



Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — NOVEMBER/DECEMBER 2021

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# Princeton Health

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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.  
[www.princetonhcs.org/covid-19/telemedicine](http://www.princetonhcs.org/covid-19/telemedicine)



For current updates on COVID-19, modified visitation policies and schedules, please visit [www.princetonhcs.org](http://www.princetonhcs.org)



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

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# New System Helps Parents During a Baby's NICU Stay

When a newborn has to spend time in Penn Medicine Princeton Medical Center's (PMC) Neonatal Intensive Care Unit (NICU) before heading home, the separation can be overwhelming for new parents. To help ease the stress and anxiety, PMC now provides parents with access to the secure, password-protected AngelEye Camera System, which offers 24/7 live-streaming video of their infant, as well as status updates, on any device with an internet connection.

"The service helps parents feel more connected to their babies while they are receiving necessary medical care and they are unable to visit in person," says Katelyn Brennan, MSN, RNC-NIC, Nurse Manager of Pediatrics and Neonatal Intensive Care Unit at PMC. "The camera is mounted alongside the infant incubator or crib, so parents can remotely observe their baby when other obligations prevent them from being at the hospital. They also have the ability to receive updates on daily rounds."



PMC's NICU, staffed by neonatologists from Children's Hospital of Philadelphia (CHOP) and nurses experienced in advanced infant care, is licensed to care for babies born at 28 weeks and other medically fragile newborns. Princeton Medical Center Foundation partnered with the Superhero Project and a local community donor to purchase the AngelEye system.

For more information on PMC's maternal and newborn services, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## Princeton Health Recognized for Excellence in Perinatal Care

Perinatal care at Penn Medicine Princeton Health once again received the Gold Seal of Approval from The Joint Commission, one of the nation's best-known and respected healthcare accrediting entities. Perinatal Care Certification — an advanced designation first received by Princeton Health in 2018 — reflects not only the state-of-the-art facilities and maternity care at Princeton Medical Center (PMC), but the advanced prenatal diagnostics and treatment available on the hospital campus, as well as comprehensive education programs and support services.

About 2,000 babies are born at PMC each year. They and their parents benefit from a complete range of services, including:

- ✓ Expert care for high-risk pregnancies through Penn Maternal Fetal Medicine Plainsboro
- ✓ A neonatal intensive care unit (NICU) staffed by board certified neonatologists from Children's Hospital of Philadelphia
- ✓ Comprehensive education programs and support services from pregnancy through postpartum adjustment

Princeton Health is one of seven healthcare organizations in New Jersey and 59 nationwide to earn Perinatal Care Certification.



For more information on maternity services at Princeton Health, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Is My Hernia Cause for Concern?



Developing a hernia — a localized bulge in the groin or abdomen where intestines and tissue protrude — is fairly common among both men and women, both in the young and old.



“Many people will develop a hernia at some point in their lives,” says **Tomer Davidov, MD, FACS**, a member of the Medical Staff at Penn Medicine Princeton Health. “They form in the areas of the body that have a natural weakness, and the muscles in those areas become thinner as we age. In addition, a previous abdominal surgery, regularly lifting heavy objects, straining while using the bathroom, and obesity can contribute to the development of a hernia.”

A sure sign of a hernia is a bulge or protrusion that is prominent during physical activity and that goes away when you lie down. Pain that increases when straining or lifting is also a symptom, although hernias often go undetected until they are discovered during a routine physical exam, according to Dr. Davidov, who is board certified in general surgery.

## Proper Diagnosis and Treatment is Important

A physical examination by a physician can easily detect a hernia, and determine how best to treat the condition.

“In many cases your doctor will decide the best course of action is what we call watchful waiting, where we keep an eye on the hernia to monitor any changes in size and symptoms,” says Dr. Davidov. “But the time will come, in about 70 percent of the cases, where surgery will become necessary to correct the problem, either because the hernia has become enlarged, is causing pain, or will not go back into place on its own.”

Failure to surgically treat a hernia when necessary, can result in a bowel obstruction or strangulation — a serious emergency medical condition — so a proper medical diagnosis and treatment of the condition is important.

## A Minimally Invasive Procedure

Surgery usually involves a minimally invasive approach utilizing a small keyhole incision, and is performed as an outpatient procedure.

*“It can take up to four weeks for a full recovery, but usually within one to two weeks you are back to work doing many of the things you did before the procedure,” says Dr. Davidov. “Once surgical intervention is called for, the longer you wait to have the procedure, the longer the recovery time can be.”*

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

# Get Back on Your Feet Again: Treat Knee Cartilage Conditions

When cartilage — the flexible connective tissue that cushions your knees and other joints — is damaged, through normal wear and tear, injury, or disease, it can lead to pain and reduced mobility. Proper diagnosis and treatment, however, can get you back on your feet again.



“It is a normal sign of aging to experience some changes to your knee cartilage over time. Some people experience this as different sounds from their knee as they move. The sound itself is generally not a reason for concern, but its underlying cause can be,” says

**John Prodromo, MD**, an orthopaedic surgeon on the

Medical Staff at Penn Medicine Princeton Health. “If you are experiencing pain or discomfort, instability, or stiffness, or if you have trouble putting weight on your knee, you need to see a doctor for an evaluation.”

## Causes Can Vary

Beyond normal wear and tear as we age, knee cartilage can be damaged in a number of other ways, including a sudden injury or fall that results in a ligament injury, a meniscus tear where a forceful twist causes damage, or inflammation caused by arthritis or trauma.

“One of the most common causes of cartilage injury involves a pivot, or sudden shift in direction, which is very common in sports, or even a twist as a result of a fall,” says Dr. Prodromo.

## A Range of Treatments

For mild injuries, successful treatment may include a combination of physical therapy, rest and anti-inflammatory medications. For more serious injuries, arthroscopic surgery often can be used to treat damaged cartilage and allow the knee to move more freely.



“Of course, if needed, joint replacement is an option,” says Dr. Prodromo, “But for many patients whose knee is otherwise healthy and free of arthritis, and who want to maintain an active lifestyle, we have the option of actually repairing or replacing cartilage.”

Cartilage restoration is often a minimally invasive procedure where the patient’s own healthy cartilage, or tissue from a donor, is implanted in the knee and regenerates over time. The procedure can prevent the future need for a knee replacement and the likelihood of developing arthritis in the joint.

Full recovery time varies, depending on the patient and the details of the procedure, and typically includes physical therapy, which is available at Penn Medicine Princeton Medical Center Princeton Rehabilitation.

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



### WATCH FOR THESE SIGNS

- › Clicking, creaking or popping sounds accompanied by pain or discomfort
- › Inability to place weight on knee, or instability when standing or walking
- › Locking of the knee
- › Swelling or noticeable deformity in the knee or leg

# Are Your Symptoms a Sign of Thyroid Disease?



An estimated 20 million Americans — slightly more women than men — have some form of thyroid disorder, and nearly 60 percent of them are unaware they have the condition, according to the American Thyroid Association. But whether you know you have a thyroid problem or not, diagnosing and treating the condition can have a considerable impact on your quality of life.



“The thyroid really is the engine of your body; it regulates your metabolism, providing the energy you need to function,” says **Anupa Sharma, DO**, an endocrinologist with Penn Medicine Princeton Medicine Physicians, the primary and specialty

care physician network of Penn Medicine Princeton Health. “Problems with the thyroid gland impact its ability to produce an essential hormone in the body, and correcting a diagnosed problem can restore your natural balance.”

The most common thyroid condition is hypothyroidism, where the butterfly-shaped gland, located in the front of the neck below the Adam’s apple, stops making enough hormone. Over time, the gland’s function becomes impaired and unable to produce the necessary thyroid hormone, eventually leading to hypothyroidism. In the United States, the most common form of hypothyroidism is known as Hashimoto’s disease. While it is most common in middle-aged women, it can also affect men and children.

Fewer people experience the opposite problem, where the gland produces too much hormone. Known as hyperthyroidism, this condition can be caused by an autoimmune disorder known as Grave’s disease, a viral infection that causes leaking of stored thyroid hormone, or increased activity from thyroid nodules, which are small growths within the thyroid gland.

## Medication Can be Effective

“Thyroid conditions are often initially detected and treated by your primary care physician during an annual physical,” says Dr. Sharma, who is board certified in endocrinology, diabetes and metabolism. “In many cases, simple lab tests can determine if your thyroid is functioning properly, although in some instances further testing may be needed.”

Successful treatment for hypo- and hyperthyroidism often is limited to medication, although in some instances surgery may be needed. If you are diagnosed with hypothyroidism, a daily oral thyroid hormone replacement usually is very effective at restoring thyroid function. If you are diagnosed with hyperthyroidism, an oral medication to block the production of thyroid hormone can be prescribed.

“It is advisable to see your doctor if you have symptoms of either condition,” says Dr. Sharma. “Thyroid disease can have a real impact on your quality of life, but treatments are readily available to help you feel better.”

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

## Watch for These Signs

### HYPOTHYROIDISM

- Fatigue
- Weight gain/difficulty losing weight
- Constipation
- Dry skin

### HYPERTHYROIDISM

- Excitability/rapid heart rate
- Weight loss
- Diarrhea
- Sweating

# Community Focus



## Self-Care

### A HOLIDAY GIFT TO YOURSELF

Join one or more of the programs below as part of our self-care series.

#### Mindfulness to Reduce Stress

THU. November 4 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch – Suite 100, Conference Rooms A & B, Hamilton

Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life.

#### Mindful Eating for the Holidays

THU. November 18 (9:30 – 10:30 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

When it comes to improving your health, what you eat is important, but so is how you eat. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, to explore how to incorporate mindful eating into your life. Please have four raisins or four dried cranberries at hand to participate in an experiential activity.

#### Get Moving — Exercise, Aging, and Self-Care

TUE. November 23 (1 – 2 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

TUE. December 7 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Staying physically active as you age is important for both physical and mental wellbeing. Join Chris Blessing, MPT, OCS, CSCS and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, for this informative discussion on the importance of exercise when it comes to aging and self-care.

#### Self-Care for Pelvic Health

THU. December 2 (1 – 2 p.m.)

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

Every day, we experience mental and physical stress that can significantly impact the pelvic floor, taking a toll on bowel, bladder, and sexual function. Join Iram Fatima Shah, DPT, Pelvic Health Physical Therapist with Penn Medicine Princeton Health's Center for Pelvic Wellness, for this interactive class that focuses on self-care techniques such as breathing, massage, exercise, and meditation to help improve your pelvic health.

#### Be Present with Yoga

WED. December 1 (6 – 7 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

Take a break from holiday planning and shopping to practice some self-care through yoga. This class will feature yoga poses, breath work, and meditation. The class is geared toward anyone 13 and older, regardless of level of experience. Please bring a yoga mat and dress in comfortable clothing.

#### Healthy Holiday Desserts

WED. December 15 (11 a.m. – 12 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

The abundant opportunities to celebrate during the holiday season make it easy to overdo it when it comes to sweet treats. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for this program, which includes a healthy, delicious dessert demonstration; a mindful eating exercise; and valuable tips to make better dessert choices without feeling deprived.

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

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

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

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

## CURRENT PROGRAMS

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

**REGISTRATION IS REQUIRED, unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.**

### Memory Screening

MON. November 1 (11:30 a.m. – 1:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Registration required. Please call 1.888.897.8979 for an appointment.

MON. December 6 (10 a.m. – 12 p.m.)

Mercer County Library/Hopewell Branch

245 Pennington Titusville Road, Pennington

Registration required. Please call 609.737.2610 for an appointment.

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

### Recognizing and Treating Lung Cancer

THU. November 4 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

November is Lung Cancer Awareness Month. Join John Heim, MD, board certified surgeon, to learn about lung cancer risk factors and prevention, the types of available screenings, when you should see a doctor, and how diagnosing and treating lung cancer has changed. Dr. Heim is a member of the Medical Staff of Penn Medicine Princeton Health.

### Pediatric Asthma Dos and Don'ts

SAT. November 6 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program presented by Griselda Quia, RN, MSN, a certified pediatric nurse and case manager with Penn Medicine Princeton Medical Center, to learn about pediatric asthma signs and symptoms, common triggers, treatment options, and preventative management.

### What's New About Diabetes?

MON. November 8 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join us for an informative session presented by diabetes clinicians and certified diabetes educators Louise Gross, BSN, RN, CDCES, and Sandra Byer-Lubin, MD, RD, CDE, from the Princeton Medical Center Diabetes Management Program, to learn new information about diabetes.

### Understanding Immunizations

THU. November 11 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Vaccines are designed to prevent you from contracting serious or potentially fatal diseases. In fact, many serious diseases that were previously common are now rare due to widespread vaccination. Join Krishna Shah, PharmD, PGY1 Pharmacy Resident, at this informative program to learn about when vaccines should be given; who should receive them and who should not; what immunity means; and the different types of vaccines available for various illnesses, including influenza, pneumonia and hepatitis.

## LIFE POST-COVID & LATEST UPDATES

### Covid Recovery and Support Series

TUE & THU. November 9, 11 & 16 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Many people who have recovered from COVID-19 infection are finding their medical problems far from over, as they deal with lingering respiratory effects, fatigue, emotional issues, or damage to their voices. COVID survivors on their continued journey of recovery are invited to join our three-session, virtual series featuring professionals across the healthcare system. Sessions will be moderated by Amy Heffern, MS, CCC-SLP, a speech language pathologist with Princeton Health Community Wellness and Engagement.

#### Session 1 (Nov 9)

Learn about vocal recovery and managing residual vocal fatigue after COVID with a speech language pathologist from Princeton Health.

#### Session 2 (Nov 11)

Learn building back physical endurance and energy post-COVID with a physical therapist from Princeton Health.

#### Session 3 (Nov 16)

Learn strategies for managing the mental and emotional after effects of the COVID pandemic with a therapist from Princeton House Behavioral Health.

### Get the Facts about COVID

MON. November 8 (1 – 2 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

With so much information and misinformation out there about COVID-19, it can be difficult to know where to turn for the facts. Join Craig Gronczewski, MD, MBA, Chairman of Emergency Medicine at Penn Medicine Princeton Medical Center, and David Herman, MD, specializing in infectious disease, for the latest on COVID-19 as well as updates on current state regulations and guidelines. Dr. Gronczewski and Dr. Herman are both members of the Medical Staff of Penn Medicine Princeton Health.



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

## HEART HEALTH

### HEART FAILURE SERIES

#### Low-Sodium Cooking, Groceries & Dining

WED. November 3 & December 1 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

On Nov. 3, Margaret Hanna, MS, RD, registered dietitian nutritionist, will cover tips for creating enjoyable heart-healthy dishes that are low-sodium or sodium-free. On Dec. 1, she will navigate you through super market aisles for the best heart-healthy ingredients and share the lowest sodium options when eating out.

#### Medication & Heart Failure Exacerbation

WED. November 10 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Recognizing signs of a heart failure exacerbation can help prevent future hospitalizations for those with cardiac issues. Join Sarah Tobin, PharmD, PGY-1 Pharmacy Resident, for this informative discussion on what may cause a heart failure exacerbation, how to treat it, and what you can do to prevent it.

#### Living With Heart Failure Support Group

WED. November 10 (7 – 8:30 p.m.)

WED. December 8 (7 – 8:30 p.m.)

WED. December 22 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This support group, led by Bram Ader, RN, a cardiac nurse with Penn Medicine Princeton Medical Center, will focus on helping participants set, track, and achieve both personal and team goals related to improved heart failure management. Participants will receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

### HYPERTENSION SERIES

#### Open Your Heart to Yoga Stretches

THU. November 18 (9:30 – 10:30 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

Practicing yoga stretches helps build cardiovascular health, increase lung capacity, and improve respiratory function and heart rate. This class will focus on stretches and yoga poses, which help reduce stress and relax the mind and body.

#### Habits for a Healthy Heart

TUE. December 14 (1 – 2 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

Healthy habits and lifestyle changes are key to a healthy heart. Join Desiree Younes, MD, FACC, specializing in cardiovascular medicine, to learn about the benefits of incorporating exercise and other healthy habits into your daily life to help improve your cardiovascular health. Dr. Younes is a member of the Medical Staff of Penn Medicine Princeton Health.

#### Activities of Daily Living

WED. November 17 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Hina Karanjawala, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, will cover energy conservation and proper breathing technique as well as body mechanics to help improve daily living with heart failure.

#### Exercise Training

WED. December 15 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Hina Karanjawala, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, will share exercises that will help you stay active and improve your quality of life with your heart failure diagnosis.

#### Energy Conservation Techniques

WED. December 29 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Balancing activity and rest is important when dealing with fatigue. Join Hina Karanjawala, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, for tips on conserving energy and returning to daily function.



Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesdays, November 16 and December 21, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

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

## Personal Safety & Empowerment: Medication Management & Safety

WED. November 10 (12 – 1 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

This class is part of R.A.D. for Seniors, a nationally recognized program aimed to improve personal safety for older adults. The first part of this class focuses on managing medication safely, whether you take prescribed medications to relieve pain, help you sleep or thin your blood. The second part will cover simple self-defense strategies to help you feel confident in your surroundings wherever your daily life takes you. Dress in sneakers and comfortable clothing. R.A.D. for Seniors offers sessions on other personal safety topics including financial safety, emergency preparedness, etc. Every personal safety session also features a self-defense component.

Visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) for upcoming sessions.

## Understanding the Long-term Effects of Diabetes

TUE. November 16 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Diabetes is more than just a blood sugar problem. Join Louise Gross, BSN, RN, CDCES, and Sandra Byer-Lubin, MS, RD, CDCES, from the Princeton Medical Center Diabetes Management Program, for this informative discussion on how diabetes impacts your eyes, gums, feet, and kidneys, and how you can help protect your body from chronic damage.

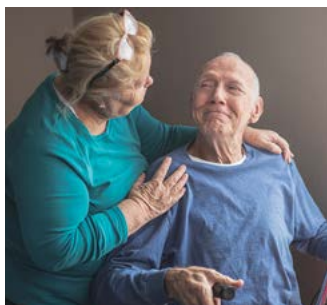
## The Basics of Palliative Care

TUE. November 16 (3 – 4 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this invaluable program, which encourages you to ask questions and share reflections.



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

WED. November 17 (6 – 6:30 p.m.)  
WED. December 15 (6 – 6:30 p.m.)

**VIRTUAL**

To register and receive the link to join virtually, please email

[donna.post@pennteam.upenn.edu](mailto:donna.post@pennteam.upenn.edu).

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

## Are You Ready to Kick the Habit?

WED. November 17  
(6:30 – 7:30 p.m.)  
South Brunswick Wellness Center, 540 Ridge Road  
Monmouth Junction

If the timing is right, with the proper support and guidance you can kick the smoking habit, no matter how many times you have tried before. To help you decide if you are ready to quit, join us for this introduction to smoking cessation led by a healthcare professional with Penn Medicine Princeton Health Community Wellness.



## KIDS CORNER

### RadKIDS

Ages 4 – 7  
MON. – THU. November 8, 9, 10 & 11 (4:30 – 5:30 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

Ages 8 – 13  
MON. – THU. December 6, 7, 8, 9 & 10 (4 – 5 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

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.



### Safe Sitter Essentials with CPR (two-day)

TUE. November 30 & December 7 (4 – 7 p.m.)  
Community Education & Outreach at  
Hamilton Area YMCA, John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$40 per child

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

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



## MENTAL WELLNESS

### Gentle Yoga

MON. November 8, 15, 29, December 13  
(6 – 6:50 p.m.)

WED. November 10, 17, December 1 & 8  
(3:30 – 4:20 p.m.)

**VIRTUAL**

Winter series. Register separately for Monday series and Wednesday series.

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

### Chair Yoga

TUE. November 9, 16, 30, December 14 (8 – 8:50 a.m.)  
THU. November 11, 18, December 2 & 9 (8 – 8:50 a.m.)

**VIRTUAL**

Winter series. Register separately for Tuesday series and Thursday series.

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

### Mental Health First Aid Training

TUE. & THU. November 30, December 2, 7, 9 (10 a.m. – 12 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

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

### Mental Health First Aid Training — Blended

MON. December 6 (8 a.m. – 1:30 p.m.)

Community Wellness at  
731 Alexander Road – Suite 103, Princeton

This is a blended class that includes a two-hour online portion that must be completed prior to the 5.5-hour in-person training. The training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.



## Mental Wellness Tips:

### De-Stress Your Holidays

#### BREATHE

Remember the importance of taking a few deep breaths when you find you are feeling overwhelmed, as this calms the body.

#### LIMIT SOCIAL MEDIA

Getting caught up in others' posts can lead you to set impossible standards for yourself. Recognize that a social media post is not an accurate picture of someone's life.

#### LIMIT SPENDING MONEY/INCREASE QUALITY TIME WITH THOSE YOU VALUE

The holiday season offers an opportunity to show others they are loved. While gifts are nice, the love and time we share with those important to us is invaluable, so keep the focus off the price tag this holiday season.

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

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



### Robot-Assisted Total Joint Replacement

WED. November 17 (7 – 8 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Join Harvey Smires, MD, orthopaedic surgeon with Penn Medicine Princeton Medical Center's Jim Craigie Center for Joint Replacement, for an informative discussion about the latest advancements in robot-assisted joint replacement surgery. Dr. Smires is a member of the Medical Staff of Penn Medicine Princeton Health.

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

## Vision Screenings

THU. November 18 (4 – 7 p.m.)

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

THU. December 16 (10 a.m. – 1 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.

## Advances in the Treatment of Obstructive Sleep Apnea

THU. December 2 (7:30 – 8:30 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

Failure to get the proper rest can have a considerable impact on your health. Join Robert Mignone, MD, board certified in otorhinolaryngology, and learn about advances in the treatment of obstructive sleep apnea. Dr. Mignone is a member of the Medical Staff of Penn Medicine Princeton Health.

## Fulfillment Through Volunteering

TUE. December 7 (1 – 2 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

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

## ADHD in Children

WED. December 8 (6 – 7 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

The Centers for Disease Control and Prevention estimates that 11% of American children, ages 4 to 17, have attention deficit hyperactive disorder (ADHD). Children with ADHD are more likely to experience a range of co-existing conditions that can sometimes make social situations more difficult or school more challenging. Join Katherine Doyle, MD, board certified in pediatrics, for a discussion on various strategies to support children and adolescents with ADHD. Dr. Doyle is a member of the Medical Staff of Penn Medicine Princeton Health.



## Keep Your Skin Looking Young and Healthy

WED. December 8 (6 – 7 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

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

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

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

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

## Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

**VIRTUAL**

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

## Prenatal Yoga

TUE. November 9, 16, 30, December 14 (9 – 9:45 a.m.)  
Winter Series

**VIRTUAL**

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



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

## Prenatal Breastfeeding Class

THU. November 18 (7 – 9 p.m.)  
THU. December 16 (7 – 9 p.m.)

**VIRTUAL**

Registered participants will receive a link to join.

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

## Baby Care

MON. November 22 (7 – 9:30 p.m.)

Princeton Medical Center

One Plainsboro Road — Conference Rooms C, D & E, Plainsboro

MON. December 20 (7 – 9:30 p.m.)

**VIRTUAL**

\$50 per couple.

Registered participants will receive a link to join.

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.

## Twins and Multiples

MON. November 29 (6 – 9 p.m.)

Community Wellness at

731 Alexander Road – Suite 103, Princeton

\$40 per couple

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple of weeks at home. Parents are encouraged to take our Birthing Basics series as well, for a more comprehensive program.

## Daddy Boot Camp™

SAT. December 4 (9 a.m. – 12 p.m.)

**VIRTUAL**

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

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

## Grandparenting 101

THU. December 9 (6:30 – 8 p.m.)

**VIRTUAL**

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

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

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

## Preparing for Cesarean Section

WED. December 15 (7 – 9 p.m.)

**VIRTUAL**

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

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



## OPTIONS FOR BIRTHING

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

### Birthing Basics

WED. November 3, 10 & 17 (7 – 9 p.m.)

Community Wellness at

731 Alexander Road – Suite 103, Princeton

TUE. December 7, 14 & 21 (7 – 9 p.m.)

**VIRTUAL**

\$125 per couple.

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

### Accelerated Birthing Basics

SAT. November 20 (9 a.m. – 5 p.m.)

Community Wellness at the

Hamilton Area YCMA, John K. Rafferty Branch

1315 Whitehorse-Mercerville Road

Suite 103, Hamilton

SAT. December 18 (9 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road – Suite 103, Princeton

\$155 per couple

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

### Labor Fundamentals

SAT. November 13 (10 – 11 a.m.)

SAT. December 11 (10 – 11 a.m.)

**VIRTUAL**

\$25 per couple

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

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

## 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.

## Maternity Tour

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

## CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

No sessions on November 24, December 22 or 29

 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 any questions you have. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium. No sessions on November 24, December 22 or 29. The group will then resume on January 5.

### Ask the Lactation Consultant

MON. November 1, 8, 15, 22, 29, December 6, 13 & 20 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

### Body Mechanics Tips for Parents During Baby's First Year

TUE. November 16 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Caring for your baby — including feeding, carrying, and using a car seat — can cause a lot of back, shoulder, and arm strain. Join Katie Doyle-Elmer, PT, DPT, Physical Therapist, Pelvic Wellness Center, and learn important tips on how to properly care for your body and proper body mechanics during your baby's first year.



### All About Breast Pumps

THU. December 2 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

flanges, settings, storage, and cleaning.

### Infant Massage for Parents & Caregivers

SAT. December 11 (12:30 – 2:30 p.m.)

 VIRTUAL

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

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

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

## CPR & FIRST AID



Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health. **REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### ACLS Full Certification Course

THU. & FRI. November 18 & 19 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

### ACLS Recertification Course

TUE. November 30 (9 a.m. – 5 p.m.)  
MON. December 13 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

Full: \$175 per person  
Recertification: \$125 per person

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

### PALS Full Course

THU. & FRI. December 2 & 3 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

### PALS Recertification Course

MON. November 15 (9 a.m. – 5 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

Full: \$175 per person  
Recertification: \$125 per person

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

### BLS Provider

TUE. November 9 (9 a.m. – 1 p.m.)  
WED. December 8 (6 – 10 p.m.)  
Community Wellness at the  
Hamilton Area YMCA, John K. Rafferty Branch  
Suite 100, Conference Rooms A & B, Hamilton

TUE. November 16 (6 – 10 p.m.)  
TUE. November 30 (6 – 10 p.m.)  
THU. December 2 (6 – 10 p.m.)  
FRI. December 10 (9 a.m. – 1 p.m.)  
MON. December 13 (6 – 10 p.m.)  
Community Wellness at  
731 Alexander Road – Suite 103, Princeton

\$65 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.

### Heartsaver CPR AED First Aid

SAT. November 6 (9 a.m. – 4 p.m.)  
Community Wellness at 731 Alexander Road – Suite 103, Princeton

\$45 per person

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

### Family & Friends CPR

SAT. November 13  
(10 a.m. – 12 p.m.)  
Adult/Child/Infant\*  
WED. December 15  
(6 – 8 p.m.)  
Adult/Child/Infant\*  
Community Wellness at  
731 Alexander Road  
Suite 103, Princeton

\$25 per person

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



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. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs. **REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**



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

### EMT Refresher B

SUN. November 7 (8 a.m. – 5 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

\$75 per person

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

### EMT Refresher C

SUN. December 5 (8 a.m. – 5 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

\$75 per person

Students will review immobilization techniques, splinting, and wound care.

## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. **To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).** Penn Medicine Princeton Medical Center is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). For further information about Penn Medicine Princeton Health Cancer Center, please call 609.853.6780.

### Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

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

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

### Restorative Yoga

WED. November 3 (7 – 8 p.m.)  
WED. November 17 (7 – 8 p.m.)  
WED. December 1 (7 – 8 p.m.)  
WED. December 15 (7 – 8 p.m.)

 VIRTUAL

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

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

### Breast Cancer Support Group

TUE. November 9 (6 – 7:30 p.m.)  
TUE. December 14 (6 – 7:30 p.m.)

 VIRTUAL

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

This group meets the second Tuesday of the month and welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center, and Karen Davison, RN, BSN, OCN, a nurse with the Penn Medicine Princeton Cancer Center.

### Prostate Cancer Support Group

WED. November 10 (12 – 1:30 p.m.)  
WED. December 8 (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.





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

## Cancer Support Group

TUE. November 16 (1:30 – 3 p.m.)  
TUE. December 21 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

WED. November 17 (2:30 – 4 p.m.)  
WED. December 15 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the third Tuesday of the month in-person and third Wednesday virtually 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.



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

WED. November 17 (12 – 1:30 p.m.)  
WED. December 15 (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.

## SUPPORT GROUPS

### Weight-loss Surgery Support Group

TUE. November 2 (7:15 – 8:15 p.m.)  
TUE. December 7 (7:15 – 8:15 p.m.)  
THU. November 4 (6:30 – 7:30 p.m.)  
THU. December 2 (6:30 – 7:30 p.m.)  
WED. November 17 (6:30 – 7:30 p.m.)  
WED. December 15 (6:30 – 7:30 p.m.)

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

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

### Bariatric Support Group (for Alumni)

TUE. November 2 (6 – 7 p.m.)  
TUE. December 7 (6 – 7 p.m.)

 VIRTUAL

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

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



### UNITE: Perinatal Loss Bereavement Support Group

WED. November 3 (7 – 8:30 p.m.)

 VIRTUAL

Interfaith Candlelight Remembrance Ceremony  
WED. December 1 (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. For the month of December, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story, photo, or memory of their beloved baby.

### Journey Back: Stroke Support Group

WED. November 10 (2 – 3 p.m.)  
WED. December 8 (2 – 3 p.m.)

 VIRTUAL

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

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

## Penn Medicine Hospice Princeton Health Bereavement Support Group

MON. November 15 (3 – 4:30 p.m.)  
MON. December 20 (3 – 4:30 p.m.)

 VIRTUAL

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

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

## Diabetes Support Group

WED. November 17 (2 - 3 p.m.)  
WED. December 15 (2 - 3 p.m.)  
Monroe Township Senior Center – 12 Halsey Reed Road, Monroe Township

TUE. November 16 (10:30 – 11:30 a.m.)  
MON. November 22 (6:30 – 7:30 p.m.)  
TUE. December 21 (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.

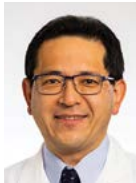
This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings. For more information on PMC's Diabetes Management Program and its full range 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 [www.princetonhcs.org](http://www.princetonhcs.org).

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



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

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



### Protect Yourself Against Falls at Home

WED. November 10 (12 p.m.)

Isao Iwata, MD, board certified in geriatric medicine and internal medicine



### Understanding the Thyroid

WED. December 8 (12 p.m.)

Anupa Sharma, DO, board certified in endocrinology, diabetes, and metabolism

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

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

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



**Penn Medicine**  
Princeton Health

### Community Wellness

#### Community Wellness

731 Alexander Road, Suite 103  
Princeton, NJ

#### Princeton Fitness & Wellness

Princeton North Shopping Center  
1225 State Road  
Princeton, NJ

#### Princeton Medical Center

One Plainsboro Road  
Plainsboro, NJ

#### Hamilton Area YMCA

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

#### South Brunswick Wellness Center

540 Ridge Road  
Monmouth Junction, NJ

For an up-to-date calendar, please visit  
[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Registration is required unless otherwise noted.

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

# Protect Yourself Against Shingles Before an Outbreak

Nearly one out of every three people in the United States will develop shingles in their lifetime, and the risk increases as you age, according to the Centers for Disease Control and Prevention (CDC). The painful rash occurs when the virus that causes chickenpox — which remains dormant in your body after an outbreak of the illness — reactivates.



“The pain during and after shingles can have a major impact on your quality of life, and in some cases the pain can remain for months or years,” says **Sheila Bagchi, MD**, a primary care doctor with Princeton Medicine Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors. “If the rash forms near the eyes or nose, it can potentially lead to loss of vision. Other less common complications involve hearing problems, dizziness, and brain inflammation. It is definitely not something that should be taken lightly, which is why it is so important to get vaccinated.”

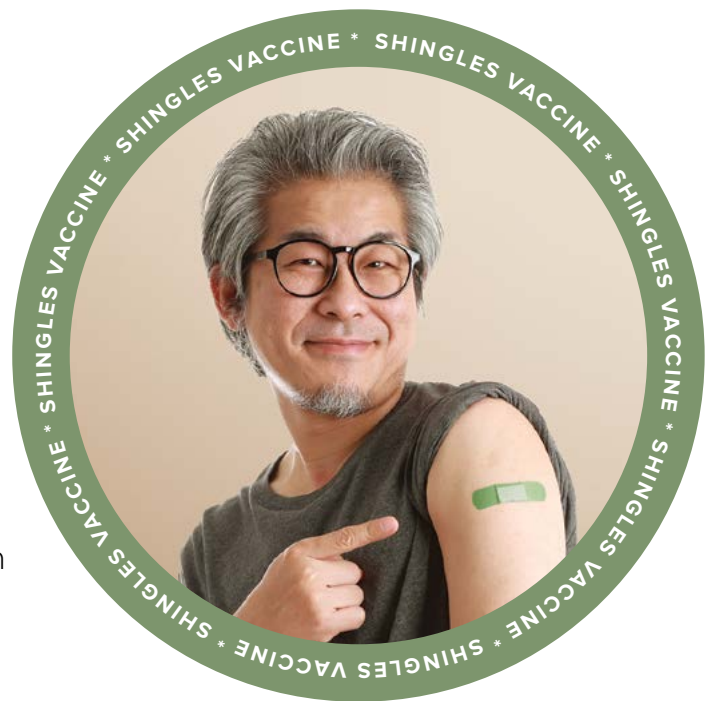
The two-dose vaccine is given between two and six months apart, and prevents the infection for many people. If you do develop shingles, the vaccine greatly reduces the severity of the outbreak. Most people 50 or older who have had chickenpox or are not sure if they had the illness, those who previously had shingles, and those who received a now discontinued shingles vaccine called Zostavax, should get the two-dose vaccine, according to the CDC.

## Are You at Risk?

“Age is the most important risk factor for the development of shingles,” says Dr. Bagchi. “A significant increase in the incidence of shingles begins at approximately 50 years of age. People on therapies that suppress their immune systems, transplant recipients, and those with HIV or autoimmune conditions are most at risk for developing the infection.”

People experiencing a shingles outbreak can transmit the virus causing chickenpox in those who never had the chickenpox infection or the vaccine that protects against chickenpox. The virus is spread by direct contact with the active skin rash blisters before they crust over.

Seeking prompt medical attention if you think you may have shingles is important, since there are several anti-viral therapies available to help reduce symptoms if treatment begins within a few days of the outbreak.



## WATCH FOR THESE SYMPTOMS

Shingles usually develops on one side of the body or face. Signs of shingles include:

- ▶ Pain, burning, throbbing or stabbing sensation
- ▶ Sensitivity to touch
- ▶ Red rash that appears after the pain begins
- ▶ Fluid-filled blisters
- ▶ Itching
- ▶ Fever
- ▶ Chills

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

# LIVING HEALTHY with Diabetes



According to the American Diabetes Association, an estimated 1.5 million Americans are diagnosed with diabetes each year. But while the disease may be common, diabetes is not a medical condition that should be taken lightly.



“Left unmanaged, diabetes is a common cause of blindness and kidney failure,” says **Jason Hollander, MD**, an endocrinologist on the Medical Staff of Penn Medicine Princeton Health, “and chronic infections as a result of diabetes can result in loss of limbs, particularly in the lower extremities. You also have a much higher rate of heart attacks and stroke in individuals who are diabetic.”

There are two types of the disease, says Dr. Hollander, who is board certified in endocrinology, diabetes, and metabolism. Type 1 diabetes is caused by a malfunction within the body, while type 2 diabetes develops as a result of lifestyle choices.

## Focus on a Healthy Lifestyle

Individuals with type 1 diabetes must take insulin as part of their treatment, while those with type 2 diabetes can often avoid the need for insulin treatment if they take the necessary steps to control the condition. When it comes to successfully controlling type 2 diabetes, there are several things to keep in mind — making the appropriate lifestyle changes, properly monitoring blood sugar, and remaining under a doctor’s care to identify and treat any complications that may develop.

**Maintaining a diet** that focuses on vegetables, lean proteins, and healthy fats such as nuts and avocados is important. Fruits should be limited, since they contain sugar, and sweets and starches should be eaten rarely, if at all.

**Physical activity** is also extremely important when it comes to managing diabetes. “That does not mean you have to suddenly start going to the gym or commit to a major exercise program. It all depends on your capabilities. The goal is to get moving — walk, even if at the start that simply means doing your grocery

shopping in person rather than having food delivered through an online service.”

**Blood sugar** should be spot checked, ideally a few hours after eating. “Taking your blood sugar first thing in the morning and having good numbers does not take into account your diet,” says Dr. Hollander. “Taking it a few hours after you eat will give you a clear picture of how what you eat impacts your blood sugar. Those numbers will help motivate you to change your eating habits.”

**Following your doctor’s recommendation** for regular blood work to track your blood sugar levels over an extended period of time is also important.

*“The goal really is to do all of these things in order to not just manage your blood sugar but also to prevent diabetes from causing medical complications,” says Dr. Hollander.*

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

# Take These Simple Steps to Protect Yourself Against Falls

A sudden misstep can happen to anyone, but older people, individuals with chronic health conditions such as diabetes or high blood pressure, or those taking certain medications such as sedatives are more at risk for falls. A single unexpected tumble can change your life, resulting in serious injury or in rare instances even death.



“It is important to take the time to get a medical evaluation to determine your fall risk, and assess your surroundings and initiate changes to protect yourself from falls,” says **Isao Iwata, MD**, a primary care doctor with Penn Medicine Princeton Medicine Physicians, the primary and specialty care physician network of Penn Medicine Princeton Health.

Dr. Iwata, who is board certified in internal medicine and geriatric medicine, which focuses on the special needs of older adults, offers the recommendations below.

Your doctor may also recommend at-home exercises or physical therapy to help improve your strength and balance. In-person and telehealth programs are available at Princeton Medical Center’s Princeton Rehabilitation.

Move chairs, coffee tables, and other furniture, which can be tripping hazards, out of pathways.

Secure or remove loose area rugs.

Remove clutter, such as magazines, newspapers, and other items, from the floor.

Relocate electrical cords away from your chair and foot traffic areas.

Install handrails in bathrooms (showers/tubs/toilets) and on both sides of stairways.

Wear proper footwear. Avoid heels, floppy slippers or shoes, and stocking feet.

Tell your doctor if you have fallen since your last appointment.

Discuss any medications you take (prescription and over-the-counter), as well as any changes in your health, with your doctor.

Improve lighting in hallways, bedrooms, and bathrooms. Use a nightlight for added safety.

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

# Princeton Center for Eating Disorders Marks 25 Years of Care



A quarter of a century ago, a specialized program to treat individuals experiencing disordered eating was established as part of The Medical Center at Princeton (now Penn Medicine Princeton Medical Center). At its inception in 1996, the program was a small, 12-bed inpatient unit, and it quickly reached capacity.

Today, the Penn Medicine Princeton Center for Eating Disorders has 22 inpatient beds, and is ideally equipped to treat patients with medical complications of eating disorders, as well as related mental health conditions such as depression, obsessive-compulsive disorder, and other mood disorders.

“The center is nationally recognized,” says Robbi Alexander, PhD, APN, Director of the Princeton Center for Eating Disorders. “We serve individuals, age eight and older, and have nine beds designated for children and 13 for adults. Patients come to us from around the country and abroad—from 40 different states in 2020—since we are one of only a few eating disorders programs with a psychiatric unit in a medical facility able to provide treatment for co-existing medical conditions.”

Common medical conditions occurring with eating disorders may include diabetes, hypertension, pregnancy, or kidney disease. Eating disorders take a toll on the body, and Princeton Center for Eating Disorders addresses both the mind and body.

## Individualized Treatment

The center’s inpatient program, with access to onsite medical staff around the clock, is designed to meet the individualized needs of each patient, and includes individual and group therapy, as well as family therapy sessions to help integrate changes within the individual’s household. Nutrition counseling, stress reduction techniques, and expressive groups such as art and music are also part of the program. For school-aged children in the program, individual tutoring with certified teachers is provided.

While some eating disorders programs are limited to girls and women, Princeton Center for Eating Disorders cares for individuals of all genders. “The public doesn’t often think of eating disorders and males,” says Alexander, “but eating disorders also affect boys, men, and transgender people.”

“Our goal is to treat the individual’s emotional and physical needs in a caring, supportive setting that encourages success,” says Alexander.

**For more information** about the Princeton Center for Eating Disorders, call **609.853.7575**, or visit [princetonhcs.org/eatingdisorders](https://princetonhcs.org/eatingdisorders).

# 10 TIPS

## on What to Say to Someone Who is Depressed



While the holiday season may bring joy to some people, others experience depression during the hectic period leading up to Thanksgiving and into the new year. As the holiday season approaches, take the time to check in with family and friends to see if they need emotional support.

“If someone you know seems to be experiencing depression, the important thing to do is to let them know you care and you are there for them,” says Alan Giordano, MSW, LCSW, Director of Outpatient Services at Penn Medicine Princeton House Behavioral Health’s North Brunswick location. “That can be hard to do if the person is not receptive to talking about their feelings, but there are things you can say to help ease their pain and leave the door open for them if they decide to open up.”

Giordano offers the following suggestions of what to say to someone who may be experiencing depression:

- 1 I am here for you; you are not alone.
- 2 You don’t have to say a thing, but if you want to talk, I am always here to listen.
- 3 I will not judge you; I care about you.
- 4 You don’t have to apologize.
- 5 I am really sorry you are going through this; it must be difficult for you.
- 6 What can I do to help?
- 7 What have you tried in the past that has helped?
- 8 Let’s explore what options are available to help.
- 9 Be kind to yourself.
- 10 Don’t give up.

If the person you are concerned about is not ready to open up, regularly remind them that you are there if they need you.

*“It can help to focus more on their behaviors rather than their emotions when reaching out to them,” says Giordano.*

“For example, if someone is not bathing or has not left the house in some time, focus your concerns on those behaviors rather than the emotions that may be involved. It can be easier to discuss and address a behavior than an emotion, and it is a great starting point.”

A wide range of outpatient and inpatient services are available at Princeton House, focused on helping children, teens, and adults with depression, as well as other mental health and substance abuse issues.

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**For more information**, visit [princetonhouse.org](http://princetonhouse.org), or call **888.437.1610**.



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For help with finding a physician,  
call 1.888.742.7496.

# Well-Being Initiative:

## Investing in the Emotional Health Needs of Our Healthcare Heroes

Last fall, Penn Medicine Princeton Health took action and developed a Well-Being Initiative to provide coping skills and emotional support for our most valued assets — our workers — in response to the physical and emotional toll COVID-19 was having on healthcare workers. The initiative's goal is to meet our employees' emotional health needs through training, education, and available support outlets. By providing these resources, Princeton Health seeks to reduce the stress, anxiety, and other emotional and physical pressures faced by staff members, in an effort to promote a more resilient and healthier workforce.

The response from physicians and staff has been overwhelmingly positive. Trained as caregivers, it can be difficult for workers in a medical setting to acknowledge their need for emotional wellness support. The initiative is allowing us to build a culture and environment where nurses, physicians, and employees across our organization can "be human" — where they feel comfortable asking for help.

Princeton Health employees have access to a clinical psychologist and support team, a peer-to-peer nurses support program, and can participate in Schwartz Center rounds (which offers employees



space to discuss social and emotional issues that arise in caring for patients). Well-being bulletin boards are on display, and newsletters and other resource materials are available, promoting self-care and serving as a way for the staff to connect. Additionally, contact information for services and support is located in private spaces throughout the hospital for those who prefer anonymity.

We are grateful to the corporate and community partners who have supported the Well-Being Initiative. Leading gifts have come from Bristol-Myers Squibb; Janssen Pharmaceuticals; Novo Nordisk, Inc.; and Christine Grant and Michael Halpern, via the Halpern Family Foundation.

**The need for support** of this important initiative is ongoing and greatly appreciated. If you would like to make a gift, please visit [www.princetonhcs.org/donate](http://www.princetonhcs.org/donate), or call 609.252.8710.