

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2023



PROVIDING SPECIALIZED CARE
FOR WOMEN

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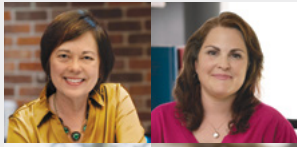
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Princeton Health

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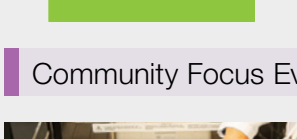
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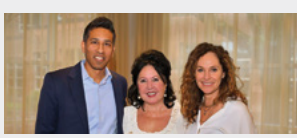
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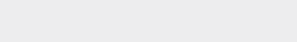
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Penn Medicine Princeton Health is offering
telemedicine and virtual sessions for a
variety of services. It's just one of many
ways we're making it easier for you to access
the care you need when you need it.
princetonhcs.org/telemedicine



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



Penn Medicine
Princeton Health

Princeton Medical Center

Princeton House Behavioral Health

Princeton Medicine Physicians

Princeton Medical Center Foundation

Princeton HealthCare Partners

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.

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Providing Comprehensive Care for Women

Penn Medicine Princeton Health provides healthcare services for women including primary care, gynecology, specialized mental health and addiction services, advanced cancer treatment options – and much more. For more information or to find a physician on the Medical Staff at Princeton Health, call 1.888.742.7496 or visit princetonhcs.org.



The Gynecologic Oncology Program at Princeton Medical Center (PMC) and the PMC Breast Health Center offer comprehensive diagnostic and treatment services for breast, cervical, uterine, ovarian, vaginal, and vulvar cancers, as well as related conditions.



“Each woman’s treatment for gynecologic cancer is individual, and we take a multi-disciplinary approach to their care,” says **Charlotte Marcus, MD**, who is board certified in obstetrics and gynecology and gynecologic oncology and a member of the Medical Staff at Penn Medicine Princeton Health. “One of the things we focus on when it comes to gynecologic cancer is helping women who may want to have a child in the future preserve fertility when possible.”

Breast cancer treatment at the Breast Health center, which has been awarded three-year full accreditation by the National Accreditation Program for Breast Centers and has been designated a Breast Imaging Center of Excellence by the American College of Radiology, also takes a personalized, multi-disciplinary approach.



“Treatment for breast cancer can involve a combination of approaches, including surgery, chemotherapy, or immunotherapy,” says **Ashley Newman, MD**, a board certified breast surgeon at Penn Medicine Princeton Medical Center. “Immunotherapy provides a more focused approach in targeting cancer cells, preserving more healthy cells.”

At PMC, clinical trials related to both breast and gynecologic cancers are regularly available and are run through Penn Medicine. Participation in trials provides patients with the most up-to-date treatment and helps guide future advancements in care.

Early diagnosis of breast and gynecologic cancers is key to successful treatment, which is why physicians at Princeton Health encourage women to follow the recommendations for screenings.

“The recommendation for mammograms is that women of average risk for breast cancer begin annual screening at age 40,” says Dr. Newman. “There is no specific age for when screening should end. As long as a woman is in general good health, annual mammograms are recommended.”

Pap and HPV (human papillomavirus) tests to screen for cervical cancer should begin around the age of 20, and, as long as test results are negative, should be completed every three to five years.

“While the Pap test may not be required every year, it is still important to see your gynecologist annually for an examination to check for changes in your ovaries and uterus, which can be an indication of gynecologic cancer,” says Dr. Marcus.

The women’s health care team at Princeton Health also includes board certified gynecologists and minimally invasive and robotic surgeons who perform hysterectomy and other procedures to help treat conditions like pelvic pain, abnormal bleeding, endometriosis, fibroids and polycystic ovary syndrome.



MENTAL HEALTH

Whether it is trauma, addiction, or coping with life's transitions, the mental health concerns of women are unique, which is why Penn Medicine Princeton House Behavioral Health established a specialized Women's Program more than 30 years ago.



"Through the program, we provide women with a safe space to identify, understand, and work through their mental health issues," says **Susanne Steinberg, MD**, Medical Director of Princeton House's

Moorestown location. "A supportive setting means there is one less struggle to overcome, so the focus can be entirely on healing."

Most patients start treatment five days a week, Monday through Friday, for an average of two weeks. The patient then steps down to three half days per week, attending from 9:30 a.m. to 12:30 p.m. This continues for another six to eight weeks. The maximum length of treatment in the program is 12 weeks.

The Women's Program focuses on building skills for emotional regulation, distress tolerance, and interpersonal effectiveness. Women report that it considerably improves the quality of their lives at work and in relationships, increasing their inner peace.

"We want to meet women where they are, helping them to build skills that will improve their lives," says Dr. Steinberg, who is board certified in psychiatry and neurology.

The Women's Program is offered at five locations — Princeton, Hamilton, North Brunswick, Moorestown, and Eatontown.



MATERNITY CARE

Women who are pregnant or considering having a baby want to know they are in capable hands when it comes to medical treatment during their pregnancy, as well as when it comes to delivery and postnatal care. Penn Medicine Princeton Medical Center (PMC) is among a select group of hospital and health systems to receive perinatal care certification from The Joint Commission, the nation's oldest healthcare accreditation body.



"When you are looking for an obstetrician or a medical facility for maternal care, you naturally want to consider convenience of location, but you also want to be sure they are equipped to handle any medical risks you may have and any anticipated or unanticipated complications with the birth," says

Katelyn Tripod, MD, an obstetrician and gynecologist (OB/GYN) on the Medical Staff of Penn Medicine Princeton Health.

The Center for Maternal & Newborn Care at PMC includes a team of OB/GYNs, midwives, and nurses who are specially trained in maternity and newborn care. Since childbirth does not follow a predetermined schedule, a laborist is on duty, in-house, around the clock, and maternal fetal medicine experts, through an affiliation with Penn Medicine's Maternal Fetal Medicine Network, are available for women with high-risk pregnancies. Additionally, neonatologists from Children's Hospital of Philadelphia (CHOP) are on-site 24/7 to care for newborns in the neonatal intensive care unit (NICU).

"We are licensed by the state to care for babies born at 28 weeks who weigh at least 2.2 pounds," says Dr. Tripod. "We also are committed to patient education, offering a range of programs through Community Wellness, from preparing for birth through the first few months of caring for your baby. All together, the maternal care available at PMC gives women peace of mind."



PELVIC WELLNESS

Urinary incontinency or urinary frequency, as well as pelvic organ prolapse, where the pelvic muscles and connective tissue weakens, are extremely common conditions experienced by women, particularly as they age. Yet women often remain silent about their condition, choosing to restrict their activities rather than seek treatment.



“Many women are often embarrassed to talk about pelvic wellness or unsure who to talk to,” says **Heather van Raalte, MD**, Chair of the Department of Obstetrics and Gynecology at Penn Medicine Princeton

Medical Center (PMC). “In many cases they feel like they are the only ones experiencing the problem, when, in fact, millions of women have pelvic disorders. Another common misconception is that many women feel as though it is just something that comes with age and they need to just accept it. The truth is, these conditions can be successfully treated so women can get back to living the lives they deserve to be living.”

Treatment through PMC and the Center for Pelvic Wellness at Princeton Medical Center is individualized based on a woman’s particular needs, and begins with a comprehensive exam as well as fluid and dietary education.

“Depending on your diagnosis, there are a range of treatments for pelvic disorders, including medication, physical therapy, and minimally invasive surgery,” says Dr. van Raalte, who is board certified in female pelvic medicine and reconstructive surgery and obstetrics and gynecology, and urogynecology. “Women need to know these conditions can often be treated successfully.”



PRIMARY CARE

Seeing your primary care doctor for an annual checkup helps ensure you are up-to-date on recommended testing and vaccines, as well as in good overall health. It is also an opportunity for you to mention any physical and emotional changes you may be experiencing.



“Your primary care doctor provides care for problems you may be experiencing, as well as preventative care to help avoid future health problems,” says **Kathryn Robison, MD**, Acting Chair of the Department of Medicine at Penn Medicine Princeton Health. “If specialized care is needed, a primary care doctor can recommend your next course of action.”

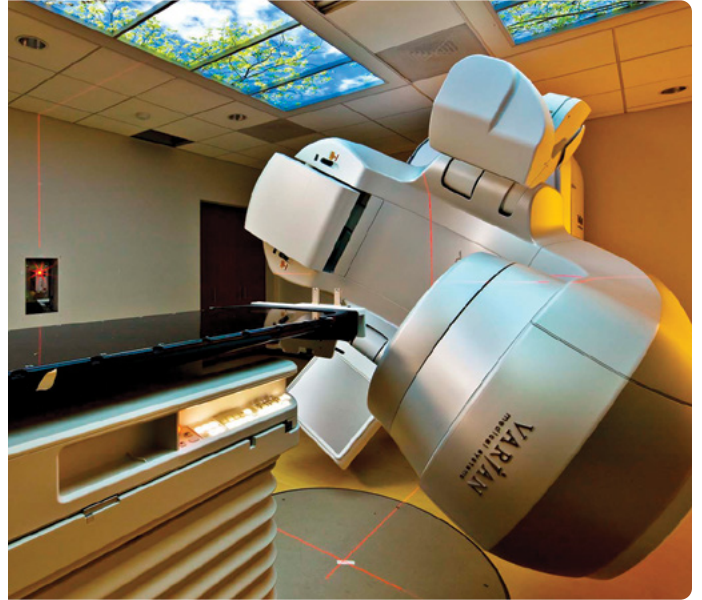
Beginning at age 20, recommendations include blood tests to monitor for high cholesterol and diabetes, as well as other conditions. As long as numbers remain in the normal range, testing should be conducted every 10 years.

Routine vaccines, such as flu shots, are recommended on an annual basis for everyone, while tetanus and pertussis vaccines should be updated every 10 years.

“As women age, they also need to keep in mind that they should receive the two-dose shingles vaccine at age 50 and the pneumonia vaccine at age 65,” says Dr. Robison, who is board certified in internal medicine. “At 65 women should also have a bone density scan if they are at average risk for osteoporosis. Women who are at high risk for the disease should have a test earlier, which is something that can be evaluated by their primary care doctor.”

Additionally, primary care doctors can help women manage menopause symptoms.

Radiation Treatment Focuses on Precision, Protecting Healthy Cells



No two patients face the exact same hurdles when it comes to cancer. So, it is only natural that, depending on the type of cancer, how advanced or extensive it is, the overall health and age of the individual, and a host of other factors, treatment should be individualized as well.



“We always begin treatment with an initial consultation where we thoroughly assess the patient, and then we take a multi-disciplinary approach to developing an individualized treatment plan for them,” says **Joseph Pepek, MD**, Chair of the Department of Radiation Oncology and a radiation oncologist on the Medical Staff of Penn Medicine Princeton

Health. “It is a personalized approach, so the patient knows they are in good hands and does not have to worry about this aspect of the process when they already have so much on their plates dealing with this life-changing diagnosis.”

Precision and Versatility

Radiation treatment at Penn Medicine Princeton Cancer Center is delivered using the TrueBeam™ linear accelerator, which focuses on precision and speed, reducing treatment times and improving targeted accuracy, which means a reduced potential that radiation will harm surrounding cells.

“Over the years, we have also made other advances in radiation treatment that improve outcomes and reduce risks,” says Dr. Pepek. “These advances focus on breast, prostate, lung, gynecologic, esophageal, and several other cancers.”

Surface-guided radiation therapy (SGRT) and deep inspiration breath hold (DIBH) helps protect the heart during left breast radiation therapy treatment.

High-dose rate (HDR) radiation therapy allows for the placement of radioactive sources directly in or next to the cancer, so radiation is delivered exactly to the source of the cancer, with minimal impact on the surrounding tissue.

A biodegradable gel, pioneered by our radiation oncologists, minimizes gastrointestinal and rectal radiation exposure and side effects during prostate treatment by pushing the rectum away from the prostate.

“We continue to make state-of-the-art advances in radiation oncology treatment with our patients’ comfort and wellbeing in mind,” says Dr. Pepek.

To find a physician affiliated with Penn Medicine Princeton Health, or for more information on Princeton Cancer Center call **1.888.742.7496**, or visit **princetonhcs.org**.

Princeton Medicine Physicians Launches Hillsborough Practice

Princeton Medicine Physicians opened a new specialty practice location in Hillsborough in February, continuing an initiative to provide greater access to specialty care for individuals across central New Jersey.



The Hillsborough practice features providers in two specialties — endocrinology and gastroenterology — who will see patients a few days each week in the new office, located at 315 Highway 206, Suite 200, Hillsborough. Anupa Sharma, DO, will see endocrinology patients and Kheng-Jim Lim, MD, and Monica Saumoy, MD, will see gastroenterology patients.

Princeton Medicine, the primary and specialty care provider network of Penn Medicine Princeton Health, plans to add new providers and specialties at the Hillsborough location in the coming months. Over time, the practice will become a multispecialty center similar to one that opened in Robbinsville in September 2022.

Another multispecialty practice is expected to open in Pennington this spring. Princeton Medicine plans to open its first practice dedicated exclusively to women's health providers later this year in Monroe.

Princeton Medicine Physicians employs more than 200 providers at nearly two dozen locations across Mercer, Middlesex, and Somerset counties. The new specialty practices are part of a larger initiative to bring specialty care closer to home for individuals throughout the region and complement Princeton Medicine primary care offices that had already existed in those areas.

To make an appointment, call 609.853.6400. To learn more, visit princetonmedicine.org.

OPEN HOUSE — SAVE THE DATE!

Thursday, March 30 — 4 to 7 p.m.

Penn Medicine Princeton Medicine Physicians
315 Highway 206, Suite 200, Hillsborough
We will offer refreshments, giveaways, and opportunities to meet our providers and staff.



Princeton Medical Center Earns Top Grade in Patient Safety

Princeton Medical Center (PMC) once again received an "A" in the Leapfrog Hospital Safety Grades, a peer-reviewed rating published twice annually to evaluate hospitals on how well they protect patients from preventable errors, accidents, injuries, and infections.

“I want to commend the physicians and staff members who support care at the hospital, as well as the healthcare quality specialists at Penn Medicine Princeton Health who monitor our clinical performance,” said Princeton Health CEO James Demetriades. “The hospital safety grade is a comprehensive, evidence-based evaluation. Earning an A takes a commitment to patient safety and continuous quality improvement throughout the organization.”

The Leapfrog Group, an independent national watchdog group, announced PMC's A grade as part of its fall 2022 Hospital Safety Grades.

The grades are based on more than 30 performance measures related to outcomes such as hospital-acquired infections, surgical errors, and patient falls, as well as the systems that hospitals have in place to help prevent harm.

Community Focus

APRIL

AMERICAN HEART ASSOCIATION'S

Move More M

Self-defense for Women: Personal Empowerment Safety Program

TUE. March 7, 14, 21 & 28 (6 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100 – Conference Rooms A & B, Hamilton

TUE. April 4, 11, 18 & 25 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

SAT. April 15, 22, 29 & May 6 (9 a.m. – 12 p.m.)
Cranbury Public Library
30 Park Place West, Cranbury

\$40 per person for March 7 and April 4 series and FREE for the April 15 series.

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. 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 basic course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience necessary.



Gentle Yoga

TUE. March 21, 28, April 4, 18 & 25 (8:30 – 9:20 a.m.)
(No class on April 11)

VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join.

This slow-paced class, led by Maria Benerofe, certified yoga instructor, includes breath work, stretching, and a gentle flow of poses, 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.

ALSO SEE PRENATAL YOGA AND BABY & ME YOGA IN THE CHILDBIRTH SECTION.

Chair Yoga

THU. March 23, 30, April 6, 13, 20 & 27 (8 – 8:50 a.m.)

VIRTUAL

\$18 per person for the series. Registered participants will receive a link to join.

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

Move More Kids' Yoga

THU. March 23, 30, April 6 (4:30 – 5:15 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$15 per child.

For ages 7 – 11. Yoga at any age is helpful for flexibility and strength. Join Maria Benerofe, certified yoga instructor, for a class that includes poses, movements, and games for kids to increase strength, flexibility, and balance. Please bring a yoga mat and water.



IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required.

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 princetonhcs.org/calendar.

onth



**SEND US
YOUR PHOTOS**
to show you're
moving more for a
chance to win
a \$25 gift card*

Advanced Self-defense for Women

THU. April 6, 13, 20 & 27 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$40 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 Self-defense for Women course.

Prana Yoga: An Exploration of Breath and Sound

THU. April 6, 13, 20, 27 & May 4 (6 – 7:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$50 per person.

Join Cynthia Sinicropi-Philibosian, registered yoga teacher, for this exploration of breath and sound vibration designed to help fortify lung function, reduce inflammatory symptoms, and provide a feeling of calm and well-being. The course will teach participants to chant the yogic bij sounds associated with the seven chakras while practicing traditional yoga poses and meditation.

RADkids (8 – 12-year-olds)

MON. – FRI. April 10 – 14 (4 – 6 p.m.)
Community Wellness at
731 Alexander Road, Suite 103 Princeton

\$30 per child.

This multi-session national program is designed to provide children 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.

African American Well-Being: Managing Common Chronic Conditions

THU. April 20 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

African Americans experience disproportionately high levels of chronic diseases, including heart disease, hypertension, diabetes, and obesity, but exercise can help you manage these conditions. Join Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, to learn ways to incorporate movement and exercise into your life to help improve your level of fitness.

Earth Day Guided Nature Hike

MON. April 24 (6 – 7 p.m.)
Baldpate Mountain
28 Fiddlers Creek Road, Titusville
(Please park in lot off of Fiddlers Creek Road)

Celebrate Earth Day with a moderate 2.2 mile hike through the natural habitat of Baldpate Mountain. Guide and environmental educator Craig Harley will discuss sustainable preservation practices and potentially make stops for some bird watching along the way. Wear sturdy shoes and bring binoculars if you have them! Held rain or shine.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

*SEND US YOUR PHOTOS:

Email photos to communitywellness@penmedicine.upenn.edu. Entrants and winners may be featured on our Facebook page and social media.

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 princetonhcs.org/calendar or call 1.888.897.8979.

It Could Be Poison!

WED. March 1 (1 – 2 p.m.)
Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road, Pennington

To register, please call the library at 609.737.2610.

Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed, or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT instructor with Princeton Health's Community Wellness, to learn about identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning.

Weight-loss Surgery: Is It Right for Me?

WED. March 15 (6 – 6:30 p.m.)
WED. April 19 (6 – 6:30 p.m.)

 VIRTUAL

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

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. 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 18. This group will be tentatively held virtually. Please check our website for the latest updates.

Immune-Boosting Foods

THU. March 16 (2 – 3 p.m.)
Mercer County Library System – Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

Maintaining a healthy diet can help your body fight illness and disease. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to review current information about how nutrition can benefit your immune system and which foods are beneficial for strengthening immunity.

Vision Screening

THU. March 16 (4 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

THU. April 20 (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.

AARP Smart Driver

WED. March 22 (9 a.m. – 3 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

FRI. April 21 (9 a.m. – 3 p.m.)
Community Wellness at the
Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$20 for AARP members | \$25 for non-members. No walk-ins.
Register online or call 1.888.897.8979.

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

MON. April 24 (10 a.m. – 12 p.m.)
Community Wellness at
731 Alexander Road, Parking Lot, Princeton

TUE. April 25 (10 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe

Please call 1.888.897.8979 for an appointment.

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 American Automobile Association (AAA) and AARP to provide this service.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Understanding Multiple Sclerosis

MON. March 27 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Learn about the early warning signs and symptoms of multiple sclerosis, as well as how it is diagnosed, treatment options, and more at this informative program led by neurologist Anitha Nimma, MD, board certified in psychiatry and a member of the Medical Staff of Penn Medicine Princeton Health.



Stop the Bleed

WED. April 5 (1 – 3 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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 Penn Medicine Princeton Health, for this invaluable discussion.

Kids Corner

Constipation Management for Kids: A Class for Parent & Child

TUE. March 7, 14, 21, 28, April 4 & 11
(5:30 – 6:30 p.m.)

 VIRTUAL

\$45 per parent/child. Registered participants will receive a link to join.

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, including stretching and movement, positioning for toileting, breathing techniques, awareness of bowel/bladder habits, yoga and postural exercises, and relaxation of the pelvic floor. A doctor's medical clearance form is required to participate and can be downloaded during online registration.

Kids Can Cook: Breakfast

WED. March 22 (3 – 4 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Led by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, kids will learn to make simple, healthy breakfasts and can sample their creations at the end of class.

SEE
ADDITIONAL
kids programs on
pages 8 - 9, including
RADkids and
Kids' Yoga.

Safe Sitter

WED. April 5 (9 a.m. – 3 p.m.)
South Brunswick Recreation – 124 New Road, South Brunswick Township

WED. April 12 (9 a.m. – 3 p.m.)
Plainsboro Recreation – 641 Plainsboro Road, Plainsboro

THU. April 13 (9 a.m. – 3 p.m.)

Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

\$49 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. 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.

Build a Better Snack! Nutrition for Kids

WED. April 12 (3 – 4 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Kids will make their own tasty and nutritious snacks, and sample them, at this fun-filled session led by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist.

Autism: Diagnosis and Intervention

WED. April 19 (5 – 6 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This informative program is an opportunity for parents, caretakers, and educators to learn more about this disorder, including the importance of early screening and diagnosis to improve the outcomes for children with autism. Learn about interventions and therapies, as well as local resources, with Katherine Doyle, MD, board certified pediatrician. Dr. Doyle is a member of the Medical Staff of Penn Medicine Princeton Health.



FREE Blood Pressure Check

Join health professionals with Community Wellness for your Free Blood Pressure Check on **Tuesday, March 21, from 10 a.m. – 12 p.m., at the Cranbury Public Library, 30 Park Place West, Cranbury.**

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Mental Wellness Programs



All About Mindfulness

WED. March 8 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

What exactly is mindfulness, and how does it differ from meditation? What are the benefits of this type of practice? And how can we incorporate mindfulness into our everyday lives? Join Kathleen Masterson, MS, LPC, NCC, ACS, a licensed professional counselor with Princeton House Behavioral Health, and explore the concept of mindfulness, including an opportunity to practice some mindfulness techniques.

Mental Health First Aid Training (three-day)

MON. & WED. March 27, 29, April 3 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$49 per person.

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 nine-hour, three-day 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.

**SEE
ADDITIONAL**
mental wellness programs
on pages 8 - 9, and in the
childbirth section, including
yoga classes and anxiety
in pregnancy and early
parenting programs.



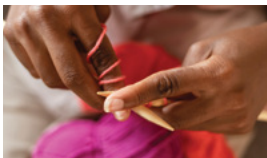
Hobbies for Health: Drawing Therapy

WED. March 8 (7 – 8:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$20 per person. All the materials will be provided.

Learn how making time to draw can be therapeutic and help you relax, de-stress, and recharge, at this program led by Leena Dave, art instructor, Creative Corner of Plainsboro.



Hobbies for Health: Beginner Crochet

WED. April 12 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

\$10 per person. All the materials will be provided.

Join Barbara Vaning, crochet hobbist, for this beginner class focusing on learning basic stitches to get you started on the relaxing hobby of crocheting.



Hobbies for Health: Meditative Painting

WED. April 26 (10:30 a.m. – 12 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$20 per person. All the materials will be provided.

Relax, recharge, and get inspired by learning simple painting techniques with Leena Dave, art instructor, Creative Corner of Plainsboro.



Mind on Mental Health: princetonhouse.org/podcast

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts.

Sensitive, Supportive Care for All: A Focus Group for Those Who Identify as LGBTQ+

Join us for our focus group, every other month, where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors, and staff who identify as LGBTQ+. The next meeting will be held **Thursday, March 23 (6:30 – 8:30 p.m.) at 731 Alexander Road, Suite 103 in Princeton. Registration required.**

For questions, call Craig Harley at 609.936.5883. Dinner will be served.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit 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 princetonhcs.org/calendar or 1.888.897.8979.

Prenatal Yoga

TUE. March 21, 28, April 4, 18 & 25 (3 – 3:45 p.m.)
(No class on April 11)

VIRTUAL

\$15 per person, for the series. Registered participants will receive a link to join.

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, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Pregnancy and Parenting: Coping with Anxiety

THU. March 23 (6:30 – 7:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

It is only natural to feel anxious during the late stages of pregnancy and in the early stages of parenting. Join Kathy Donaldson, MSN, APN, C, WHNP-BC, PMH-C, RNC-OB, CPLC, C-EFM, with the Pregnancy & Parenting Wellness Program of Central Jersey Family Health Consortium, to learn about perinatal anxiety and the resources available to help soothe your stress. Both parents are invited to attend.

Diabetes During Pregnancy

WED. April 26 (7 – 8 p.m.)

VIRTUAL

Registered participants will receive a link to join.

If you have been diagnosed with diabetes and are pregnant, join us for this valuable talk on diagnosis, testing, and best outcome management with Celeste Durnwald, MD, Director, Penn Perinatal Diabetes Program at the Hospital of the University of Pennsylvania, and Barbara Johannes, RN, Coordinator, Maternal Fetal Medicine Diabetes Program at Penn Medicine Princeton Health.

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.

Bright Beginnings (birth to crawling)

Wednesdays (11 a.m. – 12 pm.)
Princeton Fitness & Wellness
1225 State Road, Princeton

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver.

Prenatal Breastfeeding Class

MON. March 21 (6:30 – 8:30 p.m.)
MON. April 17 (6:30 – 8:30 p.m.)

VIRTUAL

Registered participants will receive a link to join.

Expectant parents will learn about breastfeeding, including 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

WED. March 29 (7 – 9:30 p.m.)
THU. April 27 (7 – 9:30 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room A & B

WED. April 12 (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.



Practicing MindFETALness

SAT. April 1 (10 – 11 a.m.)

VIRTUAL

\$5 per person. 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 well-being.

Maternity
Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. 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 princetonhcs.org/maternitytour. At this time, all in-person maternity tours are cancelled for the foreseeable future.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

10 Things I Wish I Knew: Tips for Parents-to-Be

THU. April 20 (6:30 – 8 p.m.)

 VIRTUAL

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

Join us for this invaluable program designed to help prepare you for what to expect when you bring your baby home. Participants will learn the top 10 things new parents wish they knew before bringing their babies home. From sleep tips to parenting techniques, this class will give you the tools you need to handle whatever may come your way. This program will be presented by a health educator and lactation consultant with Princeton Health Community Wellness.

Grandparenting 101

THU. March 9 (6:30 – 8 p.m.)

 VIRTUAL

\$20 per couple. Registered participants will receive a link to join.

Led by a health educator with Princeton Health Community Wellness, this informative class designed for grandparents-to-be and new grandparents will cover topics ranging 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 8 (9 a.m. – 12 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Room C, D, E

\$49 per person.

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.

Twins and Multiples

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

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.

Birthing Options

Birthing Basics

MON. March 6, 13 & 20 (7 – 9:30 p.m.)

TUE. April 4, 11 & 18 (7 – 9:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Room A & B

THU. March 30, April 6 & 13 (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 18 (9 a.m. – 5 p.m.)

SAT. April 15 (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 11 (10 – 11 a.m.)

 VIRTUAL

\$20 per family. Registered participants will receive a link to join.

If you are getting close to your due date but have not had a chance to take a full childbirth preparation class, this program is for you. In one hour, we will cover the essentials, including a virtual maternity tour, the signs of labor, and when to go to the hospital.

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 princetonhcs.org/calendar or 1.888.897.8979.

Baby & Me Yoga

FRI. March 3, 10, 17, 31 (10:30 – 11:45 a.m.)

Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch

1315 Whitehorse-Mercerville Road, Suite 100

Conference Rooms A & B, Hamilton

\$20 per parent/child.

Designed for parents or caregivers and their babies 5 to 14 months old, this yoga class combines breath-based relaxation for adults, as well as gentle movement for babies.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Your Baby's Health: The First Year

WED. March 22 (4 – 6 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Katherine Doyle, MD, board certified pediatrician and a member of the Medical Staff of Penn Medicine Princeton Health, and learn about your baby's healthcare needs in the first year, including protecting your baby from COVID-19, immunizations, tips to avoid infection, and the facts about fevers.

Pregnancy and Parenting: Coping with Anxiety

THU. March 23 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It is only natural to feel anxious during the late stages of pregnancy and in the early stages of parenting. Join Kathy Donaldson, MSN, APN, C, WHNP-BC, PMH-C, RNC-OB, CPLC, C-EFM, with the Pregnancy & Parenting Wellness Program of Central Jersey Family Health Consortium, to learn about perinatal anxiety and the resources available to help soothe your stress. Both parents are invited to attend.



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. April 1 (12:30 – 2:30 p.m.)

 VIRTUAL

\$20 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

MON. April 24 (6:30 – 7:30 p.m.)

 VIRTUAL

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

Whether you are pumping periodically or exclusively, join Carolyn Schindewolf, BS, an 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 princetonhcs.org/calendar or 1.888.897.8979.

Five Minutes to Help

TUE. March 21 (5 – 9 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.

Skin Injury Prevention When Transporting Patients

WED. March 22 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

1 CEU

Protecting patients from additional harm is first and foremost on the minds of EMS personnel. Splinting or backboarding a patient helps to prevent additional injuries, but what impact does it have on the patient's skin? Is there a way to help prevent skin breakdown on a patient who is on a backboard for an extended period of time? Connie Johnson, BSN, RN, WCC, LLE, DAPWC, Wound Care/Ostomy Management Specialist at Penn Medicine Princeton Health, will discuss how pressure ulcers occur, how to identify patients at risk, and the Braden Scale risk assessment tool.

EMT Refresher: Section A

Airway Assessment and Management

SUN. April 2 (8 a.m. – 5 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

\$90 per person.

Students 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. To view the most up-to-date schedule, visit princetonhcs.org/calendar.



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 princetonhcs.org/calendar or 1.888.897.8979.

BLS Provider

WED. March 8 (9 a.m. – 1:30 p.m.)
THU. April 20 (9 a.m. – 1:30 p.m.)
Community Wellness at the
Hamilton Area YMCA – John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100, Conference Rooms A & B, Hamilton

BLS Renewal*

THU. March 16 (6 – 10 p.m.)
WED. April 26 (9 a.m. – 1 p.m.)
Community Wellness at
731 Alexander Road
Suite 103, Princeton

MON. March 27 (9 a.m. – 1 p.m.)
TUE. April 11 (6 – 10 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100, Conference Rooms A & B, Hamilton

Provider: \$75 per person.

Renewal: \$50 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 25 (9 a.m. – 4 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$65 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.

Heartsaver CPR AED

MON. April 10 (6 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA – John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$49 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.

Heartsaver First Aid

WED. April 12 (6 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA – John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$39 per person.

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies, and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Family & Friends CPR

SAT. March 18 (10 a.m. – 12 p.m.) Adult/Child/Infant*
THU. April 20 (6:30 – 8:30 p.m.) Adult/Child/Infant*
Community Wellness at the Hamilton Area YMCA – John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100, Conference Rooms A & B, Hamilton

\$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.

Pet CPR & First Aid

TUE. March 30 (6 – 8:30 p.m.)
Community Wellness at 731 Alexander
Road, Suite 103, Princeton

\$25 per person.

Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses, and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.



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.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

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 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.

Reiki Sessions

To schedule an appointment and for more details, call 609.853.6787.

These services are offered to patients receiving care at Penn Medicine Princeton Cancer Center.

Post-Treatment Support Group

WED. March 8 (6 – 7:30 p.m.)

WED. April 12 (6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Care Conference Room

Participants can attend 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. Led by Karen Davison, RN, BSN, OCN, a nurse navigator with the Penn Medicine Princeton Cancer Center, the group offers participants an opportunity to share personal experiences, ways of coping, and helpful resources. It is designed to help participants reduce feelings of loneliness, anxiety, and distress as they transition from active treatment to living beyond oncology treatment.

Prostate Cancer Support Group

WED. March 8 (12 – 1:30 p.m.)

WED. April 12 (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 15 (2:30 – 4 p.m.)

WED. April 19 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets virtually on the third Wednesday of the month, 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 14 (6 – 7:30 p.m.)

TUE. April 11 (6 – 7:30 p.m.)

PMC Breast Health Center

East Windsor Medical Commons 2

300B Princeton–Hightstown Road

East Windsor

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 facilitated by Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center.



Head & Neck Cancer Support Group

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

WED. March 15 (12 – 1:30 p.m.)

WED. April 19 (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.



Breast Cancer & Nutrition Tips

To register and for more details about this group, call 609.853.6788.


This group invites women undergoing treatment and breast cancer survivors to learn about how diet and lifestyle play a role in breast cancer and its prevention.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. March 1 (7 – 8:30 p.m.)
WED. April 5 (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 20 (11 a.m. – 12:30 p.m.)
MON. April 17 (11 a.m. – 12:30 p.m.)

 VIRTUAL

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

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

Weight-loss Surgery Support Group

THU. March 2 (6:30 – 7:30 p.m.)
TUE. March 7 (7 – 8 p.m.)
WED. March 15 (6:30 – 7:30 p.m.)
TUE. April 4 (7 – 8 p.m.)
THU. April 6 (6:30 – 7:30 p.m.)
WED. April 19 (6:30 – 7:30 p.m.)

 VIRTUAL

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 Donna Post, RN, BSN, CBN, Bariatric Coordinator, 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 4 (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 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.

Diabetes Support Group

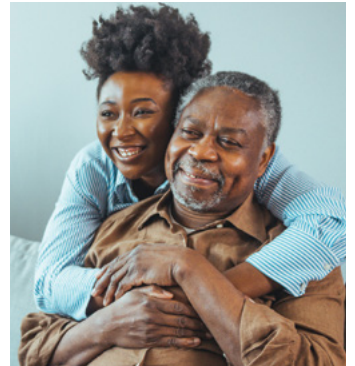
WED. March 15 (2 – 3 p.m.)
WED. April 19 (2 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road
Monroe Township

TUE. March 21 (10:30 – 11:30 a.m.)
MON. March 27 (6:30 – 7:30 p.m.)
TUE. April 18 (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. 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 princetonhcs.org.



Journey Back: Stroke Support Group

WED. March 8 (6 – 7 p.m.)
WED. April 12 (6 – 7 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.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

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 ustream.tv/princetonhealth.

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



Coping with Anxiety Through Virtual Reality

WED. March 8 (12 p.m.)

Yuko Martin, MA, MT-BC, LPC, ACS, Director of Allied Clinical Therapies at Princeton House Inpatient Service



Healthy Aging for Women

WED. April 12 (12 p.m.)

Puja Chabra, MD, board certified in internal medicine



WE'D LIKE TO HEAR FROM YOU!



How can we improve our community programming to serve you better?

Whether it's a particular topic, preferred times or locations, we'd like to hear from you. Please complete this short one-minute survey by scanning the QR code or visiting us online at princetonhcs.org/community. Your feedback is important to us.

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

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required.

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



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 princetonhcs.org/calendar.

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

Training Lab

Real-Life Experiences in a Simulated Setting



At Penn Medicine Princeton Medical Center (PMC), nurses, nursing students, and other key medical team members practice their clinical and decision-making skills and receive immediate feedback in a real-world, risk-free environment. Guided by a staff of expert clinical instructors, the Simulation and Training Lab enables medical personnel to gain hands-on experience with medical techniques and worst-case scenarios.

Studies have found that when used in conjunction with classroom instruction and clinical experiences, nurses trained in simulation labs are more efficient and confident, resulting in safer care, improved patient outcomes, and higher rates of treatment success.

“Clinical simulations are an important part of reinforcing knowledge, improving teamwork and communication, and streamlining processes,” says Karyn Book, Vice President of Patient Care Services and Chief Nursing

Officer at PMC. “It’s an opportunity for our team to practice clinical skills in exactly the same environment where they will be providing care.”

Adult and Infant Simulators Offer Full Range of Scenarios

The 1,760-square-foot lab, on the first floor of the medical center, includes a full-size mock patient room and two classrooms. The lab is designed for hands-on training as well as remote, off-site call-ins.

Using two highly sophisticated patient simulators — an adult female and a newborn — healthcare professionals can hone skills ranging from placement of IV lines to scenarios such as delivering a baby or handling a cardiac arrest. Simulation specialists running the show behind the scenes use a sophisticated control panel to adjust the patient simulator’s symptoms and responses,

creating a range of standard medical and surgical issues. For obstetrics and gynecology training, for example, the simulator can be used to train care providers in managing high-risk deliveries, such as an emergency C-section, and post-partum care emergencies, like a uterine hemorrhage. The infant simulator behaves like a newborn, including making crying and grunting sounds, and is used to create life-like scenarios, such as neonatal resuscitation.

“**Simulations practiced in the lab can mimic some of the worst-case scenarios clinicians may encounter on any given day,**” says Book. “This training helps ensure clinicians have the skills and confidence to care for patients — whatever situation may arise.”

*The Simulation and Training Lab at PMC was established with gifts from several donors to the Penn Medicine Princeton Medical Center Foundation, including lead donor **Betty Wold Johnson**. The adult female simulator was purchased through the **George and Estelle Sands Foundation Fund for Cardiac and Pulmonary Care**. The neonate simulator was purchased with a grant supported by **Mr. and Mrs. Jack Z. Rabinowitz**.*

Convenient, Timely Care: Direct Access Colonoscopy

March is Colorectal Cancer Awareness Month, and a great time to take advantage of Penn Medicine Princeton Medical Center's (PMC) Direct Access Colonoscopy Program. Available through the PMC Center for Digestive Health, the program helps speed the scheduling of routine screening colonoscopies, outpatient procedures that generally take only 15 or 20 minutes.

You can schedule a procedure without first having an office visit with a gastroenterologist if you meet these criteria:

- ✓ Age 45 or over
- ✓ Have a family history of colon cancer, are 40 or older, and have not been screened in the past
- ✓ Have no significant heart, lung, liver, or kidney disease
- ✓ Are not on blood-thinning medications other than routine aspirin
- ✓ Have no history of stroke or blood clots
- ✓ Do not have active asthma

Individuals who do not meet these criteria, or those who have specific gastrointestinal complaints, should discuss colonoscopy with their primary care physicians or schedule an appointment to see a gastroenterologist prior to scheduling a colonoscopy.



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

Individuals who meet the Direct Access Colonoscopy criteria can call **1.609.853.6390, option 2**, to make an appointment for a colonoscopy at locations in Plainsboro, Princeton, and Monroe.

Fighting Seasonal Allergies is a Three-Step Process

Hay fever — a seasonal inflammation of the nasal passages that can cause sneezing; a runny or stuffy nose; itchy, watery eyes; a scratchy throat; and a cough — can make you feel miserable. To make matters worse, hay fever can be triggered in three out of the four seasons — spring, summer, and fall.



"The allergens change throughout the seasons, but whether it is tree pollen, grass, or ragweed, symptoms can be similar — a runny

nose, itchy eyes, or a cough. You can have an allergy to more than one of them," says **Helen Skolnick, MD**, Chief of Allergy and Immunology at Penn Medicine Princeton Health.

If hay fever symptoms interfere with your daily life, a three-step process can help reduce seasonal suffering. The first step is seeing an allergist for testing to determine what is triggering your allergic reaction.

"Knowing what you are allergic to is important so you can proceed to step two, which is taking environmental control measures to reduce your exposure," says Dr. Skolnick, who is board certified in allergy and immunology. "For example, if you are allergic to grass, you would want to stay indoors with the windows closed when the grass is being cut. An allergist can help you determine the individual environmental changes needed to reduce exposure."

An allergist can also help with the third step — determining the correct medications (either over-the-counter, prescription, or a combination of both) needed to manage your symptoms.

"If you are still bothered by symptoms after this three-step process, allergy shots can help," says Dr. Skolnick.

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



Coping with Anxiety Through **VIRTUAL REALITY**



When it comes to treating anxiety, being able to set aside outside distractions and focus on relaxation techniques is key. Penn Medicine Princeton House Behavioral Health Inpatient Service is using the latest technology to assist patients in reaching those goals.

“Through a group called Coping with Anxiety Through Virtual Reality, we provide virtual reality devices to each participant and they select two programs to experience during the session,” says Yuko Martin, Director of Allied Clinical Therapies at Princeton House Inpatient service. “After each virtual reality session, the group discusses how they were impacted by what they experienced.”

For the first part of the group session, participants can choose from a number of breathing exercises, mindfulness, and relaxation programs. Their second selection focuses on guided escape and relaxation, such as a visit to a tropical beach, a swim with dolphins, or a stroll through the romantic streets of Paris. The fact that participants can enter the world of virtual reality quickly and be immersed in the experience helps them develop valuable techniques to cope with anxiety.

Plans to Expand

The virtual reality sessions were first introduced to patients with both substance use disorders and a mental health diagnosis, and patients who are receiving medical detoxification service, and are expected to be added to other programs over time. “At some point we hope to offer the virtual reality program to most patients who seek new coping strategies for anxiety, unless their diagnosis would be negatively impacted by it. For example, someone experiencing psychosis would not be a candidate,” says Martin.

Equipment for the virtual reality sessions was purchased through a health innovation grant from the Princeton Medical Center Foundation, and participants are asked to evaluate the success of the experience as part of the funding process.

“**“ The results have been very positive,**” says Martin. “Most of the participants find the virtual reality programs help them relax easily and effectively. And, as a result, they can apply those same techniques better when needed at other times.”

For more information about services at Princeton House Behavioral Health, visit princetonhouse.org. To speak to an admission clinician, call **888.437.1610**.

Eating Disorders are Not One Size Fits All



It is a common misconception that anyone suffering from an eating disorder is severely underweight. The fact is, outward appearance is not a good indicator of the condition.

“There is an inaccurate impression, reinforced in the media, of what a person with an eating disorder looks like,” says Rebecca Boswell, PhD, Supervising Psychologist, Princeton Center for Eating Disorders at Penn Medicine Princeton Medical Center. “The truth is, anyone can be impacted. Eating disorders are not uncommon in larger-bodied people, although they are often unrecognized and untreated.”

Princeton Center for Eating Disorders provides inpatient treatment for individuals of all body shapes and sizes experiencing medical complications of disordered eating, such as anorexia nervosa, avoidant-restrictive food intake disorder, bulimia nervosa, and binge eating disorder. Treatment is available for those ages eight and up, is individualized, and includes group sessions where patients work to understand the origins of their eating disorder and work toward addressing it.

Getting to the Root of the Problem

The multifactorial causes of eating disorders are often similar in people of all body sizes, and the goals in recovery are the same—to develop healthy coping mechanisms and a balanced approach to food and exercise. The medical risks associated with eating disorders are similar for people of all sizes, including malnutrition, electrolyte imbalance, and low blood pressure and bone density. Regardless of body type, an eating disorder impacts every system in the body.

“Because the media and society in general often look at larger-bodied people differently, they can be less likely to recognize that they have an eating disorder that requires treatment,” says Boswell. “Instead, they are simply encouraged to diet, exercise, and focus on losing weight, which can make eating disorders worse. There may be underlying challenges that need to be addressed for a successful recovery. That is what Princeton Center for Eating Disorders focuses on.”

Watch for These Signs

Regardless of body size, individuals should look for these signs of an eating disorder:

- Eliminating food groups and/or severely limiting food intake
- Excessive focus on eating or food
- Excessive focus on exercise
- Excessive focus on body size, shape, and/or composition
- Withdrawing from social activities
- Repeatedly eating an exceptionally large amount of foods
- Experiencing depression, disgust, shame, or guilt about eating habits
- Eating in secret

For additional information

about Penn Medicine Princeton Center for Eating Disorders, visit princetonhcs.org/eatingdisorders, or call 888.437.1610 and ask to speak with an eating disorders admissions clinician.

 Like us on Facebook
facebook.com/princetonhealth

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

 Watch Princeton Health OnDemand
ustream.tv/princetonhealth

 Visit our website
princetonhcs.org

Grateful Patient and Donor Supports Wellness Conference with Amy Brenneman



Pictured above, left to right, Anish Sheth, MD, Chief of Gastroenterology at Princeton Health; Pamela Mills, MD; and actress Amy Brenneman.

On behalf of Penn Medicine Princeton Health, the Princeton Medical Center Foundation thanks longstanding donor and leader, **Pamela Mills, MD**, for generously supporting a daylong wellness conference, held in December 2022.

Medical professionals from Princeton Health led breakout sessions focused on topics such as mindfulness, nutrition, and exercise, as well as gastrointestinal health and wellness. Emmy-nominated actress Amy Brenneman served as the keynote speaker during a conversation moderated by Anish Sheth, MD, Chief of Gastroenterology at Princeton Health.



Penn Medicine Princeton Health

27TH ANNUAL GOLF OUTING

JUNE 6, 2023 • princetonhcs.org/golf

Warmer weather is on the way!
Join us for a great day of golf on
June 6 at Metedeconk National
Golf Club, and see why many of our
golfers return year after year!

Proceeds from this event will benefit the Center
for Digestive Health at Princeton Medical Center.

For complete event information, please visit
PMCF-Golf@penntmedicine.upenn.edu, or call
609.712.0731.