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PULSE

NEWSLETTER

RINGING THE BELL FOR WOMEN'S HEALTH: A LOOK BACK AT OUR 2026 SPRING LUNCHEON



[*Click here for photos*](#)



On Friday, May 8, members and friends of the Overlook Auxiliary gathered at the historic Baltusrol Golf Club for our 2026 Spring Luncheon and Annual Meeting. Centered around the theme “**Caring for Her: Caring for Every Stage,**” the afternoon was a meaningful celebration of connection, compassion, and commitment to the health of women and families in our community.

The event featured an inspiring presentation by guest speaker Annie Lawson, Nurse and Midwife at Atlantic Health, alongside surprise guest speakers Dr. Jason Knight (Gynecologic Oncology) and Monique Byrne (Manager of Spiritual Care and

Volunteer Services). Joined by Stephanie Schwartz, our speakers shared powerful insights on holistic women’s health across every stage of life.

Thank you to Annual Meeting Chair Bianca Moreno and her team for creating such a wonderful event! We extend our gratitude to Leadership Sponsor Corient, Community Sponsors Renée and Richard Frank and Peapack Private, and everyone who bid in the silent auction or supported the “**Ring the Bell for Her**” campaign. Together, we raised \$3,500 for women’s health initiatives at Atlantic Health Overlook Medical Center!

CORIENT

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SAVE THE DATE AUXILIARY KICK-OFF EVENT

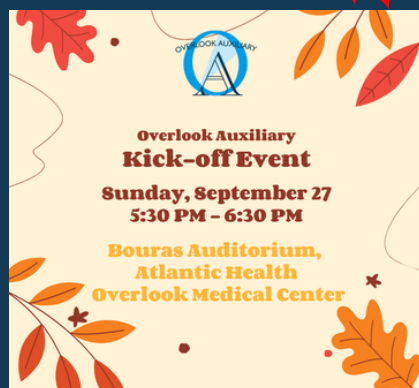
Join us for an interactive volunteer showcase -- a one-hour open house designed to help you find your perfect volunteer fit.

What to Expect:

- **15-Minute Kickoff and Speaker:** Hear a brief, inspiring overview of our mission, the difference our volunteers make, and how flexible involvement can be.
- **Interactive Station Walk:** Spend the remaining time exploring table displays representing our different service areas—from different Twigs, event planning, Gift Shop & Bloom, and more.
- **1-on-1 Q&A:** Chat directly with current volunteers, ask questions, and discover where your skills and passions align best.

Whether you have two hours a month or two hours a week, there is a place for you here. Both members and nonmembers are warmly welcome—bring a friend and discover how easy it is to make a real difference in our community!

NEW



A LETTER FROM THE OUTGOING PRESIDENT



Dear Overlook Auxiliary Members,

As I write my final letter as President of the Overlook Auxiliary, I find myself reflecting with an incredibly full heart on the privilege of serving this extraordinary organization.

When I began this journey, I knew the Auxiliary was special. What I came to understand even more deeply is that its greatest strength is not simply what we accomplish, it is the people behind every act of service, every event, every donation, every volunteer hour, and every thoughtful gesture.

This year, together, we made a meaningful difference at Atlantic Health Overlook Medical Center. From supporting patients and families through our Wishes Granted program, to celebrating and caring for our hospital team members, to raising funds for women's

health, Child Life, and the Arts and Health Teaching Artist Fellowship Program, our members continually turned compassion into action. Our Spring Luncheon alone raised \$3,500 for women's health initiatives, while Art for Overlook raised close to \$20,000 for the Arts and Health Teaching Artist Fellowship Program and the work of the Overlook Auxiliary.

I am especially proud of the incredible energy of our Twigs and Junior Twigs. Watching young volunteers discover the joy of giving back and seeing the Jr. Twig program grow to 274 members across 14 high schools, has been one of the most inspiring parts of this year.

But beyond the numbers and accomplishments are the moments I will remember most: the gratitude of our hospital team members, the friendships formed over countless meetings and events, and the wonderful feeling of knowing that we were doing something that truly mattered.

I am profoundly grateful to our Board of Trustees, our committee chairs, our Twigs, our Junior Twigs, our Gift Shop & Bloom employees and volunteers, and every member who gave their time, talent,

creativity, and generosity.

I also want to thank our incredible leadership at Atlantic Health Overlook Medical Center. It has been an honor to work alongside people who dedicate themselves every day to caring for our community.

"As I pass the gavel to Meghan Schorr, I do so with tremendous confidence and excitement for the future."

I know the Auxiliary is in wonderful hands, and I cannot wait to watch this organization continue to grow, evolve, and make an even greater impact.

Although my term as President comes to an end, my love for the Overlook Auxiliary, and my commitment to its mission, does not. Once an Auxiliary member, always an Auxiliary member.

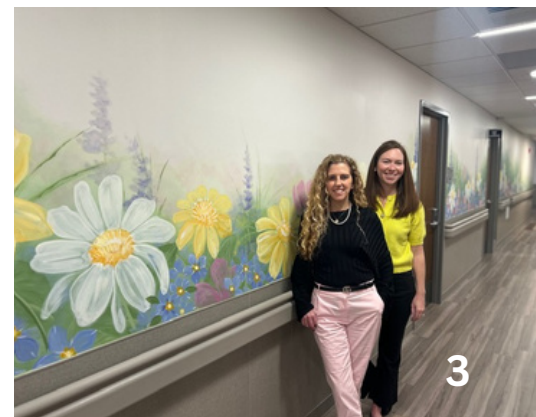
Thank you for allowing me to serve, to lead, and most importantly, to be part of something so meaningful.

With heartfelt gratitude and so much pride,

**Melissa Hartzell-Galileo
President 2024-26**

RECENT WISHES GRANTED

Making a Difference at Atlantic Health Overlook Medical Center



Here is a look at some of the recent wishes we've been proud to grant:

1. Supporting Patients in Need

- The Wish: \$500 in Shop Rite Gift Cards
- How It Helps: Provided directly to Atlantic Health Overlook Care Management patients facing urgent, everyday needs to help ease their burdens during difficult times.

2. A "Zen Space" for Hardworking Team Members

- The Wish: A brand-new massage chair for Unit 10CD
- How It Helps: In a recent survey, team members voiced the need for a space to recharge, take a mindful pause, and combat burnout during busy shifts.

3. A Joyful New Addition to the Mother-Baby Unit

- The Wish: A vibrant "selfie" mural for the newly renovated Mother-Baby Unit
- The Impact: We hope this cheerful mural brings countless smiles to new families and serves as a backdrop for the special memories made at Atlantic Health Overlook.

4. Comfort and Care for Elder Life Patients

- The Wish: Over \$3,000 in fidget aprons, activity books, stress balls, lacing cards, and magnifying glasses
- The Impact: Hospitalized older adults at risk for delirium often experience confusion and sensory challenges. These non-pharmacological tools provide meaningful cognitive and sensory engagement, helping to reduce anxiety, prevent delirium, and promote safer, more comfortable hospital stays for patients and their families.



Pictured at left:

At the June board meeting, Board Members from 2025-26 and 2026-27 got together to present some of the lacing cards to the Elder Life team (middle).

SAVE-THE-DATE: MAHJONG WITH MEANING OCTOBER 7

On October 7th, we will gather for our 2nd year of Mahjong with Meaning and we hope you will join us!

If anyone would like to help with planning, marketing, and day-of execution, please email Kristine Perillo at fundraising@oaux.org.



COMMUNITY SUPPORT HIGHLIGHTS

Our community's ongoing support continues to make a meaningful difference!

- Watchung Hills High School Student Ruhaan Gandhi spearheaded a GoFundMe, raising over \$3,712 for Child Life goody bags, snacks and gift cards for Hospital Team Members.
- Local scouts partnered with Hearts of Hope North Jersey to paint ceramic hearts accompanied by personal notes of support, for Child Life patients.
- A local shopping event hosted by The Monogram Corner, Fortelle, and Table Two Studio raised \$1,682.52 in support of the Health Start Clinic.
- In celebration of motherhood with GRACE, Bernadette's Busy Beads lovingly prepared seven handmade lap blankets for AHOMC patients.

SERVICE EVENT FOR MOTHERS & SONS LAUNCHES NEW TWIG



May 8th in support of Hospital Week, featuring a guest speaker from the Child Life Program and an activity where guests assembled 100 popcorn snack bags.

There was great initial interest and we look forward to building on this momentum this school year with additional programming.

We are excited to launch a **Mother-Son Twig** for service and social opportunities to support the Auxiliary. An introductory event was held on

Thank you to Julia Bartlett, Twigs Chair, for organizing this fun service event. If you would like to join this new Twig contact the office at info@oaux.org.

WORKSHOP KICKS OFF NEW WOMEN'S HEALTH TWIG

On April 10, women gathered at Atlantic Health Overlook for **Bloom & Brush: A Women's Health Workshop**, hosted by Membership VP Carlene Pruitt and Meghan Schorr, then-EVP and current Auxiliary President.

The event introduced the Auxiliary's newest initiative—the **Women's Health Twig**—to 22 enthusiastic attendees.

Featured speaker Dr. Faith Goldman and two nurse navigators led an engaging

presentation and Q&A on key women's health topics, sparking meaningful dialogue on local care. Following the discussion, participants painted over 50 personalized watercolor notecards to brighten the days of patients and staff at the Stacy Goldstein Breast Center.

If you missed it, [click here](#) to see Dr. Goldman's presentation.

If you are interested in joining this exciting new twig, contact the office at info@oaux.org.



RIDE AND REFRESH:

Kicking Off the New Year with a Record-Breaking Staff Appreciation Event!



CLICK PLAY to watch Heather Veltre, AHOMC CNO in action!



Stephanie Schwartz, AHOMC President enjoying the fruits of her labor along with our Registered Dietitians.

To kick off the new year, the Overlook Auxiliary hosted one of our most popular team member appreciation events yet: **Ride and Refresh!**

Spearheaded by our Service Events Chair, Joanna Santiago, this unique event brought a wave of energy, fun, and healthy treats to Bouras Auditorium.

Guests received health advice and tips from our Registered Dietitians while hopping on stationary bikes to power their own custom smoothie creation. Colleagues couldn't get enough of filming their teammates pedaling away!

We saw a steady, bustling flow of participants throughout the daytime shift. By the end of the day and into the evening, approximately 650 total team members joined in on the fun—making this our highest-attended appreciation event to date!

This event gave team-members a special opportunity to connect, bond, and share a laugh over a non-work-related activity, complete with delicious smoothies, nutrition tips and a chance to win a Nutribullet in a free raffle.

Thank you to Joanna Santiago for her fantastic leadership in organizing this event, and to Atlantic Health Overlook's Registered Dietitians who joined forces with us to make it such a memorable day.

Upcoming Events!

We're excited about this year's appreciation events which include a virtual Halloween Dance Competition, Kindness Day Yogurt and Granola Bar Take-away, and more!

If you'd like to help with our Team Member Appreciation Events, email svcevents@oaux.org.

MEMBER COFFEE

A big thank you to Carlene Pruitt, Membership VP, for hosting such a quaint and lovely membership coffee earlier this year. The weather may have been cold, but the atmosphere was warm, cozy, and full of great company. We're so grateful for your hospitality!

Check your inbox for future coffee invites!



Member Coffee



BEREAVEMENT NOTICE

We regret to report the passing of Overlook Auxiliary Member **Ellen Decker** on February 1, 2026. [Click here](#) for details.

GRAB A GIRLFRIEND: BRINGING COMFORT TO OVERLOOK'S YOUNGEST PATIENTS



Dena Peyster, Kate McNamara, and Jackie Pinchuk, (top photo—left to right), Overlook Auxiliary's 2026 Community Award Recipients!

On Thursday, January 22nd, supporters gathered at the Albion Whiskey Lounge in Summit for NP Twig 10's 3rd Annual "Grab a Girlfriend" event in support of Child Life at Atlantic Health Overlook Medical Center.

Hospital stays can be overwhelming for children and their families. Atlantic Health Overlook's Child Life specialists play an essential role in easing fear, uncertainty, and emotional stress through therapeutic play, education, and advocacy. Guests at this year's event were honored to hear directly from Child Life specialists, who shared firsthand how donor support transforms pediatric care.

Thanks to the incredible generosity of everyone who attended and donated. We raised \$8,702 for Child Life so they can continue their work of providing

moments of relief, connection, and joy when young patients need them most—funding things like birthday celebrations, holiday gifts, music programs, art supplies, books, toys, crafts, and goody bags.

From the bottom of our hearts, thank you to our guest speakers and everyone who joined us for making a meaningful impact on our community's children!

Side note: We were thrilled to honor the event's powerhouse co-chairs—**Kate McNamara, Dena Peyster, and Jackie Pinchuk—as our 2026 Overlook Auxiliary Community Award winners!**

For three consecutive years, their extraordinary leadership, creativity, and dedication have brought our community together to make a lasting difference for local families. Congratulations!!

OVERLOOK AUXILIARY HONORS HOSPITAL WEEK

National Hospital Week is a special time to honor the compassionate staff who keep our healthcare system running every day. During the week of May 10th, the Overlook Auxiliary, Bloom, and our Junior Twigs were proud to show our deep appreciation for the entire AHOMC family! Here's how we celebrated our hospital heroes:

- Raffle prizes from the Gift Shop & Bloom
- Banners of Gratitude: Junior Twigs crafted three vibrant, festive banners filled with personal messages of thanks displayed throughout the hospital.
- Goody Bags & Hand-Written Notes: Junior Twigs handwrote 500 individual thank-you notes paired with treat bags—filled with popcorn, Oreos, M&Ms, Swedish Fish, and granola bars—distributed at Gift Shop & Bloom.
- Friday Popsicles & Kindness Rocks: Auxiliary Board Members wrapped up the week by surprising staff with refreshing popsicles. While waiting, team members picked out hand-painted "Kindness Rocks" crafted by the Gill St. Bernard Junior Twig as a tangible token of appreciation to take home.



ART FOR IMPACT

Two recent art-centered events brought the community together for a cause.

[CLICK HERE](#)

ART FOR OVERLOOK: A MAGICAL SUCCESS

February 28th--what a night! Willow & Whisk was the perfect venue to transport guests down the rabbit hole to a Wonderland filled with magic, delicious bites and an auction of vibrant art from bold paintings and detailed drawings to imaginative mixed-media pieces, all from local artists. The evening featured the magic of Simon Mandal, Illusionist, and music from Owls & Lions. The featured speaker was Dr. Samantha Pozner, Chair, Department of Family Medicine, Atlantic Health Overlook Medical Center.

Together, we raised close to \$20,000 for the Arts and Health Teaching Artist Fellowship Program and the work of the Overlook Auxiliary — a truly magical impact made possible by the generosity of the artists who donated their work and everyone who joined us on this creative adventure or donated to the cause.

A special thank you to Lauren Perenchio, Katy Heavens, and the rest of the committee for their dedication and hard work in bringing this wonderful event to life.

ART & COMMUNITY EVENT

Creativity and community came together at the Overlook Auxiliary's Art & Community Event on June 4th. Curated by Aschwald Art Advisory, the special one-day pop-up exhibition brought together local artists, neighbors, and supporters to celebrate the visual arts while raising \$2,800 for the ongoing mission and programs of the Overlook Auxiliary.

The curated exhibition showcased a vibrant selection of contemporary artwork from talented local artists, including paintings, ceramics, collages, sculptures, photography, and installation pieces. Guests enjoyed the unique opportunity to meet the featured creators—including Valerie Flax, Kathi Olsen, Kirti Sheoran, Kate DeOssie, Sunil Garg, Ben Rizzo, and Jesus Nunez—learning about their creative processes while connecting over a shared passion for art and local healthcare.

A big thank you to Alison Schilsky, Art for Overlook Chair for putting this event together, Aschwald Art Advisory for curating such an inspiring event, to the artists who shared their talent, to Valerie Flax who opened her home for this event, and to everyone who attended and supported the Auxiliary!

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TWIG SPOTLIGHT: HANDS-ON SERVICE, CREATIVITY, AND IMPACT

Our Twigs have been busy putting compassion into action across Atlantic Health Overlook Medical Center! From environmental sustainability to specialized patient care, these dedicated volunteer groups bring heart, creativity, and vital resources to patients at every stage of life.

NP Twig 10

In addition to hosting the Grab A Girlfriend event, members assembled **48 beautiful gift bags for mothers**, in honor of Mothers Day, at the Health Start Clinic.

When a need arose, they donated **\$250 worth of diapers** via their Amazon Wish List to support growing families in our Health Start community.

Mother-Daughter Twig

The twig gathered for a Galentine's High Tea Party at Baltusrol Golf Club which featured a presentation by cardiologist Dr. Lindsay Elbaum on lifelong heart health. Attendees hand-crafted **45 heart-shaped felt recovery pillows** for heart surgery patients. They also dedicated time to making **100 friendship bracelets** for team members and patients at AHOMC.

At another meeting they prepared **70 self-care bags** for teenagers at the Health Start Clinic where pediatric nurse practitioner Ashley O'Connor shared the clinic's vital mission.

In honor of Melanoma and Skin Cancer Awareness Month in May, the Twig collected **135 sunscreen products** through local schools and the community for patients of Atlantic Health Overlook Family Medicine.

The Mother Daughter Twig wrapped up their first year by purchasing **twelve baby dolls** for Elder Life patients living with dementia. For many dementia patients, baby dolls reduce anxiety, encourage nurturing and communication, offer tactile comfort, and evoke warm memories of parenthood.

MHA Twig

The MHA Twig fulfilled a special wish for AHOMC's Behavioral Health department, donating a **Nintendo Switch bundle and an Arcade 1up Infinity Game Board**.

While they look like fun games, these tools serve an essential therapeutic purpose:

- Nintendo Switch: Builds teamwork, social skills, and conflict resolution through interactive group play.
- Infinity Game Board: Provides digital access to classic board games without small, loose physical pieces, encouraging focus, memory, and sportsmanship in a safe environment.

SH Twig 27

Funded \$1,000 in Atlantic Health-branded stuffed animals to bring comfort, smiles, and reassurance to young patients entering Same Day Surgery.

They also continued their long-standing tradition of supporting nursing scholarships. This year they are contributing **\$6,000 to the Elsa B. Russell Nursing Scholarship**.

Sewing Twig

Working primarily with donated fabrics and yarns, our talented Sewing Twig dedicated **hundreds of hours to crafting hand-sewn comfort items for patients**:

- Repurposing Blue Wrap: Transformed surgical wrap material—which is normally discarded—into 635 reusable shopping bags (including over 250 created this year alone) to assist patients in Medical Imaging and Pre-Admission Testing.
- Warmth for Newborns & Patients: Handcrafted 235 infant hats, 10 preemie hats, 4 toddler hats, 7 pairs of infant booties, and 24 lap-sized afghans.
- Specialized Care: Designed 9 fidget aprons to comfort and engage memory care patients, as well as 50 Angel Gowns delivered to the Mother-Baby unit to support families during delicate moments of infant loss.



JR. TWIG PROGRAM SOARS UNDER MEREDITH GUIDA'S LEADERSHIP

During the 2025-26 school year, the Jr. Twigs expanded across 14 high school-based groups—including 6 new chapters at Bernards, Columbia, Livingston, Morristown-Beard, New Providence, and Villa Walsh—with the program reaching a total of 274 members this year, marking a massive 41% increase from last year!

Hands-On Service Day Drives Real Results

For their second Service Day of the school year, the students got together to support AHOMC nurses and Hospital Week: 58 students gathered with Nurse Educator Susan Galluci to make custom "order of the draw" beaded keychains to assist nurses.

Attendees also assembled 500 treat bags, 500 gratitude cards, and three banners for Hospital Week, alongside collecting feminine hygiene products for Health Start.

Individual Jr. Twig Highlights

Our individual Jr. Twig accomplishments in 2026 so far are listed below—

Chatham Jr. Twig organized a Mom & Daughter Yoga event to buy patient clothing including 63 pairs of sweatpants and 48 t-shirts for patients who don't have clothes to wear when leaving the hospital.

Columbia H. S. Jr. Twig raised \$432 from Valentine's Day flower sales to buy 12 five-pound weighted elephants for the NICU, and made cards and paper flowers for Oncology patients.

Friends of Kent Place Jr. Twig raised \$1,436 for Health Start through their 'Cupid Undercover' Krispy Kreme sale, plus an additional \$400 from a school bake sale to purchase adult activity books and snacks for the Thomas Glasser Caregivers Center.

Gill St. Bernard Jr. Twig raised \$500 for NICU bottle kits from a Teddy Gram fundraiser and painted inspirational rocks which were given away for Hospital Week.

Livingston Jr. Twig organized a yoga fundraiser providing evening team member snacks for Mental Health Awareness Month.

Morristown-Beard Jr. Twig purchased and assembled 60 Easter baskets across age groups for Health Start.

Oak Knoll Jr. Twig sewed heart pillows which were donated to ER patients along with get-well cards for Valentine's Day.

Pingry Jr. Twig spearheaded an MLK Day project, at their school, to

assemble 100 Code Lavender bags for nurses in crisis and also made 30 bracelets for Child Life.

Summit Jr. Twig Assembled personalized gift baskets and notes for AHOMC "Kindness Catch" nominees--team members who embody our 10 Tenets of Kindness.

Thank you, Meredith!

Under the outstanding leadership of Jr. Twig Chair Meredith Guida since 2022, the Jr. Twig program has seen membership skyrocket. We owe her a huge debt of gratitude for her vision, passion, and tireless commitment to growing the program into the powerhouse it is today.

Looking Ahead

As we get ready for fall, we welcome our newest Jr. Twig Chairs, Lillian Chern and Erin Donadio who are kicking off the new school year with a new streamlined registration process which eliminates paper forms. They are already planning their Fall Service event and we can't wait to see what's in store!



Meredith Guida, Chair
Jr. Twigs, 2022-26





FUN FACTS & FLOWERS

We are so lucky to have such wonderful volunteers—meet four of our newest team members! (Pictured left to right):

- **Laura Melman:** A former NYC finance professional and nurse (whose birthday coincidentally falls on National Nurses Day!), Laura was also once a contestant on Who Wants to Be a Millionaire?
- **Randi Greene:** A new Overlook Auxiliary member, Randi loves fashion, art, theater, Mahjong, and Liverpool rummy. Her superpower? Keeping things fun and finding a reason to smile.
- **Beth Bell:** Beth loves the beach, dogs, and a great plate of pasta!

We would also like to welcome Catie Lazarro! Interested in joining our growing team? Reach out—we'd love to have you!

Fall items are arriving daily, and Saachi Scarves are back by popular demand! Stop in to discover your next great find.

Need flowers? We offer custom arrangements for any budget, complete with free local delivery. Check out a few of our latest creations below!



Come shop with us! The Gift Shop & Bloom
Free local delivery for all floral arrangements and gift baskets!

Hours:

Mon - Fri, 9:00am - 7:00pm

Sat - Sun, 11:00am - 5:00pm



Overlook Auxiliary Gift Shop & Bloom
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