



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — NOVEMBER/DECEMBER 2022

Princeton Medical Center Named a Best Regional Hospital

BEST
REGIONAL HOSPITALS

& WORLD REPORT
U.S. News

NEW YORK METRO
RECOGNIZED IN 8 TYPES OF CARE
2022-23



ALSO IN THIS ISSUE:

- Help Your Baby Rest Easy
- Adjusting to Retirement
- Lung Cancer Screening

PLUS:

- Community Focus
Event Calendar

Princeton Health

NOVEMBER/DECEMBER 2022



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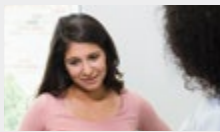
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it. princetonhcs.org/telemedicine



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



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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.

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Princeton Medical Center Named a Best Regional Hospital



COPD



HEART FAILURE



HIP FRACTURE



HIP REPLACEMENT



KIDNEY FAILURE



KNEE REPLACEMENT



STROKE



ORTHOPEDICS

Penn Medicine Princeton Medical Center (PMC) was recognized as a Best Regional Hospital in central New Jersey in the 2022-23 Best Hospitals rankings published by *U.S. News & World Report*.

PMC tied for the No. 6 ranking in New Jersey. In addition, PMC was rated high performing in the specialty of orthopaedics, as well as seven procedures and conditions: chronic obstructive pulmonary disease (COPD), heart failure, hip fracture, hip replacement, kidney failure, knee replacement, and stroke.

“At PMC and across Penn Medicine Princeton Health, we have fostered a culture of pursuing excellence and achieving higher standards,” says James Demetriades, CEO, Penn Medicine Princeton Health. “These results are a tribute to every employee and physician whose work supports patient care at the hospital.”

The 2022-23 rankings mark the seventh time PMC earned recognition as a Best Regional Hospital.

The ratings are based largely on data related to clinical outcomes and patient safety, patient satisfaction surveys, and indicators such as whether a hospital holds Magnet® status, the highest institutional recognition for nursing excellence. PMC, part of the University of Pennsylvania Health System (UPHS), is one of 591 hospitals worldwide to hold Magnet recognition.

This is the first time *U.S. News* rated PMC high performing in stroke care. PMC is designated a primary stroke center by The Joint Commission and the American Heart Association/American Stroke Association (AHA/ASA). The hospital also earned the Get With The Guidelines®–Stroke Gold Plus Quality Recognition Award from AHA/ASA four years in a row.

To find out more about Penn Medicine Princeton Medical Center or find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

Princeton Health Launches Institute for Nursing Excellence



Penn Medicine Princeton Health recently established an Institute for Nursing Excellence to foster highly skilled and empowered nurses to help lead the way in delivering high-quality clinical care across Princeton Health and in the community. The institute will build on Princeton Health's tradition of nurse-led quality initiatives and meaningful research that directly translates to better care at the bedside.

Led by a team including Princeton Health's chief nursing officer, direct care nurses, nurse administrators, patients, physicians, and representatives from the University of Pennsylvania's School of Nursing, the institute contains three centers: Professional Development and Recognition, Clinical Practice, and Innovation and Research. Through these centers, programs will be developed to help nurses enhance their clinical skills, pursue career and educational goals, and participate in research and innovation.

“Our vision is to accelerate transformation and innovation in nursing and healthcare,” says Sheila Kempf, PhD, RN, NEA-BC, recently retired Vice President, Patient Care Services and Chief Nursing Officer at Princeton Health. “Our nursing team — over 1,200 members strong — approaches each patient with a commitment to clinical excellence, respect, and compassion. The team is a powerful force in the patient's overall experience, safety, and quality outcomes.”

Penn Medicine Princeton Medical Center (PMC) has earned Magnet® recognition — the highest institutional recognition for nursing excellence — three times. PMC also is recognized as an Exemplar Hospital by NICHE (Nurses Improving Care for Healthsystem Elders), an international program promoting patient-centered care for older adults. Additionally, PMC's Center for Critical Care recently received its second silver-level Beacon Award for Excellence from the American Association of Critical-Care Nurses.

Princeton Medical Center Earns American Heart Association Recognition

Penn Medicine Princeton Medical Center (PMC) has earned the American Heart Association's Get With The Guidelines®–Heart Failure Gold Plus Quality Achievement Award, recognizing its commitment to providing consistent, quality care aligned with the latest evidence-based guidelines.

PMC also earned two related American Heart Association awards — Target: Heart FailureSM Honor Roll and Target: Type 2 DiabetesSM Honor Roll.

Get With The Guidelines is an in-hospital program for improving care by promoting consistent adherence to the latest scientific treatment guidelines. The heart failure guidelines establish treatment protocols with the best evidence to speed recovery, reduce hospital readmissions, and improve the quality of life for patients with heart failure.

To earn Gold, PMC met or exceeded the achievement measures — including prescribing appropriate medications, providing necessary



diagnostic tests, and scheduling follow-up visits — for 24 consecutive months. PMC added Plus status by documenting performance in four additional quality measures.

“We are trying to help people with heart failure manage their condition, stay healthy, and lead fuller lives,” said Lisa Motavalli, MD, a board certified cardiologist with Princeton Medicine Physicians. “The Get With The Guidelines initiative gives us a quality framework to achieve those goals.”

PMC earned its Target: Heart Failure Honor Roll award by meeting criteria that improve medication adherence, provide early follow-up care and coordination, and enhance patient education. The Target: Type 2 Diabetes Honor Roll award involved ensuring patients with type 2 diabetes receive the most up-to-date, evidence-based care when hospitalized for heart disease or stroke.

Surgical Options After Mastectomy



A diagnosis of breast cancer can seem overwhelming in its own right, but along with cancer-related surgery and treatments such as radiation and chemotherapy, women face another challenge — deciding whether to undergo reconstructive breast surgery.



“The majority of women who have surgery as a treatment for breast cancer do move forward with breast reconstruction, and here at Penn Medicine Princeton Medical Center we can conveniently offer state-of-the-art services close to home,” says **Matthew Lynch, MD**, a board certified

plastic surgeon on the Medical Staff of Penn Medicine Princeton Health. “When discussing their options, we help these patients understand that there have been advancements in recent years that have improved the overall reconstructive results.”

Reconstructive breast surgery today is less invasive, allows for quicker healing, and produces a safer and more realistic result, and the increase in nipple-sparing mastectomy has made for a more natural result.



A woman’s approach to reconstructive surgery is an individualized one, and at Princeton Medical Center the entire treatment team works together to develop a personalized plan. “What is right for one woman may not be right for another,” says **Evan Katzel, MD**, a board certified plastic

surgeon on the Medical Staff of Penn Medicine Princeton Health. “Sitting down and discussing the options is the first step. We consider her physical health, her goals, and together come up with the right procedure for her.”

Several Options are Available

In some instances, reconstructive surgery can take place in conjunction with the mastectomy. In other cases, for example when radiation may interfere with the procedure, reconstruction can take place at a later time. In both instances, women can consider implants or a flap procedure using tissue, most often from the abdomen but also from the thigh or back, to create a new breast.

“At Princeton Medical Center we can offer both implant-based reconstruction and flap reconstruction, but not every woman is a candidate for both,” says Dr. Katzel. “Several factors go into making the right decision, including a woman having enough available tissue to create a new breast.”

For some women recovery time may be a consideration.

“Recovery times really depend on the procedure,” adds Dr. Lynch. “The healing time for implants is faster — usually within about four weeks. When we do a flap procedure, depending on where the tissue is taken from, recovery can be around six weeks.”

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

Regular Gynecologic Visits Help Protect Against Cervical Cancer



Until gynecologists began performing regular Pap tests during routine office visits, catching pre-cancerous cells early enough to treat the condition more effectively, cervical cancer was a leading cause of cancer death in American women. The disease is most common among Hispanic women and Black women have the highest mortality rate, according to the Centers for Disease Control and Prevention.



“The key is early detection of abnormal cells and the presence of human papilloma virus (HPV),” says **Shyama Mathews, MD**, a board certified gynecologist and a minimally invasive gynecologic surgeon on the Medical Staff of Penn Medicine Princeton Health. “In general, cervical cancer is a slow-progressing disease, so it can be treated successfully when caught early.”

Screening Recommendations Vary

Pap tests to screen for cervical cancer should begin at the age of 21. At age 65, women who have had recent testing and normal test results over the past 10-year period, who do not have a compromised immune system, and who do not have new HPV exposure or a history of cervical procedures in the past may be able to stop Pap tests. If you had a hysterectomy but still have your cervix, or had surgery due to pre-cancerous changes in the cervix, you still need regular screening.

The specifics of how frequently a woman should be tested varies depending on several factors, including age and whether she had an abnormal test in the past. The best advice is to see your gynecologist annually for an exam, and follow their recommendations for when you should have a Pap test. On average, it will be every 3-5 years.

While completing the Pap test, gynecologists also perform an HPV test to determine if the human papillomavirus is present. The virus is known to cause most cases of cervical cancer, and can be prevented with a vaccine. The recommendation is that both boys and girls be vaccinated against HPV around the age of 11 or 12.

“The vaccine is given by your family doctor or pediatrician, and ideally should be administered before a child becomes sexually active, since that is how HPV is transmitted,” says Dr. Mathews. “It can be received up to the age of 45, so gynecologists can also administer the vaccine, which protects against the nine most common strains of high-risk HPV.”

Treatment Can Vary

If a screening Pap with HPV testing detects an abnormality, then a closer inspection and biopsy of the cervix is done in the office. Depending on the results (mild vs. severe precancerous cells), the patient will either be advised to have Pap and HPV testing more frequently or a minor procedure can be done on the cervix to treat the abnormal cells. Fortunately, under medical supervision, 50% of HPV infections clear within one to two years, and up to 80-90% will resolve within two to five years.



“If cervical cancer is detected, treatment generally involves a combination of surgery, radiation, and chemotherapy. Additionally, some women may be candidates for immunotherapy treatment, which helps the immune system fight cancer,” says **Charlotte Marcus, MD**, who is board certified in obstetrics and gynecology and gynecologic oncology. “For women of childbearing age who still wish to have children, fertility sparing treatment approaches may be an option.”

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


Community Focus

Healthy Holidays



Healthy Holiday Side Dishes

TUE. November 15
(11 a.m. – 12 p.m.)

 VIRTUAL


Registered participants will receive a link to join.

If you are looking to make the holidays a little bit healthier, join Beth Young, MS, RDN, CSOWM, registered dietitian nutritionist, for this demonstration focused on preparing healthy sides and appetizers that can easily be incorporate into your holiday meals.



Stress Management for the Holidays

WED. December 7
(12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Many people experience increased levels of stress during the holiday season as time constraints, family obligations, holiday

spending, and the pressure to have "the perfect holiday" weigh on them. Join Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness, for an informative presentation of tips to help manage your stress.

Healthy Holiday Meals on a Budget


TUE. November 29 (6 – 7 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Join Christine Marciano, MS, RD, registered dietitian with Penn Medicine Princeton Health, for this informative program focused on healthier meal planning and budget-friendly options during the holidays.



Navigating Holiday Meals with Crohn's Disease or Colitis

TUE. December 6 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

As part of Crohn's and Colitis Awareness Week, join Beth Young, MS, RDN, CSOWM, registered dietitian nutritionist, for an overview of these two gastrointestinal conditions, as well as recommendations for appropriate dietary and nutrition choices you should make during the holidays.

Heart-Healthy Desserts for the Holidays

WED. December 7 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

A steady stream of social activities during the holiday season makes it easy to overdo it when it comes to sweet treats. Join Beth Young, MS, RDN, CSOWM, registered dietitian nutritionist, for this informative program offering valuable tips to making dessert choices that are lower in saturated fats but still satisfy your sweet tooth.



Be Present With Yoga

WED. December 14 (4:30 – 5:30 p.m.)
Community Wellness at the Hamilton Area YMCA,
John K. Rafferty Branch – 1315 Whitehorse-Mercerville Road
Suite 100 – Conference Rooms A & B, Hamilton

Take a break from holiday planning and shopping to practice some self-care through yoga. This class will focus on 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.



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.

CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents, and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses, and health professionals of Penn Medicine Princeton Health. **REGISTRATION IS REQUIRED**, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Lower Your Diabetes Risk

WED. November 2 (7 – 8 p.m.)

Mercer County Library System, Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

Join us for an informative session presented by diabetes clinicians and certified diabetes care and educator specialists Louise Gross, BSN, RN, CDCES, and Sandra Byer-Lubin, MS, RD, CDCES, from the Princeton Medical Center Diabetes Management Program, to learn about strategies to reduce your risk of developing diabetes, as well as tips and recommendations on lifestyle, exercise, and nutrition.

Better Breathers Club Living Well with Lung Disease

MON. November 7 (6:30 – 8 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

Join Kat Dombrowski, BSN, RN, and Carol Raymond, EMT, American Lung Association Better Breather facilitators, in this small group setting to learn how to manage living with lung disease, focusing on what to do in an emergency, flu season dos and don'ts, and coping with the emotional toll of lung disease.

Alzheimer's Disease Update

WED. November 9 (6:30 – 7:30 p.m.)

Mercer County Library System, Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

If you or someone you know is experiencing memory loss or changes in behavior and thinking skills, it's time to learn the facts. Attend this informative session presented by Sanjay Varma, MD, board certified in psychiatry, and learn the difference between mild cognitive impairment, dementia, and Alzheimer's disease, as well as the next steps for anyone who has started to notice a decline in their memory. Dr. Varma is a member of the Medical Staff of Penn Medicine Princeton Health.

Winning the Diabetes Game

MON. November 14
(6:30 – 7:30 p.m.)

Community Wellness at
731 Alexander Road
Suite 103, Princeton

This interactive presentation will focus on how to combine diet, activities, and the latest medications to stack the odds in your favor when dealing with diabetes. This program will be led by Ned M. Weiss, MD, board certified in endocrinology, medical nutrition, and obesity medicine. Dr. Weiss is a member of the Medical Staff of Penn Medicine Princeton Health.



Vision Screening

THU. November 17 (4 – 7 p.m.)

Mercer County Connection, 957 Route 33, Trenton

THU. December 15 (9:30 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

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

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

Weight-Loss Surgery: Is It Right for Me?

WED. November 16 (6 – 6:30 p.m.)

 VIRTUAL

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



Memory Screenings

FRI. November 18 (10 a.m. – 12 p.m.)

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

Space is limited. Appointment required. Please call 609.737.2610 to schedule an appointment.

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

Realtors Lunch and Learn: Managing Burnout in the Midst of Chaos

FRI. November 18 (12 – 1 p.m.)

Princeton Medical Center, 1 Plainsboro Road, Plainsboro

Join us for a networking luncheon and informative presentation. Learn tips on handling stress, identifying warning signs of burnout, and the skills to manage it, as well as when to reach out for help and available resources. This program will be presented by Chelsea Williamson, MSW, LCSW, a therapist with Penn Medicine Princeton House Behavioral Health. In addition, discover ways realtors can work with Penn Medicine Princeton Health to better serve our community. Lunch will be served at noon.

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.

Treating Shoulder and Knee Sports Injuries

MON. November 28
(6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

People who lead active lifestyles may occasionally experience sports-related knee or shoulder pain or strain, particularly as they age. Join William Rossy, MD, an orthopaedic surgeon, for a discussion of common sports/fitness injuries and an overview of when surgical intervention might be needed. Dr. Rossy is a member of the Medical Staff of Penn Medicine Princeton Health.



AARP Smart Driver

MON. November 28 (9 a.m. – 3 p.m.)

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

1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

MON. December 5 (9 a.m. – 3 p.m.)

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

1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

\$20 for AARP members | \$25 for non-members. No walk-ins. Register online or call 1.888.897.8979. Payable at the door (cash or check). Checks should be made payable to AARP.

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

Stroke Programs



Daily Living After a Stroke

MON. November 14 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Experiencing a stroke can be devastating, and result in physical changes that make daily tasks difficult. Join Claudine Collins, OT, an occupational therapist with Penn Medicine Princeton Health Occupational Therapy, and learn ways to make basic daily living activities easier, including getting dressed, bathing, and using the bathroom.

Understanding Strokes & Medication Compliance

MON. December 12 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program led by Sarah Tobin, PharmD, PGY-1 Pharmacy Resident, to learn about the types of strokes, the impact they can have on a person's physical and mental health, and the importance of following medical recommendations for prescribed medications as a result of a stroke.

Kids Corner



RADkids (4 to 7-year-olds)

MON. – FRI. November 7, 8, 9, 10 & 11
(4 – 5:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$30 per child.

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

Home Alone Safety Program

THU. November 10 (9 a.m. – 3 p.m.)

Plainsboro Recreation
641 Plainsboro Road, Plainsboro

\$49 per child.

This specialized one-day training helps children, ages 9 through 13, prepare for independence while their parents are out of the home for short periods of time. Children will learn skills to help them handle real-life situations when at home, online, and in their community. Some class topics include handling emergency situations, preventing accidents, learning basic first aid skills, home fire safety, and stranger awareness. Students should pack a lunch.

Safe Sitter

FRI. November 11 (9 a.m. – 3 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$49 per child.

This specialized training helps babysitters, ages 11 through 13, develop the skills, confidence, compassion, and sense of responsibility they need to keep children out of harm's way while their parents are away. This one-day course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch.

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

Self-defense Programs

Self-defense for Women: Personal Empowerment Safety Program

TUE. November 8, 15, 22 & 29 (6 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

WED. December 7, 14, 21 & 28 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$40 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. Learn to be more aware of potential danger and how to protect yourself through this basic self-defense course. This 12-hour multi-session, activity-based program includes lectures, safety drills, muscle memory work, and physical defense techniques. This basic course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing.

*No prior experience necessary.

Weapons Self-defense for Women

THU. November 10 & 17 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$30 per person

Elevate your self-defense skills and boost your confidence with this course, which builds on techniques learned in the basic Self-defense for Women class, including strategies to use if you are ever abducted at knife/gun point. This six-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory work, and advanced physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing.

*Participants must have previously completed the basic Self-defense for Women course.

Stop the Bleed

TUE. December 6 (4 – 5:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Stop the Bleed is a national awareness campaign and call-to-action intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Join Kat Dombrowski, BSN, RN, and Carol Raymond, EMT with Penn Medicine Princeton Health, for this invaluable discussion.

Understanding Colon Cancer Screenings

THU. December 8 (5 – 6 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Colon cancer is the third most common cancer in the U.S. and second highest cause of cancer deaths. Fortunately, it is treatable if identified at an early stage. Attend this informative lecture led by Monica Saumoy, MD, board certified in gastroenterology, and learn about the importance of colon cancer screening, the different methods of colon cancer screening, and other important information. Dr. Saumoy is a member of the Medical Staff of Penn Medicine Princeton Health.



FOCUS GROUP

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



THU. December 22 (6:30 – 8:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

RSVP requested. Please RSVP by calling Craig Harley at 609.936.5883. Dinner will be served.

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+.

*We'd like
to hear
from you!*



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

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

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.

Mental Wellness Programs



Gentle Yoga

THU. November 1, 22, 29 & December 6 (9 – 9.50 a.m.)
No class on November 8 & 15

 VIRTUAL

\$12 per person for the series. Registered participants will receive a link to join.

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

Chair Yoga

THU. November 3, 10, December 1 & 8 (8 – 8:50 a.m.)
No class on November 17 & 24

 VIRTUAL

\$12 per person for the series. Registered participants will receive a link to join.

This gentle form of yoga incorporates basic yoga poses while sitting on or standing next to a chair. The class, taught by 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.

Self-Care Series: Nutrition & Mental Health

WED. November 9 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Nourishing your body and your mind go hand in hand. Join Katie Gaffney, RD, a registered dietitian with Princeton House Behavioral Health, to learn about the nutrients needed for good mental health, and some practical day-to-day strategies to make nutrition part of your mental health toolbox. This program is part of our Self-Care Series, held on the second Wednesday of each month. Each month focuses on a new self-care topic.

Yoga Flow

WED. November 23, 30 & December 7 & 14 (12 – 12:45 p.m.)

 VIRTUAL

\$12 per person for the series. Registered participants will receive a link to join.

Practicing yoga helps improve strength, balance, and flexibility, as well as reduce stress. In this introductory yoga class, participants will explore basic poses using alignment and breath. This class is for new students or past yoga practitioners who would like a refresher class.

Mental Health First Aid Training (Four-day)

TUE. & THU. November 29, December 1, 6 & 8 (10 a.m. – 12 p.m.)

 VIRTUAL

\$49 per person. 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, four-day training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress, and, if necessary, guide the person to appropriate services.

Mental Health First Aid Training (One-day)

WED. December 14 (8 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

\$49 per person.

Attend this invaluable one-day training session and learn to identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress, and, if necessary, guide the person to appropriate services.

Self-Care Series: Reflecting on 2022

WED. December 14 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

As the year draws to a close, now is the perfect time to reflect on 2022. What are the things you hope to carry with you into the new year and what things would you like to leave behind? Join Christine Isaac, LCSW, LACADC, a licensed social worker and addictions counselor with Penn Medicine Princeton House Behavioral Health, as she walks you through prompts and exercises to help you set your self-honoring goals for 2023! This program is part of our Self-Care Series, held on the second Wednesday of each month. Each month focuses on a new self-care topic.



Mind on Mental Health:

www.princetonhouse.org/podcast

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

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.

Heart Failure Series

Sodium Reduction Strategies that Work

WED. November 2 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for this informative program, and learn where sodium can be hiding in foods, sodium reduction strategies, and how to follow the DASH (dietary approaches to stop hypertension) eating plan.

Understanding Heart Failure Medications

WED. November 16 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Monitoring Symptoms of Heart Failure

WED. November 16 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Living With Heart Failure Support Group

WED. November 30 (5 – 6 p.m.)

WED. December 14 (5 – 6 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Managing Fatigue

WED. December 14 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Fatigue can be a common issue with heart failure, so learning to balance activity and rest is important. Join Hina Karanjawala, DPT, physical therapist with Penn Medicine Princeton Medical Center Princeton Rehabilitation, for tips on conserving energy after a heart failure diagnosis so you can return to daily activities and a normal life.

Medications & Heart Failure Exacerbation

WED. December 14 (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.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesday, November 15, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health. **REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.



Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

No classes on November 23,
December 21 & 28

 VIRTUAL

Registered participants will
receive a link to join.

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

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.

Prenatal Yoga

TUE. November 29, December 6 & 13 (3 – 3:45 p.m.)

 VIRTUAL

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

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

Bright Beginnings (birth to crawling)

WED. November 2, 8, 16, December 7 & 14 (11 a.m. – 12 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

No registration required.

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

Practicing MindFETALness

SAT. November 5 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Prenatal Breastfeeding Class

MON. November 7 (7 – 9 p.m.)

MON. December 5 (7 – 9 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Baby Care

WED. November 16 (7 – 9:30 p.m.)

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

THU. December 8 (7 – 9:30 p.m.)

 VIRTUAL

MON. December 19 (7 – 9:30 p.m.)

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

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

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



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

SAT. December 10 (10 – 11:30 a.m.)

 VIRTUAL

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

Join us for this invaluable program designed to help prepare you for what to expect when you bring your baby home. Participants will learn the top 10 things new parents wish they knew before bringing their babies home. From sleep tips to parenting techniques, this class will give you the tools you need to handle whatever may come your way.

Daddy Boot Camp™

SAT. December 3 (9 a.m. – 12 p.m.)

Princeton Medical Center

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

\$49 per person.

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

Grandparenting 101

THU. December 15 (6:30 – 8 p.m.)

 VIRTUAL

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

Led by a health educator with Princeton Health Community Wellness, this informative class designed for grandparents-to-be and new grandparents will cover topics ranging from the changing birth environment to safety considerations, including:

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

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.

Twins and Multiples

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

Preparing for Cesarean Section

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

Birthing Options

Birthing Basics

TUE. November 8, 15, 22 & 29
(7 – 9 p.m.)

WED. December 7, 14, 21 & 28
(7 – 9 p.m.)

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

\$125 per couple.

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

Labor Fundamentals

SAT. November 12
(10 – 11 a.m.)

 VIRTUAL

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

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

Accelerated Birthing Basics

SAT. November 19
(9 a.m. – 5 p.m.)

SAT. December 17
(9 a.m. – 5 p.m.)

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

\$155 per couple.

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



Maternity tour

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

At this time, all in-person maternity tours are cancelled for the foreseeable future.



CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family issues. **REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

No classes on November 23, December 21 & 28

 VIRTUAL

Registered participants will receive a link to join.

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

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

No class on November 25

PMC Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

No registration required.

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



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.

Infant Massage for Parents & Caregivers

SAT. December 3 (12:30 – 2:30 p.m.)

 VIRTUAL

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

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

All About Breast Pumps

MON. December 12 (6:30 – 7:30 p.m.)

 VIRTUAL

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

Whether you are pumping periodically or exclusively, join Carolyn Schindewolf, BS, an internationally board certified lactation consultant with Princeton Health Community Wellness, to learn how to get the most out of your pumping experience, including when to pump, how to size flanges, settings, storage, and cleaning.

CPR & FIRST AID



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



BLS Provider

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

BLS Renewal*

FRI. November 30 (6 – 10 p.m.)
Community Wellness at the
Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

TUE. November 1 (9 a.m. – 1 p.m.)
THU. December 8 (9 a.m. – 1 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

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

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

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.

Heartsaver CPR AED First Aid

FRI. November 5 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

SAT. December 3 (9 a.m. – 4 p.m.)
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100 – Conference Rooms A & B, Hamilton

\$65 per person

The Heartsaver CPR AED First Aid course teaches CPR; AED use; relief of choking in adults, children, and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Family & Friends CPR

SAT. November 19 (10 a.m. – 12 p.m.) Adult/Child/Infant*
SAT. December 10 (10 a.m. – 12 p.m.) Adult/Child/Infant*
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$25 per person

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

Pet CPR & First Aid

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

\$25 per person

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



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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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



Mental Health First Aid Training

WED. & THU. November 9 & 10
(6 – 10 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$49 per person. 8 CEUs.

The Mental Health First Aid for Fire/EMS curriculum focuses on the unique experiences and needs of fire and EMS personnel. The better prepared fire and EMS personnel are to respond effectively and appropriately to individuals experiencing mental illness and substance use disorders, the more likely the interaction will be positive. Additionally, the increased prevalence of mental illness and substance use disorders among fire and EMS workers, due to stress and exposure to trauma, makes this program an important part of any agency's wellness initiative.

EMT Refresher Classes

\$90 per person, per session

Section A – Airway Assessment and Management

WED. November 16
(8 a.m. – 5 p.m.)
Dempster Fire Training Academy
350 Lawrence Station Road
Lawrenceville

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

Section B – Medical Assessment and Management

SUN. November 13
(8 a.m. – 5 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

WED. November 30
(8 a.m. – 5 p.m.)
Dempster Fire Training Academy
350 Lawrence Station Road
Lawrenceville

Students will review proper CPR techniques, childbirth, and approved medication administration.

Section C – Trauma Assessment and Management

SUN. November 13
(8 a.m. – 5 p.m.)
WED. December 14
(8 a.m. – 5 p.m.)
Dempster Fire Training Academy
350 Lawrence Station Road
Lawrenceville

SUN. December 4
(8 a.m. – 5 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton
Students will review immobilization techniques, splinting, and wound care.

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

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

Reiki Sessions

To schedule an appointment and for more details, call 609.853.6787. These services are offered to patients receiving care at Penn Medicine Princeton Cancer Center.

Post-Treatment Support Group

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

 **VIRTUAL** OR Penn Medicine Princeton Cancer Care Conference Room

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

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

Prostate Cancer Support Group

WED. November 9 (12 – 1:30 p.m.)
WED. December 14 (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.

Cancer Support Group

WED. November 16 (2:30 – 4 p.m.)
WED. December 21 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets virtually on the third Wednesday of the month, and brings individuals with cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, communicating effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships personally and professionally, and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, and a healthcare professional from Penn Medicine Princeton Health.

Breast Cancer Support Group

TUE. November 8 (6 – 7:30 p.m.)
TUE. December 13 (6 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Head & Neck Cancer Support Group

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

WED. November 16 (12 – 1:30 p.m.)
WED. December 21 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

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

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

Breast Cancer & Nutrition Tips

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

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

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. November 2 (7 – 8:30 p.m.)

 VIRTUAL

Interfaith Candlelight Remembrance Ceremony

WED. December 7 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday. 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. Upon registration, please provide your baby's name if you would like it to be included in the dedication.



Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 21 (11 a.m. – 12:30 p.m.)

MON. December 19 (11 a.m. – 12:30 p.m.)

 VIRTUAL

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

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

Weight-loss Surgery Support Group

TUE. November 1 (7 – 8 p.m.)

THU. November 3 (6:30 – 7:30 p.m.)

WED. November 16 (6:30 – 7:30 p.m.)

THU. December 1 (6:30 – 7:30 p.m.)

TUE. December 6 (7 – 8 p.m.)

To register and receive the link to join virtually, please email 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 Donna Post, RN, BSN, CBN, Bariatric Coordinator, in conjunction with our board certified bariatric surgeons Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Lisa Dobruskin, MD, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, or other healthcare professionals from Penn Medicine Princeton Medical Center. The support groups are sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center. This group will be tentatively held virtually. Please check our website for the latest updates.

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.

Diabetes Support Group

WED. November 16 (2 – 3 p.m.)
WED. December 21 (2 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

TUE. November 15 (10:30 – 11:30 a.m.)
MON. November 28 (6:30 – 7:30 p.m.)
TUE. December 20 (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.

Journey Back: Stroke Support Group

WED. November 9 (6 – 7 p.m.)
WED. December 14 (6 – 7 p.m.)
Community Wellness at
731 Alexander Road, Suite 103
Princeton

To register or for more information, please call Jenny Bestwick, LCSW, at 609.853.6359.

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

www.ustream.tv/princetonhealth

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.

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



Making the Mental Adjustment to Retirement

WED. November 9 (12 p.m.)
Jamie Winters, LCSW
Senior Primary Therapist, Penn Medicine Princeton House Behavioral Health



Help Your Baby Rest Easy

WED. December 14 (12 p.m.)
Bernadette Flynn-Kelton, BSN, RNC, PCE, IBCLC, RLC,
Health Educator, Penn Medicine Princeton Health Community Wellness

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

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

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



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

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

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

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

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

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

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

New Guidelines for Lung Cancer Screening Can Save Lives



By the time lung cancer causes symptoms, such as a chronic cough or breathing difficulties, the disease is usually advanced. Fortunately, when detected early, lung cancer can often be successfully treated.

New guidelines issued by the U.S. Preventive Services Task Force expand the eligibility criteria for lung cancer screening, meaning more people who are at high risk for the disease qualify for annual screenings using CT scans.



“The new guidelines are that anyone 50 to 80 years of age, who is at high risk for lung cancer because of their smoking history should be screened,” says **David Leder, MD**, a radiologist on the Medical Staff of Penn Medicine Princeton Health. “Previously the starting age was 55, but we now recommend that 50 is a more appropriate age to enter a CT lung screening program and catch the disease earlier.”

Individuals at high risk have a 20-pack year smoking history, meaning they have smoked the equivalent of a pack of cigarettes a day for 20 years over their lifetime and still smoke or have quit smoking in the last 15 years.

“The previous recommendation focused on a 30-pack year history,” says Dr. Leder, “but the risks of developing lung cancer have been found to develop at a much lower level than that, particularly for women and Black smokers, who seem to develop lung cancer after less exposure to smoking.”

To make screenings more accessible, Princeton Health makes scans available at no cost to patients who meet eligibility criteria.



Talk to Your Doctor

“You should talk to your doctor if you think you may be a candidate for screening,” says **John Heim, MD**, Chairman of the Department of Surgery at Penn

Medicine Princeton Health. “Lung cancer, according to the American Cancer Society, is the leading cause of cancer death among men and women, and about 80 percent of those deaths are thought to result from smoking.”

In addition to annual screenings to catch lung cancer early, make a plan to quit smoking. “If you stop smoking before cancer develops, your damaged lung tissue gradually begins to heal,” says Dr. Heim, board certified in general and thoracic surgery. “No matter how old you are or how long you smoked, it is never too late to quit.”

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

Princeton Medical Center Recognized for Excellence in Perinatal Care



Princeton Medical Center (PMC) recently received The Joint Commission's Gold Seal of Approval® for perinatal care certification, recognizing the comprehensive, high-quality care and services provided to mothers and babies.

PMC is one of only seven New Jersey hospitals — and 66 nationwide — to earn this certification from The Joint Commission, the nation's oldest and largest healthcare accrediting entity.

"At PMC and across Penn Medicine Princeton Health we are committed to pursuing clinical excellence and nurturing a tight connection to our community," said CEO James Demetriades. "Perinatal care is a fundamental, crucial community benefit, and we do it very well thanks to our dedicated and talented physicians, nurses, and technologists."

Approximately 2,000 babies are born at PMC each year, and new parents or parents-to-be benefit from a complete range of services available through the hospital or Princeton Health.

The services include expert care for high-risk pregnancies provided by a specialty maternal fetal medicine practice located on the hospital campus; a neonatal intensive care unit (NICU) that is staffed and managed by neonatologists from Children's Hospital of Philadelphia; and a comprehensive package of childbirth and family education and support services, as well as lactation consultations, provided by Princeton Health Community Wellness.

Perinatal care certification accounts for those services, as well as the state-of-the-art facilities and maternity care provided at PMC.

During The Joint Commission survey, PMC was evaluated on its ability to provide integrated, coordinated, and patient-centered care for mothers and their newborns — from prenatal through postpartum care and services.

Certified hospitals demonstrate proficiency in:

- Identifying high-risk pregnancies and births at an early stage
- Managing risks for mothers and newborns
- Educating patients about the perinatal care services available to them.

To find out more information about PMC's Center for Maternal & Newborn Care, call **1.888.742.7496**, or visit **princetonhcs.org**.

Help Your Baby Rest Easy

With a baby in the house, you cannot help but think about sleep, whether you are focused on getting your baby down for a nap or longing for the time when he or she — and the rest of the household — sleeps through the night.



“Sleep is important for both your baby and you, but you have to remember there are certain rules to keep in mind to keep your sleeping baby safe,” says **Bert Mandelbaum, MD**, Chair, Department of Pediatrics, Penn Medicine Princeton Medical Center.

“Failure to follow those rules can put your baby at risk for SIDS (Sudden Infant Death Syndrome) or other sleep-related dangers such as suffocation.”

SIDS is the leading cause of death for children one month to one year of age. Most of those deaths occur between the ages of one and four months, and SIDS is most common among African American and Native American babies, according to the Centers for Disease Control and Prevention.

There are several points to keep in mind when it comes to keeping your baby safe while sleeping, says Dr. Mandelbaum, who is board certified in pediatrics. He suggests parents keep in mind the following recommendations:

Always place your baby on his or her back to sleep, both at night and during naps. If your baby turns over during sleep, it is not necessary to return them to their back.

Never place your baby on a soft surface like a couch, blanket, or pillow to sleep.

Set up your baby's crib or bassinet in your bedroom, near your bed, for at least six months.

Dress your baby appropriately for his or her sleeping environment, to avoid allowing your baby to get overheated.

Keep blankets and sheets, pillows, toys, bumpers, and other items out of your baby's crib.

Place your baby on a firm, flat surface to sleep, such as a mattress in a safety-approved crib or bassinet, and cover the mattress with a fitted sheet.

Bed sharing with your baby is not recommended, under any circumstances. If you bring your baby into your bed or onto a couch during feeding, and they fall asleep, place your baby back in his or her bed.

If you provide your baby with a pacifier for naps and at night, make sure it is not attached to a string, clothing, or toy. If the pacifier falls out during sleep, there is no need to replace it.



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

Making the Mental Adjustment to Retirement



Retirement — most people envision it as the light at the end of the tunnel; the chance to finally step away from the rat race and start living. The problem is, often that is not the case.

“When you think about retiring, you think about travelling, having the time to do all the things you do not have time to do while working,” says Jamie Winters, LCSW, Senior Primary Therapist at Penn Medicine Princeton House Behavioral Health. “The truth is, you are only going to do so much travelling and you will still have many hours to fill beyond doing the things you did not have time to do while employed. In the beginning, retirement can seem great, but then reality sets in and you may enter a period of grieving.”

Plan Ahead

Preparing ahead for this new phase of life is important. The key is to recognize what needs work fulfills in your life and establish new ways to have those needs met.

“You still want to feel like a productive member of society,” says Winters. “You want your social and intellectual, and, if needed, financial needs met. All in all, you want to have a reason to get out of bed and moving every day. Remember, an average retirement can last 20 years!”

Winters offers the following tips to making a smooth transition to retirement:

- Think of each day as having three parts—morning, afternoon, and evening—and plan something specific for each part.
- Explore volunteer opportunities to fulfill social needs, or get involved with a senior center or other group.

- Enroll in an adult school or college class to learn something new. Some colleges offer free opportunities to audit some classes. You can also keep learning through engagement in courses and activities at local libraries.
- Consider a part-time job for extra money, social interaction, and a regular routine.
- Establish a routine for spending time being physically active, including time outdoors.
- Find both indoor and outdoor hobbies so you can remain social and structured year-round.

“It’s important to keep your body and mind active in retirement,” says Winters. “Preparing ahead can help make this time of life a great adventure.”

Princeton House Can Help

If you or a senior you know is suffering from depression, anxiety, or other mood disorders that interfere with daily living while entering this new phase in life, Princeton House’s Senior Link program may be able to help. Participants attend between nine and 30 hours per week and participate in group-based therapy, with individual sessions with a psychiatrist and therapist. Senior Link services are available through Princeton House’s Hamilton, Moorestown, and Princeton locations, in person and via telehealth.

For information about Princeton House services, call 888.437.1610, or visit PrincetonHouse.org.

TIPS on Talking to Your Kids About the News

The steady stream of news these days can leave you feeling stressed and depressed. What you may not realize is that it can have the same impact on your children.

“Children today face more exposure to the news than any other generation has,” says Chirayu Parikh, DO, Associate Medical Director of Penn Medicine Princeton House Behavioral Health’s New Brunswick location. “While past generations often had to actively search for information on current events, today, with social media, 24-hour news on TV, and electronic devices accessible to even very young children, reducing exposure to the news requires considerable effort.”

To help your child cope with and understand the news, Dr. Parikh, who is board certified in psychiatry and child and adolescent psychiatry, recommends:

Find out what your child knows.

Begin by asking your child, in general terms, if they have heard anything about the specific news event. Regardless of their response, if your child seems uninterested in the news, do not push them to discuss it. Instead, let them know you are there if they want to talk.

Be honest, but do not over share. It is important your child trusts that you are being honest when answering their questions. At the same time, you want to focus on helping them feel safe, rather than oversharing information on a topic unless they seek further information from you.

Help them feel they have some control. By allowing your child to share their concerns, putting the news event in a context they can relate to, and working together to develop a plan of action if one is called for, you can reduce the sense of helplessness your child may be feeling.

Monitor news exposure. Decide what news and how much is appropriate for your child depending on their age and temperament. If exposure to current events is causing your child



distress, do what you can to limit what they can access or, for older children, suggest they take a break from following the news.

Keep the lines of communication open.

Casually check in on your child on a regular basis to see how they are feeling about the news, and assure them you are there for them at any time.



“You should always be alert to any signs of stress that might require professional help,” says Dr. Parikh. “Changes in sleep patterns, such as disturbed sleep or sleeping too much; physical complaints like stomach problems; and changes in behavior can all be signs your child is experiencing stress or fears that need attention.”

If you notice significant changes in your child and they are unable to sleep, function in school, or engage with others, and following

these suggestions does not help, speak to your pediatrician and school psychologist. They know your child and local resources that may be able to help.

For some children, intensive treatment three or five days a week may be beneficial. Princeton House Behavioral Health’s child and adolescent services are available in Moorestown and Hamilton, and via telehealth for children ages six to 17.


For information about Princeton House services, call **888.437.1610, extension 2** or visit **PrincetonHouse.org/children**.

To learn more or share this information with other parents, visit Princeton Health’s YouTube page and watch Dr. Parikh’s video called Talking to Children and Teens about Tragic Events.

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www.facebook.com/princetonhealth

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[@princetonhealth](https://twitter.com/princetonhealth)

 Watch Princeton Health OnDemand
www.ustream.tv/princetonhealth

 Visit our website
www.princetonhcs.org

Endowment Created to Honor W. Thomas Gutowski, MD



Pictured above, left to right: W. Thomas Gutowski, MD, FAAOS, Founding Director of the Jim Craigie Center for Joint Replacement, with Brian M. Culp, MD, FAAOS, new Medical Director of the Jim Craigie Center for Joint Replacement.

For five consecutive years, *U.S. News & World Report* has named Penn Medicine Princeton Health's Jim Craigie Center for Joint Replacement among the leading orthopaedic programs in the nation. The Center was made possible thanks to Jim Craigie, a grateful patient who made a gift in appreciation of the excellent care he received from W. Thomas Gutowski, MD. Dr. Gutowski acted as medical director for the Center from its inception in 2013, and its success is in large part due to his guidance, along with an extraordinary group of physicians, nurses, and support staff.

After 36 years, Dr. Gutowski retired from practice in the spring of 2022. To help celebrate his retirement and deepen the impact of his life's work, the Princeton Medical Center Foundation created the Dr. W. Thomas Gutowski Endowed Directorship. Funds from this endowment will help ensure that Princeton Health continues to recruit world-class orthopaedic talent for generations to come. Brian Culp, MD, FAAOS, has been named as the new medical director, and we know he will carry on the longstanding tradition of excellence at the Center.

We are grateful to the many community members, former patients, physicians, and staff members who contributed more than \$250,000 to establish the endowment in Dr. Gutowski's honor. A special thank you to Princeton Orthopaedic Associates for creating a matching gift campaign with their leadership donation.