

Your Family Is Our Family

**RELIANCE**  
MEDICAL GROUP  
"Quality Healthcare Is A Right, Not A Privilege"

**NOVEMBER 2020**



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together everyone  
**TEAM**  
achieves more

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# THE PULSE

Reliance Medical Group Quarterly Newsletter



T.E.A.M. - Together Everyone Achieves More - Reliance T.E.A.M. members Jenn, Mr. Pete, Grace, and Patrick setting up the Covid-19 line in Atlantic City.

## Message From The President & Vice President

This issue of the Pulse is the last issue of the year. Our Holiday edition if you would.

When preparing each pulse we review past editions and for the holiday edition knowing it is the end of the year. We attempt to summarize our yearlong journey.

Our theme for this issue is teamwork and family, especially as we are entering the holidays and what has carried us through the year. The words that come to mind for Dr. Regis & I are gratitude, attitude, thanks and celebration. We look back and cannot believe another year is quickly coming into its final months.

Please take time to re-look at this year's past Pulse's as so much has happened it would fill the entire issue to review.

Dr. Regis & I look forward to finishing the year and say it was Reliance's most trying year, what with the Pandemic, Politics, economics and politics in so much turmoil yet shockingly a very successful year for Reliance.

2020 has re-affirmed what we have said so many times before:

Reliance's greatest asset is the staff & providers.

Thank you for all you do and sacrifice. We honor your teamwork and your families today and always.

*Jon M. Regis, MD*  
**PRESIDENT/CEO**



*Vincent J. Papaccio*  
**COO/EXECUTIVE VP**

# together everyone **TEAM** achieves more

**Reliance Atlantic City | 1325 Baltic Avenue**



Outdoor Senior-focused events have been taking place throughout October as part of the Senior-focused Medicare initiative in conjunction with Clover Health.

The Virtual Office has been growing in not only projects, but its numbers. At the beginning of the year, the Virtual office was only 7 people, and made the move from the Corporate Conference room to their own little home a few spots down. Since then Virtual has tripled in size and projects, causing us to run out of room. On Friday October 23rd, Virtual officially moved in to the other side of the Baltic Office in Atlantic City. While sad to leave our old location in Northfield, we are excited to make new memories and form more relationships in our new home in Atlantic City. We look forward to having everyone come and see us in our new home!



Vince Papaccio, Kathleen Putney, Dr. Jon Regis of the Virtual Office team on the first day of the move.





# RELIANCE family

*"Family isn't defined by only last names or by blood; it's defined by commitment and by love. The source of reducing stress. It means showing up when they need it most. Family means having each other's backs. It means choosing to love each other even on those days when both struggling to like each other. It means never giving up on each other!"*

**Your Family Is Our Family**



Christopher De Leon, Heli De Leon, Office Manager, Juan Dario Plummer, Finance Manager



Stay up to date with the Reliance website!  
**RelianceMedicalGroup.net**

Reliance Medical Group has received a Medical Educator award from Jefferson University.



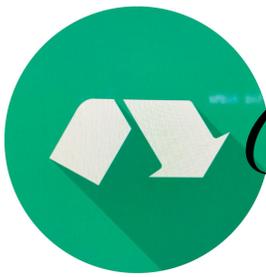
**Reliance Howell | 2354 US Highway 9 South**



Back: Sean Coon, MA, Destin Walker-Goin, MA, Gavin, PA, Dr Boris Furman, Neurologist, Agustin Romero, MA  
Front: Dayanara Diaz, MA, Natalia Malieva, APN, Liz Tamayo, Office Manager, Veronika Rojas, Quest Phlebotomist



Howell team has relocated to a new office as of October 2020.



# Action Weight Management

Medically Supervised Weight Loss & Wellness Programs



**Dr. Jonathan Gewirtz** is a Board-Certified physician in Gynecology and Obstetrics (Women's Health and Childbirth). After completing medical school and specialty training (at SUNY Buffalo and Emory University respectively), he pursued additional training that included a Fellowship degree in Integrative Medicine, at the Continuum Center for Health & Healing, Mount Sinai Hospital, New York.

Currently, he has established a Weight Loss Program at the Reliance Medical Group that is based on the principles and practices of his additional medical training. This program provides medically-supervised weight loss that includes all women from the adolescent to the adult age groups.

This program is unique because it is age-based and doctor-reviewed. His medical team encourages and motivates each patient to make behavioral changes to successfully take action to change their weight. By accurately monitoring and providing feedback at every visit, promoting risk prevention, and recommending both nutritional supplements and medical therapies, as indicated, his patients attain their weight loss goal and wellness.

Dr. Gewirtz has also been an instructor in Anatomy & Physiology (Atlantic Cape Community College) and taught Bioethics (Drexel University). His awards include Top Doctor New Jersey (Castle Connolly) 2012, 2015, 2017.



Losing weight is not only about changing a number on a scale. It is about changing to a healthier lifestyle, getting rid of old habits, and preventing future diseases. The prevalence of obesity is at an all-time high in the United States and this creates a big challenge on our personal health and longevity.

However, when you have the right team, a supportive environment, and the right program, you can transform your size, improve health, and remove the stress of those extra pounds. Some specific ways to lose your weight are: split a meal, improve your sleep patterns, decrease your sedentary lifestyle and start to exercise.

When we lose weight, we take off the extra burdens from our body and mind. We "take the load off" of our shoulders and feet, and improve our emotional well-being.

Our program gives you the tools you need to become successful at losing weight. The best-evidence shows that using clinical checklists (making the correct choices from our list of foods) and incorporating protocols into standardized habits or practices (such as exercising) improves outcomes.

Our healthcare professionals, led by Dr. Gewirtz and Dr. Regis, will monitor your weight through health promotion activities. We will assess risk factors and conduct laboratory screenings per age recommendations. By working together, we will provide the personalized attention you need to support lifelong health and wellness.



*- An Affiliate of Reliance Medical Group -*



# RUFFIN ASSOCIATES

## Healthy Housecalls LLC

*Your Home Based Primary Care Providers*



Vince Papaccio, Larider Ruffin, DNP, Sarah Sykes, Dr. Jon Regis



**LARIDER RUFFIN,**  
DNP, APN, NP-C, RN,  
ANP-BC, A-GNP, CRNP,  
CTTS

Dr. Ruffin is the founder and chairman of Ruffin Associates Healthy Housecalls LLC. He serves as interim Director of a Master of Science Nursing Program and Assistant Professor at a local University. He held dual certifications as an Adult Nurse Practitioner and Adult-Gerontology Primary Care Nurse Practitioner. Dr. Ruffin is a Certified Tobacco Treatment Specialist.

He received a Bachelor of Science in Nursing from Rutgers University, a Master of Science in Adult-Gerontology Primary Care Nursing, and Tobacco Treatment Specialization from the University of Medicine & Dentistry of New Jersey, and Doctor of Nursing Practice from Wilmington University. Dr. Ruffin's research interest is focused in the areas of Diabetes, health coaching, smoking and vaping education and management. He published multiple articles and authored many chapter books. Dr. Ruffin serves as chair of the National Black Nurses Association (NBNA) committee on substance use disorders. He is frequently sought as a speaker on topics related to smoking and vaping. He is the content expert for NBNA on the above-mentioned topics. Dr. Ruffin's clinical practice includes Primary Care, Family Medicine, Chronic Disease Management, Hospital readmission reduction, Smoking Cessation, etc. He received several nominations and awards, including the 2019 Trailblazer Award from the NBNA, the 2018 Don Award from the Institute for Nursing, the Rutgers University School of Nursing 2017 Rising Star Alumnus Award, the Haiti Premiere Class 2017 Nursing Diversity Award, the America's 2017 Best of Nursing Award, the NBNA 2016 Under 40 Award, the NBNA 2015 Emerging Leader Award, the 2014 NNJBNA Clinical Leadership Award and many more. He served as first male President of the Northern New Jersey Black Nurses Association. He is a member of the American Association of Nurse Practitioners, member of the American Nurses Association, New Jersey State Nurses Association and many more. He is called a role model and a fervent advocate for the Advanced Practice role.

We have been doing House Calls for several years now with the provider, Shari Kaminski and manager, Sarah Sykes.

We are pleased and excited to announce we are merging our practice with Ruffin Associates Healthy Housecalls, LLC.

Dr. Ruffin has been doing the same business as well as being the Director of the Nurse Practitioners Program at Stockton University.

We will be using the Reliance (R) in the title and otherwise retain the name (R)uffin Associates Healthy Housecalls, LLC. Dr. Regis & Dr. Ruffin have agreed to a joint partnership in this new merger.

The House Call business is moving from our EHT office location to our Pleasantville office location.

The effective date of this merger is January 1, 2021.

# How to help kids cope with the mental health challenges of virtual learning



Advice for parents whose children, especially pre-K through first grade, are finding remote classes difficult.

A few weeks into the school year, many parents, like Abigail Ram, are finding remote classes are especially hard for the youngest learners, pre-K through first grade.

"my youngest daughter is Elena and I feel like she has the most difficult time with virtual school this year. She's only in kindergarten. Her attention span is small and having her use the computer is difficult. She also started a new school, so I don't know many of the families and she doesn't know the other students," Ram said.

Eileen Kennedy-Moore is a psychologist counseling parents, like a mom whose preschooler couldn't sit still during a Zoom class.

"She saw all the other parents and kids sitting there, singing the song. Meanwhile, her kid was running around the room screaming. 'No Zoom, no Zoom.' And I have to say my sympathies were entirely with the child. But actually what this child was doing was appropriate self-regulation," she said.

She said screens with lots of faces can be overwhelming for kids, especially young ones who can't communicate their feelings. And now is when parents need to be even more supportive.

"it's a strategy that I think a lot of parents might be able to use is to invite, rather than push. So I suggest that she sit in on the little Zoom meeting and be very interested in the story or the song that they were doing. And I said I bet you a nickel the kid's going to be looking around to see 'what are they doing?'" said Kennedy-Moore.

She said the advice changes slightly for children of different ages.

## Advice differs depending on child's age

"Second and third graders usually are more socialized into school. They know what to expect and they usually want to please the teacher. So with that one, though, if your child is really, really objective and getting all upset about it, we want to ask more questions and really try to understand what is going on here," she said.

Kennedy-Moore says to keep their curiosity engaged with lots of time outdoors or reading books. But it's an issue weighing on educators, too

Washington Township superintendent Joe Bollendorf says the mental health and well-being of his students is guiding his efforts to reopen schools to the maximum extent possible.

"We have students that are suffering. We can't control their home environment or the things that they may be dealing with," Bollendorf said.

He says he'd feel terrible if someone got sick and died as a result of school being open.

"I would feel guilty if I could have provided an opportunity to lend support and help and well-being to kids that need that social and emotional component in their lives. And their state of mind without those supports, if something terrible or bad happened to them, I would feel equally guilty," he said.

There was a backlash when Gov. Murphy considered cutting funding for mental health services in schools.

During budget proceedings, Sen. Sandra Cunningham said, "while we had to make some tough decisions in this year's budget, I am grateful we were able to restore funding to many important public services. Funding for school-based mental health...will ensure we continue to invest in our future, despite the challenges presented by the coronavirus pandemic."



# COVID LINE NOVEMBER 2020

Jenn Farrell - Virtual Office & Quality Care Coordinator  
COVID-19 Team Lead

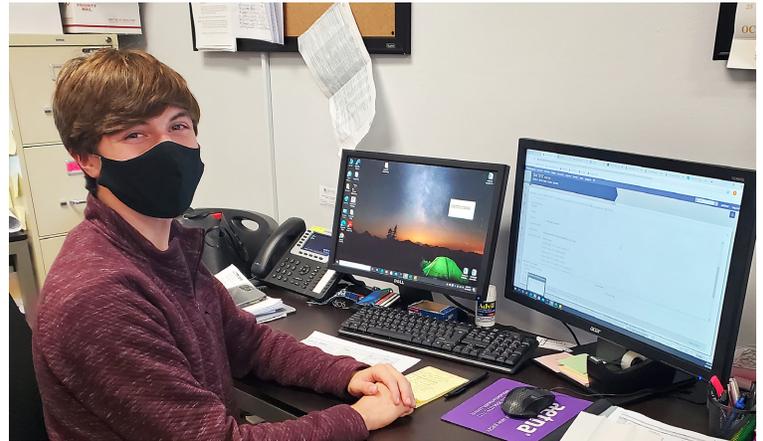


It has been almost 2 Months since the Reliance Covid Line in Atlantic City came to an end. Since then the team has settled itself into our every day roles. While some of the team left the line sooner than the rest, we all still talk and remember all the times we had, both good and bad, on the line. Each Reliance employee who worked on the line left with many memories, but also a better understanding of COVID. We all returned to all different offices, and even different roles. Niki is back running Pediatrics the way only she can do best, Juan is back in Mays Landing looking to further his career hopefully to Doctor, Tom left as a front desk from Pleasantville, to return as a biller in Corporate. Miriam G and Jackie went back home and reopened the Baltic Family practice, Patrick found his home in Virtual, while Teri and Grace returned to peds, Grace finding her new home there. Mr. Pete is right back to running around helping each office.

With numbers on the rise again, and the second wave showing itself, Dr. Regis and Vince decided to Promote Jenn as the COVID Coordinator of Reliance. She is working closely with them to update all policies and procedures, as well as ways to keep cases down for Reliance, keeping as many of its employees safe as possible. Sam, the Ewing Manager, is going to be working closely with Jenn to be support for the Offices up North.



Tom working in billing



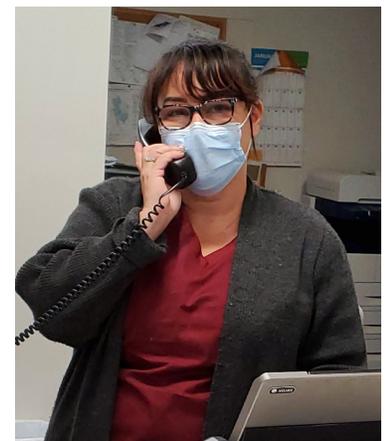
Patrick working in Virtual



Jenn working Virtual and Covid



Jackie working Baltic



Miriam G. assisting a Patient on the phone at Baltic

## Your Primary Care Team

We believe you deserve a team – **primary care provider, nurse, care coach and you, the patient** – to create an individualized plan to meet your needs and care for you like they would a member of their own family.

### Doctors

Leader of the Care Team

### Nurse Practitioner & Physician Assistant

Key clinical providers responsible for monitoring your care needs

### Care Coach

Support for you when you need extra attention

### Front Office

Maintains your records, schedules your appointments and addresses your concerns

### Center Administrator

Manages the center to ensure we create a warm and welcoming environment for you



# RELIANCE

## MEDICAL GROUP

*"Quality Healthcare Is A Right, Not A Privilege"*



*You Deserve*  
**Senior-focused  
Primary Care**

**At Reliance Medical Group, we know that seniors have specific challenges and their needs become more unique as they age. So, we created a new approach. It's what we call Senior-focused Primary Care – helping keep our patients healthy and setting them up for everything life may hold.**

#### **Senior-focused Primary Care Means:**

- Taking the time to listen to your questions and concerns
- Explaining your care and treatment so that you understand
- Working with your specialists for your overall care;
- Reminders for screenings and tests
- Remote monitoring for high blood pressure & diabetes
- Providing transportation if needed
- Weight loss & nutrition program
- Specializing in Medicare Advantage with our Reliance Medical Group Medicare Advantage Plan Powered By Clover Health

#### **Reliance Care Coaches By Your Side!**

Our Care Coaches staff are to support you after hospitalizations or with certain chronic conditions.

#### **Electronic Medical Records At Your Fingertips!**

##### **Easy Access Through Our New Portal:**

- Online access to your personal health records, medical summary and immunization history
- Request Rx refills
- View past and future appointments, referrals and lab results
- Works on all PC's laptops, notebooks, tablets and smartphones. We'll sign you up at your Reliance Medical Group doctor's office.

***It's simple, easy and secure!***



## Reliance Medical Group for a HEALTHIER HAPPIER YOU!



# CALL



# 855-735-4262

## Become a Patient Today!