



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — SEPTEMBER/OCTOBER 2023

Geriatric Oncology:

Helping Older Patients with Cancer

ALSO IN THIS ISSUE:

- Living with Heart Failure
- Combating Loneliness
- Pulmonary Hypertension

PLUS:

- Community Focus
Event Calendar





3

Cancer Prevention Starts with You



15

Regular Medical Care is Key to Living with Heart Failure



18

Combating Loneliness



4

Focusing on Geriatric Oncology Care

5

Geriatric Assessment



16

Pulmonary Hypertension: When Blood Pressure Affects Your Lungs



19

Princeton Health Earns Recognition for Sustainability Efforts



6

Trouble Swallowing? Heartburn? It Could be EOE



17

Helping Kids Cope with Anxiety



20

27th Annual Princeton Health Golf Outing Raises Funds for Center for Digestive Health

Princeton Health OnDemand

Princeton Health OnDemand features interesting and informative pre-recorded presentations by physicians, clinicians, and other professionals of Penn Medicine Princeton Health. Visit ustream.tv/princetonhealth.



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)



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

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

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

Princeton Health is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785. Entire publication ©2023 Penn Medicine Princeton Health. All Rights Reserved.

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

Cancer Prevention Starts *with You*

Nearly half of the nation's cancer deaths expected to occur in 2023 could have potentially been prevented with lifestyle changes and early detection, according to the American Cancer Society. That statistic should serve as encouragement that with the right efforts, more lives can be saved.



"I often hear patients say they felt fine, they did not have any symptoms of cancer, and so they saw no need to see their doctor, have the recommended screenings, and worry too much about the lifestyle they were living," says **Noah Goldman, MD**, Medical Director of Cancer Programs at Penn Medicine Princeton Health. "The reality is, once symptoms start to appear your cancer may be advanced, so that is really not a good approach to your health. Seeing your doctor and following their advice, as well as reporting any changes in your health to them, is extremely important."

Understanding the Recommendations

Many forms of cancer can develop as a result of an unhealthy lifestyle, including gastrointestinal cancers, gynecologic cancers, and lung cancer, as well as others. Making lifestyle changes can help reduce your chances of developing cancer.

Dr. Goldman, who is board certified in gynecologic cancer, recommends the following:

- Maintain a healthy weight.
- Stay physically active.
- Focus on a healthy diet.
- Avoid smoking and limit alcohol use.

In addition to living a healthy lifestyle, staying on top of recommended cancer screenings is important.

"When cancer is caught early, or in a precancerous stage, the overwhelming majority of these are cured," says Dr. Goldman. "In cases where surgery or other treatment is needed, it can be much less extensive and recovery can be easier. The financial cost can also be much less; if the patient has out-of-pocket expenses, they are far lower if the treatment takes place at an early stage."

Recommended screenings include annual Pap tests and mammograms for women; annual PSA tests for men; colonoscopies at intervals recommended based on family history and prior test results; and low-dose CT scans for smokers or former smokers who meet certain requirements.

To find a physician on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **princetonhcs.org**.

Possible *Signs of Cancer*

- Fatigue
- Skin color changes, sores that will not heal, or changes in moles
- Persistent cough or breathing difficulties
- Unexplained muscle or joint pain
- Lump of thickened area under the skin
- Changes in bowel or bladder habits
- Hoarseness or difficulty swallowing
- Persistent fevers or night sweats
- Unintended weight loss or gain
- Persistent indigestion or discomfort after eating
- Unexplained bleeding or bruising



Focusing on GERIATRIC ONCOLOGY

Penn Medicine Princeton Health has established a new Geriatric Oncology Program designed to transform cancer treatment and supportive care for older adults by increasing outreach to seniors in the central New Jersey community, expanding research opportunities, and enhancing professionals' expertise in geriatrics.

"We serve a dynamic population that is aging and experiencing higher cancer rates than the national average. All of them deserve the very best, most personalized care we can offer," said James Demetriades, CEO of Penn Medicine Princeton Health. "We see a significant and growing need for specialized cancer care for older adults. Today, 70 percent of our patients with cancer are 65 or older, and 18 percent are at least 80 years old. Every one of those individuals faces unique challenges, and we are committed to working with them to develop care plans that meet their unique needs."



The Geriatric Oncology Program at Princeton Health is led by **Ramy Sedhom, MD**, a clinical assistant

professor of hematology-oncology in the Perelman School of Medicine at University of Pennsylvania. Dr. Sedhom is co-leader of the Geriatric Oncology

service line across the Penn Medicine system, a faculty member at the Penn Center for Cancer Care Innovation (PC3I), and a representative on the National Comprehensive Cancer Network (NCCN) Clinical Practice Guideline Committee for Older Adult Oncology.

“Our program is rooted in the proposition of caring for the whole patient, not only their disease,” said Dr. Sedhom, a member of the Medical Staff of Penn Medicine Princeton Health, who is board certified in medical oncology and hospice and palliative care. “There is a core tenant in geriatrics — you don’t know what you don’t know. Older adults are a distinct group with unique personal and caregiver needs. We are fortunate to receive support from the Bristol Myers Squibb Foundation (in the form of a \$2.5 million grant) to transform the cancer care of older adults in our community.”

The grant supports the Geriatric Oncology Program’s efforts to build a

research infrastructure to design and implement clinical trials to improve the care of older adults with cancer. It will also bolster an array of other crucial activities, such as:

Recruiting multidisciplinary teams of professionals with expertise in geriatrics, including clinicians, supportive care staff, and community health navigators.

Testing new treatments and care delivery models by bringing new research from Penn Medicine’s Abramson Cancer Center to patients in central New Jersey.

Expanding geriatric competencies of Princeton Health staff through education and increasing outreach to seniors through community health navigators.

In addition to corporate support, this invaluable program has also received considerable community support.



CARE

Geriatric Assessment

A cancer diagnosis can be traumatic no matter what your age, and when it comes to older patients age 65 and above, treatment can be more complex.

“Cancer does not operate in a vacuum,” says Dr. Sedhom. “There are other health considerations that come into play for patients, and for older adults those considerations can involve physical, emotional, and even social concerns. They can be quickly identified and then addressed through an action plan by performing a geriatric assessment.”

A geriatric assessment is designed to gain a comprehensive understanding of patient fitness and needs. Conducted by a multidisciplinary team, it evaluates a patient’s fitness; medical conditions; nutritional status; emotional and cognitive state; individual values; and social support network.

“All of these things can impact the patient’s outcomes,” says

Dr. Sedhom. “And when we have the results of a geriatric assessment, we can develop a more thorough care plan. We know what support systems, if any, are in place and can provide additional social work help. We know if there are other areas where we need to focus attention when it comes to physical and occupational therapy. We can work with other physicians to minimize the impact cancer treatment may have on a patient with other health concerns.”

Geriatric assessments are a relatively recent step in the cancer treatment process.

“It is something we are doing at Princeton Medical Center regularly, but it is not something all hospitals do,” says Dr. Sedhom. “So if an older adult is diagnosed with cancer they should talk to their doctor about an assessment.” Guidelines suggest it be considered for anyone above the age of 65 considering the use of chemotherapy.

Benefits OF A GERIATRIC ASSESSMENT

- Improves patient/physician communication regarding the patient and family’s treatment priorities and objectives
- Helps predict the functional effects of treatment
- Lessens the chance of under or overtreatment
- Helps establish a complete support network, including physical, emotional, and social needs
- Helps predict complications to reduce the risk of unplanned hospitalizations or treatment needs

Key Components OF A GERIATRIC ASSESSMENT

- Evaluate other illnesses, diseases, vision and hearing loss, and regularly prescribed medications
- Assess balance, strength, and walking speed
- Evaluate memory, concentration levels, and psychological status, including depression and anxiety
- Assess ability to complete daily activities such as bathing and eating
- Analyze weight changes in recent months
- Assess social support network

Trouble Swallowing? Heartburn? It Could be **EOE**

If you find yourself having a difficult time swallowing, or regularly suffer from acid reflux pain that is not readily controlled with antacids, you may have a condition known as eosinophilic esophagitis, or EOE. While it can occur in anyone at any age, EOE is more frequent in men in their 20s and 30s.



“EOE is a chronic condition that occurs when the immune system overreacts and sends an overabundance of white blood cells to the esophagus. The pooling of these blood cells causes inflammation that keeps the esophagus from contracting properly,” says **Kheng-Jim Lim, MD**, board certified in gastroenterology and internal medicine, and a member of the Medical Staff of Penn Medicine Princeton Medical Center’s Center for Digestive Health.

The condition can be triggered by a food allergy, seasonal allergies, or when acid flows backward from the stomach to the esophagus. Left untreated, EOE can lead to scarring and permanent narrowing of the esophagus.

Diagnosing and Treating EOE

Diagnosing the condition usually begins with an upper endoscopy to look for inflammation and take a small tissue sample to test for excessive white blood cells. If EOE is diagnosed, your gastroenterologist may refer you to an allergist to determine if the condition is being triggered by an allergy.



“At the Center for Digestive Health, treatment for EOE is tailored to the individual patient,” says **Neha Sirohi, MD**, board certified in allergy and immunology, and a member of the Medical Staff of Penn Medicine Princeton Health. “Gastroenterologists, allergists, and nutritionists coordinate to develop a comprehensive treatment plan.”

Depending on the patient’s needs, treatment may include dietary changes to identify allergies, immunotherapy if an allergy is discovered, and medications including biologics, proton pump inhibitors, or steroids to help reduce inflammation. For patients who experience difficulty swallowing due to a narrowing of the esophagus, esophageal dilation — where the esophagus is loosened up with the use of an endoscope — may help.



WATCH FOR THESE SIGNS

- ✓ Difficulty swallowing
- ✓ Food getting caught in the esophagus
- ✓ Acid reflux pain and burning that is often centrally located and may not respond to antacids
- ✓ Additional gastroesophageal reflux-like symptoms, such as chest pain, chronic cough, or hoarseness
- ✓ Upper abdominal pain

To find a physician
on the Medical Staff of Princeton
Health, call **888.742.7496**, or
visit **princetonhcs.org**.

Community Focus

KEEPING HEARTS

Healthy

JOIN OUR TEAM

Sunday, October 29

American Heart Association
Central New Jersey Heart Walk
Mercer County – Location TBD

9 a.m. Event Opens 10:30 a.m. Walk
Options include walking two miles or a shorter distance if you choose.

princetonhcs.org/hearts

We Walk to Save Lives!

We invite you to join the Penn Medicine Princeton Health team and CEO James Demetriades, the chair of this year’s annual Heart Walk, to support a great cause. Team participants will receive long-sleeved team shirts. Whether you participate in the walk or not, please help us by making a contribution of as little or as much as you’d like — any amount that is comfortable for you.

i Heart disease has been the leading cause of death among people of all genders in most racial and ethnic groups in the US since 1950, according to the Centers for Disease Control and Prevention (CDC).



HEALTH
INFO

KIDS
CRAFTS

GAMES
+ MORE

Current Programs

Better Balance

MON. Sep. 18 – Oct. 23 (9 – 9:30 a.m.)

 VIRTUAL

Improve your balance with simple exercises you can practice from your own home. Please have a chair available. Join the series at any time. Led by Leslie Fischer, registered yoga teacher.

Weight-loss Surgery: Is It Right for Me?

WED. Sep. 20 (6 – 6:30 p.m.)

WED. Oct. 18 (6 – 6:30 p.m.)

 VIRTUAL

To register, email

donna.post@penmedicine.upenn.edu.

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, to help you make the choice that's right for you. For those actively engaged in the surgical process, please join one of our support groups on page 14.

Vision Screening

THU. Sep. 21 (9:30 a.m. – 12:30 p.m.)

THU. Oct. 19 (9:30 a.m. – 12:30 p.m.)

Community Wellness, Princeton

Please call 1.888.897.8979 to make an appointment.

Free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. Provided in collaboration with the New Jersey Commission for the Blind: Project Prevention Unit.

AARP Smart Driver

MON. Sep. 25 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center

FRI. Oct. 13 (9 a.m. – 3 p.m.)

Community Wellness, Princeton

\$20 for AARP members | \$25 for non-members. No walk-ins.

Payable at the door (cash or check). NJ drivers may be eligible to have up to two points removed from their driving record and a reduction in their insurance premium (consult your insurance company). Participants will learn various defensive driving techniques and how to handle potential problem situations.

CarFit

WED. Sep. 27 (10 a.m. – 12 p.m.)

Community Wellness, Princeton

Please call 1.888.897.8979 for an appointment.

This program helps make vehicle adjustments to better fit the driver, resulting in more comfort and vehicle control. Provided in partnership with the American Automobile Association and AARP.

Stop the Bleed

THU. Oct. 12 (6:30 – 7:30 p.m.)

Mercer County Library System
Robbinsville Library

MON. Oct. 16 (10 – 11 am.)

Hopewell Branch Library

Join Robert Manlio, EMT Instructor with Princeton Health, for this invaluable discussion that encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Free Blood Pressure Check

Join health professionals with Community Wellness for your Free Blood Pressure Check on **Tuesday, Oct. 17, from 10 a.m. – 12 p.m.,** at the **South Brunswick Wellness Center.**



Memory Screening

WED. Oct. 18 (10 a.m. – 12 p.m.)

South Brunswick Wellness Center

Please call 1.888.897.8979 to schedule an appointment.

Take this opportunity to get a 15-minute screening that tests your memory, language skills, and thinking ability. Note: Memory screenings are confidential, and are not used to diagnose or replace consultation with a qualified health professional.



WOMEN'S HEALTH

Self-defense for Women: Personal Empowerment Safety Program*

THU. Sep. 7, 14, 21 & 28 (6 – 9 p.m.)

Plainsboro Recreation Center

\$40 per person.

Empower yourself through this 12-hour basic RAD Women® self-defense course. Learn how to protect yourself from potential danger with awareness strategies and physical defense techniques. Designed for every woman, regardless of physical fitness and age. Dress in comfortable clothing.

Weapons Self-defense for Women*

THU. Oct. 19 & 26 (6 – 9 p.m.)

Plainsboro Recreation Center

\$30 per person

This six-hour self-defense course builds on the skills learned in the basic class and includes useful strategies if you are ever abducted at knife/gun point. Dress in comfortable clothing. (Must have completed the basic RAD Women® course).

Living with Osteopenia & Osteoporosis

TUE. & THU. Sep. 5, 7, 12, 14, 19 & 21 (6 – 8 p.m.)
Princeton Medical Center, Plainsboro

\$75 per person.

This six-session series helps those with osteoporosis or osteopenia (bone density loss) reduce their risk of falls and protect their spine during daily activities. Specially trained physical therapists will lead exercises intended to improve bone health, posture, strength, and balance. Participants must be able to safely and independently get down onto the floor and back up.

Red Hot Mamas®

Join us for this monthly series designed to help you find strategies to manage menopausal symptoms.

 VIRTUAL

and at Princeton Medical Center, Plainsboro

Sex & Menopause: What's Age Got to Do with It?

TUE. Sep. 12 (7 – 8:30 p.m.)

Breast Health & Menopause

TUE. Oct. 10 (7 – 8:30 p.m.)

Total Control®: A Pelvic Wellness Program for Women*

TUE. & THU. Oct. 24 – Nov. 30

(11 a.m. – 12:30 p.m.)

 VIRTUAL

\$109 per person.

Trained Total Control® professionals will teach gentle exercises that isolate and strengthen the pelvic floor and core muscles to help with urinary leakage and bladder control. Dress in comfortable clothing.

* While these classes are trademarked as programs for women, Penn Medicine Princeton Health is dedicated to inclusivity. We invite you to participate if you identify as a woman. If you identify beyond the gender binary and are uncertain about class selection, please call us at 609.897.8982 for guidance. We're here to ensure you find the most suitable educational experience.

Let's Talk About the Pelvic Floor

THU. Oct. 19 (6:30 – 7:30 p.m.)
Community Wellness, Hamilton

Do you have pelvic floor dysfunction, pelvic organ prolapse, or urinary or fecal incontinence? Join Penn Medicine Princeton Health Medical Staff member Alexander Berger, MD, MPH, FACOG, specializing in urogynecology and female pelvic medicine and reconstructive surgery (FPMRS), to learn about how to treat these and other pelvic floor issues.

KIDS CORNER

YIKES! What is Happening to My Body? A Puberty Talk

TUE. Oct. 24 (6 – 7:30 p.m.) *Girls*
WED. Oct. 25 (6 – 7:30 p.m.) *Boys*
Community Wellness, Princeton

Children, ages 9 through 12, will learn about the physical, intellectual, and emotional changes they'll experience as they enter their teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.



Kids Yoga

SAT. Sep. 23 (11 – 11:45 a.m.)
South Brunswick Public Library

Children, ages 9-13, will be guided through playful poses focusing on stretching, strengthening, and relaxation. Led by Maria Benerofe, certified yoga instructor.

MENTAL WELLNESS

Gentle Yoga

TUE. Sep. 19 – Oct. 24 (8 – 8:45 a.m.)

 VIRTUAL

\$18 per person for the series.

This slow-paced class, led by Maria Benerofe, a certified yoga instructor, includes breath work, stretching, and a gentle flow of poses, which will help improve flexibility and reduce stress.



Chair Yoga

THU. Sep. 14 – Oct. 26 (8 – 8:45 a.m.)

 VIRTUAL

\$21 per person for the series.

This class incorporates basic yoga poses while sitting on or standing next to a chair, and is taught by Maria Benerofe, a certified yoga instructor.

Hobbies for Health: Hike for Healthy Living

WED. Sep. 27 (6 – 7 p.m.)
Lenape Trail
Cranbury

Join us for a mindful, evening walk with guide and environmental educator Craig Harley. Learn about the benefits of hiking as well as sustainable preservation practices. Be sure to wear sturdy shoes.



Mental Health First Aid Training

WED. & THU. Sep. 13 & 14 (8 a.m. – 12 p.m.)

Older Adults

SAT. Sep. 23 (8 a.m. – 5 p.m.) *Adults*

MON. & WED. Sep. 25, Oct. 2 & 4

(8:30 a.m. – 12:30 p.m.) *Youth*

Community Wellness, Princeton

\$49 per person, per session.

This eight-hour training will help you identify signs of individuals who may be dealing with mental health issues, addiction challenges or are in crisis; and respond and guide them to the appropriate services. Choose the above session that best fits the population you are interested in (older adult, adult, or youth).

Mindful Mondays

MON. Sep. 18 – Oct. 23 (8:30 – 8:55 a.m.)

 VIRTUAL

Focus on developing self-love and compassion and deepening your practice with weekly sessions that increase your meditation time. Bring a journal for self-reflection and feel free to jump into the series at any time. Led by Leslie Fischer, registered yoga teacher.

Building Resilience: Tools for Living a Better Life (Intro)

TUE. Oct. 3 (6 – 7:30 p.m.)
Cranbury Library

Led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health, this program will teach you simple strategies to strengthen your emotional, mental, physical, and spiritual resilience so it's easier to turn life's inevitable challenges into opportunities.

Prana Yoga

WED. Oct. 4 – Nov. 1 (6 – 7:30 p.m.)
Princeton Fitness & Wellness

\$50 per person.

Join Cynthia Sinicropi-Philibosian, registered yoga teacher, for this exploration of breath and sound vibration. Participants will learn to chant the yogic sounds associated with the seven chakras while practicing traditional yoga poses and meditation.



Digital Wellness for Families

TUE. Oct. 10 (7 – 8 p.m.)

 VIRTUAL

Parents and adolescents are invited to join Katherine Doyle, MD, a board certified pediatrician, to start the conversation around healthy tech use at home, including balancing screen time with other activities.

Mindful Nature Photography

THU. Oct. 12 (5:15 – 6:15 p.m.)

Canal Towpath, Princeton

This relaxed class combines mindfulness with basic nature photography so you can focus less on the "perfect picture" and more on capturing your surroundings in a mindful way. No experience necessary; all you need is yourself and your cellphone.

Mind on Mental Health Podcast

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts and at princetonhouse.org/podcast.




NUTRITION

Nutrition classes presented by Beth Young, MS, RDN, CSOWN, a registered dietitian nutritionist.



Healthy Aging

WED. Sep. 13 (12 – 1 p.m.)

 VIRTUAL

Explore youthful tips as we approach Healthy Aging Month. Master the ABCs of anti-aging by learning about healthy food choices, as well as the importance of antioxidants and gut health.

Nutrition for Brain Health

TUE. Sep. 19 (1 – 2 p.m.)

Mercer County Connection, Hamilton

Learn how nutrition affects the brain, what foods keep your brain healthy, and the importance of hydration for brain health.



Control Your Cholesterol

WED. Sep. 20 (1 – 2 p.m.)

Princeton Fitness & Wellness

Learn what your cholesterol numbers mean as far as heart health is concerned, as well as exercise and nutrition recommendations that can improve your heart health.

Brain Foods

WED. Sep. 27 (12 – 1 p.m.)

 VIRTUAL

Explore recipes that include the five important brainpower foods: leafy green veggies, berries, fatty fish, nuts, and tea/coffee.

Healthy Kids

WED. Oct. 4 (12 – 1 p.m.)

 VIRTUAL

Learn to incorporate healthy food choices into your family's diet, as well as tips for turning pizza and soda into occasional treats rather than a regular routine.



Cancer-fighting Foods

WED. Oct. 11 (12 – 1 p.m.)

 VIRTUAL

This Breast Cancer Awareness Month, learn about nutritious meals that help reduce your cancer risk, and which foods can help manage the side effects of cancer treatments.

Build Strong Bones

WED. Oct. 18 (12 – 1 p.m.)

 VIRTUAL

Celebrate World Osteoporosis Day by learning which foods help build strong bones, including low-fat dairy, fish, leafy green veggies, and more.



Fall Favorites

WED. Oct. 25 (12 – 1 p.m.)

 VIRTUAL

Learn how to incorporate fall flavors into your heart-healthy diet, and which seasonal fall favorites promote heart health.



FREE YOGA WEEK

SEP 13 – 23

Join us at one of these one-day yoga classes during Free Yoga Week. Classes are taught by credentialed yoga teachers Leslie Fischer or Maria Benerofe.

Chair Yoga

TUE. Sep. 19 (11 – 11:45 a.m.)
Cranbury Library

TUE. Sep. 19 (12:30 – 1:15 p.m.)
Plainsboro Preserve

FRI. Sep. 22 (10:30 – 11:30 p.m.)

 VIRTUAL

This class incorporates basic yoga poses while sitting on or standing next to a chair.

All Levels Yoga

MON. Sep. 18 (10:30 – 11:30 a.m.)

 VIRTUAL

WED. Sep. 20 (3 – 4 p.m.)
Princeton Fitness & Wellness

This vinyasa-style yoga connects the breath and body, and includes modifications to simplify or challenge your practice.

Yoga at Your Desk

MON. Sep. 18 (12 – 12:30 p.m.)

 VIRTUAL

Take a break from your computer with stretches and poses you can do right at your desk.

Gentle Yoga

WED. Sep. 20 (6 – 6:45 p.m.)
Monroe Township Library

This slow-paced class includes breath work, stretching, and a gentle flow of poses.

Beginner Yoga

FRI. Sep. 22 (9 – 10 a.m.)
Community Wellness,
Princeton

Learn the basics, including sun salutations, warrior poses, balance postures, and savasana.



Happy Heart Vinyasa Yoga

FRI. Sep. 22 (4:30 – 5:30 p.m.)
Community Wellness, Hamilton

Open your heart with this gentle yoga flow focusing on heart-opening and back-strengthening poses.

Autumn Equinox Yoga

SAT. Sep. 23 (9 – 10 a.m.)

 VIRTUAL

Celebrate the equinox with a yoga sequence including warming yoga poses saluting the sun followed by restful mat poses honoring relaxation into the night.



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

THU. Sep. 28 (6:30 – 8:30 p.m.)
Community Wellness, Princeton

Pregnancy & Postpartum Support Group



Wednesdays (4:30 – 5:30 p.m.)

VIRTUAL

If parenting makes you feel anxious and unsettled, join our virtual group to connect and share experiences with other parents-to-be and new parents (of babies up to 6 months). Moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health with support provided by Central Jersey Family Health Consortium.

Prenatal Yoga

THU. Sep. 14 – Oct. 26 (4 – 4:45 p.m.)

VIRTUAL

\$21 per person, for the series.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to keep fit and feel good during pregnancy. Please bring a yoga mat, two pillows, and a yoga tie for stretching. Taught by a certified prenatal yoga instructor.

Prenatal Breastfeeding Class

TUE. Sep. 12 (6:30 – 8:30 p.m.) *Spanish*

THU. Sep. 28 (6:30 – 8:30 p.m.)

THU. Oct. 19 (6:30 – 8:30 p.m.)

VIRTUAL

Expectant parents will learn about breastfeeding, including getting started, positioning, nutrition, pumping, and avoiding common problems at this class taught by an internationally board certified lactation consultant. The class on Sep. 12 will be in Spanish.



Baby Care

THU. Sep. 21 (7 – 9:30 p.m.)

MON. Oct. 23 (7 – 9:30 p.m.)

Princeton Medical Center, Plainsboro

TUE. Oct. 10 (7 – 9:30 p.m.)

VIRTUAL

\$50 per couple.

Build 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. Oct. 7 (10 – 11 a.m.)

VIRTUAL

\$5 per person.

MindFETALness is a method of tapping into the innate connection between pregnant mothers and their unborn babies by focusing on fetal movement patterns during pregnancy. Learn simple ways to use mindfulness to help monitor your baby's fitness and wellbeing.

Grandparenting 101

WED. Sep. 20 (6:30 – 8 p.m.)

VIRTUAL

\$20 per couple.

Designed for grandparents-to-be and new grandparents, this class will cover car seat laws, SIDS (Sudden Infant Death Syndrome) risk reduction, and transitioning your role from parent to grandparent. Led by a health educator with Princeton Health Community Wellness.



Daddy Boot Camp™

SAT. Oct. 14 (9 a.m. – 12 p.m.)

Princeton Medical Center, Plainsboro

\$49 per person.

This men-only course is designed for fathers-to-be to 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.

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

TUE. Oct. 24 – Nov. 28 (9:30 – 10:30 a.m.)

VIRTUAL

\$60 per person.

Join our pelvic health physical therapists to learn pregnancy-safe exercises, how to stay fit through your pregnancy, and how to prepare for childbirth.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

Birthing Basics

TUE. Sep. 5, 12, 19 & 26 (7 – 9 p.m.)

WED. Oct. 4, 11, 18 & 25 (7 – 9 p.m.)

Princeton Medical Center, Plainsboro

MON. Sep. 11, 18 & 25 (7 – 9 p.m.)

VIRTUAL

\$125 per couple.

In this multi-day class, expectant parents will learn signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. Includes a maternity tour.

Accelerated Birthing Basics

SAT. Oct. 14 (9 a.m. – 5 p.m.)

Princeton Medical Center, Plainsboro

\$155 per couple

This one-day class focuses on the same content as our multi-session Birthing Basics class, and includes a maternity tour.



Labor Fundamentals

SAT. Sep. 16 (10 – 11 a.m.)

VIRTUAL

\$20 per family.

If you're getting close to your due date but haven't had a chance to take a full childbirth preparation class, learn all the essentials in this one-hour class. Includes a virtual maternity tour, the signs of labor, and when to go to the hospital.

HypnoBirthing®

SAT. Oct. 28, Nov. 4, 11 & 18 (9 a.m. – 12 p.m.)

Community Wellness, Hamilton

\$200 per couple. To register, call 609.897.8991.

This multi-session class is designed for expectant couples desiring 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.

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.

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 join us for a tour of our state-of-the-art Center for Maternal & Newborn Care.

Please meet in the lobby 10 minutes before your tour starts.

10 a.m., 11:30 a.m., 1 p.m., or 2:30 p.m.

SAT. September 30

SAT. October 28

5:30 p.m. or 7 p.m.

WED. September 9

WED. September 20

6 p.m. or 7:30 p.m.

THU. September 7

TUE. September 12

TUE. September 26

MON. October 9

MON. October 30

Virtual tours at
[princetonhcs.org/
maternitytour](https://princetonhcs.org/maternitytour)

Childbirth & Family

POSTPARTUM & PARENTING CLASSES



Bright Beginnings (birth to crawling)

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

No registration required.

This group features a new topic each week. Children under 4 years of age are welcome to attend with a parent or caregiver.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

VIRTUAL

If parenting makes you feel anxious and unsettled, join our virtual group to connect and share experiences with other parents-to-be and new parents (of babies up to 6 months). Moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health with support provided by Central Jersey Family Health Consortium.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
PMC Breast Health Center, East Windsor

No registration required.

Share your experiences with other nursing mothers. Facilitated by an internationally board certified lactation consultant.

Loving Your Postpartum Body

THU. Sep. 21 (6:30 – 7:30 p.m.)

VIRTUAL

Join Laura Fellows, PT, DPT, OCS, Pelvic Health Physical Therapist, to talk about the changes your body experiences during pregnancy and postpartum, what's "normal," and how to appreciate and love your body.

Infant Massage

SAT. Sep. 23
(12:30 – 2:30 p.m.)

VIRTUAL

\$20 per family.

Learn how to skillfully provide calm and soothing touch for your infant, as well as your other children.



All About Breast Pumps

TUE. Oct. 3 (6:30 – 7:30 p.m.)

VIRTUAL

\$10 per person.

Whether you are pumping periodically or exclusively, learn how to get the most out of your experience with our internationally board certified lactation consultant.

Safe Sleep for You and Baby

TUE. Oct. 17 (6:30 – 8 p.m.)

VIRTUAL

Learn about Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS), strategies to reduce the risk, and sleep products on the market, along with recalls, with Ariana Nunez, health educator, SIDS Center of NJ.



Infant Safety Class

SUN. Oct 8 (9:30 a.m.– 12:30 p.m.)
Princeton Medical Center, Plainsboro

\$20 per couple.

Designed for expectant parents. Learn how to keep your infant safe and protected through their first year, including: infant CPR, choking intervention information, safe sleep updates, proper car seat use, and childproofing your home.

Postpartum Power: Fitness & Education for New Moms

TUE. Oct. 24 – Nov. 28 (9:30 – 10:30 a.m.)

VIRTUAL

\$80 per person.

Strengthen and restore your posture, core, and pelvic floor with this six-week class designed for new moms and taught by pelvic health physical therapists.

Helping Your Family be Lead Free

WED. Oct. 25 (6:30 – 8 p.m.)

VIRTUAL

This class is intended to instruct new parents about the dangers of lead exposure and how to protect your family and community.



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.



BLS Provider

TUE. Sep. 12 (6 – 10:30 p.m.)
Community Wellness, Hamilton

TUE. Oct. 10 (9 a.m. – 1:30 p.m.)
Community Wellness, Princeton

BLS Renewal*

FRI. Sep. 22 (9 a.m. – 1 p.m.)
MON. Oct. 23 (6 – 10 p.m.)
Community Wellness, Hamilton

WED. Sep. 27 (6 – 10 p.m.)
FRI. Oct. 6 (9 a.m. – 1 p.m.)
Community Wellness, Princeton

Provider: \$75 per person.
Renewal: \$50 per person.

Learn adult and pediatric CPR, foreign-body airway obstruction, and automated external defibrillation (AED). Designed for health professionals who must have a credential documenting successful completion of a CPR course, this course includes a written exam, skills test, and a course completion card. *To be eligible, you must have a valid BLS Provider course completion card.

Heartsaver CPR AED First Aid

SAT. Sep. 30 (9 a.m. – 4 p.m.)
Community Wellness, Hamilton

\$65 per person.

Learn CPR; AED use; relief of choking in adults, children, and infants; and use of a barrier device for all ages, as well as how to manage illness and injuries in the first few minutes until professional help arrives. 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 and a course completion card.

Heartsaver CPR AED

MON. Oct. 16 (6 – 9 p.m.)
Community Wellness, Hamilton



\$49 per person.

Learn CPR; AED use; relief of choking in adults, children, and infants; and use of a barrier device for all ages. 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 and a course completion card.

Heartsaver First Aid

WED. Oct. 18 (6 – 9 pm.)
Community Wellness, Hamilton

\$39 per person.

Learn how to manage illness and injuries in the first few minutes until professional help arrives. 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 and a course completion card.

Family & Friends CPR

SAT. Sep. 16 (10 a.m. – 12 p.m.)
Adult/Child/Infant*

THU. Oct. 19 (6:30 – 8:30 p.m.)
Adult/Child/Infant*

Community Wellness, Princeton

\$25 per person.

Designed for family members, friends, and members of the general community who want to learn CPR and how to help someone who is choking 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

THU. Sep. 21 (6 – 8:30 p.m.)
WED. Oct. 18 (6 – 8:30 p.m.)
Community Wellness, Princeton

\$25 per person.

Learn how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Includes basic emergency care, CPR, common illnesses, and medical emergencies. This program focuses 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.

Cancer Support Groups

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 Care, please call 609.853.6780.

These support groups welcome patients and their loved ones:

Prostate Cancer Support Group

WED. Sep. 13, Oct. 11 (12 – 1:30 p.m.)
Princeton Medical Center, Education Center
Led by Lois Glasser, LCSW, Oncology Social Worker.

Cancer Support Group

WED. Sep. 20, Oct. 18 (2:30 – 4 p.m.)

 VIRTUAL

Led by Lois Glasser, LCSW, Oncology Social Worker.

Breast Cancer Support Group

TUE. Sep. 12, Oct. 10 (6 – 7:30 p.m.)
PMC Breast Health Center, East Windsor
Led by a health professional from Penn Medicine Princeton Health.

Head & Neck Cancer Support Group

WED. Sep. 20, Oct. 18 (12 – 1:30 p.m.)

 VIRTUAL

Led by Amy Heffern, MS, CCC, SLP, Speech Pathologist.

Post-Cancer Treatment Support Group

WED. Sep. 3, Oct. 11 (6 – 7:30 p.m.)

 VIRTUAL

and at Princeton Medical Center, Plainsboro

To register, call 609.853.6787.

This group welcomes those who have completed their cancer treatment, and is led by Karen Davison, RN, BSN, OCN, Nurse Navigator with Penn Medicine Princeton Cancer Center.



Cancer Lectures & Screenings

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 Care, please call 609.853.6780.

Reiki Sessions

To schedule an appointment, call 609.853.6787.

For patients receiving care at Penn Medicine Princeton Cancer Center.

Breast Cancer & Nutrition Tips

For more information, call 609.853.6788.

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

Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

and at Princeton Medical Center, Plainsboro

To register, call 609.853.6787.

This class provides patients undergoing cancer treatment with a low-impact workout for the body and mind.



Support Groups

UNITE: Perinatal Loss Bereavement Support Group

WED. Sep. 6, Oct. 4 (7 – 8:30 p.m.)

 VIRTUAL

This group provides support for those who have experienced miscarriage, stillbirth, and early infant death.

Weight-loss Surgery Support Group

THU. Sep. 7, Oct. 5 (6:30 – 7:30 p.m.)

WED. Sep. 20, Oct. 18 (6:30 – 7:30 p.m.)

TUE. Oct. 3 (7 – 8 p.m.)

 VIRTUAL

To register email

donna.post@pennteam.upenn.edu.

This group welcomes those who have had weight-loss surgery or are considering surgery. Led by Donna Post, RN, BSN, CBN, Bariatric Coordinator, along with board certified bariatric surgeons Wai Yip Chau, MD, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center.

Bariatric Support Group (for Alumni)

TUE. Oct. 3 (6 – 7 p.m.)

 VIRTUAL

To register email

donna.post@pennteam.upenn.edu.

Bariatric patients who completed surgery two or more years ago are welcome to join our quarterly group which delves deeper into issues unique to patients beyond the two-year mark.



Bereavement Support Group

MON. Sep. 18

(11 a.m. – 12:30 p.m.)

MON. Oct. 16

(11 a.m. – 12:30 p.m.)

 VIRTUAL

Led by Sherri Goldstein,

LCSW, Bereavement Coordinator with Penn Medicine Hospice Princeton Health, this group welcomes those who need support coping with grief and loss.

Diabetes Support Group

TUE. Sep. 19, Oct. 17 (10:30 – 11:30 a.m.)

MON. Sep. 25 (6:30 – 7:30 p.m.)

 VIRTUAL

WED. Sep. 20, Oct. 18 (2 – 3 p.m.)

Monroe Township Senior Center

To register, please call 609.853.7890.

This group, led by a certified diabetes educator with Penn Medicine Princeton Medical Center's Diabetes Management Program, provides resources and support for those living with diabetes, and their loved ones.

Journey Back: Stroke Support Group

THU. Sep. 14, Oct. 12 (2:30 – 3:30 p.m.)

 VIRTUAL

To register, call 609.853.6359.

Led by an acute rehabilitation social worker with Penn Medicine Princeton Medical Center, this group welcomes those who have experienced a stroke, their loved ones and caregivers.

Princeton Health OnDemand

Princeton Health OnDemand features interesting and informative pre-recorded presentations by physicians, clinicians, and other professionals of Penn Medicine Princeton Health. Visit ustream.tv/princetonhealth.



Community Wellness

princetonhcs.org/calendar

Registration is required at princetonhcs.org/calendar or 1.888.897.8979*.

*Unless otherwise noted.



PROGRAMS LOCATIONS*

Community Wellness, Princeton
731 Alexander Road, Suite 103
Princeton, NJ

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

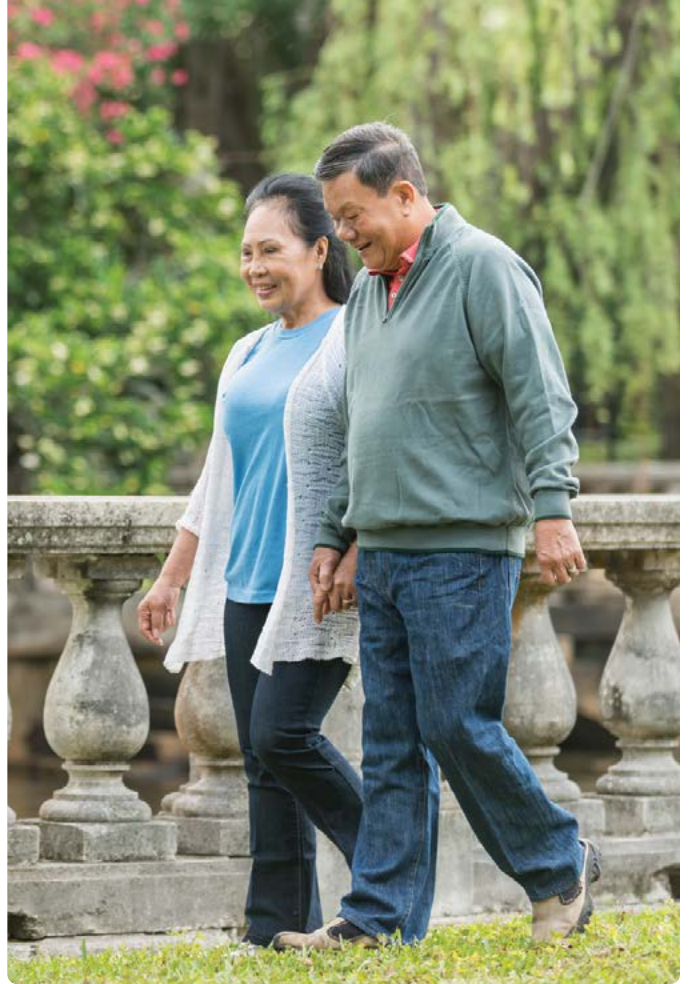
Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

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

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

Regular Medical Care is Key to Living with Heart Failure

More than 6 million Americans are living with heart failure, a disease where the heart muscle is unable to pump enough blood and oxygen to other organs, according to the Centers for Disease Control and Prevention (CDC). While it is a serious condition, heart failure, sometimes referred to as congestive heart failure, can be managed with close medical attention.



“With a diagnosis of heart failure, it is very important to follow through on regular monitoring with a physician,” says **Benita Philip, DO**, a board certified cardiologist on the Medical Staff of Penn Medicine Princeton Health. “In addition to regular checkups, if you experience any sudden physical changes, particularly sudden weight gain (which can mean water retention), swelling, or breathing changes, you should contact your doctor immediately. Heart failure can worsen very quickly, and it is crucial to seek medical attention in an attempt to prevent hospitalization.”

Finding the Cause

Heart disease, high blood pressure, high cholesterol, diabetes, and obesity are part of the causes of heart failure. Treating those conditions, with medication or other medical interventions such as surgical procedures to open blocked arteries, if required, can help alleviate the symptoms and in some cases reverse heart failure. Medications to help improve blood flow, heart arrhythmias, and reduce fluid retention are important when treating heart failure.

“It is key to determine if a reversible cause can be identified and to consider optimal medical therapy,” says Dr. Philip. “Also, lifestyle modifications are imperative regardless of the cause.”

Lifestyle changes include watching sodium and fluid intake, not smoking or consuming alcohol, eating a heart-healthy diet, and monitoring your weight. With the proper care, living a full life with heart failure is possible.

6 Key Signs of Heart Failure

- ♡ Shortness of breath
- ♡ Difficulty breathing when lying down
- ♡ Swelling in feet, legs, ankles, or stomach
- ♡ Coughing or wheezing
- ♡ Rapid or irregular heartbeat
- ♡ Severe weakness or fainting

To find a physician on the Medical Staff of Princeton Health, call **888.742.7496**, or visit princetonhcs.org.

Pulmonary Hypertension

When Blood Pressure Affects Your Lungs

Pulmonary hypertension is a chronic condition where pressure is elevated in the vessels of the lungs. The progressive condition can be the result of primary disease of the lungs or secondary diseases.



“Symptoms of the disease progress slowly,” says **Feroz Safdar, MD**, a pulmonologist on the Medical Staff of Penn Medicine Princeton Health, “and because of the slow progression you may not realize you have the condition for some time. Treatment, however, is extremely important, so anyone

experiencing changes that could indicate pulmonary hypertension should see their doctor for a diagnosis, and be treated promptly. Without treatment, breathing will become more and more difficult and the heart will grow weaker and weaker.”

Symptoms may include:

- Shortness of breath, initially with physical exertion and eventually while at rest
- Chest pain or pressure
- Dizziness or fainting
- Rapid heartbeat or pulse
- Fatigue
- Swelling in the ankles, legs, or abdomen
- Bluish/grayish skin tone

Finding and Treating the Cause

“Pulmonary hypertension is more prevalent in women, and is usually diagnosed between the ages of 30 and 60,” says Dr. Safdar. “Family history; conditions such as COPD, sleep apnea, blood clots, heart disease, and kidney or liver disease; and drug use are known contributors to the development of the disease.”

While there is no cure for pulmonary hypertension, once diagnosed the underlying conditions can be treated, and steps can be taken to make patients more comfortable with the disease symptoms and keep the condition from progressing.



Diagnosing pulmonary hypertension can involve a range of testing, including blood work, chest x-ray, EKG or echocardiogram, MRI, heart catheterization, pulmonary function testing, and a sleep study.

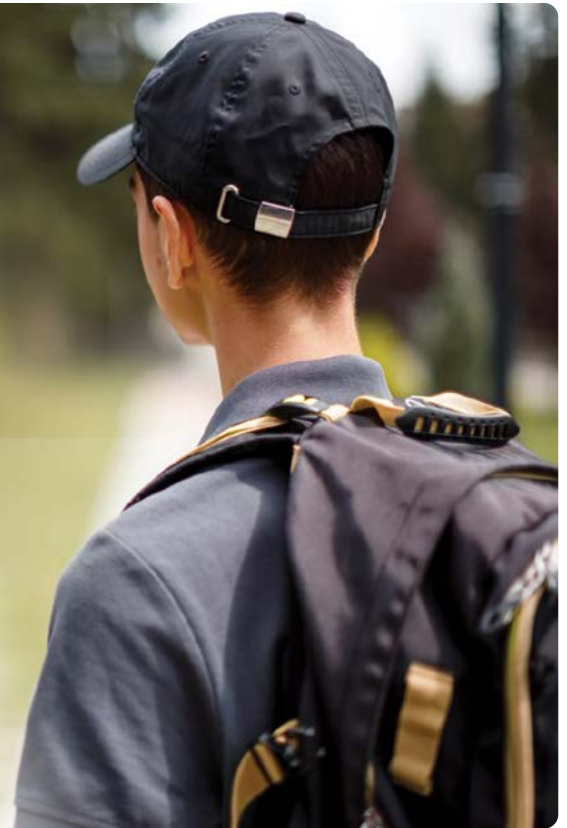
“When it comes to pulmonary hypertension, diagnosis is a joint effort between cardiology and pulmonology,” says Dr. Safdar. “Once diagnosed, treatment can involve both specialties as well, depending on the underlying conditions contributing to the disease and how the disease is affecting the patient.”

Treatment can involve medications to help reduce the pressure in the pulmonary vessels, widen arteries, and help the blood flow more freely through the arteries; addressing underlying conditions such as sleep apnea and heart conditions; and providing supplemental therapies such as oxygen, if needed.

To find a physician on the Medical Staff of Princeton Health, call **888.742.7496**, or visit **princetonhcs.org**.

Helping Kids Cope with Anxiety

This time of year, a key stressor for children and teens involves returning to the classroom, particularly when transitioning from a familiar setting to a new one, for example from elementary school to middle school or high school to college. While for many the transition will be smooth, some may face anxiety that requires intervention.



“Change is a particular anxiety trigger for children, and adults as well, for that matter,” says Lauren de Mars, LPC, Clinical Manager for Child/Adolescent Programs at Penn Medicine Princeton House Behavioral Health in North Brunswick. “In addition to academic changes, family dynamic changes like divorce or remarriage cause stress. And then they face issues with bullying, fear of gun violence in the schools, and social media pressures.”

Make Time to Talk

Talking with a child about their concerns, with openness and nonjudgment, is the first step in dealing with anxiety. If continued signs of trouble present themselves, such as exhibiting isolating behaviors, slipping grades, irritability, changes in eating and sleeping habits, and losing interest in activities they once enjoyed, professional help may be needed.

“Parents may be contacted by their child’s school alerting them that there are behavioral changes, and the school may be able to make recommendations on where help is available,” says de Mars. “The child’s doctor may also be able to recommend a

therapist. For children and adolescents who need additional help, Princeton House offers programs specifically designed to meet their needs.”

“**Our job is to teach them the skills they can use to cope with their emotions,**” says de Mars. “These are skills they can apply to the ups and downs we all experience throughout our lives.”

In addition to learning the skills to cope with anxiety, children discuss current issues of concern as part of group sessions, to help bring a sense of unity and understanding to their anxieties. Another portion of the programs brings together families to provide added support and help implement changes at home.

For more information

about Princeton House Behavioral Health’s programs for adolescents, visit princetonhouse.org/teen, or call **888.431.1610** to speak with an outpatient admissions clinician.

Princeton House programs help children and adolescents ages six through 18:

- Improve self-control and coping ability
- Express emotions in a positive way
- Function in healthier ways at school and home
- Improve self-esteem

Partial hospital setting:

- six hours a day
- five days a week

Intensive outpatient setting:

- three hours a day
- three days a week

COMBATING *Loneliness*



If you find yourself feeling lonely, rest assured you are not alone. According to a study released by the New Jersey Department of Human Services, one out of every four of the state's residents suffers from loneliness, which can affect both mental and physical health.

"People often think of loneliness as being physically alone, but you can be lonely with other people around as well as when you are isolated," says Jamie Winters, LCSW, Senior Primary Therapist at Penn Medicine Princeton House Behavioral Health's North Brunswick location. "It involves a sense of not being connected. At one time it was viewed as more of a concern for older people, but it has become common in younger adults these days as well."

Loneliness can lead to depression and anxiety, and result in a lack of motivation, which can filter into every aspect of life. Someone who is lonely may have trouble pushing themselves to complete basic self-care tasks such as bathing, dressing, eating, and getting proper rest; or, they may eat or sleep too much. They may also have difficulty meeting professional and personal obligations.

"If you are dealing with loneliness, you can find your mental health problems ramping up quickly if you do not address the problem," says Winters. "You can find yourself overwhelmed by sadness and negative thoughts, and that can lead to alcohol or drug use, and even thoughts of self-injury."

Understanding the Causes Helps

Living alone and not having a social support network has always been a key reason for loneliness, but two relatively recent occurrences have made the condition more prevalent: the isolation experienced as a result of the COVID pandemic and social media, which often presents false images of people's lives and takes the place of direct, personal interaction.

"Instead of spending time together directly, with social media your interaction is impersonal," says Winters. "Also, social media posts can make it look like other people are living exciting, glamorous lives while you are not. This is not a realistic representation of life, but we find ourselves believing it and feeling like we do not measure up."

Steps to combat loneliness include:

- Spending time face-to-face with family and friends
- Limiting or avoiding social media
- Joining a social group of people with similar interests
- Pursuing a new activity through a class or organized program
- Remembering there are many people in the same situation you are in, and taking the first step to connect with others with the same needs

"If you find you are struggling to deal with your loneliness on your own, seek help," says Winters. "At Princeton House, we have programs specifically designed for seniors and for young adults. If you are lonely and also are experiencing substance abuse problems or gambling problems, or depression and anxiety, we have programs to help you work through those issues. It is important to recognize there is always a place to turn to for help."

For more information about Princeton House Behavioral Health's outpatient programs for seniors, young adults, and more, visit princetonhouse.org, or call **888.437.1610** to speak with an admissions clinician.

Princeton Health Earns Recognition for Sustainability Efforts



Penn Medicine Princeton Health's broad sustainability efforts were recently recognized by Practice Greenhealth, a nonprofit membership organization promoting environmental stewardship and best practices in healthcare. In May, Princeton Health received Practice Greenhealth's Partner for Change Award for the second year in a row. The award, presented to 216 healthcare organizations nationwide, reflects Princeton Health's progress related to ongoing sustainability initiatives.

The latest initiative focuses on recycling efforts at the Penn Medicine Princeton Medical Center (PMC) restaurant and the main kitchen. Plates, utensils, drinking bottles, and uneaten food are all separated into bins designated for the landfill or some aspect of recycling. The collected food waste was initially taken to a biofuel company in Trenton and converted to renewable energy. It is now being trucked to a nearby farm that uses it as feed for livestock or grinds it into mulch.



“PMC collected 1 ½ tons of food waste in the first three weeks of the program,” says Greg Evans, Penn Medicine's Corporate Director of Sustainability. At that rate, PMC will collect 26 tons over a full year, which amounts to 52,000 pounds of food waste — a major contributor to greenhouse gas emissions — diverted from the landfill.

Other Efforts Continue

In 2022, Princeton Health more than doubled its collection, sterilizing, and reprocessing of single-use medical devices, such as pulse oximeters, leads and cables, and various surgical supplies. PMC and its ambulatory surgery centers also continued efforts to use sustainable fluid solidifiers and banned the use of the anesthetic desflurane, a particularly harmful greenhouse gas.



Another ongoing initiative is the introduction of stabilized aqueous ozone (SAO) cleaning technology in the Environmental Services Department of PMC. The SAO system adds oxygen to tap water to create an effective cleaning and sanitizing solution without harmful chemicals.

There are plans to increase the use of SAO at PMC and other Princeton Health locations before expanding to other Penn Medicine entities.

One initiative that has already extended across Penn Medicine is the measurement of carbon emissions to calculate a total for the entire University of Pennsylvania Health System. The figure will serve as a baseline to develop a multi-year strategy to reduce emissions and meet systemwide sustainability goals.

 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



27th Annual Princeton Health Golf Outing

Raises Funds for Center for Digestive Health

This year's golf outing raised more than \$403,000, proceeds of which will expand programs and services at the Center for Digestive Health at Princeton Medical Center (PMC). Held on June 6 at Metedeconk National Golf Club, Jackson, NJ, more than 80 organizations and individuals supported the event, with 151 golfers enjoying a day on the course.

Penn Medicine Princeton Health would like to thank everyone who supported our only annual fundraising event. We give special recognition to our top sponsors, Compass One Healthcare – Crothall / Morrison, the Medical Staff of Penn Medicine Princeton Health, and Edward E. Matthews.

"Philanthropic support will allow us to stay at the forefront of exceptional preventative and diagnostic care. We look forward to the expansion of our physical space, which will make treatments and endoscopic practices easily accessible at one location as well as a navigation program to facilitate streamlined care," says Anish A. Sheth, MD, Medical Director of the Center for Digestive Health at Princeton Medical Center.

STAY TUNED FOR
INFORMATION ON OUR
**JUNE 2024
OUTING!**

The golf outing is facilitated by the PMC Foundation. The Foundation thanks everyone who supported this important fundraising event, including the staff at Metedeconk National Golf Club and the members of the 2023 Golf Outing Committee.



TITLE SPONSORS



Medical Staff
of Penn Medicine Princeton Health

EAGLE SPONSOR

EDWARD E. MATTHEWS

Pictured above (l-r): Co-Directors of the PMC Center for Digestive Health Eric Shen, MD, and Anish Sheth, MD, Vice President, Penn Medicine Princeton Health Medical Staff; James Demetriades, CEO, Penn Medicine Princeton Health, Co-Chair, Princeton Health Golf Outing Committee; and Fred Price; Piper Sandler, Co-Chair, Princeton Health Golf Outing Committee.