

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2022

Herniated Disk?

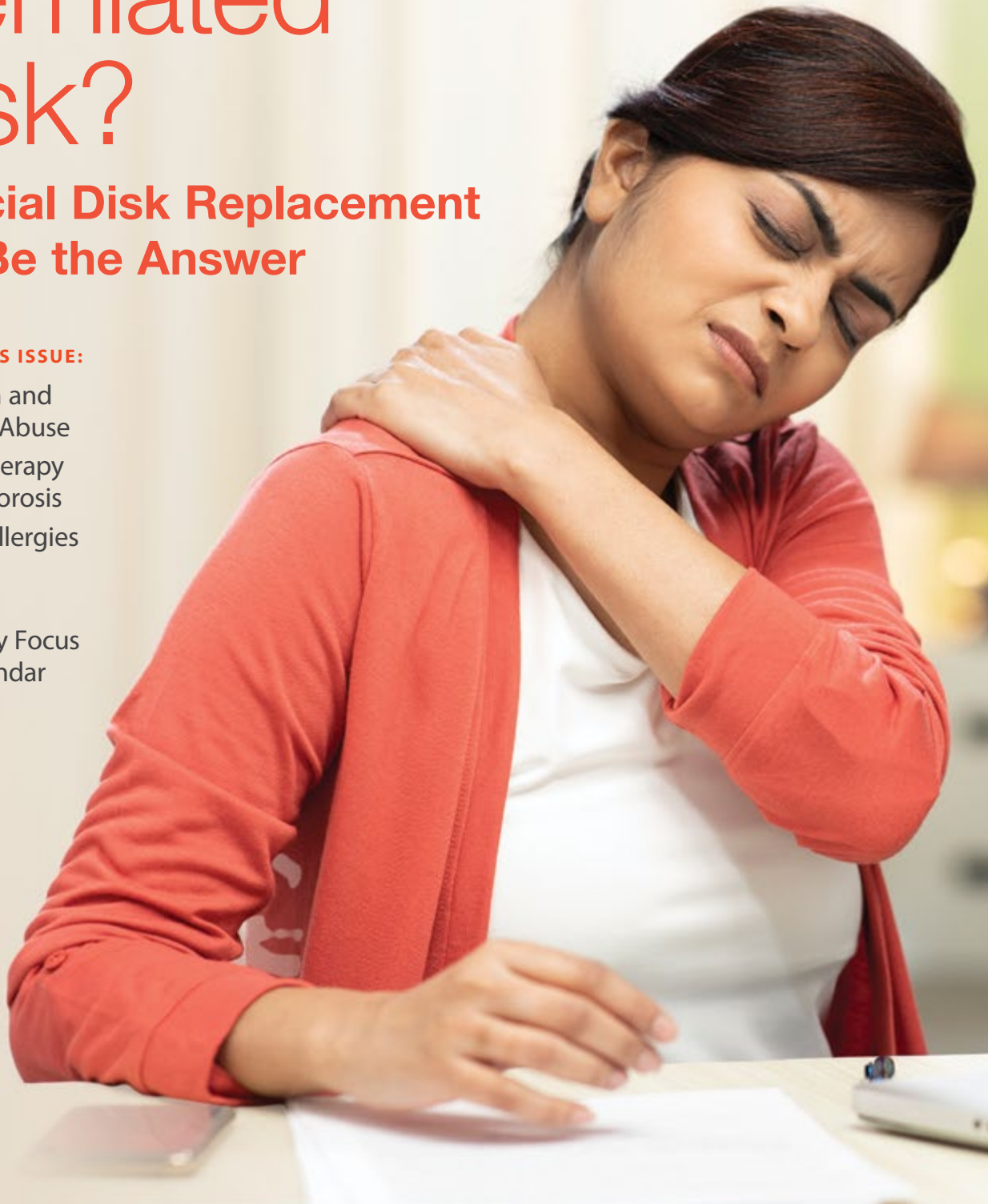
**Artificial Disk Replacement
May Be the Answer**

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- Seasonal Allergies

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

princetonhcs.org/telemedicine



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



Penn Medicine
Princeton Health

Princeton Medical Center

Princeton House Behavioral Health

Princeton Medicine Physicians

Princeton Medical Center Foundation

Princeton HealthCare Partners

Penn Medicine Home Health
Princeton Health

(formerly Princeton Home Care)

Penn Medicine Hospice
Princeton Health

(formerly Princeton Home Care – Hospice)

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

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

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Herniated Disk?

Artificial Disk Replacement May Be the Answer

As we age, the chance for spinal injuries increases. One of the more common problems is disk herniation — sometimes called a slipped or ruptured disk — a condition that can be painful and debilitating.



“Disks are the shock absorbers of the spine, letting you move and rotate your body,” says **Seth Joseffer, MD**, Co-director of the Penn Medicine Princeton Medical Center (PMC) Center for Spine Care. “They can best be described as being like a jelly donut, with a jellylike inside and a harder protective casing. A herniation is when some of that jelly pushes through a tear in the outer casing, causing pain, numbness, weakness, and reduced mobility.”

With Proper Care, Recovery Can be Quick

Herniations in the neck and upper back are usually caused by gradual wear and tear on the spine. In some cases they can be corrected with an artificial disk replacement, where a titanium and polymer-constructed disk is used to replace the damaged disk, rather than a spinal fusion, where two or more disks are permanently surgically connected. The procedure involves a small incision allowing for the removal of the damaged disk and insertion of the artificial replacement. Patients often head home from the hospital the same day as the procedure, and experience some initial soreness at the site of the incision.

“It depends on the person, but most people do not need physical therapy and are pretty much functioning normally right away,” says Dr. Joseffer, who is board certified in spine and neurological surgery. “Unlike a disk fusion — where bone grows across the damaged disk space over a couple of months— the disk replacement is functional immediately, so the recovery time is far shorter. The artificial disk functions exactly like the natural disk, while with a fusion the nerves and muscles need time to heal, and full mobility cannot be restored.”



Candidates for artificial disk replacement are generally middle-aged or younger, with otherwise healthy spines. Older individuals are more likely to have arthritis, bone spurs, ligament problems, or other conditions that would require a fusion.

“Whether you are a candidate for a disk replacement or a fusion, if a disk herniation is impacting your quality of life, it is important to seek medical attention,” says Dr. Joseffer. “Both surgical options can alleviate pain and improve your quality of life.”

For more information on the Penn Medicine Princeton Medical Center Center for Spine Care, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

Surgery Can Provide Relief for Some Colorectal Conditions

It is something that people tend to hesitate to talk about, but changes in bowel habits — including frequency and consistency — that last for more than a few days and do not resolve with over-the-counter medications, or regularly reoccur, should be brought to the attention of your doctor. A medical consultation can help determine if other interventions may resolve the problem, and a colonoscopy can provide details about colorectal health.

When abnormalities are discovered, patients may be referred to a colorectal specialist.



“A common sign that there is a problem is blood in a bowel movement,” says **Liam Smith, MD**, a colorectal surgeon on the Medical Staff of Penn Medicine Princeton Health. “Even a small amount of blood should be brought to your doctor’s attention and immediately addressed. While it may be a sign of hemorrhoids, it can also be a sign of cancer, diverticulosis, or an inflammatory bowel disease like Crohn’s or ulcerative colitis.”

In cases where these conditions are discovered and cannot be otherwise managed, surgery may be the answer.

A Minimally Invasive Procedure

“People tend to think of this type of surgery as being something that involves a colostomy bag, but that is not really common, and usually only applies to very complex cases or severe emergencies,” says Dr. Smith, who is board certified in colon and rectal surgery and general surgery. “In fact, in most cases procedures are minimally invasive and robot assisted. The average person spends just a few days in the hospital and is up, able to eat, and walking right away.”

Following the procedure, there will be some soreness and diminished appetite and energy, but recovery usually does not take much time. Lifestyle restrictions include no strenuous exercise or heavy lifting for about a month.

“If you are having problems, talk to your doctor,” says Dr. Smith. “Remember that plenty of people experience colorectal issues, and your doctor is there to help diagnose and treat your condition so you can get back to living life.”

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

Conditions treated can include:

- Colorectal cancers and polyps
- Diverticulitis
- Inflammatory bowel diseases such as ulcerative colitis and Crohn’s disease
- Rectal prolapse, often pregnancy related
- Hemorrhoids

Watch for these signs:

- Changes in bowel movement
- Signs of blood in bowel movement
- Abdominal pain
- General physical feeling that something is wrong

Don't Let Seasonal ALLERGIES Get You Down



That sniffing, sneezing, scratchy throat time of year can begin in the spring, and for some people reemerge or continue through the fall. Fortunately, taking a few necessary steps can help you breathe easier no matter when allergies strike.



“The most common allergens in both spring, summer, and fall are pollen — tree pollen in the spring, grass pollen in the summer, and weed pollen, especially ragweed, in the fall,” says **Naba Sharif, MD**, who is board certified in allergy and immunology and a member of the

Medical Staff of Penn Medicine Princeton Health. “Mold spores from fallen leaves and humid weather are also big problems for people in the fall. Reducing exposure is the key to preventing, or at least reducing, allergy symptoms.”

Dr. Sharif recommends keeping home and car windows closed if you are allergic to pollen or mold, especially when pollen and mold counts are high or when grass is being mowed. Pollen counts are heavier in the morning, so she recommends avoiding outside activity early in the day. She also advises removing your clothing and showering immediately after spending time outdoors when pollen is high, and wearing sunglasses to help prevent pollen exposure to your eyes.

Allergies Can Develop Later in Life

While some people exhibit signs of allergies in childhood, they can actually develop at any time in life.

“As you age, symptoms of a childhood allergy may get worse, or you may develop an allergy later in life,” says Dr. Sharif. “This may be due to exposure to an allergen over time, or a change in

environment; for example, relocating to a location where an allergen is more common.”

If you experience sneezing, sniffing, stuffiness, and a scratchy throat at the same time each year, or have symptoms that do not resolve within a few weeks, it is very possible that you have an environmental allergy.

An Evaluation Can Help

Whether you are allergic to tree pollen, grass pollen, weed pollen, or another allergen such as dust mites, mold, or pet dander, consulting with your doctor is an important first step. They will probably suggest you begin by trying to resolve your symptoms using an over-the-counter antihistamine and/or nasal spray, but people with some medical conditions, such as hypertension or glaucoma, may be unable to take certain medications because they can increase blood pressure or intraocular pressure.

“If home remedies are not working, if you are unsure of whether you have an allergy and what could be triggering it, or if you are looking for a long-term solution to an allergy, seeing an allergist can help,” says Dr. Sharif. “We can conduct tests to determine what is causing your allergy so you are better equipped to protect against it. We can develop a treatment plan to help control symptoms. We can also prescribe allergen immunotherapy (shots), which are very effective in building tolerance to allergens so you don't have symptoms anymore and, therefore, don't have to take medications for them.”

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

When the Diagnosis is Osteoporosis, Physical Therapy Can Help

One in three women and one in five men over the age of 50 will develop osteoporosis in their lifetime, according to the Centers for Disease Control and Prevention. The disease — where bones weaken and become prone to fractures — can leave you unable to complete everyday tasks without risking injury.

“The structural weaknesses caused by osteoporosis can be significant. A simple fall can result in a broken bone,” says Soo Ahn, DPT, a physical therapist with the Penn Medicine Princeton Medical Center (PMC) Outpatient Rehabilitation Program. “Physical therapy can help in several ways. It can help improve posture and balance, and it can help build strength and support.”



Patients are usually referred for physical therapy by their rheumatologist, gynecologist (since the loss of hormones as a result of menopause contributes to a reduction in bone density), or primary care doctor, and treatment is generally covered by insurance.

A Range of Help is Available

At the PMC Outpatient Rehabilitation Program, patients with osteoporosis or osteopenia — the precursor to osteoporosis — are initially evaluated for posture, gait, strength, and balance. Therapy sessions are usually recommended twice a week for several weeks and then begin to taper off, as a long-term exercise program is established that can be completed at home. Throughout the process, the patient is reevaluated to track progress.

“We work on strengthening the muscles in the back, shoulders, hips, and abdomen, which provide the support for the spine and neck and help with balance as well,” says Ahn. “Training includes what to do as well as what not to do, and the exercises do not require special equipment so they can easily be continued long-term at home.”

Guidance is also provided on how to perform everyday tasks safer. “That includes reeducating people on proper posture and how to use proper body mechanics to vacuum, lift, bend, and reach safely,” says Ahn. “Over the years, we all develop bad habits when it comes to some of these things, but once you are diagnosed with osteoporosis, or osteopenia, you really need to pay attention to body mechanics.”

For more information about Penn Medicine Princeton Medical Center’s Outpatient Rehabilitation Program, call **1.888.742.7496**, or visit princetonhcs.org.

Community Focus

• JOIN US FOR • **SUMMER SAFETY** • CLASSES •



Sun & Insect Protection



SAT. July 9 (10 – 11 a.m.)
Plainsboro Preserve
80 Scotts Corner Road, Cranbury

Summertime can mean plenty of fresh air and sunshine, but taking proper precautions when it comes to sun protection and avoiding exposure to ticks and other insects is important. This program, for children ages 5-12, taught by Debbie Millar, RN, Director of Community Wellness, and Craig Harley, Associate Director of Community Wellness, will review proper sun and insect protection and offer tips on keeping your family safe outdoors. Children will also participate in a craft.

Summer Injuries: What to Do in an Emergency



THU. July 14 (2 – 3 p.m.)
Community Wellness at
731 Alexander Road – Suite 103, Princeton

Any number of things, from burns to heat-related emergencies to bicycle or fireworks accidents, can result in the need for a trip to the emergency department. Knowing when to call 911 and what to do while awaiting help is important. Join Joseph V. Portale, MD, MSPH, FACEP, FAAEM, Emergency Department Chair and Medical Director, for an informative program about summer injuries and treatment. Dr. Portale is a member of the Medical Staff of Penn Medicine Princeton Health.

Keeping Kids Safe During Summer Sports

MON. July 18 (6 – 7 p.m.)

VIRTUAL

Registered participants will receive a link to join.

For optimal sports performance and physical health and safety, it is important to take the proper recovery measures following physical activity, including adequate rest and hydration, as well as other steps. Join Barbara Kutch, PT, DPT, CSCS, a physical therapist with Penn Medicine Princeton Rehabilitation, to learn about current recommendations for athletes when it comes to recovery after exercise and sport activities.



The Importance of Hydration for Long-term Health

TUE. July 26 (12:30 – 1:30 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for a review of why staying hydrated is important, including information on how much you need to drink, the most beneficial fluids for hydration, and tips on how to increase your fluid intake.

Internet & Social Media Safety for Kids

THU. July 7 (5 – 6 p.m.)
Community Wellness at 731 Alexander Road – Suite 103, Princeton

Children today spend a large part of their time interacting on social media platforms and pursuing other electronic communications and activities. Understanding the possible safety risks these activities can pose is important. At this invaluable program Chief Robert Garafalo, PhD(c), of the West Windsor Police Department, will help parents become more aware of potential online threats and offer tips on how to mitigate them.



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.

Mental Wellness PROGRAMS

Gentle Yoga

THU. July 7, 14, 21, 28 & August 4 (5 – 5:45 p.m.)

 VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join. See website for any scheduling changes.

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. July 7, 14, 21, 28 & August 4 (8 – 8:45 a.m.)

 VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join. See website for any scheduling changes.

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

Mental Health First Aid Training

TUE. & THU. July 26, 28, August 2 & 4 (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 training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

SELF-CARE SERIES: Art Therapy

WED. August 10 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Creative expression has been shown to reduce stress. Join Jayne Davis, ATR-BC, a board-certified art therapist and Senior Allied Clinical Therapist with Princeton House Behavioral Health, for this enjoyable program on exploring your artistic nature. No previous art experience is necessary. Please have paper, markers and colored pencils with you. This program is part of our Self-Care Series, held on the second Wednesday of most months. Each month focuses on a new self-care topic.

Mindfulness to Reduce Stress

WED. August 17 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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, a 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.

National Couple's Day Massage Class

THU. August 18 (7 – 8 p.m.)

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

THU. August 18 (7 – 8 p.m.)

Community Wellness at
731 Alexander Road – Suite 103, Princeton

THU. August 18 (7 – 8 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

THU. August 18 (7 – 8 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

\$10 per couple.

In honor of National Couple's Day, attend this informative program with your partner or spouse to learn about the benefits of massage and relaxation; simple ways you can use massage at home; as well as massage techniques focusing on the head, shoulders, and hands. This class will be held at 7 p.m. at all four locations, and will be led by certified massage therapists from Community Wellness, Hillsborough Massage, Massage Envy, and Willow Tree Massage.



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, as well as at www.princetonhouse.org/podcast



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

Daily Living after a Stroke

MON. July 11 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Experiencing a stroke can make it difficult to perform certain daily tasks, including bathing, dressing, and using the bathroom. But there are techniques that can make things easier. Join Claudine Collins, OT, an occupational therapist with Penn Medicine Princeton Medical Center, at this educational session to learn ways to adapt basic daily living activities following a stroke.

Endoscopic Procedures for Weight Management

THU. July 14 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program led by Monica Saumoy, MD, board certified in gastroenterology, for an overview of weight management in 2022. Learn about new endoscopic, minimally invasive procedures that have been developed to help people maximize their weight loss, including intragastric balloon and endoscopic suturing techniques. Dr. Saumoy is a member of the Medical Staff of Penn Medicine Princeton Health.



AARP Smart Driver

SUN. July 17 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

FRI. August 19 (9 a.m. – 3 p.m.)

Community Wellness at 731 Alexander Road – Suite 103, Princeton

\$20 for AARP members | \$25 for non-members.

No walk-ins. Register online or call 1.888.897.8979.

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

CarFit

MON. July 18 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness, 1225 State Road - Parking Lot, Princeton

MON. August 22 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road – Parking Lot, Princeton

Please call 1.888.897.8979 to schedule an appointment.

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

Yoga for Fertility

WED. July 20 (5:30 – 7:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

This workshop is designed to introduce yoga practice to women who are trying to conceive naturally without assisted reproductive technology. Yoga for Fertility uses specific yoga postures and practices to stimulate and tone the reproductive system, and enhance the flow of energy and circulation. The class is led by Maria Benerofe, a certified yoga instructor with Penn Medicine Princeton Health Community Wellness.

Weight-Loss Surgery: Is It Right for Me?

WED. July 20 (6 – 6:30 p.m.)

WED. August 17 (6 – 6:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@penntmedicine.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 18. This group will be tentatively held virtually. Please check our website for the latest updates.

Better Breathers CLUB

Attack Asthma: One Breath at a Time

WED. July 27 (10 – 11:30 a.m.)

Princeton Elks Lodge

354 Route 518, Skillman

Join Kat Dombrowski, BSN, RN, and Carol Raymond, EMT, American Lung Association Better Breather facilitators, in this small group setting to learn how to design an asthma action plan appropriate for your lifestyle, including developing an individualized approach to managing your asthma, recognizing triggers, and ways to improve your daily life.

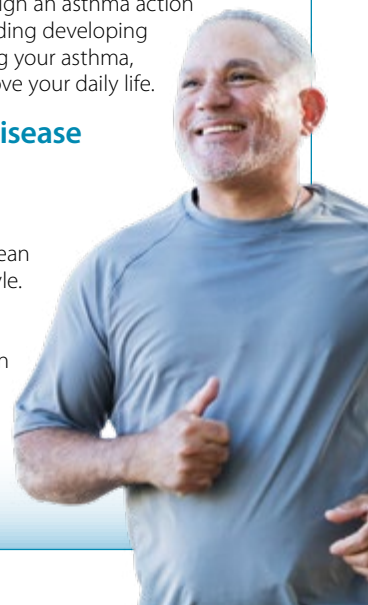
Staying Active with Lung Disease

WED. August 31 (10 – 11:30 a.m.)

Princeton Elks Lodge

354 Route 518, Skillman

A diagnosis of lung disease does not mean you have to settle for a sedentary lifestyle. Join Kat Dombrowski, BSN, RN, and Carol Raymond, EMT, American Lung Association Better Breather facilitators, in this small group setting to learn about how to incorporate physical activity into your life, as well as medication management and available resources on living with lung disease.



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.

Vision Screening

THU. July 21 (4 – 7 p.m.)

Community Wellness at the

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

THU. August 18 (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.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. July 26 – September 1

(10 a.m. – 12:30 p.m.)

No class on August 9

 VIRTUAL

\$109 per person. Registered participants will receive a link to join.

Improve your pelvic floor health and quality of life through this six-week Total Control® program designed to help with urinary leakage and bladder control, frequency or overactive bladder, pelvic strength and support, post-partum core strength, and better posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.



Get Back in the Swing of Things

WED. July 27 (6 – 7 p.m.)

Community Wellness at

731 Alexander Road – Suite 103, Princeton

THU. August 11 (2 – 3 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Whether you have been golfing for years or are new to the sport, swinging a club can have a serious impact on your body. Join Barbara Kutch, PT, DPT, CSCS, a physical therapist with Princeton Medical Center Princeton Rehabilitation, who is certified by the Titleist Performance Institute, as she provides golf swing assessments and discusses the components of the golf swing, how injuries occur, swing-specific strengthening, flexibility, balance, and warm-up exercises.

Stop the Bleed

FRI. August 5 (12 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Stop the Bleed is a national awareness campaign and call-to-

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



Do I Need New Running Shoes?

MON. August 8 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Barbara Kutch, PT, DPT, CSCS, a certified running gait analyst and physical therapist with Penn Medicine Princeton Rehabilitation, for a presentation on the importance of proper running shoes. Learn about the components of a running shoe, how to consider these elements in selecting the proper pair for your needs, the signs of shoe breakdown, and possible injuries that can result from worn out or improper running shoes.

Kids CORNER



radKIDS® Ages 4 – 7

MON. – FRI. July 11 – 15 (10:30 a.m. – 12 p.m.)

Community Wellness at

731 Alexander Road – Suite 103, Princeton

Ages 8-12

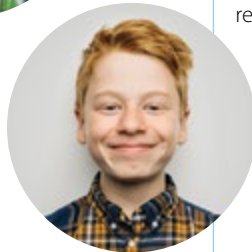
TUE. – FRI. August 9 – 12 (10 a.m. – 12 p.m.)

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

Suite 100, Conference Rooms A & B, Hamilton

\$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.



Safe Sitter

SAT. August 27 (9 a.m. – 3 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B, Hamilton

\$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.

Nutrition & Bone Health

WED. August 10 (10 – 11 a.m.)

 VIRTUAL

Registered participants will receive a link to join.

How we eat can have a significant impact on the health of our bones. Join Kristin Lawton, MS, RDN, NASM-CPT, a registered dietitian with Penn Medicine Princeton Medical Center, for an informative discussion on how various foods and nutrients impact bone health, as well as the recommended daily amounts and dietary sources of these nutrients.



Disposal of Medical Waste

WED. August 10 (2 – 3 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Join EMT Instructor Barbara Vaning, MHA, with Penn Medicine Princeton Health Community Wellness, for this informative session discussing home-generated medical waste — such as medications, needles, and dialysis supplies — and how to dispose of it.

Heart Failure SERIES

Medications & Heart Failure Exacerbation

WED. July 13 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Low-Sodium Cooking

WED. July 13 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Living with Heart Failure Support Group

WED. July 20 (5:30 – 6:30 p.m.)

WED. August 17 (5:30 – 6:30 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.

Activities of Daily Living with Heart Failure

WED. July 20 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Heart failure patients are invited to join Hina Karanjwala, DPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, at this informative session to learn energy conservation techniques, proper breathing technique, and body mechanics to help improve activities of daily living.

Shopping for Low-Sodium Foods and Dining Out

WED. August 3 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Searching the grocery store shelves for low-sodium products, and choosing low-sodium restaurant options can be challenging. Join Margaret Hanna, MS, RD, a registered dietitian nutritionist, for this informative program offering guidance for navigating the supermarket aisles for the best heart-healthy ingredients, as well as a list of the lowest sodium options when dining out.



Understanding Heart Failure Medications

WED. August 10 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Monitoring Symptoms of Heart Failure

WED. August 17 (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.



Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **July 19 and August 16, 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.

Self-defense PROGRAMS



Self-defense for Women: Personal Empowerment Safety Program

THU. July 7, 14, 21 & 28 (6 – 9 p.m.)

TUE. August 9, 16, 23 & 30 (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.

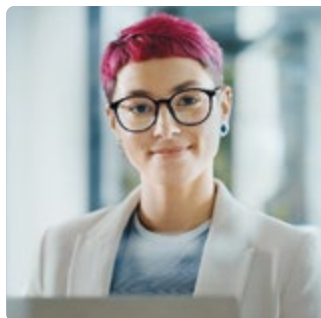
Weapons Self-defense for Women

THU. August 4 & 11 (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.



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

Join us for our focus group, every other month, where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors, and staff who identify as LGBTQ+. The next meeting will be held **Thursday, August 25 (6:30 – 8:30 p.m.) at 731 Alexander Road, Suite 103 in Princeton.** RSVP requested, please RSVP by calling Craig Harley at 609.936.5883. Dinner will be served.

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.

Bright Beginnings (birth to crawling)

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

No registration required.

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

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



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. July 12, 19, 26, August 2 & 9 (3 – 3:45 p.m.)


 VIRTUAL

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

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

Bumps, Bands and Balls: Fitness Series for Expecting Moms

MON. July 11 – August 15 (6:30 – 7:30 p.m.)

 VIRTUAL

\$80 per person. Registered participants will receive a link to join.

Join our pelvic health physical therapists for this prenatal fitness and education class, featuring pregnancy-safe exercises and movements, as well as lessons that will help keep you physically fit through your pregnancy and prepare you for childbirth. Sessions include low-impact cardio exercises, postural strengthening exercises, movements and stretches to prepare for birthing, and breathing exercises. The program will also include lessons on topics such as: guidelines for exercise during pregnancy, warning signs to stop exercising, and physically preparing for childbirth. Participants should dress in comfortable exercise clothing and bring water. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Baby Care

MON. July 11 (7 – 9:30 p.m.)

WED. August 31 (7 – 9:30 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room E

MON. August 15 (7 – 9:30 p.m.)

 VIRTUAL

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

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

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.

Prenatal Breastfeeding Class

THU. July 14 (7 – 9 p.m.)

TUE. August 2 (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.

Will I Make Enough Milk for My Baby?

TUE. August 16 (7 – 9 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

There are several health conditions that can have an impact on breast milk production. Join Carolyn Schindewolf, IBCLC, and Bernadette Flynn Kelton, BSN, RN, IBCLC, both international board certified lactation consultants with Penn Medicine Princeton Health Community Wellness Program, and learn what to expect and what you can do to improve milk production.

Practicing MindFETALness

THU. July 21 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Daddy Boot Camp™

SAT. August 13 (9 a.m. – 12 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room 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

TUE. August 23 (6:30 – 8 p.m.)

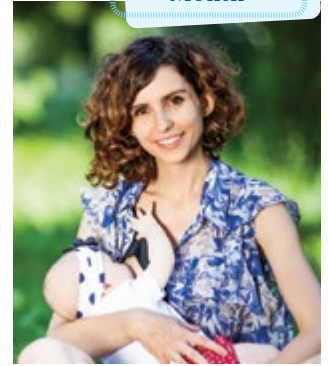
 VIRTUAL

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

Led by Bernadette Kelton, RN, 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

August is
Breastfeeding
Awareness
Month



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.

Birthing Options



Birthing Basics

TUE. July 5, 12, 19 & 26 (7 – 9 p.m.)
THU. August 11, 18 & 25 (7 – 9:30 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room E

WED. July 27, August 3 & 10 (7 – 9 p.m.)

 VIRTUAL

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

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

Labor Fundamentals

SAT. July 9 (10 – 11 a.m.)

 VIRTUAL

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

If you are getting close to your due date but haven't 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, going over the signs of labor, and when to go to the hospital.

Accelerated Birthing Basics

SAT. July 30 (9 a.m. – 5 p.m.)
SAT. August 27 (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.

HypnoBirthing®

WED. July 13, 20, 27,
August 3 & 10 (6:30 – 9 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100
Conference Rooms A & B

\$200 per couple. To register, call
609.897.8991

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

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.

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.

Ask the Lactation Consultant

Mondays (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join our weekly group any time you need breastfeeding support. This interactive discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a Penn Medicine Princeton Health Community Wellness board certified lactation consultant. No class will be held on July 4 due to the holiday.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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



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.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
PMC Breast Health Center
East Windsor Medical Commons 2
300B Princeton–Hightstown Road, East Windsor

No registration required.

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

Infant Massage for Parents & Caregivers

SAT. July 23 (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 space 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

TUE. August 30
(6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Whether you are pumping periodically or pumping 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.

August is
Breastfeeding
Awareness
Month

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.

Five Minutes to Help

WED. July 13 (12 – 4 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

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

Stay Street Smart: Updates in the Ever-Changing Landscape of Street Drugs

WED. July 20 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

As first responders it is essential to stay abreast of current trends in substance use, so you are better equipped to identify and treat patients using new or emerging street drugs. Join PharmD candidates Shinjini Dhar and Hanson Ky, as well as Kristin Bohnenberger, PharmD, DABAT, to learn about new and emerging drugs of abuse, their toxicological implications, and to what extent personal protective equipment is warranted to protect yourself from exposure.



EMS Fundamentals: Healthy Eating on the Run

WED. July 27 (7 - 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

1 CEU

Are you working or on call in the emergency services? Do you grab whatever you can eat between calls? Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, who will offer ways to eat healthfully during your shift. Options for portable foods, what to have at the station or with you, and options for quick healthy meals will be covered.

Mental Health First Aid for Fire & EMS

THU. August 11 (8 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road – Suite 103, Princeton

\$49 per person.

This training is designed to help participants 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. Participants 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.

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

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



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

ACLS Full Certification Course

MON. & TUE. July 18 & 19 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

MON. July 25 (9 a.m. – 5 p.m.)
THU. August 25 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

Full: \$250 per person
Recertification: \$175 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

MON. & TUE. August 8 & 9 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

TUE. July 26 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

Full: \$250 per person
Recertification: \$175 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

FRI. July 29 (9 a.m. – 1:30 p.m.)
TUE. August 23 (6 – 10:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

BLS Renewal*

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

WED. July 13 (6 – 10 p.m.)
WED. August 3 (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.

Heartsaver CPR AED First Aid

SAT. July 23 (9 a.m. – 4 p.m.)
Community Wellness at
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

SAT. August 13 (9 a.m. – 4 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$80 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. July 16 (10 a.m. – 12 p.m.)
Adult/Child/Infant*

SAT. August 27 (10 a.m. – 12 p.m.)
Adult/Child/Infant*

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$25 per person

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

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS, and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

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 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. July 13 (6 – 7:30 p.m.)

WED. August 10 (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. July 13 (12 – 1:30 p.m.)

(No meeting in August)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Education Center, Conference Rooms A & B

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

Cancer Support Group

WED. July 20 (2:30 – 4 p.m.)

WED. August 17 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the third Wednesday of the month 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.

Breast Cancer Support Group

TUE. July 12 (6 – 7:30 p.m.)

TUE. August 9 (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. July 20 (12 – 1:30 p.m.)

(No meeting in August)

 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.)

(No classes in August)

 VIRTUAL

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

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

Breast Cancer & Nutrition Tips

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

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

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

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. July 6 (7 – 8:30 p.m.)
WED. August 3 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. July 18 (11 a.m. – 12:30 p.m.)
MON. August 15 (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

THU. July 7 (6:30 – 7:30 p.m.)
WED. July 20 (6:30 – 7:30 p.m.)
TUE. August 2 (7 – 8 p.m.)
THU. August 4 (6:30 – 7:30 p.m.)
WED. August 17 (6:30 – 7:30 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.

Bariatric Support Group (for Alumni)

TUE. August 2 (6 – 7 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email 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 quarterly, in addition to the other weight-loss surgery support groups. In this support group, we will delve deeper into issues unique to patients who are beyond the two-year mark. This group will be tentatively held virtually. Please check our website for the latest updates.

Diabetes Support Group

WED. July 20 (2 – 3 p.m.)
WED. August 17 (2 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

TUE. July 19 (10:30 – 11:30 a.m.)
MON. July 25 (6:30 – 7:30 p.m.)
TUE. August 16 (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. July 13 (6 – 7 p.m.)
WED. August 10 (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.



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.

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



When the Diagnosis is Osteoporosis, Physical Therapy Can Help

WED. July 13 (12 p.m.)

Lisa Baptis, PT, Penn Medicine Princeton Medical Center's Outpatient Rehabilitation Program



Exploring the Link Between Depression and Substance Abuse

WED. August 10 (12 p.m.)

Sarah Carstens, LCSW, LCADC, Clinical Director of Addiction Services at Princeton House Behavioral Health

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.

Is That Nagging Pain **ARTHRITIS?**



The pain and stiffness you experience getting out of bed in the morning, and the creaks and cracks that accompany you when you climb the stairs, are most likely signs of osteoarthritis. And the struggle you sometimes have trying to wrap your fingers around your coffee mug? That is probably osteoarthritis too.

An estimated 50 million people in the United States have some type of rheumatic condition, according to the American College of Rheumatology, and of the more than 100 different forms of rheumatic conditions, osteoarthritis is one of the most common.

Women are more likely to develop the condition — where the cartilage breaks down between joints, causing pain and swelling — than men. But severe symptoms usually occur in individuals who have had a prior joint injury, are overweight, or have a family history of arthritis, and it most commonly impacts the hands, knees, hips, lower back, and neck.

Proper Treatment Can Help



“Some people only have mild flare ups of osteoarthritis, but for others the disease can cause debilitating joint pain if left untreated,” says **Annemarie Schorpion, MD**, a rheumatologist on the Medical Staff of Penn Medicine Princeton Health. “Fortunately, with the appropriate care, most rheumatic conditions can be effectively managed so you can continue to lead an active life.”

Osteoarthritis is usually diagnosed through a physical examination and imaging tests, and treatment begins with over-the-counter pain relievers and topical creams

that can help reduce swelling and pain. Applying hot or cold compresses to the area, depending on which works best for you, can also help reduce symptoms.

Dr. Schorpion, who is board certified in rheumatology, also recommends these lifestyle changes:

- Be physically active, getting at least 150 minutes of exercise each week.
- Maintain a healthy weight, to reduce stress on joints.
- Eat a healthy diet.
- Use assistive devices if needed to help reduce stress on joints and provide balance and stability.

“Cortisone injections at the site of the problem, and prescription anti-inflammatory medications, are treatments that may help if home treatments are not enough,” says Dr. Schorpion. “Physical therapy can be helpful and in some cases surgery may help alleviate some stiffness and pain.”

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

SIGNS OF ARTHRITIS

- ▶ Joint pain or tenderness
- ▶ Joint swelling and/or redness
- ▶ Joint stiffness
- ▶ Decreased range of motion in joint

For Musicians in Pain, Physical Therapy Can Bring Relief

Regularly playing a musical instrument — whether it is a string, wind, or percussion instrument or a keyboard — can result in a range of musculoskeletal disorders in your hands, wrists, and arms. In some cases, taking an interlude from playing will solve the problem, but in other instances intervention may be needed.



The Outpatient Rehabilitation Program for Musicians at Penn Medicine Princeton Medical Center (PMC) provides musicians with strength and flexibility exercises to alleviate the physical stress caused by the repetitive motion of playing; techniques to reduce tightness and pain; education on injury prevention; and help improving overall strength, agility, and endurance.

“Musicians are athletes, and they experience repetitive motion injuries just like sports athletes,” says Hemangi Shastri, DPT,

CHT, CEAS II, a trained musician and a certified hand therapist with PMC. “Long hours of practice, awkward postures, and repetitive motion all have an impact on them over time.”

Treatment begins with an individual evaluation to determine strength, flexibility, posture, and level of pain or discomfort when playing and at rest. After a few sessions, which are covered by

insurance, musicians have the tools in place to heal and prevent future injury. Musicians in need of physical therapy can be referred by a physician or contact the program directly.

For more information on the PMC Outpatient Rehabilitation Program for Musicians, call **609.655.4586**, or visit **princetonhcs.org**.

Coping with Cognitive Changes During Cancer Treatment

Whether it is the emotional trauma of a cancer diagnosis or a symptom of chemotherapy, hormone-related treatment, or other medications, cognitive changes, often referred to as chemo brain, are not uncommon during, and sometimes after, cancer treatment.



“These changes can be mistaken for depression by the patient and their loved ones, and ignored, but they should always be brought to a doctor’s attention,” says **Ramy Sedhom, MD**, an oncologist on the Medical Staff of Penn Medicine Princeton Health. “There are ways to help the person cope with the mental changes they are experiencing.”

Working through Penn Medicine Princeton Cancer Center, cognitive rehabilitation can help sharpen mental skills and develop lifestyle changes such as establishing set routines, keeping a journal, and taking notes as reminders. Meditation and aerobic exercise, if approved by a doctor, also can help.

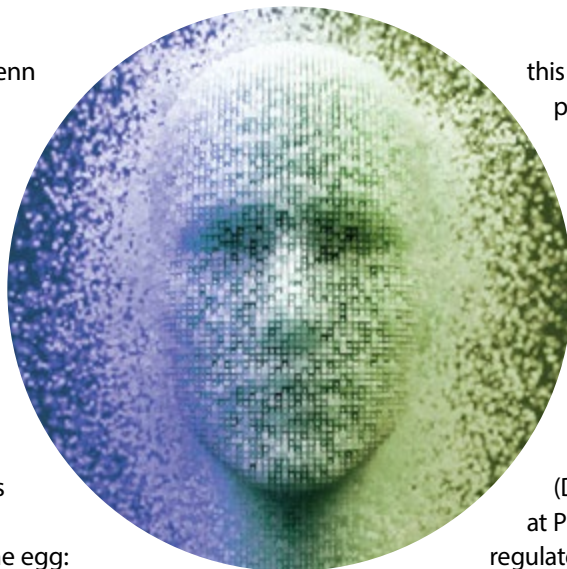
“For many people the changes they experience will be a temporary result of treatment, while others may require a longer recovery time,” says Dr. Sedhom, who is board certified in oncology and hospice and



palliative care. “Regardless of how long the symptoms may last, talking to your doctor about them is an important part of the healing process.”

For more information about Penn Medicine Princeton Cancer Center at Princeton Medical Center, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

Exploring the Link Between Depression & Substance Abuse



Often when patients come to Penn Medicine Princeton House Behavioral Health, they say they are not sure if they are drinking to soften the pain of their depression and fortify themselves to deal with the world, or whether drinking was actually causing them to be depressed.

“It’s not an uncommon situation,” says Sarah Carstens, LCSW, LCADC, Clinical Director of Addiction Services at Princeton House. “Depression and addictions are like the chicken and the egg: It’s hard to know which came first. In treatment, we address both at the same time, because people need help to cope with both.”

Addressing Two Diagnoses

The first step in treatment for what is referred to as a dual diagnosis is to help the individual understand the interplay between depression and substance use, and how each has an impact on their life.

“Someone may be dealing with depression by drinking, for example, and that behavior may lead them to retreat further from family and friends, which then increases their isolation and results in deeper depression,” says Carstens. “Understanding

this interrelationship can help begin the process of breaking that cycle.”

Dual diagnosis treatment at Princeton House helps individuals work through the process of understanding this interplay and then helps them develop the skills needed to cope with their depression and substance use. One set of tools used to help individuals manage their symptoms is DBT skills. Dialectical behavior therapy (DBT) is a specific type of therapy offered at Princeton House that can help people regulate their emotions, tolerate distress and uncomfortable feelings, and interact effectively with others. DBT, for which Princeton House is well known, requires extensive training for staff. Both inpatient and outpatient treatment programs include these DBT skills in a combination of group and individual therapy, as well as family support sessions.

“Including family and loved ones in the process is important,” says Carstens. “They play an integral part in a person’s success.”

For more information about Princeton House Behavioral Health’s programs, visit princetonhouse.org. If you are seeking treatment, including detoxification from alcohol or benzodiazepines, call **888.437.1610**.

Are You at Risk?

Professional help may be warranted if you or a loved one experiences any of these symptoms to the point where they impact your daily life, relationship, work, or school activities:

- Family history of depression and/or addiction
- Intense hopelessness
- Overwhelming sense of worry or dread
- Increased isolation/withdrawal from friends and family
- Significant changes to sleep patterns and/or eating habits
- Increased irritability/anger
- Hiding your use of alcohol, medication, or drugs from loved ones

Proper Nutrition Feeds **Your Body** *and Your Mind*



We have all heard the adage “you are what you eat,” but people generally think of the saying as only relating to physical health. The fact is, a healthy diet has a considerable impact on your mental health as well.

“Failure to eat a balanced diet can increase the risk of depression and anxiety,” says Rachel Daddio, MS, RDN, a registered dietitian with Penn Medicine Princeton House Behavioral Health. “The biggest problem is a diet that is heavy in refined sugars and processed foods, which are pretty common in most people’s diets.”

Both refined sugars — found in everything from sweet desserts to savory baked goods like breads and pastas, as well as salad dressings, and even tomato sauce — and processed foods impact the production of serotonin in the body. And serotonin is key in regulating your mood and sleep. Reducing or eliminating refined sugars and processed foods, while eating proteins such as lean meats and nuts, as well as whole grains, fruits, and vegetables, helps encourage the production and absorption of serotonin in the body.

A Sign of a Bigger Problem

“Often, a person does not think to bring up diet when seeing their doctor, but it should be a part of any conversation when it comes to mental and physical health,” says Daddio. “Understanding a person’s dietary behaviors can help determine if their depression and anxiety is related to or being made worse by eating behaviors. This will help in the treatment of those conditions.”

“Making lifestyle changes, including a nutritionally balanced diet, exercise, and proper sleep, will serve as additional ways to improve your mental health,” she adds. “They provide more tools in the process of treating depression and anxiety.”

Individuals who enter treatment at Princeton House are regularly evaluated by a dietitian and provided with the tools to make lifestyle changes to help improve mental health. Princeton House’s Women’s and Adolescent Programs have an emotional eating track, which helps many understand the connection between emotion dysregulation and eating behaviors, while offering alternative coping strategies and healthier life skills.

For more information about the emotional eating track (also available to teens), go to princetonhouse.org/women, or call **888.437.1610 option 2**.



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Project Thrive

FOSTERING WELLBEING, ENRICHING LIVES

Supported by the Barry S. Rabner Endowment

Research has shown that social factors, or social determinants of health, can have a more significant impact on an individual's well-being than clinical care. Last year, with the support of the Barry S. Rabner Endowment, Penn Medicine Princeton Health launched an employee support program to identify the key social determinants of health that pose a high risk to our workforce, and provide the support and resources necessary to eliminate barriers to stability. Our employees are our most vital asset, and ensuring their well-being directly impacts the health of our community. Barry Rabner served as President and CEO of Penn Medicine Princeton Health for 18 years. The Barry S. Rabner Endowment campaign was launched in 2020 as a tribute to his support of employees and his efforts to help strengthen our organization's ability to care for the community at large.



In November 2021, **Winter Wiggins, M.Div.**, joined the Princeton Health team as the Employee Program Specialist & Care Navigator, to oversee the development of this new program. Wiggins received her Bachelor's Degree in Communications from Temple University, her Masters of Divinity from Princeton Theological Seminary, and completed her Clinical Pastoral Education Internship and Residency at Penn Medicine Princeton Health, where she served as a chaplain.

Based on her initial research and employee feedback, several priority areas were identified, including food security, transportation, well-being, and educational and personal/professional growth. In addition to leveraging our partnership with several community organizations to help address these barriers, resources such as an onsite farmer's market, ESL and financial literacy classes, mentorship opportunities, and peer-to-peer support programs are being explored.

If you would like more information on how you can help support this initiative, please contact the Princeton Medical Center Foundation at pmpf-foundation@pennmedicine.upenn.edu.