

INSIDE VALLEY

THE VALLEY HOSPITAL FOUNDATION NEWSLETTER



2025 ISSUE 3

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INTRODUCING

The Knispel Center for Comprehensive Cardiomyopathy Care

This fall, Valley Health System introduced the Knispel Center for Comprehensive Cardiomyopathy Care, a critical resource that brings together cardiac specialists to meet the healthcare needs of patients with various forms of cardiomyopathy. The new center is made possible through a generous gift from Barry and Isabel Knispel to The Valley Hospital Foundation, a significant investment in the cardiac needs of patients in our community.

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LETTER FROM DAVID J. BOHAN

Vice President & Chief Philanthropy Officer

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Your Philanthropic Support Helps Valley Thrive



As we move through a busy fall season and approach the end of the year, I can't help but reminisce about what an incredible year it has been for Valley Health System. Our clinical teams cared for our community with the highest level of expert, compassionate care. Our physician practices grew through Valley Medical Group to provide primary and specialty care to patients throughout the communities we serve, and our focus shifted to the programs and services that make Valley so exceptional.

As you read this issue of *Inside Valley*, you will learn about some of those new programs, our health system's recent accomplishments, and the philanthropic support that has enabled significant advances.

Now more than ever, philanthropy allows our organization to continue to thrive and meet the unique needs of people in our communities.

In this issue, you will learn about Valley's new Knispel Center for Comprehensive Cardiomyopathy Care, serving the needs of our cardiac patients, thanks to a generous gift from Barry and Isabel Knispel. You will also read about philanthropic support from Dr. and Mrs. Frank Kardos, whose generous gift benefited our new hospital.

In addition, you will read about innovative initiatives across our system, like *Hospital at Home*, a new offering that allows eligible patients to receive inpatient-level care in the comfort of their own homes. And last but certainly not least, you will learn about important fundraisers that contribute to the success of our organization, like our 4th annual Step Up for Valley virtual fitness challenge, led by Valley Hospital Foundation Trustee Jeff Seidler, as well as the awarding of *Women For Health's* annual \$135,000 grant to support chronic pain therapy.

As we enter the final months of 2025, I thank you for the trust you and your family place in Valley Health System, and for your support in helping Valley continue to grow and evolve to meet the healthcare needs of our community – not only today and tomorrow, but for generations to come.

Thank you for your support.

Sincerely,



Vice President & Chief Philanthropy Officer
The Valley Hospital Foundation

“Now more than ever, philanthropy allows our organization to continue to thrive and meet the unique needs of people in our communities.”



Scan the QR code to make a gift to The Valley Hospital Foundation.

CONTINUED FROM COVER

The Knispel Center for Comprehensive Cardiomyopathy Care

The center combines the skills of specialists in pulmonary hypertension, pulmonary critical care, advanced heart failure, heart failure surgery, and hypertrophic cardiomyopathy.

Heart failure and cardiomyopathy are closely connected, but they don't always occur



Barry and Isabel Knispel

simultaneously. Valley's Heart and Vascular Institute recognizes the differences and the overlap between the conditions and brings together the important skills needed to treat both conditions.

"At The Knispel Center for Comprehensive Cardiomyopathy Care, our multidisciplinary team of subspecialists works together to treat cardiomyopathies and heart failure. The experience of our team allows us to diagnose and manage the full spectrum of these cardiac conditions to restore functional quality of life," said Suneet Mittal, MD, Chair, Cardiovascular Service Line, Valley Health System. "We are grateful for the generous support of Barry and Isabel Knispel, whose gift will have a significant impact on the patients we serve."

Philanthropy has long been important to the Knispels, residents of Bergen County for more than 50 years.

"The Valley Hospital has taken care of us and many of our friends for a long time, and we wanted to contribute and help to make it even better," Isabel said. "We have always felt that The Valley Hospital is a special place in our

“We have always felt that The Valley Hospital is a special place in our community, and we wanted to be able to give back for the wonderful care and experiences that we’ve had at Valley.”

community, and we wanted to be able to give back for the wonderful care and experiences that we’ve had at Valley.”

The Knispels' most recent gift established the Knispel Center for Comprehensive Cardiomyopathy Care, and an earlier gift to the Foundation's *Serve. Care. Transform.* campaign was recognized with the naming of an operating room at The Valley Hospital.

"We were very pleased to see the plans for the new hospital, and we wanted to be of help," Isabel said. "We are excited about The Valley Hospital and look forward to seeing it continue to grow, develop, and advance care for people in our community."

To learn more about The Knispel Center for Comprehensive Cardiomyopathy Care, call 201-447-8019. To learn more about ways you can support cardiac care across Valley Health System, contact The Valley Hospital Foundation at 201-291-6300. ■

From left to right: Samit Shah, MD, Medical Director, Mechanical Circulatory Support, The Valley Hospital; Paul Burns, MD, Director, Heart Failure Surgery, The Valley Hospital; Kariann Abbate, MD, Director, Center for Comprehensive Heart Failure Care, The Valley Hospital; Dan Musat, MD, Director, Hypertrophic Cardiomyopathy Program, The Valley Hospital; and Ashish Rai, Director, Pulmonary Arterial Hypertension Program, The Valley Hospital.



IN MEMORIAM ROBERT W. LUCKOW

It is with profound sadness that The Valley Hospital Foundation mourns the loss of Robert (Bob) Luckow, an honored friend of Valley Health System whose advocacy and support for the healthcare needs of our community was unwavering.

Bob served as a member of The Valley Hospital Board of Trustees, and was a past Chair of The Valley Hospital Foundation Board of Trustees, where he was recognized as an Honorary Trustee following his tenure.

Bob and his wife, Audrey, are Lifetime Benefactors and their significant philanthropic support has benefited Valley's Robert and Audrey Luckow Pavilion, the Michael R. Luckow

Heart Center, and the Hawkinson-Luckow lobby of The Valley Hospital in Paramus.

The Valley Hospital Foundation is grateful for Bob's friendship, advocacy, and many contributions to Valley, as we honor his life and legacy. We extend our deepest sympathies to Audrey, Bob's daughter and son-in-law Stefanie and Adam Hawkinson, and to the entire Luckow family. ■



Step Up for Valley Raises Nearly \$68,000 to Support Cardiac-OB Initiative

This year's Step Up for Valley event, an annual virtual fitness challenge encouraging participants to get active, have fun, and support The Valley Hospital, raised nearly \$68,000 to support Valley patients.

This year's event supported Valley's Cardio-OB initiative, a program that cares for pregnant and postpartum mothers with hypertensive disorders during and after pregnancy.

Participants earned points by walking, running, biking, rowing, playing pickleball, and doing yoga, winning great prizes and bragging rights along the way.

Now in its fourth year, Step Up for Valley has raised more than \$290,000 to support various programs and services throughout Valley Health System. ■



Thank you to event founder and Valley Hospital Foundation Trustee Jeff Seidler, as well as this year's event sponsors:

Leadership Donor: DEZ for Good

Gold Level: Emerald Creek Capital and Jeff & Samatha Seidler

Silver Level: Herrick

Bronze Level: Columbia Capital

Step Up Champion Level: Rosenberg & Estis, P.C.

IMPACT

Generous Gift from Dr. and Mrs. Kardos Supports New Hospital

Taking care of others has always been a constant for Frank Kardos, MD, a long-time otolaryngologist in the greater Bergen County area. Dr. Kardos served the ENT needs of patients in Wayne and the surrounding areas for nearly 60 years until his retirement, and was always well-acquainted with The Valley Hospital from its early days in Ridgewood to its new home in Paramus.

"As a physician, I have always been drawn to physically helping patients in my practice of medicine," Dr. Kardos said. "Now that I am retired, it is still important to me to help people, in whatever way I can."

As residents of Bergen County, Dr. Kardos and his wife, Barbara, recently honored The Valley Hospital and healthcare in our region by making a generous gift of \$250,000 to support The Valley Hospital in Paramus.

In his practice, Dr. Kardos regularly collaborated with other physicians and surgeons and was able to see firsthand the quality of care and patient experience that Valley provides. In honor of their generosity and of the



Barbara Kardos and Dr. Frank Kardos

care Dr. Kardos provided in operating rooms during his six decades practicing medicine, an operating room at The Valley Hospital will be named in honor of Dr. and Mrs. Kardos.

“The beauty and magnificence of the new facility takes care to the next level. When a patient needs care, part of the cure is in the medical treatment and part of the cure is the quality of the facility in which you receive your care. We’re proud to help the community and to be a part of Valley’s future.”

Dr. and Mrs. Kardos have used the hospital's services and have appreciated the level of care provided to them and their loved ones.

"From our personal experience receiving care at the hospital to the recent expansion and what the new facility will mean for our area, it is a very worthwhile cause to help the hospital," said Dr. Kardos. "The beauty and magnificence of the new facility takes care to the next level. When a patient needs care, part of the cure is in the medical treatment and part of the cure is the quality of the facility in which you receive your care. We're proud to help the community and to be a part of Valley's future." ■

Peter Marron Named Honorary Trustee of Valley Hospital Foundation



The Trustees of The Valley Hospital Foundation have named fellow trustee and longtime Valley Hospital Foundation supporter Peter C. Marron as an Honorary Trustee in recognition of his many contributions to Valley Health System.

Peter served on the Foundation Board of Trustees from 2013 to 2025, most recently as Vice Chair of the Board, and his philanthropic support and service have been invaluable to Valley.

As Lifetime Benefactors at the Gold level, Peter and his wife, Martha, have supported Valley for many years, and we are thankful for their friendship and longstanding commitment to Valley. ■

Women for Health Awards \$135,000 Grant to Support Chronic Pain Therapy

The members of *Women For Health*, Valley's women's giving circle, voted to award the group's \$135,000 annual grant to support a program to address chronic pain through an innovative virtual reality (VR) therapy during their annual meeting held at Arcola Country Club.

Presented by Lori Nuzzi, DC, Valley's Director of Integrative Medicine, the technology repurposes advanced VR gaming technology for healthcare, creating a therapeutic experience for people in pain. The approach features a series of home-based treatment protocols that blend cognitive therapy, mindfulness, pain neuroscience, and more to help retrain how patients' brains respond to pain.

Membership in Valley's *Women For Health* is open to all women. Members contribute an annual gift of \$1,000 and consider a variety of worthwhile Valley programs and services to collectively support.



To date, *Women For Health* has provided more than \$1.6 million in funding.

To learn more about *Women For Health* or to become a member, scan the QR code or visit www.valleyhospitalfoundation.org/get-involved and select Women For Health to learn more. ■



Danielle Gaglioti, Women For Health Co-Chair; Lori Nuzzi, DC, Valley's Director of Integrative Medicine; and Julie Epstein, Women For Health Co-Chair.

Donor Support Benefits HeartSmart Education Series



Join us for Valley's HeartSmart Lunch Series, a welcoming and informative program designed to empower individuals with evidenced-based knowledge and tools to lead heart-healthy lives. This series, made possible through philanthropic support, is offered for free to members of the community.

Rooted in the American Heart Association (AHA) and American College of

Lifestyle Medicine guidelines for heart-healthy living, this series offers a blend of expert-led education, peer support, and practical lifestyle tips — all served up during your lunch break.

The event is offered in-person with a heart-healthy lunch, or virtually via Microsoft Teams. Visit www.valleyhealth.com/heartsmart to register. ■

UPCOMING SESSIONS

THURSDAY, NOVEMBER 20 – KNOW YOUR NUMBERS

Guest Speaker: Sharon Park, DNP, AGACNP-BC

THURSDAY, DECEMBER 11 – SOCIAL CONNECTION AND ITS EFFECT ON HEART HEALTH

Guest Speaker: Mary C. Collins, ACNP-BC, MSN, CCRN, HN-BC

Family and Friends Dedicate Bench to Honor Late Volunteer and Therapy Dog

Friends and family of long-time Valley Hospital volunteer Judi Esola and her beloved therapy dog, Ruby, gathered on Valley's Paramus campus to dedicate a garden bench in their memory.

Judi's husband Joseph, children Anthony and Jodi, son-in-law Jason, grandchildren, and other family members and friends were present for the dedication ceremony.

The bench, made possible through generous gifts from Judi's family and friends, honors Judi's 21 years of service to Valley — with Ruby by her side for 11 of those years — dedicating more than 3,000 hours of her time.

Judi served not only as a pet team member, but also as a tour guide, a patient simulation volunteer, and a VIBE cart volunteer. She also supported Valley events and served as a patient family ambassador when The Valley Hospital moved from Ridgewood to Paramus in 2024.

As members of our community come to the hospital to receive care or visit a loved one, this bench will be a reminder of the compassion and warmth that Judi and Ruby shared and will continue to symbolize all they brought to Valley. ■

Joseph Esola, Anthony Esola, Ryan Post, Jessica Post, Jodi Post, Jason Post, Anthony Roman, Annette Santiago, Scott Tober, and Virginia Santiago



Barnes & Noble in Paramus and its generous customers donated seven large boxes of children's books – including some Spanish-language books – to be distributed to children who receive care at Valley Health System's Earl A. Wheaton, Jr., M.D. Family Care Center, located in Ridgewood.

Valley's Family Care Center offers primary and specialty care services to adults and children who cannot afford private medical care and/or have limited or no medical insurance.

Pictured: Denise Benders, Barnes & Noble store manager; Chelsey Lupica, Director of the Earl A. Wheaton, Jr., M.D. Family Care Center; and Lourdes Hildalgo-Gato, Executive Director of Valley Medical Group Operations.



IMPACT

Valley Launches Hospital at Home Program

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Valley's newly launched *Hospital at Home* program brings the same high-quality, hospital-level care you would receive as an inpatient at The Valley Hospital right to the comfort of your own home.

The program provides eligible patients with daily clinical assessments, 24/7 monitoring, medical supplies, and home visits from nurses and specialists so they can more quickly and successfully heal in the comfort of their own home. With daily virtual clinician visits, in-home nursing visits, remote monitoring, and clinical support, patients receive the same high standard of care that they would receive in the hospital.

Participation in the program requires a referral from the physician overseeing a patient's care at The Valley Hospital, followed by an assessment of the patient's clinical stability, available support and safety at home, and insurance coverage to ensure the care is appropriate for the patient.



The program allows for faster recovery, thanks to the comfort and familiarity of a home environment; increased mobility; less time spent in a hospital bed; and reduced risk of hospital readmission.

To learn more about the Hospital at Home program, visit www.valleyhealth.com/hospitalathome. ■



VALLEY HEALTH SYSTEM

Awards and Accolades

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The Valley Hospital was once again recognized by *U.S. News & World Report* as one of the best hospitals in New Jersey and the surrounding area. This year, Valley is ranked the 6th best hospital in New Jersey and the 22nd best hospital in the New York metro area.

In addition, Valley is rated as high performing in 12 adult procedures and conditions, including abdominal aortic aneurysm repair;

colon cancer surgery; heart arrhythmia; heart attack; hip fracture; hip replacement; kidney failure; knee replacement; leukemia, lymphoma, and myeloma; lung cancer surgery; pacemaker implantation; and stroke. The hospital is also recognized as high performing in the adult specialty of urology.

The Valley Hospital has been recognized as one of America's Best Hospitals for specialized care by *Newsweek*. Valley ranked as one of the top 200 hospitals and health systems for cancer care and cardiac care. Hospitals are selected for this list following a review of hospital quality metrics, a nationwide survey of healthcare professionals, and a review of hospitals' patient experience surveys.





Coming Together to Make a Difference in Our Communities

The Valley Hospital Auxiliary's members — more than 550 across 13 branches — volunteer their time in the hospital and host exciting fundraisers throughout the year to support Valley Health System's programs and services. Scan the QR code to find an Auxiliary branch near you and learn more about the Auxiliary's events and fundraising efforts.

5th Annual Sporting Clays Classic Raises \$95,000

The Auxiliary's Employee Branch hosted another successful Sporting Clays Classic on August 25th at the beautiful Hudson Farm Club in Andover, NJ. The event featured morning and afternoon shooting sessions, as well as delicious meals and social time for the event's participants.

Thanks to the excitement of our attendees and the stunning setting, it was a memorable day for all. We are proud to share that the event raised \$95,000 in support of our \$1.6 million pledge to support and enhance patient care and comfort in the treatment of cancer, pregnancy-induced hypertension, and the *Butterflies* program for critically ill children.

A special thank you to FMG General Contracting Co., Inc., our Premier Sponsor, for their generous support of this year's event.



Above: Katie Fichtner (1st place winner) and Joe Lorino, Vice President, Facilities Management. Below: Tommy Maltman, Charlie McLoughlin, Vinny Massina, Doug Sepulveda, Joe Colella, John Kluz, Jeff Baker, and James Schulenburg



Join Us for the 77th Annual Valley Ball

Friday, November 7 – Seasons, Washington Township

GLITZ & GLAMOUR
THE 77TH ANNUAL VALLEY BALL

Hosted by
The Valley Hospital Auxiliary



Enjoy an unforgettable evening at Seasons, celebrating The Valley Hospital Auxiliary! This black-tie event features a lavish cocktail reception, full open bar, three-course dinner, and dancing to the sounds of the Craig Scott Orchestra.

New this year, a special auction of the stunning "Déjà Vu" Diamond, benefiting the Auxiliary's \$1.6 million pledge to support and enhance patient care and comfort in the treatment of cancer, pregnancy-induced hypertension, and the *Butterflies* program for critically ill children.

Tickets and sponsorships at four levels are available. Registration is limited, so get your tickets soon!

SAVE THE DATE – 2025

● **NOVEMBER 7 – The Valley Ball**
Seasons, Washington Township

● **DECEMBER 7 – Tree of Light**
The Valley Hospital, Paramus

For more information please visit
www.ValleyHealth.com/Auxiliary

Silver
Transparency
2025

Candid.

The Valley Hospital Foundation was awarded a *GuideStar Silver Seal* by *Candid* in recognition of its transparency and efforts to go above and beyond in sharing information about the Foundation's work and programs. To view The Valley Hospital Foundation's GuideStar profile, which enables our donors to see the impact of their generous gifts, please scan the QR code at right.



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