



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2021

Advanced Cancer Care *Close to Home*

ALSO IN THIS ISSUE:

- COVID Vaccine
- Rehab for Runners
- Teen Isolation

PLUS:

- Community Focus
Event Calendar



Mary Kiensicki, RN, CBCN,
Breast Health Navigator



James Demetriades Appointed
Penn Medicine Princeton Health CEO
P. 3



Advanced Cancer Care Close to Home
P. 4-5



Colorectal Cancer Strikes Both Young and Old
P. 6

Community Focus Event Calendar

PG. 7



Understanding the COVID-19 Vaccine
P. 19



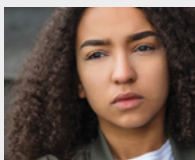
Recovering from COVID-19: Rehab Can Help
P. 20



When Should My Daughter Have Her
First Gynecologic Visit?
P. 21



Get Back in the Running:
Outpatient Rehab for Runners
P. 22



Dealing with the Impact of Isolation on Teens
P. 23



Focusing on Employee Wellbeing and Recognition
P. 24



Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

www.princetonhcs.org/covid-19/telemedicine



For current updates on COVID-19, modified visitation policies and schedules, please visit www.princetonhcs.org



Penn Medicine
Princeton Health

[Princeton Medical Center](#)

[Princeton House Behavioral Health](#)

[Princeton Medicine Physicians](#)

[Princeton Medical Center Foundation](#)

[Princeton HealthCare Partners](#)

[Princeton Health International](#)

Penn Medicine Home Health
Princeton Health

(formerly Princeton Home Care)

Penn Medicine Hospice
Princeton Health

(formerly Princeton Home Care – Hospice)

Princeton Health, published six times each year by Penn Medicine Princeton Health, is dedicated to providing you with the latest health-related news and information.

The health information provided in *Princeton Health* is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

Princeton Health is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

Entire publication ©2021 Penn Medicine Princeton Health. All Rights Reserved.

Princeton Health is published under contract by The Nautilus Publishing Company www.nautiluspublishing.com
T: 662.513.0159

James Demetriades

Appointed Penn Medicine Princeton Health CEO

The University of Pennsylvania Health System has named James Demetriades as CEO of Penn Medicine Princeton Health. He will begin his new role on March 1, 2021.

Demetriades has been with Penn Medicine Princeton Health for 17 years, and most recently served as Senior Vice President and Chief Operating Officer. He has been a key player in some of Princeton Health's most important milestones over the past several years — a transformative time that included joining the University of Pennsylvania Health System. Demetriades succeeds Barry Rabner, who served as President and CEO since 2002.

"James is a proven leader who we are excited to elevate into a role in which he will help chart and execute Penn Medicine Princeton Health's journey forward as an institution that sets the highest standards in care for patients and the community in New Jersey," said University of Pennsylvania Health System CEO Kevin B. Mahoney.

Demetriades led the overall system planning and execution process to become part of the University of Pennsylvania Health System, collaborating with other senior leaders to execute the Medical Staff Development Plan and serving as the management liaison to the Princeton Health Board of Trustees' Strategic Planning Committee that developed a five-year strategic plan for 2020-2025. In addition to his ongoing responsibilities for clinical departments and ancillary and support services, he also provides leadership for emergency management at Princeton Health, including the comprehensive work done throughout the COVID-19 pandemic.



"The knowledge and experience James brings to this role will be invaluable as he leads the organization toward even greater achievements in clinical outcomes, quality, patient and employee engagement, medical staff alignment and community relations," said Anthony Kuczinski, Chair of the Princeton Health Board. "We are excited about the combination of James' strategic thinking and the passion he has for the organization, our patients and the community we serve."

Previously, Demetriades also served as Vice President for Professional Services, and has had operational responsibility for Surgical Services, Laboratory Services, Radiology/Imaging, Cancer Program and many other clinical and non-clinical areas. He has also held roles at organizations including the Reading Hospital and Medical Center in West Reading, PA, and HealthSouth Corporation in North Brunswick.

"I am honored to be given the opportunity to serve Penn Medicine Princeton Health as the CEO. I have spent 17 years here because I believe it is an outstanding organization, and I hope to provide the kind of strategic leadership that will continue to propel us forward," Demetriades said. "I am grateful to have a team of very knowledgeable and caring colleagues, the guidance of a highly committed board and the strength of the entire Penn Medicine system supporting our work."

Demetriades earned his Bachelor of Science in Healthcare Administration from the University of Scranton and holds a Master of Business Administration in Healthcare Administration from the Temple University Fox School of Business in Philadelphia. He is a member of the American College of Healthcare Executives and a Reserve Medical Service Corps Officer in the United States Navy.

Advanced Cancer Care *Close to Home*



Cancer touches everyone at some time in their lives, whether it is a personal diagnosis or the diagnosis of a loved one. Penn Medicine Princeton Health Cancer Center offers exceptional care close to home.

“The Penn Medicine Princeton Health cancer program provides cancer services in one convenient location, from diagnosis to end-of-treatment and beyond. Our priority is high-quality care delivered in the safest environment. Not only do we adhere to the strict standards of quality required by our accrediting organization — the American College of Surgeons Commission on Cancer — but we have gone a step further to partner with our colleagues at Penn Medicine’s Abramson Cancer Center to collaborate on best practices in quality and safety,” says Paul Ortiz, MS, FACHE, Vice President of Business and Service Line Development at Princeton Health.

Comprehensive *and Coordinated Care*

Comprehensive care starts at diagnosis. Princeton Health’s specialty-trained staff provides fast and accurate diagnostics through the most current imaging and pathology services available. Patients who require surgery benefit from minimally invasive procedures that result in less pain, less scarring, shorter recovery times and, in many cases, better clinical outcomes. Those requiring treatment receive personalized plans to address their specific cancer diagnosis, created by medical and radiation oncology physicians who are board certified in their specialties. Many services for individuals with cancer are provided in the state-of-the-art Matthews Cancer Care Suite, located just inside the East Entrance of Princeton Medical Center.

Among the types of cancer treated are:

- Breast cancer
- Colorectal cancer
- Gynecologic cancers
- Lung cancer
- Prostate cancer
- Select blood cancers
- Thyroid cancer
- Other cancers*



As part of Penn Medicine, the cancer care team at Princeton Health routinely works closely in collaboration with providers from Abramson Cancer Center, a world leader in cancer research, patient care, and education, to provide access to experts in advanced diagnostics and treatment. This partnership allows for seamless care for patients who require more specialized treatment or access closer to home. Patients also have convenient access to participation in clinical trials if needed.

To further ease their journey, certified oncology nurse navigators assist patients with care coordination throughout their entire treatment plan. A range of complementary therapies are available as well.

“No one should face a cancer diagnosis alone. We are committed to providing support every step of the way,” says Lori McMullen, MSN, RN, OCN, Director of Cancer Services at the Princeton Health Cancer Center. “Our comprehensive care team includes social workers, registered dietitians, financial counselors, and oncology nurse navigators. Further, our nurses and medical support staff are all certified in their areas of specialty and work side by side with physicians to create the best treatment plan for each individual patient.”

Princeton Health’s cancer services have received national recognition, including accreditation as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (ACoS CoC), full accreditation from the National Accreditation Program for Breast Centers, designation as a Breast Imaging Center of Excellence by the American College of Radiology, and full accreditation by the American College of Radiation Oncology.

For more information about Penn Medicine Princeton Health Cancer Center, or to find a physician with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

Possible Signs of Cancer

Some general signs associated with, but not specific to cancer include:

- Fatigue
- A lump or thickened area under the skin
- Weight changes (unintended loss or gain)
- Skin changes (yellowing, darkening or redness; sores that will not heal; or changes in moles)
- Changes in bowel or bladder habits
- Persistent cough or difficulty breathing
- Difficulty swallowing
- Hoarseness
- Persistent indigestion or discomfort after eating
- Unexplained muscle or joint pain
- Persistent fevers or night sweats
- Unexplained bleeding or bruising

Colorectal Cancer Strikes Both Young *and* Old



According to the National Cancer Institute, colorectal cancer is the third leading cause of cancer deaths in the United States, and can strike at any age. Fortunately, the incidence of the disease in older adults has been on the decline in recent decades. Unfortunately, cases of colorectal cancer are on the rise in younger adults.



"Over the years, the rate of colorectal cancer among the older population has dropped significantly because of screening through colonoscopy," says **Anish Sheth, MD**, Chief of Gastroenterology and Co-Director of Penn Medicine Princeton Medical Center's Center for Digestive

Health. "Identifying polyps early, and removing them, is the safeguard against developing colorectal cancer."



"It really is not clear at this point why there is a rise in colorectal cancer rates in younger adults, but it appears obesity plays a role. Because we are seeing a considerable increase, the recommendations for a screening colonoscopy have changed," says **Eric Shen, MD**, Co-Director of the

center. "Multiple medical societies now recommend an initial colonoscopy at age 45 instead of age 50. For anyone who has a family history of colorectal cancer or polyps, even earlier screening may be needed."

If an initial screening shows no signs of polyps or other concerns, a follow-up colonoscopy should be scheduled in 10 years. If polyps are found, your physician will recommend the appropriate rescreening schedule.

Few Early Symptoms

There are few noticeable early signs of colorectal cancer, which again is why screening is so important. Signs that cancer may be present include:

- A change in bowel habits, such as diarrhea, constipation or narrowing of the stool lasting more than a few days
- Blood in the stool or dark, tarry stool
- Weakness, fatigue, or unintentional weight loss
- Iron deficiency anemia

Anyone experiencing symptoms that could be a sign of colorectal cancer should seek a medical evaluation so a prompt diagnosis can be made.

In addition to proper screening, maintaining a healthy diet, drinking plenty of water and regularly exercising, along with having an annual physical exam, are recommended to help lower the risk of developing colorectal cancer.

To find a gastroenterologist affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit www.princetonhcs.org.

Community Focus

Join one of the programs below in honor of

SLEEP AWARENESS week

Celebrate your health with us by taking advantage of our special programming focused on a different health topic every two months.

Is Your Bladder Waking You Up?

MON. March 1 (9:30 – 10:30 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Are you waking up in the middle of the night because you need to use the bathroom? Join Becky Keller, PT, MSPT, PRPC, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, to learn what you can do to reduce those frequent nighttime visits to the bathroom.

Are You Driving Drowsy?

MON. March 1 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

If you find yourself losing concentration or struggling to avoid nodding off while driving, there may be something more at play than you think. Join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, for this informative discussion on drowsy driving, how to recognize it, what it can mean, and what you can do to reduce or eliminate the problem.

Exercise Can Help You Sleep

WED. March 3 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

You might be surprised to learn that aerobic exercise can reduce insomnia and help you get a better night's sleep, as well as improve your overall health. Join Martina Lonhouse, a trainer with Princeton Fitness & Wellness, for this stimulating discussion about exercise options that can help you get the rest you need.

Eat Better, Sleep Better

THU. March 4 (3:30 – 4:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

They say you are what you eat, but did you also know there are foods that are best if you want proper rest? Attend this informative session led by Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, and learn which foods keep you up at night and which ones help you sleep better.

Bedtime Yoga

THU. March 4 (7:30 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join. With the endless responsibilities and stressors that fill your life, is it any wonder your mind races when you lay your head on the pillow at night hoping to gently drift off to sleep? Join Maria Benerofe, a certified yoga instructor, for a gentle yoga session incorporating stretches, breathing, and gentle poses to relax you and help you get a restful sleep.

Medication Treatment Options for Insomnia

FRI. March 5 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join. Everyone experiences an occasional sleepless night. But if sleep alludes you regularly, medical intervention might be needed. Join Mei T. Liu, Pharm.D., BCPP, a psychiatric clinical pharmacist with Penn Medicine Princeton House Behavioral Health, for this informative session explaining the pros and cons of medications to help you sleep.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.

SAFETY NOTICE: Registered participants will be notified of scheduling changes. For the most up-to-date schedule visit www.princetonhcs.org/calendar.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents, and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses, and health professionals of Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Chair Yoga

Tuesdays (8:30 – 9:25 a.m.)

Thursdays (8:30 – 9:25 a.m.)

 VIRTUAL

Monthly series. Registration is separate for Tuesday series and Thursday series.

This gentle form of yoga incorporates standard yoga poses while sitting on or standing next to a chair. The class, taught by a certified yoga instructor, is an adaptation of a standard yoga class and will improve flexibility, concentration, and strength while reducing stress and joint strain.

Gentle Yoga

Mondays (6 – 6:55 p.m.)

Wednesdays (3 – 3:55 p.m.)

 VIRTUAL

Monthly series. Registration is separate for Monday series and Wednesday series.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and seated postures, which will help improve flexibility and reduce stress. The class is ideal for anyone new to yoga and anyone who desires a relaxed practice of yoga.



Benefits of Massage

TUE. March 2 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

In addition to relieving muscle tension and everyday stress, massage can provide many other health benefits. In fact, it can help treat neuromuscular dysfunction, support the immune system, alleviate anxiety, and soothe mood disorders. Join Cynthia Sinicropi-Philibosian, LMFT, Licensed Massage and Bodywork Therapist, and learn how massage therapy can help you, how to prepare for a massage, what to expect from a massage therapist, and how to maximize the benefits of massage therapy.

Self-Defense for Women: Personal Empowerment Safety Program

WED. March 3, 10, 17 & 24 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. April 6, 13, 20 & 27 (6 – 9 p.m.)

Plainsboro Recreation Center, 641 Plainsboro Road, Plainsboro

\$25 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself. RAD Women® is a multi-session, activity-based program that includes lectures, safety drills, muscle memory work, and physical defense techniques. This course is designed for every woman regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience necessary.

Preventing Opioid Overdose and Saving Lives: In Case of Overdose, Use Naloxone

THU. March 4 (6 – 7:30 p.m.)

TUE. March 23 (10 – 11:30 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join us for a live presentation to learn more about overdose death prevention strategies, including how to appropriately administer naloxone and rescue breathing. Attendees must be at least 18 years old and live or work in New Jersey. Free naloxone kits will be distributed to training attendees whose family members or friends are at risk for overdose, or professionals who may encounter individuals who are at risk. Attendees will receive a link after the presentation to obtain their Narcan kit. Kits CANNOT be shipped to PO boxes or school locations. This program is offered in collaboration with Robert Wood Johnson Medical School and the Division of Mental Health and Addiction Services.

Cancer Prevention: What You Need to Know

WED. March 10 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Almost everyone knows of someone who has or had cancer. Join Karen Davison, RN, BSN, OCN, and Sharon Cavone, RN, BSN, OCN, Oncology Nurse Navigators with Princeton Medical Center, to learn what steps you can take to help prevent cancer.

Do Diets Work?

WED. March 10 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Fad diets draw us in with their promises of shedding pounds easily, but few people actually see positive long-term results. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for this informative program and learn how to: modify your eating habits and expectations in a healthy way, no matter what diet you choose; recognize common dieting pitfalls and food triggers; and develop strategies to empower you to succeed.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.



HYPERTENSION SERIES:

What You Need to Know About High Blood Pressure

THU. March 11 (9:30 – 10:30 a.m.)
THU. April 22 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join. Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke, and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Maya Mann, PA-C, specializing in internal medicine and member of the Medical Staff of Penn Medicine Princeton Health, will lead this discussion.

Making Healthy Food Choices

THU. March 25 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for this informative program focused on meal planning and understanding food labels as they relate to managing your blood pressure. With the proper plan, you can prepare nutritious and delicious meals at home and make the right choices when dining out.

Open Your Heart to Gentle Yoga

THU. April 1 (9:30 – 10:30 a.m.)

VIRTUAL

Registered participants will receive a link to join. Curious about yoga but not sure if you are up to a regular class? Join us for this introductory class featuring a warm up with breathing exercises, a series of gentle yoga poses, balancing poses, and a cool down.

FREE BLOOD PRESSURE CHECK

Join health professionals with Community Wellness for your Free Blood Pressure Check on **Tuesdays, March 16 and April 20, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Mental Health First Aid Intro

THU. March 11 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Recognizing the signs of a mental health condition and crisis is just as important as recognizing the signs of someone having a stroke or heart attack. Join Barbara Vaning, MHA, EMT, with Penn Medicine Princeton Health, for this introduction to our Mental Health First Aid class.

When to Call 911 / Cuando Llamar al 911 (presentado en español)

MON. March 15 (6 – 7 p.m.)

VIRTUAL

Los participantes registrados recibirán un enlace para unirse a la plática.

No importa si se le presenta una lesión accidental o dolores de pecho repentinos; es esencial saber cuándo llamar al 911. Acompañe a Barbara Vaning, con Maestría en Administración de la Salud y Técnica en Emergencias Médicas, con Penn Medicine Princeton Health, en esta educativa plática interactiva diseñada para enseñarle cuándo debe llamar para solicitar ayuda. Los temas incluyen: qué constituye una emergencia, qué necesita decirle al despachador de emergencia cuando llame, qué hacer si no puede hablar y qué puede hacer mientras espera a que llegue la ayuda.



Weight-Loss Surgery: Is It Right for Me?

WED. March 17 (6 – 6:30 p.m.)

WED. April 21 (6 – 6:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 17. This group will be tentatively held virtually. Please check our website for the latest updates.

Feeling Unsteady? Improve Your Balance

THU. March 25 (1 – 2 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Brianna Inge, PT, DPT, Physical Therapist with Princeton Medical Center Princeton Rehabilitation, to learn about balance; your risk for falls; and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

YIKES! What is Happening to My Body A Puberty Talk for Children

TUE. March 30 (10 – 11:30 a.m.) – Girls

TUE. March 30 (1 – 2:30 p.m.) – Boys

VIRTUAL

Designed for children ages 9 through 12, this program addresses the physical, intellectual and emotional changes your child will experience as they enter their teenage years. Settle in with your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Safe Sitter Essentials with CPR

WED. March 31 (9 a.m. – 3 p.m.)

 VIRTUAL

\$40 per child

This specialized training helps babysitters, aged 11-13, develop the skills, confidence, compassion and sense of responsibility they need to keep children out of harm's way while their parents are away. The course focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills.

Returning to Activity After COVID-19

THU. April 8 (10 – 11 a.m.)

 VIRTUAL

Once you are back on your feet after contracting COVID-19, you may not be back to your old self. It is possible you will still be experiencing weakness and may be unable to do the things you previously were able to do. Join Pritee Dalvi, BA, MSPT, DPT, MBA, CLSSGB, a physical therapist with Princeton Medical Center Princeton Rehabilitation, for this educational session on the lingering physical effects the virus can have on your body and how to safely work toward improved health through specific exercises.

Constipation Management for Kids: A Class for Parent and Child

THU. April 8 – May 13
(6:30 – 7:30 p.m.)

 VIRTUAL

\$50 per pair (parent/child)

This six-week class is designed for children ages 6-12 (and their parent/guardian), who have had issues managing constipation.

Children and their parents will

learn exercises and lifestyle management strategies to reduce constipation. Sessions will also include:

- Stretching and movement
- Relaxation of pelvic floor
- Yoga and postural exercises
- Awareness of bowel/bladder habits
- Breathing techniques
- Positioning for toileting

Participants should have their doctor's medical clearance to exercise. Please call 1.888.897.8979 to obtain the form.



CEUs for Health Professionals

Pediatric Emergencies for Pre-Hospital Providers (PEPP)

SAT. March 13 (8 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

PEPP is a comprehensive, innovative, and highly visual course featuring case-based lectures, live-action video, hands-on skills stations, and small group scenarios. PEPP includes a Basic Life Support (BLS) portion, which is geared toward the emergency medical responder (EMR) and emergency medical technician (EMT). Any health professional who is responsible for the emergency care of children may find this course beneficial.

Geriatric Emergency Medical Services (GEMS)

TUE. & THU. March 16 & 18 (6 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

This course is for EMTs, paramedics, emergency responders, nurses, physician assistants and physicians, and teaches different ways to work with older patients, including patient assessment, treatment guidelines, communication, and end-of-life issues. Upon successful completion of the course, students receive a certificate of completion, a wallet card recognizing them as GEMS core providers for four years, and eight hours of CAPCE credit.

EMS Safety

MON. & THU. April 12 & 15
(6 – 10 p.m.)

Community Wellness at
731 Alexander Road
Suite 103, Princeton

8 CEUs approved

\$90 per person

This course teaches participants how to protect themselves and their patients while on the job. EMS Safety is the only national, comprehensive safety course for EMS practitioners. Its interactive format features real-life case studies and compelling discussions on current safety issues, and provides participants with a forum to share their own experiences.



Psychological Trauma in the EMS Patient (PTEP)

SAT. April 24 (8 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

8 CEUs approved

\$90 per person

This course gives EMS practitioners the resources they need to help alleviate patients' fear, stress and pain during a medical emergency. PTEP educates EMS practitioners about the warning signs that a patient is experiencing extreme psychological distress, and strategies and techniques to alleviate that distress. PTEP is designed for EMS practitioners and other pre-hospital providers. The course is accredited by CAPCE and recognized by NREMT. Students who successfully complete the course receive a certificate of completion, a wallet card good for four years, and eight hours of CAPCE credit.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. April 13 – May 20 (1:30 – 2:45 p.m.)

 VIRTUAL

\$99 per person

Improve your pelvic floor health and quality of life through this six-week Total Control® program. Participants report improvement in:

- Urinary leakage and bladder control
- Post-partum core strength
- Frequency or overactive bladder
- Better posture and balance
- Pelvic strength and support

Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. April 13 – May 18 (9 – 10 a.m.)

 VIRTUAL

\$30 per person. Registered participants will receive a link to join the virtual session.

Learn exercise and lifestyle management strategies to help improve pelvic pain at this six-week class designed for women experiencing pain in and around the pelvic girdle. Sessions will include education, along with:

- Stretching and gentle movement exercise
- Breathing techniques
- Yoga and posture
- Mindfulness strategies

Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist who specializes in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Diabetes: Know Your Numbers

TUE. April 13 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Learn about lowering your risks of developing pre-diabetes and Type 2 diabetes, reducing complications if you are diagnosed with diabetes, and nutrition recommendations at this informative session. It will also touch on the reasons that African Americans tend to have a higher risk of developing diabetes and how to address them. The session will be presented by Louise Gross, RN, BSN, CDE, Diabetes Clinician and Certified Diabetes Educator with Princeton Medical Center's Diabetes Management Program.



Cooking Demo: Hearty and Healthy Soul Food

WED. April 14 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join us for this informative program and learn how some simple changes in the preparation of your favorite comfort foods, such as barbeque, sweet potatoes and collard greens, can make them healthier without sacrificing flavor. Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, will provide you with techniques and recipes that will help keep your traditions alive.

Grow Your Own Veggie Garden

FRI. April 16 (4 – 4:45 p.m.)

Blooms at Belle Mead Garden Center, 1980 US 206, Belle Mead

TUE. April 20 (4 – 5 p.m.)

WED. April 21 (4 – 5 p.m.)

THU. April 22 (4 – 5 p.m.)

Dragonfly Farms, 966 Kuser Road, Hamilton

Expert gardeners will instruct kids (ages 6-10) and their parents in planting seeds in containers in this hands-on gardening experience. Attendees can take containers home. Wet weather gear, including raincoats and boots, are recommended during inclement weather. Parents must accompany their children.

AARP Smart Driver

TUE. & WED. April 20 – 21 (5 – 8 p.m.)

Princeton Medical Center

1 Plainsboro Road, Conference Room E, Plainsboro

\$20 for AARP members \$25 for non-members

Payable at the door (cash or check). Checks should be made payable to AARP.

The techniques learned in this course could result in a reduction in insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks, and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

CarFit

FRI. April 23 (10 a.m. – 12 p.m.)

707 Alexander Road, Princeton

As we age, changes in vision, flexibility, strength, range of motion and even height may require modifications to our vehicles. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide more comfort and better control of your vehicle. In addition, a trained Princeton Health CarFit technician will take the driver through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

Ease Your Anxieties About Colonoscopies

THU. April 22 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Colorectal conditions can impact your quality of life and may indicate more serious problems, such as colon cancer. This informative program, led by Anish A. Sheth, MD, Chief of Gastroenterology at Penn Medicine Princeton Medical Center and Co-Director of the Center for Digestive Health, will address your questions about the colonoscopy procedure and explain when and how often you should have one.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CHILDBIRTH & FAMILY PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.

Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. At this time, all maternity tours are cancelled for the foreseeable future. However, we invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting www.princetonhcs.org/maternitytour.

Prenatal Yoga

Tuesdays (9:30 – 10:25 a.m.)

 VIRTUAL

Monthly series.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to help keep fit and feel good during pregnancy. No previous yoga experience is necessary. Please have a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

SAVE!

Register for multiple classes and save! Please call 1.888.897.8979 to receive discount.

2 classes save \$10

3 classes save \$20

OPTIONS FOR BIRTHING

Penn Medicine Princeton Health offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

Birthing Basics

THU. March 4, 11 & 18 (7 – 9 p.m.)

 VIRTUAL

TUE. April 6, 13 & 20 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple

This multi-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

Labor Fundamentals

SAT. March 13 (10 – 11 a.m.)

SAT. April 10 (10 – 11 a.m.)

 VIRTUAL

\$25 per couple

This program will include a virtual maternity tour, and parents will learn the signs of labor, warning signs, and when to go to the hospital.

Accelerated Birthing Basics

SAT. March 20 (9 a.m. – 5 p.m.)

Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100, Hamilton

SAT. April 17 (9 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions, and comfort measures to promote a positive birth experience.

HypnoBirthing®

TUE. April 20, 27, May 4, 11 & 18 (6:30 – 9 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$200 per couple

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

VIRTUAL

During these uncertain times, it is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Medical Center, who can answer any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Grandparenting 101

THU. March 4 (6:30 – 8 p.m.)

VIRTUAL

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. It will be presented by Carolyn Schindewolf, a health educator with Princeton Health Community Wellness. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

Bumps, Bands and Balls: A Wellness Fitness & Education Class for Expecting Moms

MON. March 8 – April 12 (6:30 – 7:30 p.m.)

MON. April 19 – May 24 (6:30 – 7:30 pm.)

VIRTUAL

\$60 per person

Expecting? Join our pelvic health physical therapists for this new prenatal fitness and education class, featuring pregnancy-safe exercises and movements, as well as lessons that will help keep you physically fit through your pregnancy and prepare you for childbirth. Sessions include:

- Low-impact cardio exercises
- Postural strengthening exercises
- Movements and stretches to prepare for birthing
- Breathing exercises

The program will also include lessons on topics such as: guidelines for exercise during pregnancy, warning signs to stop exercising, and physically preparing for childbirth. Participants should dress in comfortable exercise clothing and have water. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.



Prenatal Breastfeeding Class

TUE. March 9 (7 – 9:30 p.m.)

THU. April 15 (7 – 9:30 p.m.)

VIRTUAL

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping, and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant.

Baby Care

TUE. March 30 (7 – 9:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103
Princeton

WED. April 28 (7 – 9:30 p.m.)

VIRTUAL

\$50 per couple.

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician, and more.



Daddy Boot Camp™

SAT. April 10 (9 a.m. – 12 p.m.)

VIRTUAL

\$40 per person. Registered participants will receive a link to join.

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop skills for caring for their newborns. Greg Barron, Daddy Boot Camp™ master coach, along with new dads, will demonstrate how to hold, comfort, diaper, and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable to ask questions and express your concerns and joys about fatherhood.

Preparing for Cesarean Section

WED. April 14 (7 – 9 p.m.)

VIRTUAL

\$30 per couple. Registered participants will receive a link to join.

Learn what to expect during your scheduled Cesarean section. Topics include preparation, surgery, anesthesia, and post-operative recovery.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.



Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 **VIRTUAL**

During these uncertain times, it is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. March 2 – April 8 (10 – 11 a.m.)

TUE. & THU. April 20 – May 27 (10 – 11 a.m.)

 **VIRTUAL**

\$60 per person

Strengthen and restore your posture, core and pelvic floor with this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Please call 1.888.897.8979 to obtain the form. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga and breathing. Please wear comfortable exercise clothing. Babies welcome.

Infant Massage for Parents & Caregivers

SAT. March 20 (12:30 – 2:30 p.m.)

 **VIRTUAL**

\$15 per family

Join us in a virtual meeting to learn how to skillfully provide calm and soothing touch for your infant, as well as your other children. Prepare a warm and quiet space with a blanket, exercise mat or large towel. We recommend the use of grapeseed or sunflower oil (test oil on baby's ankle or wrist 24 hours before class to ensure there are no skin sensitivities). Please wait at least one week after baby's most recent immunization to join this class.

Ask the Lactation Consultant

Mondays

March 1, 15, 22, April 5 & 19 (7 – 8 p.m.)

March 8, 29, April 12 & 26 (12 – 1 p.m.)

 **VIRTUAL**

Join our weekly group anytime you need breastfeeding support. This interactive discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a Penn Medicine Princeton Health Community Wellness board certified lactation consultant.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.



CEVO 4

SAT. March 20 (9 a.m. – 3 p.m.)

Montgomery EMS
8 Harlingen Road, Belle Mead

\$10 per person. Please bring a cash or a check made payable to Montgomery EMS to class.

Please call 1.888.897.8979 to register.

This classroom course teaches defensive driving techniques unique to ambulance work, training drivers to navigate in traffic safely in emergency and non-emergency situations under severe time constraints and stress. This class will cover collision prevention techniques and a wide range of other safety-related topics, including vehicle inspection, vehicle handling and design characteristics, emergency and non-emergency driving differences, and safety at the emergency scene.

EMT Integrated Refresher Session A

SUN. April 11 (8 a.m. – 5 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$75 per person

Participants will review proper airway management techniques, including assessment, airway insertion and oxygen administration.

Penn Medicine Princeton Medical Center is *not* a state-designated regional trauma center.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

CPR & FIRST AID

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Mental Health First Aid Training

TUE. & THU. March 2, 4, 9 & 11 (10 a.m. – 12 p.m.)

 VIRTUAL

TUE. & THU. April 20, 22, 27 & 29 (10 a.m. – 12 p.m.)

 VIRTUAL

An estimated one out of every five people will experience a diagnosable mental disorder in any given year. Recognizing a mental health problem and knowing how to address it are invaluable skills. This eight-hour training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.



BLS Renewal*

TUE. March 2 (9 a.m. – 1 p.m.)

TUE. April 13 (6 – 10 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

THU. March 25 (6 – 10 p.m.)

FRI. April 23 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

The BLS Provider course covers core material such as adult and pediatric CPR, foreign-body airway obstruction, and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card. *To be eligible for the renewal course, you must have a valid BLS Provider course completion card.

ACLS Full Certification Course

THU. & FRI. March 11 & 12 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

MON. March 22 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. March 30 (5 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

MON. April 19 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. April 27 (5 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

Family & Friends CPR

SAT. March 13 (10 a.m. – 12 p.m.) Adult/Child/Infant*

Community Wellness at
the Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100, Hamilton

WED. April 21 (6 – 8 p.m.) Adult/Child/Infant*
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$25 per person

Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card. *An infant is defined as a child 1 year of age or younger.

PALS Full Course

THU. & FRI. April 15 & 16 (9 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

THU. March 11 (5 – 10 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

TUE. April 6 (5 – 10 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

WED. March 31 (9 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Heartsaver CPR AED First Aid

SAT. April 24 (9 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$45 per person

The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS, and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. **To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit www.princetonhcs.org/calendar.**

Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

This rejuvenating class combines gentle exercises with yogic breathing, guided imagery, and meditation. The low-impact program provides patients who are undergoing cancer treatment with an effective workout for the body and the mind, helping them reduce stress and focus on taking care of themselves.

Restorative Yoga

WED. March 3 (7 – 8 p.m.)

WED. March 17 (7 – 8 p.m.)

WED. April 7 (7 – 8 p.m.)

WED. April 21 (7 – 8 p.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

This class is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. No prior experience is necessary.

Breast Cancer Support Group

TUE. March 9 (6 – 7:30 p.m.)

TUE. April 13 (6 – 7:30 p.m.)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a breast health navigator from Penn Medicine Princeton Medical Center's Breast Health Center.

Prostate Cancer Support Group

WED. March 10 (2:30 – 4 p.m.)

WED. April 14 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This support group welcomes those with prostate cancer, their loved ones, and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Cancer Support Group

TUE. March 16 (2:30 – 4 p.m.)

TUE. April 20 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, communicating effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships personally and professionally, and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Head & Neck Cancer Support Group

A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. March 17 (12 – 1:30 p.m.)

WED. April 21 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement, a safe setting for sharing concerns and problems related to life after cancer, education, and a social outlet for cancer patients, their families, and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Nutrition for Breast Cancer Patients

FRI. April 2 (2 – 3:30 p.m.)

VIRTUAL

To register and for link to join, please call 609.853.6788.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, CSO, board certified specialist in oncology nutrition, with Princeton Medical Center. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover:

- Your nutritional needs during treatment
- Physical activity
- Planning a healthy diet
- Answers to your nutrition questions



Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about Penn Medicine Princeton Health Cancer Center, please call 609.853.6780.

SUPPORT GROUPS

Weight-loss Surgery Support Group

TUE. March 2 (7:15 – 8:15 p.m.)

TUE. April 6 (7:15 – 8:15 p.m.)

THU. March 4 (6:30 – 7:30 p.m.)

THU. April 1 (6:30 – 7:30 p.m.)

WED. March 17 (6:30 – 7:30 p.m.)

WED. April 21 (6:30 – 7:30 p.m.)

To register and receive the link to join virtually, please email donna.post@pennteam.upenn.edu.

This supportive community welcomes individuals who have had weight-loss surgery, as well as those considering the surgery. Join us to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. Group sessions are facilitated by Bariatric Coordinator/Nurse Navigator Donna Post, RN-BC, in conjunction with our board certified bariatric surgeons Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, or other healthcare professionals from Penn Medicine Princeton Medical Center. The support groups are sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center. This group will be tentatively held virtually. Please check our website for the latest updates.

Bariatric Support Group (for Alumni)

TUE. March 2 (6 – 7 p.m.)

TUE. April 6 (6 – 7 p.m.)

VIRTUAL

To register and receive the link to join virtually, please email donna.post@pennteam.upenn.edu.

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets four times a year, in addition to the other weight-loss surgery support groups. In this support group, we will delve deeper into issues unique to patients who are beyond the two-year mark. This group will be tentatively held virtually. Please check our website for the latest updates.



UNITE: Perinatal Loss Bereavement Support Group

WED. March 3 (7 – 8:30 p.m.)

WED. April 7 (7 – 8:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday.

Journey Back: Stroke Support Group

WED. March 10 (2 – 3 p.m.)

WED. April 14 (2 – 3 p.m.)

VIRTUAL

To register and receive the link to join virtually, please call Jenny Bestwick, LCSW, at 609.853.6359.

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehabilitation Social Worker with Penn Medicine Princeton Medical Center, the group helps those touched by stroke work toward increased independence, adjust to life after stroke, and provide support and hope to one another. There will be occasional presentations by experts in stroke and rehabilitation.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. March 15 (3 – 4:30 p.m.)

MON. April 19 (3 – 4:30 p.m.)

VIRTUAL

For information to join, visit www.princetonhcs.org/calendar and search keywords "Bereavement Support." Please call 609.819.1226 with any questions.

This support group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance coping with grief and loss.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.



Diabetes Support Group

TUE. March 16 (10:30 – 11:30 a.m.)
MON. March 22 (6:30 – 7:30 p.m.)
TUE. April 20 (10:30 – 11:30 a.m.)

 **VIRTUAL**

To register and receive the link to join virtually, please call 609.853.7890.

This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings. For more information on PMC's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

www.ustream.tv/princetonhealth



Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Penn Medicine Princeton Health. New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at www.ustream.tv/princetonhealth.

To learn about upcoming episodes, visit: www.princetonhcs.org/calendar. Future Topics? Send us your ideas. PrincetonHealth@gmail.com



Colorectal Cancer Strikes Both Young and Old

WED. March 10 (12 p.m.)
Anish Sheth, MD, Chief of Gastroenterology
Co-Director, Center for Digestive Health



Get Back in the Running: Outpatient Rehab for Runners

WED. April 14 (12 p.m.)
Megan Advani, PT, DPT, Outpatient Rehab Manager

For the most up-to-date schedule visit www.princetonhcs.org/calendar.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

Princeton Fitness & Wellness
Princeton North Shopping Center
1225 State Road
Princeton, NJ

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Hamilton, NJ

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

For an up-to-date calendar, please visit
www.princetonhcs.org/calendar.

Registration is required unless otherwise noted.

Register at www.princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated). For directions, please visit www.princetonhcs.org.

Understanding the COVID-19 VACCINE

While COVID-19 continues to spread throughout the country, there is light at the end of the tunnel: Two vaccines are now being distributed to states, and others are expected to receive Federal Drug Administration approval shortly.



“They are a lifesaving tool, and just about everyone should get vaccinated when the opportunity presents itself.”

As vaccination efforts continue, details about the process continue to change, including when and where vaccines will be available for different individuals, based on things like profession (healthcare workers and first responders are in the first tier to receive vaccines), age, and health conditions that could increase the likelihood of serious complications if COVID-19 were contracted.

Understanding how these vaccines work, as well as where and when you can expect to get inoculated, can help set your mind at ease.



“The main thing people should know is that these vaccines are safe and highly effective,” says **David Herman, MD**, who is board certified in infectious disease and internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health.

Keeping up-to-date on the latest information is important. General information and details about vaccine availability at Penn Medicine Princeton Health can be found at www.princetonhcs.org. General information and details about other vaccination locations throughout the state can be found at www.covid19.nj.gov. Individuals who are eligible to receive the vaccine can preregister at covidvaccine.nj.gov.

Key points about COVID vaccinations:

SAFETY

- ▶ Unless you have an allergy to a component of the vaccine or have experienced a severe allergic reaction to a vaccine in the past, you can be vaccinated.
- ▶ The vaccines do not contain the actual virus, so they cannot “give” you COVID-19. “You may experience some symptoms after receiving the vaccine, such as a sore arm at the injection site, aches, chills, headache — the same things some people experience after a flu vaccine,” says Dr. Herman.
- ▶ The vaccine development and approval process was quick, but testing was thorough and followed the normal course of vaccine development.
- ▶ The vaccines will not impact your genetic makeup. In fact, the component used to deliver the vaccine, known as mRNA, “has been used in cancer treatment for 15 years,” says Dr. Herman. “It has no long-term impact on the body, and it rapidly dissipates once administered.”
- ▶ COVID vaccinations are safe for pregnant women and are important since they can experience severe symptoms if they contract the illness while pregnant.

EFFECTIVENESS

- ▶ Both approved vaccines require two injections, several weeks apart. The timing between shots varies from three to four weeks, depending on the specific vaccine.
- ▶ It will take two weeks after the second dose for the vaccine to reach its full effectiveness of around 95 percent. Three to four weeks after the first injection most people will be about 50 percent immune from COVID-19.
- ▶ The choice of which vaccine to get should simply be based on availability at the time. The differences between the two are minimal and have no impact of effectiveness.



Recovering from COVID-19:

Rehab Can Help

More than 24 million Americans have contracted COVID-19 since the start of the pandemic last March, according to the Centers for Disease Control and Prevention, and thousands more are diagnosed each day.

While most people suffer mild to moderate symptoms, and recover within two to six weeks, some may develop complications that can have lasting health effects, including heart and lung damage; joint, muscle or nerve pain; cognitive impairment such as memory loss or trouble concentrating; trouble sleeping; and anxiety.

“COVID-19 can take a significant toll on your physical and mental health, and physical therapy can make a big difference. It can help you ease stress, reduce pain, build strength and mobility, and aid in mental dexterity,” says Linda Lucuski, PT, DPT, a licensed physical therapist and director of Penn Medicine Princeton Medical Center Princeton Rehabilitation’s Hamilton location. “By providing one-on-one treatment, specifically designed to meet an individual’s needs, physical therapy can get you back to your daily living activities prior to COVID-19.”

Outpatient rehabilitation at Princeton Rehabilitation is convenient and safe. Individuals participating in physical therapy are no longer infectious, they simply are experiencing lingering problems as a result of having had COVID-19. In-person outpatient therapy is offered at five locations, including Hamilton, Princeton, Monroe, South Brunswick and Plainsboro, and therapists also provide treatment through telehealth for individuals who prefer their sessions take place at home.

Physical therapy can help with the following:

- Pain relief
- Pulmonary issues (improving airway function)
- Range of motion, strength, and endurance
- Balance and gait (improving function and preventing falls)
- Cognitive issues

“Physical therapy can include a range of activities to improve your strength, range of motion and endurance,” says Lucuski. “Balance and weight-bearing exercises, in addition to breathing and relaxation techniques, can make a big difference as well.”

To find out more about Princeton Rehabilitation, call **609.853.7840**, or visit **www.princetonhcs.org**.

When Should My Daughter Have Her First Gynecologic Visit?

The often awkward sex talk is something most parents anticipate as puberty approaches; in a way, it is a rite of passage. But what is less clear for parents is when a young girl should have her first gynecologic visit.



The fact is, there is no universal age when an appointment should be made with a gynecologist or primary care physician to discuss gynecologic health. Determining the best time to schedule an initial appointment depends on her menstrual cycle and whether she is experiencing any problems.



“Often girls do not want to talk about it, but open communication about their menstrual cycle and what they are experiencing is important,” says **Shyama S. Mathews**, a board certified gynecologist and minimally invasive gynecologic surgeon on the Medical Staff of Penn Medicine Princeton Health. “Girls often have

misconceptions about what a ‘normal’ period is, and they may rely on misinformation from friends or social media. That can mean they are suffering with symptoms that can, and should, be treated.”

When a Visit is Warranted

Experiencing heavy, irregular or painful periods is a key reason to schedule a visit. These symptoms can be signs of hormonal imbalances, endometriosis, fibroid tumors (which can be hereditary) and other conditions that can be treated and should be medically monitored. Other reasons for an initial visit can include early or late onset of menstruation; wishing to use a tampon but having difficulty placing one, which can be a sign of a structural issue that can and usually should be corrected to prevent complications with intimacy in the future; or a need for an open discussion about sexual activity, safety and contraception.

“An initial gynecologic visit usually does not involve any type of invasive exam,” says Dr. Mathews. “If there are concerns about ovarian cysts, for example, an abdominal ultrasound can give us the information we need.” Pap tests to check for cervical cancer, which were previously recommended by the American Cancer Society to begin at 18, are now recommended every three years beginning at the age of 21-25.

“The bottom line is that keeping the line of communication open is important when it comes to gynecologic health for young girls,” says Dr. Mathews. “If your child feels comfortable talking to you about what she is experiencing, any issues can be addressed promptly.”

To find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **www.princetonhcs.org**.

Get Back in the Running: Outpatient Rehab for Runners

Running has always been a popular form of exercise, but interest has surged in the sport since the COVID-19 pandemic hit the nation last spring. Joining the ranks of regular runners are newcomers, as well as many who are lacing up their sneakers after time away from the sport.

“Running is a great form of exercise, providing a good, full-body workout, fresh air and the ability to socially distance,” says Megan Advani, PT, DPT, Outpatient Rehabilitation Manager with Penn Medicine Princeton Medical Center Princeton Rehabilitation. “But while there are many physical and mental benefits to running, there is a risk of injury, whether you are a long-time runner or a newcomer. In fact, a recent study by the American Academy of Orthopaedic Surgeons found that at any given time 25-36 percent of runners have a running-related injury.”

Running injuries are usually chronic and involve the knees, although injuries to the calf, ankle and foot are also common.

“Most injuries develop over time, due to weakness in the hip area, which can cause your body to compensate and overuse or strain other areas while running,” says Advani. “Injuries to your ankles and feet often relate to a condition called overpronation, where your feet roll inward when you run. That can lead to tendonitis or shin splints.”

When to Seek Help

If discomfort following a run does not ease up with rest and over-the-counter pain relief medication or returns when you attempt another run, seek a medical evaluation. In many cases, physical therapy can help treat the condition and prevent future injuries. “What you do not want to do is try to push through it and make matters worse,” says Advani, who herself is an avid runner.

The Princeton Rehabilitation Runners’ Clinic and Rehabilitation Program provides each patient with a running-specific evaluation that assesses posture, range of motion, strength and flexibility. In many cases, a video analysis of a runner’s technique on a treadmill will help determine weaknesses and allow physical therapists to recommend solutions to prevent reinjury.

On average, therapy lasts a month and takes place one to three times a week, including stretching and strengthening exercises, instruction in running technique and injury prevention, and the development of a comprehensive home exercise program that can help keep you running well into the future.

To find out more about the Princeton Rehabilitation Runners’ Clinic and Rehabilitation Program, call **609.853.7840**, or visit **www.princetonhcs.org**.



Injury PREVENTION TIPS

Keep these points in mind when running:

ACTIVE WARMUP. Before running, warm up with squats, lunges or walking.

PROPER FOOTWEAR. Pick the right shoes and replace them regularly.

FORGIVING SURFACES. Remember that dirt or asphalt provides a softer running surface than concrete.

SWITCH IT UP. Do not run the same route and on the same side of the road all the time, since dips and angles in the road can lead to overuse injuries.

PAIN IS NOT GAIN. If you feel discomfort, stop, and if rest does not help, seek medical advice.

COOL DOWN. Stretches are for cool down, not warm up, and each stretch should be held for at least 30 seconds.

Dealing with the Impact of **ISOLATION** **ON TEENS**



A sense of isolation is something we have all experienced since the COVID-19 pandemic began a year ago. Required to change our everyday work, school and personal routines, and spend less time socializing with people outside our households, these new behaviors have taken a toll on our emotional health. That is particularly true for adolescents.

“Adults have more freedom — even if it is just heading out to a store for necessities — and they have more flexibility in maintaining social relationships in a safe way,” says Michelle Reuben, M.Ed, LPC, ACS, Clinical Manager of the Child and Adolescent Program at Penn Medicine Princeton House Behavioral Health’s North Brunswick outpatient site. “Teens generally use school and other activities as their social outlets, and those have either been eliminated or drastically changed because of the virus. As a result, teens have been put in a position where they are bound by their families and isolated from their peers.”

A Delicate Balance

At a time when they typically start to pull away from their parents and siblings in a show of independence, teens find themselves even more dependent on their families. The forced isolation can result in depression and anxiety and, for some, those emotions may last well beyond the pandemic.

“There are things parents can do to help alleviate some of this sense of isolation, which will help their children now and in the future,” says Reuben. “Encouraging teens to

WATCH for these signs that isolation is taking its toll:

ANGER

ISOLATING

AVOIDANCE

SADNESS

ANXIETY

connect virtually with friends through Zoom or other platforms is important; it lets them know they are not in this alone. And while spending time in their room playing interactive video games may seem like a negative behavior at other times, it can be a good thing now, since it allows for social interaction.”

Making time for family activities like game night or spending time outdoors on a family bike ride or walk can be helpful as well, particularly when paired with virtual connections with friends.

Additionally, structure is important to keep in mind for all members of the family, including eating meals at a regular time, maintaining a set bedtime and dressing for the day.

“These things all add a sense of normalcy to life,” says Reuben. “But if a parent feels their child is having a difficult time as a result of isolation, even after these practices are put in place, a therapist can help, even if the problems are relatively mild. With telehealth they can have time with a therapist from their own home and work through their feelings and learn strategies to cope.”

For more information about Princeton House Behavioral Health’s adolescent services, visit www.princetonhouse.org, or call **888.437.1610, option #2**.



Like us on Facebook
www.facebook.com/princetonhealth



Follow us on Twitter
[@princetonhealth](https://twitter.com/princetonhealth)



Watch Princeton Health OnDemand
www.ustream.tv/princetonhealth



Visit our website
www.princetonhcs.org



For help with finding a physician,
call 1.888.742.7496.

Focusing on Employee Wellbeing and Recognition

Over the past year, Penn Medicine Princeton Health (PMPH) has embarked on two initiatives focused on empowering and recognizing our employees.

The Barry S. Rabner Endowment was established during the last quarter of 2020 in recognition of Barry Rabner's 18 years as President and CEO of PMPH. Funds from this initiative will seed a program that will identify root causes of PMPH employees' social, economic, educational and quality of life issues. Once strategies have been developed to address the root causes of these challenges, assistance will be provided to those most in need. Examples include offering on-site GED classes and professional training opportunities, as well as providing emergency financial aid.

To date, the Princeton Medical Center Foundation has raised over \$1,070,000 for this endowment from generous organizations and individuals. By leveraging the extraordinary resources of PMPH and the community we serve, we will make a meaningful difference in the health of our employees and strengthen our organization. **For more information** on this endowment, visit www.princetonhcs.org/foundation, or contact 609.252.8710 or PMPH-foundation@PennMedicine.Upenn.edu.

The Healthcare Heroes Garden was created as an enduring way to express gratitude to the healthcare heroes who have served our community during the pandemic. Funding



was made possible thanks to a bequest donation from David I. Scott, MD, and his wife, Gail Shapiro-Scott, who was a dedicated volunteer at the hospital for many years. Dr. Scott was a pediatric anesthesiologist who passed away in 2010. The bequest was realized shortly after Mrs. Shapiro-Scott's passing in March 2020.

Located at the entrance to the Schreyer Education Center at Princeton Medical Center, it recognizes the selfless commitment of our medical staff and employees, while providing a haven to reflect on all that we have overcome.

**SAVE
THE
DATE**



25TH PRINCETON MEDICAL CENTER GOLF OUTING

Tuesday, June 1

Metedeconk National Golf Club, Jackson, NJ

Proceeds will benefit our Endowment for Nursing Excellence. COVID-19 safety precautions will be in place. For more information, visit www.pmcgolf.givesmart.com, or contact kelly.madsen@penmedicine.upenn.edu, 609.712.0731.