



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2022

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### The Backbone of Good Health

**ALSO IN THIS ISSUE:**

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- Reducing Symptoms of Cancer

**PLUS:**

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# Princeton Health

MARCH/APRIL 2022



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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.

[princetonhcs.org/telemedicine](https://princetonhcs.org/telemedicine)



For current updates on COVID-19, modified visitation policies and schedules, please visit

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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.

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# HIP SCOPES

## Can Repair Tears and Reduce Arthritis Risks

Whether the damage is sudden — the result of a sports injury or accident — or occurs over time due to wear and tear on the joint, hip problems can cause considerable pain and place limits on your physical activities. Fortunately, if the joint is otherwise healthy with no signs of arthritis, a hip arthroscopy, also known as a hip scope, can be used to correct the problem. This procedure, where a flexible tube with a small camera is used to view the joint and allow the surgeon to perform various minimally invasive procedures to repair it, has been shown to reduce the risk of developing hip arthritis in the future.

The surgery is often performed on young athletes who injure their hips playing sports. It can also be used to help older, active adults with chronic hip pain from prior injuries, as long as there is no associated arthritis.



“Very often, addressing hip injuries early with a hip arthroscopy can return the patient back to sports reliably, as well as minimize the risk of hip arthritis developing in the future,” says **William Rossy, MD**, an orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. “This option represents a minimally invasive approach to hip injuries that allows a less painful recovery than other surgical procedures and a reliable return to sports and activity.”

## Outpatient Treatment is the Norm

A physical examination and MRI will determine if you are a candidate for a hip scope procedure, which is usually performed on an outpatient basis. Recovery time varies depending on the actual condition being treated, and often includes limited or no weight bearing on the hip for a short period of time, as well as physical therapy.

“Physical therapy greatly reduces the chance of scar tissue developing and causing mobility issues in the future,” says Dr. Rossy, who is fellowship trained in sports medicine with specialty training in hip arthroscopy. “In fact, a course of regimented physical therapy following surgery has been shown to dramatically improve patient outcomes from hip arthroscopy.”

The procedure is covered by most insurance.

To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

### A HIP SCOPE CAN BE USED TO TREAT:

- Labral cartilage tears
- Hip impingements
- Cartilage fragmentation
- Diseased or inflamed joint lining
- Bone spurs



# Spine Care:

## The Backbone of Good Health



**A** strong spine provides the structural support needed for both your muscles and your nerves. In fact, it is literally the backbone of good health, so paying attention to back pain or discomfort is important. An aching back may mean you simply overdid it a bit, but prolonged discomfort could be a sign of damage that requires medical attention.



“Often the cause is a bulging or herniated disk, most frequently in your neck or lower back,” says **Seth Joseffer, MD**, Co-director of the Princeton Medical Center Center for Spine Care, and board certified in spine and neurological surgery. “Spinal disks, which serve as cushions between your vertebrae, have a thick outer layer with a soft inner layer. When some of the soft center pushes partially or entirely out through the outer layer, it results in a bulging or herniated disk and requires medical evaluation.”

Often, back pain will gradually improve with rest and home treatment.



“Naturally, if you suffer a fall or other impact to your back, prompt medical attention should be your priority,” says **David Lamb, MD**, Co-director of the Center for Spine Care, and board certified in spine and orthopaedic surgery. “In other cases, where there is prolonged discomfort that does not resolve from rest and over-the-counter anti-inflammatory medication, medical attention is also needed. Keep in mind that these problems become more common as we age, since the spine experiences wear and tear and stiffens over time.”

**Contact your doctor if back pain** lasts more than a few weeks; is severe and does not improve with rest; causes pain, numbness, tingling, or weakness in one or both legs; or is accompanied by unexplained weight loss.

**In rare cases, back pain can signal a serious medical problem. Seek immediate care** if your back pain causes new bowel or bladder problems; is accompanied by a fever; or follows a fall, blow to your back or other injury.

### Treatment Varies

In mild conditions, physical therapy may help resolve your spinal problems. More serious conditions may require a single or series of steroid injections, which reduce inflammation and promote healing. Surgery may be required for severe cases to repair bulging or herniated disks or other conditions. The procedures generally are done through minimally invasive techniques that make recovery quicker.

### Tips for a Healthy

**B**e vigilant at maintaining a healthy body weight.

**A**void smoking and eat a healthy diet.

**C**oncentrate on keeping a strong core.

**K**now proper lifting techniques.

**To find a physician** affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# New Center for Spine Care Has Your Back

If you are dealing with back or neck pain that is not getting better, the spine specialists at the Princeton Medical Center (PMC) Center for Spine Care are here to help. Under the co-directorship of Seth Joseffer, MD, board certified in spine and neurological surgery, and David Lamb, MD, board certified in spine and orthopaedic surgery, Spine Center services encompass everything from diagnosis and nonsurgical or surgical treatment to rehabilitation and wellness programs.

The Spine Center's approach to back and neck care is patient focused and highly personalized to your specific needs, following an individualized course of treatment designed to minimize pain while maximizing your physical function and quality of life.

**The Center for Spine Care offers surgical and nonsurgical treatments for a range of back- and neck-related injuries and conditions such as:**

- Congenital disorders of the spine
- Herniated disks
- Myelopathy
- Neck and back pain
- Peripheral nerve disorders
- Scoliosis
- Spinal compression fractures
- Spinal stenosis
- Spinal tumors



Speak to our [Spine Center Navigator: 609.853.7973](tel:609.853.7973)

## Spine Surgery at PMC Earns Gold Seal of Approval®

Penn Medicine Princeton Medical Center (PMC) has earned The Joint Commission's Gold Seal of Approval® for spine surgery following an on-site survey and a thorough review of the hospital's use of evidence-based practice guidelines, collection of data, and performance in key quality measures.

Working toward certification helps organizations develop consistent communication among all providers involved in a patient's care — from preoperative consultation through the procedure, rehabilitation, and follow-up care. Measures developed during the process help hospitals prevent adverse outcomes such as infections, neurological issues, and unplanned return visits to the operating room.

"The Joint Commission is the gold standard for healthcare quality, and earning this new certification was an important achievement for our staff and physicians," said Penn Medicine Princeton Health CEO James

Demetriades. "This effort demonstrates our commitment to continuously improving the quality of care we provide and to achieving exceptional outcomes."

PMC holds various other recognitions from The Joint Commission, including perinatal care certification, advanced certification for total hip and total knee replacement, and designation as a primary stroke center. The spine surgery certification is the result of collaboration between PMC staff and surgeons specializing in neurosurgery and orthopaedics.





# Community Focus

## March is National Colorectal Cancer Awareness Month



### Easing Cancer Treatment Symptoms with Yoga

MON. March 14 (11:30 – 12:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Patients with cancer can benefit from practicing yoga, which can help ease cancer-related fatigue; improve sleep; and reduce depression, anxiety, and distress. This class will be led by Maria Benerofe, certified yoga instructor with Princeton Health Community Wellness.

### GI Cancer & Dietary Prevention Tips

TUE. March 22 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

There are many foods that can increase your risk of developing gastrointestinal (GI) cancer. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn about diet-related GI cancer risk factors, healthy food alternatives, and prevention tips to decrease your risk of GI cancers.



### What You Need to Know About Colon Cancer Screening and Treatment

MON. March 28 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Colon cancer is the fourth most common cancer in the United States. Join Ramy Sedhom, MD, board certified in medical oncology, to learn about screening, risk reduction, and how to get the best care for you or your loved ones. Dr. Sedhom is a member of the Medical Staff of Penn Medicine Princeton Health.

### Understanding Cancer, Screenings and Latest Treatments

MON. April 25 (7 – 8 p.m.)

Montgomery Evangelical Free Church  
246 Belle Mead Griggstown Road, Belle Mead

At some time in our lives we will all be touched by cancer, either receiving a diagnosis ourselves or having a loved one receive a diagnosis. Join Ramy Sedhom, MD, board certified in medical oncology, for this informative session on the main cancer screenings (such as colonoscopies) and latest cancer treatments, as well as information on how to recognize any early warning signs. Dr. Sedhom is a member of the Medical Staff of Penn Medicine Princeton Health.

**IN-PERSON SAFETY GUIDELINES:** In-person classes are limited in size. Masks and social distancing are required. Participants are screened for 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](http://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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.**

### Older Adults: Ways to Cope During the Pandemic

THU. March 3 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

The pandemic changed life for everyone, but created particular challenges for older adults, who experienced higher rates of mortality and more significant health risks, disruptions to regular routines, isolation, and, as a result, increased stress and depression. Join Nina Nechay, MS, LPC, NCC, Senior Primary Therapist with Princeton House Behavioral Health, for an informative discussion on the impact of the pandemic on older adults, ways to cope with the physical and emotional aftermath of the pandemic, and help transitioning to the new “normal.”

### Self-defense for Women: Personal Empowerment Safety Program

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

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

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

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

TUE. April 19, 26, May 3 & 10 (6 – 9 p.m.)

Montgomery Recreation at the Otto Kaufman Community Center  
356 Skillman Road, Skillman

\$35 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 through this basic self-defense course. This 12-hour multi-session, activity-based program 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.

### Advanced Self-defense for Women

THU. March 31, April 7, 14 & 21 (6 – 9 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

\$25 per person

Elevate your self-defense skills and boost your confidence with this advanced course, which builds on techniques you learned in the basic Self-Defense for Women class. This 12-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory, and advanced physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. Participants must have previously completed the basic RAD Women® course.

### Living with Cancer: Mindfulness Walk for Stress Reduction

THU. April 28 (4 – 5 p.m.)

Plainsboro Preserve

80 Scotts Corner Road, Cranbury

Take a walk in nature in the popular Plainsboro Preserve to help relieve stressful effects of living with cancer. Guided by Craig Harley, Senior Ranger and Naturalist, participants will enjoy learning the history of the area while taking a peaceful walk on the trails of the pristine, 1,000-acre preserve.

### Healthy Eating for Cancer Prevention

WED. March 23 (7 – 8 p.m.)

Community Wellness at


731 Alexander Road, Suite 100, Princeton

There are things we can do — including making healthy food choices — that can help reduce the chance of developing some forms of cancers. Learn about eating right and the best food options to promote good health and reduce the risk for cancer at this informative session led by Kristin Lawton, MS, RDN, NASM-CPT, Registered Dietitian with Princeton Medical Center.

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

## How to Avoid Knee Injuries

TUE. March 8 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Regardless of your age and activity level, knee injuries can be debilitating. Join Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, and learn about reducing pain in your knee, flexibility and strength training exercises, and how post-surgical physical therapy can improve outcomes.



## Keep Your Skin Looking Young and Healthy

THU. March 10 (6 – 7 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Join John Vine, MD, a board-certified dermatologist, for this informative session on skin care, and learn how to keep your skin looking young and healthy. Dr. Vine is a member of the Medical Staff of Penn Medicine Princeton Health.

## Safe Sex for Older Adults

THU. March 10 (11 a.m. – 12 p.m.)

Stonebridge of Montgomery  
100 Hollinshead Spring Road, Skillman

Many older adults remain sexually active, and they are more vulnerable to sexually transmitted diseases (STDs) than younger adults. Join Isao Iwata, MD, EdM, PhD, board certified in geriatric medicine and internal medicine, for this informative discussion of common STDs in older adults and safe sex practices. Dr. Iwata is a member of the Medical Staff of Penn Medicine Princeton Health.

## Memory Screenings

MON. March 14 (1 – 3 p.m.)

Mercer County Library – Hopewell Branch  
245 Pennington-Titusville Road, Pennington

Call 609.737.2610 to schedule an appointment.

Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screenings and review of the results are both confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

## Exercise & Education for Osteoporosis & Osteopenia

TUE. & THU. March 15, 17, 22, 24, 29 & 31 (1 – 2:30 p.m.)

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

This six-session program will help individuals with osteoporosis or osteopenia (bone density loss) reduce their risk of falls, improve spinal alignment, and protect the spine during daily activities. The program includes an educational and exercise component, and participants must be able to safely and independently get on and off the floor. Specially trained physical therapists will lead exercises intended to improve bone health, posture, strength, and balance.

## Varicose Veins: Now You See Them, Now You Don't

WED. March 16 (7 – 8 p.m.)


Princeton Fitness & Wellness  
1225 State Road, Princeton

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton Health, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Vascular Care at the Princeton Medical Center.

## Weight-Loss Surgery: Is It Right for Me?

WED. March 16 (6 – 6:30 p.m.)

WED. April 20 (6 – 6:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email [donna.post@pennmedicine.upenn.edu](mailto:donna.post@pennmedicine.upenn.edu).

Severe obesity is a serious health condition that can impact every aspect of your life. If you haven't been able to lose weight with non-surgical approaches to weight loss, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Penn Medicine 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.

## KIDS CORNER

### radKIDS®

TUE. & THU. March 22, 24, 29, 31 & April 5 (4 – 6 p.m.)  
Montgomery Recreation at the Otto Kaufman Community Center  
356 Skillman Road, Skillman

MON. – FRI. April 18 – 22 (4 – 6 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 per child.

This multi-session national program is designed to provide children, ages 8 – 12, with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation. Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.

### Safe Sitter

WED. April 20 & 27 (4 – 7 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

\$40 per child.

This specialized training helps babysitters, ages 11 through 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. This one-day course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch.



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



## HEART FAILURE SERIES

### Exploring Low-Sodium Cooking

WED. March 2 (6:30 – 7:30 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Low-sodium cooking does not have to be bland. Some basic tips and tricks can help you create enjoyable heart-healthy dishes. Join Margaret Hanna, MS, RD, a registered dietitian nutritionist, and explore low-sodium and sodium-free options that will make your meals come alive with flavor.

### Exercise Training with Heart Failure

WED. March 16 (4 – 5 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Exercise improves cardiac muscle strength and function, which can lead to a better quality of life for those with heart failure. Join Hina Karanjwala, DPT, Physical Therapist with Princeton Medical Center Princeton Rehabilitation, to learn more about the exercises that can help you remain active with your heart failure diagnosis.

### Understanding Heart Failure Medications

WED. March 9 (2 – 3 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Gain a deeper understanding of what heart failure is and the medications used to treat it at this informative discussion led by Sarah Tobin, PharmD, PGY-1 Pharmacy Resident. The program will also cover the different types of heart medications your doctor may prescribe and how to properly take them to best treat your heart failure.

### Living With Heart Failure Support Group

WED. March 9 & 23 (7 – 8:30 p.m.)

WED. April 13 & 27 (7 – 8:30 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

This support group, led by Kat Dombrowski, RN, a registered nurse with Princeton Health Community Wellness, will focus on helping participants set, track, and achieve both personal and team goals related to improved heart failure management. Participants will receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

### Lifestyle Changes with Heart Failure

THU. March 17 (12 – 1 p.m.)

**VIRTUAL**

TUE. March 22 (4 – 5 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Registered participants will receive a link to join the virtual session.

Learn more about how to handle changes associated with a heart failure diagnosis with Benita Philip, DO, board certified in cardiovascular disease. Dr. Philip is a member of the Medical Staff of Penn Medicine Princeton Health.

### Palliative Care for Heart Failure Patients

WED. March 30 (12 – 1 p.m.)

WED. April 27 (12 – 1 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Palliative care is specialized medical care that provides an extra layer of support for people with serious illnesses, and it can benefit heart failure patients and their families. Individuals living with heart failure, and their loved ones, are invited to join Joy Hertzog, DNP, APN, AGPC-C, ACHPN, a palliative care nurse practitioner with Princeton Medical Center, for this educational discussion on what palliative care is, who can benefit from it, and how to arrange for palliative care for you or your loved one.

### Low-Sodium Shopping and Dining

WED. April 6 (6:30 – 7:30 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

If you are frustrated searching the grocery shelves for foods that fit into your low-sodium diet, join Margaret Hanna MS, RD, a registered dietitian nutritionist, for guidance navigating the supermarket aisles for the best heart-healthy ingredients and a list of the lowest sodium options when eating out.

### Medications & Heart Failure Exacerbation

WED. April 13 (2 – 3 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Recognizing signs of a heart failure exacerbation can help prevent future hospitalizations for those with cardiac issues. Join Marina Boulos, PharmD, PGY-2 Pharmacy Resident, for this informative discussion of what may cause a heart failure exacerbation, how to treat it, and what you can do to prevent it.

### Monitoring Symptoms of Heart Failure

WED. April 20 (4 – 5 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Join Tejal Narkhede, MPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, and learn how to identify and monitor symptoms of heart failure, what to do when you are experiencing symptoms, and how to modify activities of daily living.



### Free Blood Pressure Check

Join health professionals with Community Wellness for your free blood pressure check on **Tuesdays, March 15** and **April 19**, from **10 a.m. – 12 p.m.**, at the **South Brunswick Wellness Center**, 540 Ridge Road, Monmouth Junction.


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

# MENTAL WELLNESS



## Gentle Yoga

Mondays (6 – 6:45 p.m.)  
Wednesdays (9:30 – 10:15 a.m.)


 VIRTUAL

Register separately for Monday series and Wednesday series. See website for any scheduling changes.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and a flow of poses, which will help improve flexibility and reduce stress. The class is ideal for anyone who desires a relaxed practice of yoga. Beginners are welcome.

## Chair Yoga

Tuesdays (8 – 8:45 a.m.)  
Thursdays (8 – 8:45 a.m.)

 VIRTUAL

Register separately for Tuesday series and Thursday series. See website for any scheduling changes.

This gentle form of yoga incorporates basic 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.


## Intro to Yoga

TUE. March 15 (6:30 – 7:30 p.m.)  
John O. Wilson Hamilton Neighborhood Center, Inc.  
169 Wilfred Ave, Hamilton

Practicing yoga helps improve strength, balance, and flexibility, while also reducing stress. In this introductory yoga class, we will explore basic poses using alignment and breath. This class, led by Maria Benerofe, a certified yoga instructor with Princeton Health Community Wellness, is for new students or a refresher for regular practitioners. Please wear comfortable clothing and bring a yoga mat and water for hydrating.

## SELF-CARE SERIES: Mindful Breathing for Better Health and Stress Reduction

WED. March 9 (7 – 8 p.m.)


 VIRTUAL

Registered participants will receive a link to join.

This program is part of our Self-Care series, held on the second Wednesday of each month. Each month focuses on a new self-care topic. Class participants will learn the mechanics of proper breathing techniques to optimize health and reduce stress. Through gentle movement and mindfulness, the class will focus on three basic forms of yoga breath, which can provide a boost of calming energy, any time, any where. The class will be presented by Cynthia Sinicropi-Philibosian, LMBT, RYT500, Licensed Massage and Bodywork Therapist and Registered Yoga Teacher.

## Mental Health First Aid Training

TUE. & THU. March 29, 31, April 5 & 7 (10 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.

## Mental Health First Aid Training (Blended)


SAT. March 12 (8 a.m. – 2 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

This is a blended class that includes a two-hour online portion that must be completed prior to the 5.5-hour in-person training. The 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.

## SELF-CARE SERIES: Practicing Gratitude

WED. April 13 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This program is part of our Self-Care series, held on the second Wednesday of each month. Each month focuses on a new self-care topic. Regularly taking time to reflect on what you are grateful for has been shown to have many positive benefits for the mind, body, and spirit. Join Linda A. Baker, MS, ATR, Allied Clinical Therapist with Penn Medicine Princeton House Behavioral Health, to learn how you can make practicing gratitude part of your daily self-care routine. The program will also include an art-based gratitude demonstration.

## Mindful Nature Photo Walk

THU. April 21 (6 – 7 p.m.)

Plainsboro Preserve  
80 Scotts Corner Road, Cranbury

In honor of Earth Day, take some time to experience the peacefulness of nature with photographers Monica Daszykowski and Nancy Erickson. Participants will receive a list of items to photograph and enjoy the fresh spring air while capturing the beauty around them and exploring their creativity. This is not a technical photography class, but plenty of helpful tips and tricks will be provided along the way. Bring your cellphone or a digital camera for this interactive class. Held weather permitting.



**Mind on Mental Health: [www.princetonhouse.org/podcast](http://www.princetonhouse.org/podcast)**

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts, as well as at [www.princetonhouse.org/podcast](http://www.princetonhouse.org/podcast)



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

## Vision Screening

THU. March 17 (4 – 7 p.m.)  
Community Wellness at the  
Hamilton Area YMCA John K. Rafferty  
Branch – Suite 100, Conference Rooms  
A & B, Hamilton

THU. April 21 (9:30 a.m. – 12:30 p.m.)  
Community Wellness at  
731 Alexander Road, Suite 103  
Princeton



Space is limited. Please call 1.888.897.8979 to make an appointment.

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Penn Medicine Princeton Health and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

## Keeping Psoriasis in Check

MON. March 21 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Concerned about your psoriasis. Join Whitney A. Talbott, MD, specializing in dermatology, to learn about the prevalence of psoriasis, risk factors, triggers, the latest treatment options, and emotional considerations. Dr. Talbott is a member of the Medical Staff of Penn Medicine Princeton Health.

## When Your Thyroid Gets You Down

TUE. March 29 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Signs of a thyroid condition can run the gamut, from exhaustion to over-excitability, from weight gain to weight loss. Join Ned M. Weiss, MD, board certified in endocrinology, diabetes and metabolism, and internal medicine, to learn how your thyroid function, the signs of a thyroid problem, and what treatment options are available. Dr. Weiss is a member of the Medical Staff of Penn Medicine Princeton Health.

## Realtors Lunch & Learn: Nutrition for a Busy Lifestyle

THU. March 31 (11:30 a.m. – 1:30 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Education Center, Conference Rooms C, D & E

Licensed realtors are invited to join us for a networking luncheon and informative presentation. Learn healthy habits when eating on the run and creative ways to incorporate good nutrition for a busy lifestyle with Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist. In addition, discover ways realtors can work with Penn Medicine Princeton Health to better serve our community. Lunch will be served at noon.

## Stop the Bleed

MON. April 11 (1 – 2 p.m.)

Mercer County Library – Hopewell Branch  
245 Pennington-Titusville Road, Pennington

Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health, for this invaluable discussion.

## Yoga for Fertility

WED. April 13 (6 – 6:45 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This class is designed to support women or couples who are trying to conceive, either naturally or through assisted reproductive technology. Yoga for Fertility uses specific yoga postures and practices to stimulate and tone the reproductive system, and enhance the flow of energy and circulation. The class is led by Maria Benerofe, a certified yoga instructor with Princeton Health Community Wellness.

## Treating Urinary Incontinence

THU. April 14 (10 – 11 a.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining your bladder can help. Join Shalay Foster, PT, DPT, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness, and restore your quality of life.

## CarFit

FRI. April 15 (10 a.m. – 12 p.m.)

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

SAT. April 30 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

As we age, changes in our vision, flexibility, strength, range of motion, and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better fit the driver, which will provide the driver with greater comfort and vehicle control. In addition, a trained Penn Medicine Princeton Health CarFit technician will take each driver through an observation and questionnaire session. Participants are asked to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association (AAA) and AARP to provide this service.

## AARP Smart Driver

FRI. April 22 (9 a.m. – 3 p.m.)

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

FRI. April 29 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

\$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.

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



## Fulfillment through Volunteering

WED. April 20 (12 – 1 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Do you want to help others? Are you unsure of how to give back? Research suggests that people who volunteer may live longer and happier lives. Join the certified volunteer administration professionals from the Penn Medicine Princeton Health Volunteer Services Department to learn about the benefits of volunteering, including the physical and psychological health benefits, and how to find volunteer opportunities with community nonprofits.

## All About Joint Replacement

TUE. April 26 (3 – 4 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Elizabeth Shokoff, RN, MSN, ONC, Orthopaedic Nurse Navigator at the Jim Craigie Center for Joint Replacement, Penn Medicine Princeton Medical Center (PMC), for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at PMC, including the Jim Craigie Center for Joint Replacement.

# 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### Prenatal Yoga

Tuesdays (9 – 9:45 a.m.)

**VIRTUAL**

Registered participants will receive a link to join. See website for scheduling changes.

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 bring 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.

### Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

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 your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.



### Practicing MindFETALness

TUE. March 8 (7 – 8 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Pregnant mothers and unborn babies have a unique and innate connection. MindFETALness is a method of tapping into that connection by focusing on fetal movement patterns during pregnancy. Join us to learn a simple way to use mindfulness to help monitor your baby's fitness and wellbeing.

### Baby Care

THU. March 10 (7 – 9:30 p.m.)

MON. April 11 (7 – 9:30 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Conference Rooms C, D, E

WED. March 30 (7 – 9:30 p.m.)

THU. April 28 (7 – 9:30 p.m.)

**VIRTUAL**

**\$50 per couple. Registered participants will receive a link to join the virtual session.**

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.

### Prenatal Breastfeeding Class

TUE. March 15 (7 – 9 p.m.)

THU. April 14 (7 – 9 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

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.


## 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](http://www.princetonhcs.org/maternitytour).

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

## Grandparenting 101

TUE. March 22 (6:30 – 8 p.m.)

 VIRTUAL

\$10 per couple. Registered participants will receive a link to join.

This class is designed for grandparents-to-be and new grandparents. It will be presented by Bernadette Kelton, RN, 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

## Daddy Boot Camp™

SAT. April 9 (9 a.m. – 12 p.m.)

 VIRTUAL

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, ask questions, and express your concerns and joys about fatherhood.



## Bumps, Bands and Balls: Fitness Series for Expecting Moms

MON. April 25 – June 6 (6:30 – 7:30 p.m.)

No session on May 30

 VIRTUAL

\$60 per person. Registered participants will receive a link to join.

Join our pelvic health physical therapists for this 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, and 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 bring water. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

## Preparing for Cesarean Section

If you are interested in this class, please call us at 1.888.897.8979.

## 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.

# 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


MON. March 7, 14, 21 & 28 (7 – 9 p.m.)

WED. April 6, 13, 20 & 27 (7 – 9 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Conference Rooms A & B

THU. March 3, 10 & 17 (7 – 9 p.m.)

TUE. April 12, 19 & 26 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple. Registered participants will receive a link to join the virtual session.

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.

### Accelerated Birthing Basics

SAT. March 12 (9 a.m. – 5 p.m.)

SAT. April 23 (9 a.m. – 5 p.m.)


Princeton Medical Center  
1 Plainsboro Road, Plainsboro – Conference Rooms C, D, E

\$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.

### Labor Fundamentals

SAT. March 19 (10 – 11 a.m.)

 VIRTUAL

\$25 per couple. Registered participants will receive a link to join.

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.

### HypnoBirthing®

THU. March 24, 31, April 7, 14 & 28  
(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 symptoms before entering the class. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](http://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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## Ask the Lactation Consultant

Mondays (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join our weekly group any time 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.

## Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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 your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

## Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

PMC Breast Health Center

East Windsor Medical Commons 2

300B Princeton–Hightstown Road, East Windsor

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Mothers are encouraged to bring their infants. Due to COVID-19 safety precautions, participants are limited to mom and baby only.

## Infant Massage for Parents & Caregivers

SAT. March 19 (12:30 – 2:30 p.m.)

 VIRTUAL

**\$15 per family.** Registered participants will receive a link to join.

Join us 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.

## All About Breast Pumps

SAT. April 16 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Whether you are pumping periodically or pumping exclusively, join Carolyn Schindewolf, BS, Internationally Board Certified Lactation Consultant with Princeton Health Community Wellness, to learn how to get the most out of your pumping experience, including when to pump, how to size flanges, settings, storage, and cleaning.

# 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.



## Providing Compassionate Care to Diverse Populations

WED. March 23 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

1 CEU.

This course is designed to help create a positive space for LGBTQ+ patients by assisting participants in understanding the disparities and issues they face with an emphasis on effective interaction in a crisis, which can make your job easier and build trust within the community. The course can also help participants: build internal relationships with other EMS providers; understand and define the differences between sex, sexual orientation, gender, and gender identity; recognize the disparities and health threats unique to LGBTQ+ patients; and identify measures that can help create a positive environment for patients and other providers. The course will be led by Kyle M. Bonner, LCSW, LCADC, and Ed Callahan, LNHA, EMT, who provide compassionate care training related to the LGBTQ+ population at Penn Medicine Princeton Health.

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



## Five Minutes to Help: Assistance for Overdose Victims

SAT. April 9 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

4 CEUs.

In an effort to encourage overdose victims to consider assistance, Five Minutes to Help was developed by the New Jersey Department of Health's Office of Emergency Medical Services. The goal is to arm New Jersey's first responders with new knowledge and communication skills that can be applied on the scene, post-overdose reversal, to encourage patients to seek help for their addiction and increase their awareness of available recovery resources in their communities. Join Barbara Vaning, MHA, EMT instructor, and Bill Greenhalgh, BFA and NREMT, to learn what you can do to help after reviving a person who overdoses. See required prerequisite upon registration.

## EMT Refresher Class – Section A

SUN. April 3 (8 a.m. – 5 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

\$75 per person. 8 CEUs.

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.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### ACLS Full Certification Course

THU. & FRI. March 3 & 4 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

### ACLS Recertification Course

TUE. March 29 (9 a.m. – 5 p.m.)

MON. April 25 (9 a.m. – 5 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. The course includes a written exam and skills test. Participants will receive a course completion card.

### PALS Full Course

THU. & FRI. April 28 & 29

(9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton



### PALS Recertification Course

FRI. March 25 (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.

### BLS Provider

WED. March 30 (6 – 10:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

FRI. April 29 (9 a.m. – 1:30 p.m.)

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

### BLS Renewal\*

WED. March 9 (6 – 10 p.m.)

THU. April 21 (6 – 10 p.m.)

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

MON. March 21 (9 a.m. – 1 p.m.)

WED. April 6 (6 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Provider: \$65 per person

Renewal: \$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.

### Heartsaver CPR AED First Aid

SAT. March 26 (9 a.m. – 4 p.m.)

SAT. April 30 (9 a.m. – 4 p.m.)

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

\$45 per person

The Heartsaver CPR AED First Aid course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a 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 symptoms before entering the class. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

## Family & Friends CPR

SAT. March 19 (10 a.m. – 12 p.m.) Adult/Child/Infant\*

SAT. April 2 (10 a.m. – 12 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.

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](http://www.princetonhcs.org/calendar).** 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 Cancer Center, please call 609.853.6780.

### Post-Treatment Support Group

WED. March 9 (6 – 7:30 p.m.)

WED. April 13 (6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Center  
Conference Room

Participants can come in-person or join virtually. For more information or to register, call 609.853.6787.

This support group is for individuals who have completed their cancer treatment within the past 18 months. Led by an oncology nurse navigator, the group offers participants an opportunity to share personal experiences and offers helpful resources and methods of coping with feelings of anxiety and distress sometimes associated with the transition from active treatment to living beyond oncology treatment.

### Prostate Cancer Support Group

WED. March 9 (12 – 1:30 p.m.)

WED. April 13 (12 – 1:30 p.m.)

Princeton Medical Center  
1 Plainsboro Road, Plainsboro  
Education Center, Conference Rooms A & B

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

### Cancer Support Group

WED. March 16 (2:30 – 4p.m.)

WED. April 20 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the third Tuesday of the month in-person and brings 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, and a healthcare professional from Penn Medicine Princeton Health.



### Breast Cancer Support Group

TUE. March 8 (6 – 7:30 p.m.)

TUE. April 12 (6 – 7:30 p.m.)

 VIRTUAL

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

This group meets the second Tuesday of the month and 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 Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center, and Karen Davison, RN, BSN, OCN, a nurse with the Penn Medicine Princeton Cancer Center.

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

## Head & Neck Cancer Support Group

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

WED. March 16 (12 – 1:30 p.m.)

WED. April 20 (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.

## 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 2 (7 – 8 p.m.)

WED. March 16 (7 – 8 p.m.)

WED. April 6 (7 – 8 p.m.)

WED. April 20 (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.

## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

WED. March 2 (7 – 8:30 p.m.)

WED. April 6 (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.

### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. March 21 (11 a.m. – 12:30 p.m.)

MON. April 25 (11 a.m. – 12:30 p.m.)

**VIRTUAL**

For information to join, visit [www.princetonhcs.org/calendar](http://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 unless the date falls on a holiday. 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.

### Weight-loss Surgery Support Group

TUE. March 1 (7 – 8 p.m.)

TUE. April 5 (7 – 8 p.m.)

THU. March 3 (6:30 – 7:30 p.m.)

THU. April 7 (6:30 – 7:30 p.m.)

WED. March 16 (6:30 – 7:30 p.m.)

WED. April 20 (6:30 – 7:30 p.m.)

**VIRTUAL**

To register and receive the link to join virtually, please email [donna.post@penntest.com](mailto:donna.post@penntest.com).

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 Certified Bariatric Nurse Donna Post, RN, BNS, CBN, 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.

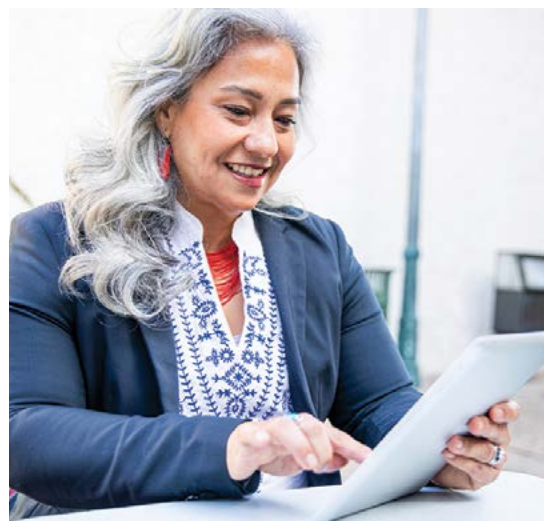
### Bariatric Support Group (for Alumni)

TUE. April 5 (6 – 7 p.m.)

**VIRTUAL**

To register and receive the link to join virtually, please email [donna.post@penntest.com](mailto:donna.post@penntest.com).

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets quarterly, 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.



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



## Diabetes Support Group

WED. March 16 (2 – 3 p.m.)  
WED. April 20 (2 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

TUE. March 15 (10:30 – 11:30 a.m.)  
MON. March 21 (6:30 – 7:30 p.m.)  
TUE. April 19 (10:30 – 11:30 a.m.)

 VIRTUAL

To register and receive the link to join virtually, please call 609.853.7890 1-2 days prior to the meeting.

This group provides resources and support for those living with diabetes, and their loved ones. Sandra Byer-Lubin, RD and Louise Gross, RN, certified diabetes educators with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitate 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](http://www.princetonhcs.org).

## Journey Back: Stroke Support Group

WED. March 2 (2 – 3 p.m.)  
WED. April 13 (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.

[www.ustream.tv/princetonhealth](http://www.ustream.tv/princetonhealth)

Princeton Health OnDemand 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](http://www.ustream.tv/princetonhealth).

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



### Hip Scopes: A Minimally Invasive Approach to Hip Injuries

WED. March 9 (12 p.m.)  
William Rossy, MD  
Fellowship trained in sports medicine with specialty training in hip arthroscopy



### Palliative Care Helps Cancer Patients Manage Symptoms

WED. April 13 (12 p.m.)  
Ramy Sedhom, MD  
Board certified in oncology and hospice and palliative care

For the most up-to-date schedule visit [www.princetonhcs.org/calendar](http://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 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](http://www.princetonhcs.org/calendar).

Registration is required unless otherwise noted.

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

# Reduce Secondary Symptoms of Cancer Treatment with Palliative Care



It is not uncommon to experience symptoms — such as fatigue, pain and discomfort, nausea, vomiting, and stress or anxiety — due to cancer or cancer treatment. Fortunately, patients can find relief from these symptoms with a service known as palliative care.

“Some people have a misconception that palliative care is an end-of-life service, but, in fact, it is a specialty designed to help you live well with a serious illness,” says **Ramy Sedhom, MD**, an oncologist and palliative care physician on the Medical Staff of Penn Medicine Princeton Health. “It is designed to help manage your symptoms in a way that complements your disease treatment plan.”



The process involves collaboration between your oncologist or other specialist, your primary care physician, and a palliative care physician through the Penn Medicine Princeton Cancer Center at Princeton Medical Center. Together, they develop an individualized plan to manage your symptoms.

“The entire team — as well as the patient and family — work together to make sure you get the care and support you need to manage the disease, and to live as well as possible,” says Dr. Sedhom, who is board certified in oncology and hospice and palliative medicine. “The American Society of Clinical Oncology, as well as other organizations, have found that including palliative care helps individuals with cancer live better and longer lives.”

## Palliative care can include:

- Symptom management through pharmacologic and non-pharmacologic interventions
- Emotional and spiritual support services
- Relaxation techniques such as breathing exercises, visualization, massage, etc.
- Referrals to other support services
- Help with advance care planning
- Legacy building, bereavement care, and care of the caregiver

A referral for a palliative care consultation can be made by your oncologist, primary care doctor, other medical professional, or you can reach out on your own for an evaluation. Palliative care is covered by Medicare and Medicaid, as well as most other insurance providers.

**For more information**, about Penn Medicine Princeton Cancer Center at Princeton Medical Center, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **[princetonhcs.org](http://princetonhcs.org)**.



**To schedule a palliative care consultation, call 609.853.6793.**

# LYMPHEDEMA TREATMENT:

## Help When Lymphatic System Function Falters

**W**hen your lymphatic system — a major part of your immune system — is working properly, the hundreds of tiny lymph nodes and vessels throughout your body automatically move fluid from your tissues to your bloodstream, flushing toxins from your body. But when that delicate balance is altered — most often from removal or radiation of lymph nodes related to cancer treatment, but also as a result of infection and other conditions that can damage the lymphatic system — fluid and toxins can build up in the affected area, resulting in a condition known as lymphedema.



encourage the fluid to flow out of the swollen area. One-on-one treatment by certified lymphedema therapists in the Lymphedema Program at Princeton Medical Center is designed to do that, and can make it easier to resume your daily activities.”

Treatment may include:

- Exercises to help lymph fluid drain, which reduces swelling
- Massage to help lymph fluid drain from swollen areas
- Compression bandaging and compression garments to help redirect lymph fluid from your extremities so it can be naturally flushed through your system

“Lymphedema is a type of swelling in various areas of the body that can cause uncomfortable symptoms and put you at risk for other health problems,” says Kelly Gray, PT, a physical therapist and Rehabilitation Manager at Penn Medicine Princeton Medical Center Princeton Rehabilitation. “If left unmanaged, the condition can increase your risk of infection in the affected area, result in stiffness or soreness in the affected area, and reduce mobility and the ability to accomplish daily tasks or care for yourself.”

Keeping a watchful eye of lymphedema symptoms is important. While not everyone who has undergone lymph node removal as a result of cancer treatment develops the condition, it is common, and can occur at any time from shortly after surgery to more than a year after treatment.

### One-on-One Therapy

“While there is no cure for lymphedema, the condition can be treated and managed to keep swelling down and relieve symptoms,” says Gray. “The key is to prevent infections and

In addition to therapy, individuals living with lymphedema should follow these tips:

- Keep skin clean, moisturized with lotion, and protected from the sun and extreme cold, in order to prevent cracking that can result in infection.
- Keep cuts clean and bandaged.
- Avoid wearing tight clothing and jewelry, which restrict lymphatic fluid flow.
- If your arm or leg is swollen, elevate it above your heart whenever possible.
- Wear compression garments as prescribed.
- Maintain a healthy weight, eat a balanced diet, exercise, and get proper sleep.

**For more information** about Princeton Rehabilitation or to find a certified lymphedema therapist, call **609.853.7840**, or visit **[princetonhcs.org](http://princetonhcs.org)**.



# Identifying and Removing Colon Polyps Can Save Lives



Three in every 10 people over the age of 50 will develop colon polyps in their lifetime, according to US Preventative Services Task Force. While these growths are slightly more common in men than women, they can pose a serious health risk to both.



“Adenomatous (pre-cancerous) colon polyps account for about two-thirds of all polyps found during colonoscopy. When they are found, they should be removed, as some polyps can develop into colon cancer in future years,” says **Kristina Katz, MD**,

a gastroenterologist on the Medical Staff of Penn Medicine Princeton Health. “Colon cancer is the third most common cancer globally.”

Colon polyps generally do not result in noticeable symptoms, which is why routine and regular screening is so important.

## Traditional Colonoscopy and Other Options

“People tend to feel uncomfortable with the idea of getting a colonoscopy, but it is extremely important to have some sort of testing done at the recommended intervals,” says Dr. Katz, who is board certified in gastroenterology and internal medicine.

*“The recommendation is screening starting at age 45. If you have a family history—meaning a parent or sibling with a history of colon cancer or certain colon polyps—you should begin testing at 40, or 10 years earlier than the age that relative was at diagnosis.”*

If no polyps are found during the initial colonoscopy, a follow-up colonoscopy should be conducted in 10 years, and this screening should continue until at least age 75. If polyps are found, then the next colonoscopy is recommended at a sooner interval, usually in three to seven years.

The most common reasons why people delay testing is embarrassment with the idea of the procedure, worry about anesthesia and most commonly, concern over the prep process, which requires that your system be thoroughly cleaned out. This process can be somewhat unpleasant. However, today, the bowel prep is usually gentler and smaller in volume than traditionally thought of. Even pill form prep is available for some patients.

Also, there are other options for colon cancer screening if a person is hesitant to undergo colonoscopy.

“Some sort of screening is always better than no screening at all, and I always stress this to all my patients.”

Individuals without a family history, a diagnosis of another bowel-related medical condition, or history of previous colon polyps, have the option to do an at-home stool sample test, but will need to have the test every three years. A virtual colonoscopy, along the lines of a CAT scan, is also an option, although it does still require a bowel prep.

“Regardless of what type of test you choose, and what kind of prep you prefer, the important thing is to get tested,” says Dr. Katz. “Treatment is far more successful when colon cancer is caught early.”

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**To find a physician** affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit [princetonhcs.org](http://princetonhcs.org).

# Working through Work-Related Conflicts as COVID Cases Decrease



**B**efore the pandemic turned our lives around, most of us went through the work week without thinking much about the circumstances surrounding our livelihoods. The shifts in working arrangements, schooling, and social activities changed all of that. Suddenly, we were all at home — with our families or on our own. Working took on a different look, and so did how we interacted with others.

“For some people this created a better work/life balance, and opened up opportunities they had not considered possible before, whether that involves working from home, changing careers, or even retiring,” says Sarah Carstens, LCSW, Clinical Manager of Penn Medicine Princeton House Behavioral Health’s Women’s Program in Eatontown. “For others, it triggered new or reinforced existing social anxiety issues. While some people have been able to jump right back in to a return to their prior working arrangements, many others have found the shift to be emotionally challenging.”

## A Healthy Approach to Re-entering the Workplace

If returning to the workplace — whether on a full-time or part-time basis — is causing you anxiety, there are steps you can take to smooth the transition or initiate a healthy change in the direction you want your life to take.

These include:

**Take time to focus on yourself** and consider what you like and dislike about both your pre-pandemic and post-pandemic work situations.

**Actively pursue things that give you pleasure** rather than simply going through the motions. For example, make time for a new hobby or mindfully prepare a meal or select a movie to watch rather than just falling back into old habitual behaviors.

**Take changes slowly**, whether it involves returning to the workplace full-time, finding a way to adapt your existing job to your new goals, or pursuing a new livelihood.

**Communicate your feelings** with those close to you.

**Be honest with yourself** about your feelings and desires, and be patient in pursuing them.

**Remember you are not the only one** experiencing anxiety and uncertainty.

“The unprecedented changes brought on by the pandemic have impacted all of us, and while our journeys are all different, they all have the common elements of isolation and anxiety,” says Carstens.

“It is very important to remember, no matter what your concerns about re-entry may be, to take slow, thoughtful steps to reconnect with yourself and with others,” she added. “Think about where you were before the pandemic, what you have experienced and learned during the pandemic, and what you envision for your future with those points in mind. Then share those thoughts with people who are close to you and talk things over to form a clearer picture of what is possible and how it can be put into place in logical steps.”

Seeking professional help is warranted if anxiety is impacting your ability to function and complete daily tasks or impacting your relationships with loved ones.

“At Princeton House, we help individuals experiencing anxiety, regardless of the source, develop the skills needed to understand and cope with anxiety,” says Carstens.

**For more information** about Princeton House Behavioral Health’s adult programs, visit [princetonhouse.org](https://princetonhouse.org), or call **888.437.1610**.

See page 10 for information on our monthly self-care series.



# Helping a Loved One Deal with Trauma

At least some level of trauma has touched virtually everyone's life. Recognizing the signs of trauma and understanding what you can do to help yourself or a loved one deal with the stress is important.

"Most people think of trauma as a big 'T' event, for example resulting from severe abuse or post-traumatic stress disorder related to intense military service, but there is also small 't' trauma, which is often overlooked, and can be the result of distressing experiences, such as verbal abuse or neglect, emotional abuse, bullying, and poverty," says Iris Perlstein, LCADC, LPC, ATR-BC, Clinical Coordinator, First Responder Treatment Services at Penn Medicine Princeton House Behavioral Health. "Experiences like what we have faced with the pandemic or a change in circumstances such as the loss of a job, divorce, or death of a loved one, can all result in this type of trauma."

## Opening Up is Key

The various types of trauma will require similar steps to process the emotional stress that continues to overwhelm the trauma survivor.

"Most importantly, the person dealing with the trauma needs to understand how it is internalized and can lead to adverse effects," says Perlstein. "Trying to hide or mask it can allow

the trauma to play a role in virtually every area of one's life. Sharing what they are remembering and validating what they are feeling is important and will help the person feel safe to continue expressing themselves.

To help a loved one heal:

**Be open** to listening

Remain **nonjudgmental**

**Avoid** minimalizing their feelings

**Recognize** trigger situations

Practice **patience**

If trauma is impacting a loved one's quality of life, and lending your support is not doing enough to ease their burden, seeking professional help is important. Programs available through Princeton House Behavioral Health can help individuals work through trauma and develop techniques to handle triggering events.

"Through it all, the support of loved ones will help make the process of healing easier," says Perlstein.

**For more information** about Princeton House Behavioral Health's adult programs, call **888.437.1610** or visit **princetonhouse.org**.

See page 10 for information on our monthly self-care series.

## SIGNS OF EMOTIONAL TRAUMA

- ▶ Difficulty concentrating
- ▶ Anger/mood swings
- ▶ Anxiety
- ▶ Guilt/shame
- ▶ Social withdrawal
- ▶ Depression/sense of hopelessness
- ▶ Feeling disconnected or numb
- ▶ Substance abuse





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SAVE THE DATE  
TUESDAY, JUNE 7, 2022

# PRINCETON HEALTH 26<sup>TH</sup> ANNUAL GOLF OUTING

METEDECONK NATIONAL GOLF CLUB  
JACKSON, NJ

