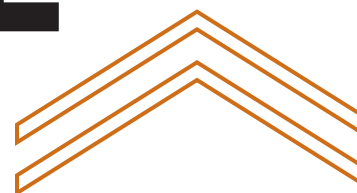


STEPPING UP TO THE CHALLENGE



2020
Philanthropy
Report





Dear Friends,

As we broke ground on The Valley Hospital in Paramus in November 2019, we felt excitement and anticipation for the change coming to healthcare in our region. We could not have imagined that only a few months later, in the early months of 2020, we would be facing unforeseen and unique challenges brought on by the COVID-19 pandemic.

During this time of uncertainty, we witnessed the best of Valley. Doctors, nurses, and staff from every department exhibited remarkable courage and strength, continuing to dedicate themselves to the care of our patients, their families, and each other. Our fight against COVID-19 has only reinforced the need for a state-of-the-art medical facility in Northern New Jersey. Fortunately, construction continued on-schedule at the site of The Valley Hospital in Paramus, with the hospital's steel framework "topped out" on December 8th. Once completed in 2023, our new hospital will provide a modern, easily accessible health and wellness campus for our area.

Despite the difficulties we faced in 2020, we once again garnered national recognition and accolades. Our specialized programs, distinctive technologies, and partnerships with the Mount Sinai Health System in cancer care and Cleveland Clinic's Heart, Vascular & Thoracic Institute remain strong. For the third consecutive year, The Valley Hospital has been named among the World's Best Hospitals by *Newsweek*, listed among the top 2,000 hospitals across 25 countries and the 3rd highest in New Jersey. Valley was also the first healthcare organization in New Jersey to be accredited by the Association for the Accreditation of Human Research Protection Programs, placing the hospital among the most respected research institutions in the world. These accomplishments are a testament to the excellent care and innovative work of our Valley staff.

As a not-for-profit hospital, our future depends on the strong commitment of our donors. Your generosity was crucial in our response to the COVID-19 crisis, and your participation is a key component to writing Valley's next chapter.

Thank you for your support.

Sincerely,

Audrey Meyers

Audrey Meyers
President and Chief Executive Officer
Valley Health System



Dear Friends,

2020 was a year like no other. As we faced COVID-19, the worst public health emergency in more than 100 years, we were reminded of how our Valley community is so important. While our doctors, nurses, staff, and administration served and supported the frontlines, many individuals and groups came together across the region with acts of kindness to help neighbors, local businesses, and Valley. As I reflect on this challenging year, what stands out is how we have shown time and time again that we are best when we work together, even when apart.

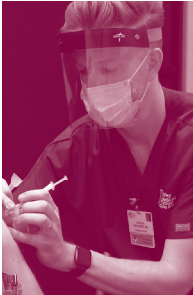
Even in these unprecedented times, philanthropic gifts inspired hope and made an impact. Donations to the Foundation helped Valley to invest in infrastructure and move strategic priorities forward, allowing us to mark milestones in the construction of The Valley Hospital in Paramus while raising over \$1.2 million for our COVID-19 Relief Fund. Our donors provided the support needed to help Valley address urgent and emerging issues with flexibility and without delay.

The pages of this Donor Report showcase how philanthropy made a difference at The Valley Hospital in 2020. I hope you find inspiration in all that we were able to achieve in this extraordinary year.

Sincerely,

David J. Bohan

David J. Bohan
Vice President and Chief Development Officer
The Valley Hospital Foundation



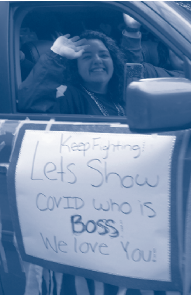
Number of Employees: 5,553

Valley Health System: 381
The Valley Hospital: 3,601
Valley Home Care: 402
Valley Medical Group: 1,169



The Valley Hospital

Babies Born: 3,528
Admissions: 41,345
Cardiac Catheterization Lab Procedures*: 3,803
Emergency Department Visits: 51,792
Same Day Surgeries: 8,312
Neonatal ICU Admissions: 360
Cardiac Surgery Procedures: 223
MICU Discharges: 8,025
Radiation Therapy Procedures**: 11,389
Total Joint Replacements: 996
Endoscopy Procedures: 8,612
Community Care Visits: 4,716
Physicians: 1,061
Auxiliaries: 700



Valley Home Care

Total Patient Visits: 221,978
Rehabilitation Visits: 79,566
Tele-management Installations: 708
Bereavement Support Group Attendance: 827
Maternal/Child Health Nursing Visits: 1,616
Hospice Nursing Visits: 18,248
Art Therapy Attendance (Journeys): 380



Valley Medical Group

Number of Locations: 44
Number of Specialties: 68
Number of Providers: 398
Number of Patients Served: 203,817

* Cardiac Cath Procedures (including Caths, Angioplasty, Rotablator, IVUS, Peripherals, TAVR, MitraClip, Watchman, Valvuloplasty, ASD/PFO, Ablations, EP Studies, ICD's, Loop Recorders, Pacemakers, Convergent, Lariat, Laser Lead Extractions)
** Radiation Therapy includes Tomotherapy (2007 to present). Gamma Knife procedures not included.

2020
STATISTICS

VALLEY HEART AND VASCULAR INSTITUTE

Valley’s joint symposium with The Cleveland Clinic took place February 7th at the Sheraton Mahwah Hotel. Over 250 people attended the **4th Annual Comprehensive Cardio Vascular Disease Management: From Fundamentals to Innovation**, which was chaired by Drs. Suneet Mittal and Lars G. Svensson and featured many Valley speakers. Aided by an educational grant from the Foundation, the symposium was a great way to provide information to the medical community around the innovative and ground-breaking work being done in the Heart and Vascular Institute at Valley.

In 2020 Valley welcomed **Juan Grau, MD** as the new Director of Cardiothoracic Surgery. The role marks a homecoming for Dr. Grau who previously served as an attending cardiothoracic surgeon at Valley from 2010 – 2016.



His clinical interests and areas of specialization include a “no touch” heart bypass surgical technique and surgery for congenital heart defects in adults. In addition to his clinical work, Dr. Grau is actively involved in research to find new approaches to the surgical treatment of a variety of cardiovascular conditions.

In 2018, *Women For Health* made a grant to the hospital for a **3-D printer core lab**. Under the direction of Dr. Himanshu Gupta this cutting-edge technology is used to add a new dimension to doctor-patient communication and to prep procedural teams. To date, 10 3-D models of patients’ hearts have been printed and used for guidance in the successful execution of complex electrophysiology procedures. This year, the 3-D printer was used in COVID-19 relief efforts in creating custom IV clips for use throughout the hospital, along with 1,000 COVID-19 nasal test swabs to be used as backup to regular swabs.

Dr. Himanshu Gupta at work at the 3-D printer



NICU

Like all departments in the hospital, Valley’s NICU proved resilient in the fight against COVID-19. For the 355 high risk newborns admitted in 2020, extended families unable to visit in-person were able to virtually connect through **NicView™**, Valley’s NICU camera system. Made possible with gifts from generous donors, NicView™ has long been valued by those looking to make the separation a bit easier. The department’s Family Support Specialist continued to connect with parents daily, providing special moments like cards for new mothers or Halloween costumes for babies in their care. This year’s **NICU Reunion**, a beloved event that reunites parents and children with the nurses and physicians who provided special care for them after their birth, was transformed into a no-contact but still festive “CAR”nival.

In 2018, thanks to support from the Foundation, the program entered into a unit-wide effectiveness trial incorporating **Family Nurture Care** in conjunction with Columbia University Medical Center. Completed in 2020, the trial focused on restoring the emotional connection between NICU infants and their mothers. Explains Dr. Carmela



Pané, Medical Director of the NICU, “Being in the NICU is very stressful for a parent because they feel a loss of control. It’s important that we involve parents in their infants’ care, ensuring that once home they are connected, competent, and enjoying their newborn.” Nurture Specialists helped mothers by creating emotional communication between mother and infant during common interactions, like skin-to-skin care and general infant care. Results showed babies have fewer complications, improved neurodevelopment, decreased parental anxiety and depression, and even improved cohesion, job satisfaction and less exhaustion for the NICU staff.

“ I got to bond with my baby in a very difficult situation. Every single mom and dad should have access to this kind of support. ”

NICU Mom



(Top left) The department’s annual reunion was reimaged for 2020 as a “CAR”nival
(Bottom left) Mother and baby take part in Family Nurture Care

Valley was the **first healthcare organization in New Jersey to be accredited** by the Association for the Accreditation of Human Research Protection Programs. This places Valley among the **most respected research institutions in the world.**



Valley is a four-time recipient of the prestigious **Magnet Designation for Nursing Excellence** from the American Nurses Credentialing Center.



The Valley Hospital holds **disease-specific certifications from The Joint Commission in five clinical areas**, including perinatal care; stroke; total hip replacement; total knee replacement; and wound care.



The Valley Hospital has consistently been awarded an **A grade in the Hospital Safety Score**, released by The Leapfrog Group.



For a **third consecutive year**, Valley Health System has been designated as a **“2020 LGBTQ Healthcare Equality Leader”** by the Human Rights Campaign Foundation, the educational arm of the nation’s largest lesbian, gay, bisexual, transgender, and queer (LGBTQ) civil rights organization.



Valley’s Cancer Program has earned a **Three-Year Accreditation** by the Commission on Cancer of the American College of Surgeons.



A QUALITY PROGRAM of the AMERICAN COLLEGE OF SURGEONS

ONCOLOGY

With a rapidly changing hospital environment and challenges posed by COVID-19, delivery of patient care remained the Oncology Department’s highest priority in 2020. “We did a great job protecting patients and staff,” explains Dr. Ephraim Casper, Chief Medical Officer for Valley-Mount Sinai Comprehensive Cancer Care. “And we felt comfortable that we were continuing the care patients needed without inordinate delay.”



In 2020 Valley-Mount Sinai Comprehensive Cancer Care was named a **Screening Center of Excellence** by the GO₂ Foundation for Lung Cancer for its ongoing commitment to responsible lung cancer screening. The hospital joins more than 600 screening centers across the country in being listed as “Screening Centers of Excellence” on the GO₂ Foundation website and in its literature. This significant achievement will help the program to expand and improve on their life-changing work, and was made possible through an endowment established by The Valley Hospital Foundation through generous donations.

Valley’s Breast Cancer Program launched a **Survivorship Program** in 2020 under the leadership of Dr. Laura Klein and Dr. Eleonora Teplinsky. Created as an integrated program between medical oncology and surgery, the goal is to provide the best possible comprehensive care for patients through a multi-disciplinary approach. The unique program includes access to a specialized ‘Wellness Program’ where participants receive consultations with a registered dietitian and health coach, an exercise physiologist, and personalized fitness program.

This year, medical oncologist **Dr. Thomas Rakowski** retired after 39 years as an integral part of The Valley Hospital.



When he announced his retirement, more than 300 of his patients and their families made gifts in appreciation of the exceptional care provided over his many years of service. Thanks to their generous support the Family Lounge on the Oncology Unit at The Valley Hospital in Paramus will be named the Thomas J. Rakowski, MD - Family Lounge.

Staff celebrate Dr. Thomas Rakowski’s retirement

VALLEY HOME CARE

Every day, hundreds of patients rely on Valley for home care, even during a pandemic. The onset of COVID-19 in the spring made the agency’s telehealth and traditional home care practice even more of a necessity. Valley Home Care allowed patients to receive high-quality health services right where they needed it: at home. The agency saw an increase in patient numbers in 2020, due in part to patients being discharged directly to their homes instead of sub-acute facilities, sometimes after a shorter-than-usual hospital stay. Because home care, by definition, is very “hands on”, physical distancing is particularly hard. The staff quickly put new processes and extra safety precautions in place to ensure both staff and patients felt safe.

It was **philanthropic support from generous donors that made it possible for Valley Home Care to meet the increasing demand for the latest in medical technology.** From March through September the agency saw an increase in requests for telehealth monitors for patients looking to limit in-person interactions. Monitors allowed home care staff to remotely observe those under their care, send medication reminders, and communicate in real-time through video, phone and text chat. “It gives us another set of eyes on patients and helps us gather a lot of important information,” explains Elaine Davis, Manager of Telehealth. “It’s also a bridge, a touchstone – helping people to feel connected and less alone.”



HIGHEST RATING FOR PATIENT SATISFACTION
★★★★★
Source: Medicare Home Health Compare

Valley Home Care has been recognized by Medicare as a home care agency leader, earning the highest rating of five stars for patient satisfaction.

A Valley Home Care nurse prepares for a home visit



COVID-19

On March 14, 2020 Valley admitted its first patient with COVID-19. The year that followed brought unprecedented professional and deeply personal challenges for the community. Throughout this crisis, Valley's employees heroically stepped up and, regardless of their usual role, met rapidly changing needs. In turn, the outpouring of support for Valley was tremendous, and the impact immediate.

Valley's emergency response and operations teams worked tirelessly to ensure the hospital was prepared, responsive, and suitably equipped. The hospital has long worked with the New Jersey State Office of Emergency Management Services and their Urban Area Security Initiative on annual emergency preparedness drills, resiliency, and resource planning. Because of this, Valley was able to immediately activate a comprehensive and aggressive action plan, one that prioritized keeping medical staff and employees safe and informed, while continuing to provide the best possible care and treatment. Over 2,000 COVID-19 patients came through the doors of the hospital. With the help of Valley staff, hospital floors were converted to accommodate COVID-19 treatment, ventilators retrofitted, and IV lines modified to go through walls, reducing the number of individuals donned in personal protective equipment (PPE) going in and out of rooms.

To immediately assist the continued efforts at the hospital to effectively deal with the crisis, The Valley Hospital Foundation established a COVID-19 Relief

Fund, raising more than \$1.2 million. These contributions helped to purchase equipment and supplies essential to COVID-19 patient care and hospital operations, including 14 ventilators, 38 thermal temperature monitoring stations, and eICS, a critical emergency management and coordination technology which helped the hospital's command structure collect data, report in real time, and share information system-wide.

Expressions of generosity continued through 2020. Parades to thank and boost morale of hospital staff were organized, more than 50,000 meals were donated to frontline workers, and over 39,000 hand-sewn masks were distributed for use outside of clinical settings. Dozens of iPads and tablets were donated to help connect Valley patients with their loved ones and virtually "visit" with friends and family. To aid in the imminent need for PPE, a donation center was set up at the hospital, collecting thousands of N95 Masks, surgical masks, face shields, fabric caps, fluid-resistant isolation gowns, non-latex gloves, and even Crocs. At a time when availability of PPE was unreliable, and often cost-prohibitive, the Valley community ensured that frontline workers remained protected with the necessary resources.

As the year drew to a close, there was cause for optimism as the first vaccines arrived at Valley and were administered to hospital staff. In 2020, the world had adjusted to a new normal, and in the face of suffering and loss, found strength, courage, and resilience, and finally, hope for the future.



Staff suit up in PPE



Donated masks for hospital staff



Thermal temperature monitoring station



First vaccines arrive at The Valley Hospital



The Valley Hospital in Paramus

As one of the busiest hospitals in New Jersey, The Valley Hospital rivals national academic and urban medical centers, combining unparalleled clinical expertise with a patient experience that is second to none. This is why the region has relied on Valley since 1951. The Valley Hospital in Paramus will build upon existing programs with the cutting-edge facilities necessary to deliver and expand upon Valley's reputation for excellence, and ensure that it can continue to meet the needs of future generations.

- 》 Ground improvements completed on the hospital and parking deck with over 5,000 stone columns added for support.
- 》 Steel beam infrastructure completed, culminating in "topping out" of the last beam on December 8th.
- 》 Concrete floors poured for each floor. Floors 1 and 2, which incorporate all three pavilions in addition to interventional spaces (The Emergency Department, Diagnostic Imaging and Testing, Operating and Procedural Rooms) will each comprise 152,000 square feet, the equivalent of over three football fields.

With the onset of the COVID-19 healthcare crisis in early 2020, we were reminded why it is so important to have a first-class healthcare system close to home. **Although the hospital faced numerous challenges this year, construction continued in Paramus, allowing for the following milestone achievements while keeping on schedule to open in December of 2023.**

- 》 Mock-ups of Medical/Surgical, Labor and Delivery, Emergency Department, Post-Anesthesia Care/Recovery, and Patient Rooms were completed and outfitted with equipment and furniture to continue to perfect the room designs based on medical staff and architectural input.
- 》 50,000 square foot Fair Lawn warehouse leased and prefabrication began of mechanical, electrical and plumbing system modules for safe, high quality and efficient installation on site.
- 》 Road improvements made on East Ridgewood Avenue and entrance to the new hospital.



Audrey Meyers places final signature on beam at Topping Out ceremony



Construction continues at future site of The Valley Hospital in Paramus

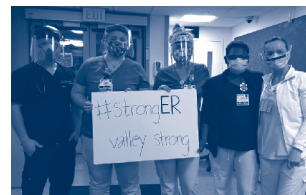


Topping Out ceremony



Construction site of The Valley Hospital in Paramus — April 8, 2021

YOU STEPPED UP TO THE CHALLENGE



*The Valley Hospital Foundation makes every effort to ensure the accuracy of the information presented in the philanthropy report.
If you have any questions or concerns, please contact Lisa Johnson at 201-291-6300.*

223 North Van Dien Avenue, Ridgewood, New Jersey 07450 | 201-291-6300 | ValleyHospitalFoundation.org