



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2020

The **INNOVATION EDITION**

- Delivering Precise Radiation
- Preserving Fertility
- Preventing Future Arthritis
- Eliminating Acid Reflux

PLUS:

- Community Focus
Event Calendar



Princeton Health

MARCH/APRIL 2020



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Penn Medicine

Princeton Health

Princeton Medical Center

Princeton House Behavioral Health

Princeton Medicine Physicians

Princeton Medical Center Foundation

Princeton HealthCare Partners

Princeton Health International

**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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Welcome to this Special Issue

Innovation in the delivery of healthcare defines Princeton Health's 100-year record of providing care to people living in central New Jersey. We always strive to improve the quality of life that results from our care. We continuously evaluate everything, from the way we greet patients to the latest technological advances and approaches to patient care — and we make changes designed to result in better clinical outcomes and patient experiences.

Our physicians and staff constantly pursue new ideas and treatments to improve patient health. As part of Penn Medicine, we are also able to provide our patients with access to the latest treatment options, clinical trials and research that our colleagues across the system are pursuing. As part of a teaching institution, our staff members educate and pass their knowledge on to the next generation of physicians, nurses and allied health professionals. Just as importantly, our staff members bring this knowledge to the care of patients.

This issue of *Princeton Health* focuses on some of the innovations we use to enhance patient care.

Among the areas highlighted are cancer care, including high-dose radiation treatment that focuses specifically on the affected area and fertility preservation for women of child-bearing age who undergo cancer treatment; cartilage restoration to slow the progression of knee arthritis; and the use of an implantable device to treat gastroesophageal reflux disease (GERD). We are delighted to share these treatment options with our patients and to share them with you.



Barry S. Rabner
CEO and President
Penn Medicine
Princeton Health



Steven R. Bergmann, MD, PhD, FACC, FACP
Senior Vice President for Medical Affairs
Penn Medicine Princeton Health and
Chair, Department of Medicine

Delivering **Precise Radiation** to Patients with Cancer

Patients diagnosed with gynecological cancers such as uterine or cervical cancer, as well as prostate cancer and certain skin and breast cancers, can benefit from high dose-rate (HDR) brachytherapy. The procedure involves placing a sealed, high-dose radiation source directly in the affected area so high doses of radiation can be precisely delivered to a tumor to kill cancer cells or an area where a tumor was removed to decrease the chance of recurrence.

“HDR brachytherapy can have great benefits for patients,” says Joseph Pepek, MD, a radiation oncologist on the Medical Staff of Penn Medicine Princeton Health. “This type of radiation treatment can deliver high doses of radiation close to the tumor while minimizing radiation exposure to normal organs near the treatment area. That potentially means reduced side effects during and after treatment. HDR brachytherapy can also reduce the length of time some patients are undergoing treatment.”

An Outpatient, Robotic Approach

At Penn Medicine Princeton Medical Center, the Flexitron® — a high dose-rate brachytherapy robotic system — is used to administer a high dose radiation source directly to the target area, usually on an outpatient basis. Following the procedure, which usually takes under 10 minutes, the radiation source is removed. This process is repeated each time radiation is administered.

Since the radiation dose decreases rapidly from the surface of the source, HDR brachytherapy has a significantly decreased effect on the normal healthy tissue around the area being treated. For gynecological and prostate cancer patients, this precise procedure protects the bladder, small bowel, and rectum from radiation.

HDR brachytherapy can be used alone or in combination with traditional external beam radiation therapy.



“Every patient is evaluated individually to determine if they are a candidate for HDR brachytherapy,” says Dr. Pepek.

To find a physician or for more information on the Edward & Marie Matthews Center for Cancer Care, call 1.888.742.7496 or visit www.princetonhcs.org.

Preserving Fertility While Fighting Gynecological Cancer

When a woman of childbearing age receives a diagnosis of gynecological cancer, fighting the disease is the primary focus, but concerns over her future fertility may lead her to worry about certain treatment options involving reproductive organ removal and chemotherapy or radiation.



“Fortunately, we can offer women with gynecological cancer a number of fertility preservation options, depending on the specific type of cancer, its stage, and other factors,” says **Charlotte Marcus, MD, FACOG**, a board certified gynecologic oncologist on staff with Princeton Medicine Physicians, Princeton Health’s network of employed physicians. “This way, rather than worrying about whether they can have children in the future, they can focus their attention on beating the cancer.”

Considering the Options

Following evaluation through the Gynecologic Oncology Program at Princeton Medical Center, a woman with early-stage uterine cancer may be able to undergo oral or intrauterine device (IUD) hormonal

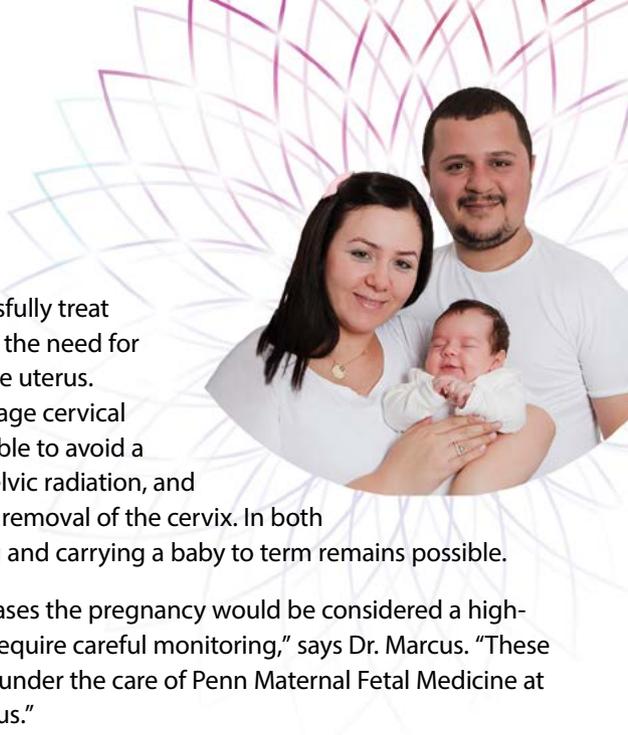
treatments to successfully treat the disease, avoiding the need for surgery to remove the uterus.

Women with early-stage cervical cancer may also be able to avoid a hysterectomy and pelvic radiation, and instead just undergo removal of the cervix. In both instances, conceiving and carrying a baby to term remains possible.

“Of course in these cases the pregnancy would be considered a high-risk pregnancy, and require careful monitoring,” says Dr. Marcus. “These women do very well under the care of Penn Maternal Fetal Medicine at our Plainsboro campus.”

While ovarian cancer will require surgery, in some cases if one ovary is healthy it can be preserved, and embryos or eggs can be preserved prior to chemotherapy treatment. Similarly, early-stage endometrial cancer is treated with the removal of the uterus and ovaries, but to preserve fertility it may be possible to leave the ovaries intact. “This would allow a woman to produce eggs, which could be implanted in a surrogate,” says Dr. Marcus.

To find a physician or for more information on the Edward & Marie Matthews Center for Cancer Care and the Gynecologic Oncology Program at Princeton Medical Center, call 1.888.742.7496 or visit www.princetonhcs.org.



Meet Our New Infant Simulator

Real-world medical simulation is one of the most effective teaching tools in nursing education, and Penn Medicine Princeton Medical Center (PMC) has a sophisticated infant simulator to train staff in neonatal and pediatric care.

The simulator looks and feels like a real baby, and behaves like a newborn as well, including crying and making grunting sounds. Simulated scenarios can range from practicing individual technical skills such as placement of IV lines to more complex treatment scenarios such as delivering a baby, handling high-risk deliveries such as emergency C-sections, and post-partum care emergencies.

PMC is in the process of establishing a fully equipped Simulation and Training Lab for training on an adult female simulator as well. Being able to host risk-free, real-life trainings in the same environment in which patient care is delivered helps ensure that clinicians have the skills and confidence to care for patients — whatever situation may arise.

“Clinical simulations are an important part of reinforcing knowledge and skills, improving teamwork and communication, and streamlining processes,” says Karyn Book, Associate Chief Nursing Officer at PMC.

Our new life-like infant simulator represents state-of-the-art technology for training healthcare workers in neonatal and pediatric care at PMC.

We are grateful to Anne and Jack Rabinowitz, who helped fund the purchase of the infant simulator.

Cartilage Restoration: Restores Joint Function and Prevents Future Arthritis

In the past, damage to a joint's cartilage — the flexible connective tissue between your joints — meant at some point in the future you could develop arthritis, leading to severe pain that might ultimately require a joint replacement to restore function. Today, procedures known as cartilage restoration techniques can help you avoid these eventualities.



"These can often be minimally invasive procedures, used mostly on knees and sometimes on ankles, that are designed to restore as much natural function as possible in these joints," says **William Rossy, MD**, an orthopaedic surgeon and member of the Medical Staff of Penn

Medicine Princeton Health. "Surgery is often done early on, when damage is detected, to reduce the chance someone will develop arthritis in the future and, thereby, possibly avoid the need for a joint replacement."

To be a candidate for cartilage restoration, the remainder of the joint must be healthy, including being free of any signs of arthritis. As a result, the outpatient procedures are especially effective for patients under age 50, who are physically active.

Regrowing Cells

Options for surgery can include the use of a patient's own cartilage cells to promote healing and cartilage regrowth or, if the damaged area is very large, cartilage tissue can be used from an organ donor and transplanted into the damaged area.

"When a patient's own cartilage cells are going to be used, we first evaluate the structure and size of the damaged joint area with a standard knee arthroscopy procedure. We then take a biopsy of healthy cartilage from a non-weight bearing area of the joint and grow these cartilage cells in the lab to increase the number of cells exponentially," says Dr. Rossy, who is fellowship trained in cartilage restoration and sports medicine. "Several weeks later, once the patient's cartilage cells have reached an appropriate number, we can move forward with the second part of the procedure by replacing those healthy cells back into the damaged area of the knee."



When donor cartilage is used, a perfectly sized piece of bone and cartilage is transplanted from a donor into the patient's damaged area of the joint, replacing it with normal bone and cartilage. This technique only requires one surgery and is typically done through a minimally invasive incision.

Full recovery from these procedures can take anywhere from four to nine months, depending on whether the cartilage used came from the patient or a donor, and involves a period of non-weight bearing restriction and physical therapy. Penn Medicine Princeton Medical Center Princeton Rehabilitation offers comprehensive rehabilitation services for cartilage restoration and other conditions.

"There is a strict rehabilitation process," says Dr. Rossy, "but following the recommended course of treatment results in a very high success rate for patients."

To find an orthopaedist with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Community Focus

Registration is required for all classes.

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR classes, unless otherwise noted.

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health. The Family & Friends CPR Program teaches you how to perform CPR on adults, children, and infants, and how to help an adult, child, or infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card.

● Adult/Child ● Infant

LEARN LIFESAVING
TECHNIQUES AT PENN MEDICINE
PRINCETON HEALTH'S
**FREE CPR
TRAINING**

Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Rd,
Suite 100, Hamilton

MON. March 23
(6:30 – 7:30 p.m.) ● Adult/Child
TUE. March 24
(6:30 – 7:30 p.m.) ● Infant

East Brunswick Library
2 Jean Walling Civic Center Dr.
East Brunswick

TUE. March 24
(11 a.m. – 12 p.m.) ● Adult/Child
(12:30 – 1:30 p.m.) ● Infant

MON. March 30
(7 – 8 p.m.) ● Adult/Child

**Mercer County Library System,
Hightstown Memorial Branch**
114 Franklin St., Hightstown

WED. March 25
(6:30 – 7:30 p.m.) ● Infant

SAT. March 28
(2 – 3 p.m.) ● Adult/Child
(3 – 4 p.m.) ● Adult/Child
To register, visit www.mcl.org.

Princeton Fitness & Wellness
1225 State Rd., Princeton

WED. March 25
(1 – 2 p.m.) ● Adult/Child
(6 – 6:45 p.m.) ● Infant
(7 – 7:45 p.m.) ● Adult/Child

Plainsboro Recreation Center
641 Plainsboro Road,
Plainsboro

WED. March 25
(6 – 8 p.m.)
●● Adult/Child/Infant

Plainsboro Library
9 Van Doren St., Plainsboro

THU. March 26
(6:30 – 8 p.m.)
●● Adult/Child/Infant

Sharbell Development Corp.
1 Washington Blvd., Suite 9
Conference Room (Basement)
Robbinsville

THU. March 26
(5:45 – 6:45 p.m.) ● Infant
(7 – 8 p.m.) ● Adult/Child

Ewing Branch Library
61 Scotch Rd., Ewing

FRI. March 27
(10 – 11 a.m.) ● Infant

FRI. April 3
(10 – 11 a.m.) ● Adult/Child
To register, call 609.882.3148.

West Windsor Senior Center
271 Clarksville Rd.,
Princeton Junction

FRI. March 27
(2 – 3 p.m.) ● Adult/Child
To register, call 609.799.9068

Lawrence Library
2751 Brunswick Pike, Lawrence
SAT. March 28
(2 – 3 p.m.) ● Adult/Child
To register, call 609.883.8292.

**Montgomery Evangelical
Free Church**
246 Belle Mead Griggstown Rd.
Belle Mead

SAT. March 28
(10 – 11 a.m.) ● Adult/Child

Hickory Corner Library
138 Hickory Corner Rd.
East Windsor

MON. March 30
(7 – 8 p.m.) ● Adult/Child

Gardens at Monroe
189 Applegarth Rd.
Monroe Township

TUE. March 31
(1 – 2 p.m.) ● Adult/Child

Community Wellness at
731 Alexander Rd., Suite 103,
Princeton

TUE. March 31
(6:30 – 7:30) ● Infant
SAT. April 4
(1:30 – 2:30 p.m.) ● Adult/Child

**Ovation at Riverwalk
Welcome Center**
107 Main St., Princeton

WED. April 1
(10:30 – 11:30 a.m.)
● Adult/Child

West Windsor Library
333 North Post Rd.,
West Windsor

WED. April 1
(7 – 8 p.m.) ● Infant

SAT. April 4
(11 a.m. – 12 p.m.)
● Adult/Child

Robbinsville Library
42 Robbinsville-Allentown Rd.
Robbinsville

WED. April 1
(6:30 – 7:30 p.m.)
● Adult/Child

THU. April 2
(6:30 – 7:30 p.m.) ● Infant
To register, call 609.259.2150.

Plainsboro Senior Center
641 Plainsboro Rd., Plainsboro

FRI. April 3
(1 – 2 p.m.) ● Adult/Child

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. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.



THE KIDS MARATHON IS COMING UP ON JUNE 28!

Beginning in April, kids can start walking, running, or rolling at their own pace to reach 25 miles. Then everyone gathers on June 28 at the Kids Marathon to finish the last 1.2 miles together. Each kids program below also counts towards the miles. Earn one mile per class. To sign up or learn more, visit www.princetonhealthinmotion.com. Parents must accompany their children to the classes listed below.

radKIDS

MON. – FRI. March 16 – 20 (3:30 – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Princeton Health is pleased to present radKIDS, a national program designed to provide children ages 7-12 with hope, options, and practical skills to recognize, avoid and, if necessary, escape violence and abuse. The five-session, activity-based program includes lectures, safety drills, muscle memory exercises, and physical defense techniques. Topics include:

- Home, school, and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good/bad/uncomfortable touch
- Stranger tricks
- Self-realization of personal power

Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.

Kids Can Cook: Preparing Afterschool Snacks

WED. March 18 (6 – 7 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Participants can make their own tasty, energy-boosting, nutritious snacks, and have a chance to sample them at this fun-filled session led by Katie Gaffney, RD, a registered dietitian with Penn Medicine Princeton House Behavioral Health.



Healthy Grab & Go Breakfast

TUE. April 7 (11 a.m. - 12 p.m)

Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100, Hamilton

Kids need a balanced breakfast to start the school day strong. This class, led by Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, will teach kids, ages 5 – 13, to make their own grab-and-go meals packed with nutrition and flavor. Participants will be able to sample their creations.



Kids Zumba

WED. April 22 (6 – 7 p.m.)

Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100, Hamilton
Join Erica Hundley, certified zumba instructor with the Hamilton Area YMCA, for this interactive session where kids will have a great time learning zumba. For kids ages 5-13.

KIDS CORNER

Home Alone Safety Program

SAT. March 21 (9 a.m. – 3 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100,
Hamilton

\$25 per child

This specialized one-day training helps children, ages 10 and over, prepare for independence while their parents are not at home. The course teaches safety essentials including how to contact parents/guardians and a back-up person when arriving home, when and how to contact 911, online dangers and safeguarding against them, and the importance of knowing their online friends. Students should pack a lunch.



Safe Sitter

WED. April 15 (9 a.m. – 3 p.m.)

Plainsboro Recreation Center, 641 Plainsboro Road, Plainsboro

\$40 per child

This specialized one-day training helps babysitters, ages 11-13, develop the skills, confidence, compassion, and sense of responsibility they need to keep children out of harm's way while their parents are away. 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.

Yikes! What is Happening to My Body?

A Puberty Talk for Girls

TUE. April 14 (6 – 7:30 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

Designed for girls ages 9 through 12, this program addresses the physical, intellectual, and emotional changes your child will experience as she enters her teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

A Puberty Talk for Boys

THU. April 16 (6 – 7:30 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

Designed for boys ages 9 through 12, this program addresses the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a health educator with Princeton Health Community Wellness.

Varicose Veins: Now You See Them, Now You Don't

MON. March 2 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Join Alissa Brotman-O'Neill, DO, RPVI, FACOS, for this informative discussion on the latest minimally invasive and noninvasive treatment options and an overview of the Princeton Medical Center for Vascular Care. Dr. Brotman-O'Neill is board certified in vascular surgery and is a member of the Medical Staff of Penn Medicine Princeton Health.

Do I Still Need My Gynecologist?

TUE. March 3 (7 – 8 p.m.)

Mercer County Library System – Hopewell Branch

245 Pennington-Titusville Road, Pennington

While you may be beyond your childbearing years, your gynecological health is still important. Join Neha Deshpande, MD, a member of the Medical Staff of Penn Medicine Princeton Health, for this informative session focusing on your post-menopausal healthcare needs, from doctor visits to pelvic exams.

Strategies to Support Children and Adolescents with ADHD

TUE. March 10 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Allentown

The Center for Disease Control and Prevention estimates that 11 percent of American children ages 4 to 17 have attention deficit disorder

(ADHD), making them more likely to experience a range of problems that can make social situations more difficult and school more challenging. Join Bert Mandelbaum, MD, board certified in pediatrics, for a discussion of various strategies to support children and adolescents with ADHD. Dr. Mandelbaum is a member of the Medical Staff of Penn Medicine Princeton Health.



10 Exercises to Keep You Healthy

WED. March 11 (10:30 – 11:30 a.m.)

Ovation at Riverwalk Welcome Center

107 Main Street, Princeton

Join Eileen Kast, PT, OCS, physical therapist and Certified Vestibular Rehabilitation Specialist with Princeton Medical Center, to learn 10 simple exercises designed to keep your body healthy. This program will address desk ergonomics, proper balance while walking, and more.

Menopause and Healthy Aging

THU. March 12 (7 – 8 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

TUE. March 24 (7 – 8 p.m.)

Sharbell Development Corporation

One Washington Boulevard, Suite 9, Conference Room (Basement), Robbinsville

Your body naturally goes through changes during and after menopause, and while some of those changes may be well known, others may come as a surprise to you. Join Neha Deshpande, MD, board certified in obstetrics and gynecology, for this informative session on transitioning into menopause, including hot flashes, vaginal dryness, low libido, incontinence, osteoporosis, preventative health screenings, diet, and exercise. Dr. Deshpande is a member of the Medical Staff of Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS, unless otherwise noted. Registered participants will be notified of any event changes.

Summer Emergencies

THU. March 12 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

Summer brings with it lots of fun and freedom for children, but also lots of health safety concerns. Join Barbara Vaning, MHA, EMT Instructor with Princeton Health's Community Wellness, for this informative session explaining ways to stay safe during the summer months, including staying hydrated, pool safety, insect bites, heat stroke, and safety concerns in vehicles and at home.

What Did You Say? Hearing Loss and Advances in Hearing Aid Technology

THU. March 12 (11 a.m. – 12 p.m.)

Stonebridge, 100 Hollinshead Spring Road, Skillman

Tired of missing out in social settings because your hearing is failing? Audiologist Jaime Taylor, AuD, CCC/A, with Penn Medicine Princeton Medical Center, will discuss hearing aids and recent advancements in hearing aid technology.



AARP Driver Safety Program

SAT. March 21 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

MON. & THU. April 6 & 9 (5 – 8 p.m.)

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

\$15 for AARP members

\$20 for non-members

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.

Establishing Patient Goals in Geriatric Medicine: The POLST Form

MON. March 23 (11 a.m. – 12 p.m.)

Mercer County Library System – Hopewell Branch

245 Pennington-Titusville Road, Pennington

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on Tuesdays, March 17 and April 21, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Playing it Safe When it Comes to Medications and More

MON. April 6 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

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

Self-Defense for Women: Personal Empowerment Safety Program

TUE. April 7, 14, 21 & 28

(6 – 9 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$20 per person

The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself through RAD Women, a multi-session, activity-based national self-defense program that includes lectures, safety drills, muscle memory, and physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience is necessary.



Alternative Therapies for Sleep Apnea

THU. April 9 (6:30 – 7:30 p.m.)

Sharbell Development Corporation

One Washington Boulevard, Suite 9, Conference Room (Basement), Robbinsville

Are you one of the 22 million Americans who suffer from sleep apnea? Join Robert Mignone, DO, a member of Medical Staff of Penn Medicine Princeton Health, for this informative discussion on the:

- Basics of sleep apnea
- Critical reasons to treat sleep apnea
- Treatment options

Treating Spinal Disorders

TUE. April 14 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

A back and/or neck disorder can leave you with debilitating pain. Join Rony Nazarian, MD, specializing in orthopaedic surgery, for this informative program addressing the latest non-operative treatments for spinal disorders, as well as traditional and minimally invasive approaches to spinal surgery. Dr. Nazarian is a member of the Medical Staff of Penn Medicine Princeton Health.

Conquering Pelvic Pain: Fitness & Education to Empower Women

TUE. April 14 – May 19 (9 – 10 a.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$40 per person

This six-week class, designed for women experiencing pain in and around the pelvic girdle, will teach participants exercise and lifestyle management strategies to help reduce pelvic pain. Sessions will include education along with:

- Stretching and gentle movement exercise
- Yoga and posture
- Breathing technique
- Mindfulness strategies

Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist specializing in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.



Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. April 14 – May 21
(1:30 – 2:45 p.m.)
Princeton Fitness & Wellness at
Plainsboro
7 Plainsboro Road, Plainsboro

\$99 per person

Improve your pelvic floor health and quality of life through this six-week Total Control® program. Participants report improvement in: 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.

Vaping: Facts and Fictions

WED. April 15 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Join Jasmet Bajaj, MD, board certified in critical care medicine, internal medicine, and sleep medicine, for this informative session. Learn more about what vaping is, cigarettes vs. vaping, the contents of vaping cartridges (pods), and the health risks associated with vaping. Dr. Bajaj is a member of the Medical Staff of Penn Medicine Princeton Health.

Vision Screenings

THU. March 19 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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

REGISTRATION IS REQUIRED FOR ALL PROGRAMS, unless otherwise noted. Registered participants will be notified of any event changes.

Weight-Loss Surgery: Is It Right for Me?

WED. April 15 (6 – 6:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, 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.

Treating Knee Pain

TUE. April 21 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Knees are particularly vulnerable to a variety of injuries, and knee pain can take a toll on your mobility and quality of life, making even the simplest tasks challenging. Join John Prodromo, MD, an orthopaedic surgeon and a member of the Medical Staff of Penn Medicine Princeton Health, for an informative discussion on cartilage and ligament injuries of the knee, how to prevent injury, and treatment options.



The Five Wishes: A Discussion of End-of-Life Decisions

WED. April 22 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn how hospice and palliative care programs provide help and support, their similarities and differences, and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with Penn Medicine Hospice Princeton Health, will present this invaluable program, which will include ample time to answer your questions.



Keys to a Healthy Heart

TUE. April 28 (11 a.m. – 12 p.m.)
Stonebridge, 100 Hollinshead Spring
Road, Skillman

The number one cause of death in both men and women is heart disease. Join Sari L. Yehuda, MD, board certified in internal medicine, to learn what you can

do to stay heart healthy. Dr. Yehuda is a member of the Medical Staff of Penn Medicine Princeton Health.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL



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

Sibling Class

SAT. March 21 (1 – 2:30 p.m.)

Penn Medicine Princeton Medical Center Atrium

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, and tour a maternity

room. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. March 14 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

WED. March 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. April 4 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

TUE. April 14 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

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 tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.

Prenatal Breastfeeding Class

THU. March 12 (7 – 9:30 p.m.)

THU. April 2 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center

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. Penn Medicine Princeton Health is dedicated to promoting the health and well-being of all moms and babies, and we are proud to offer prenatal breastfeeding classes free of charge.

Daddy Boot Camp™

SAT. March 14 (9 a.m. – 12:30 p.m.)

SAT. April 25 (9 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop hands-on 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.



SAVE!

When you register for ANY MULTIPLE prenatal classes:

2 classes save \$10

3 classes save \$20

To receive discount, call 1.888.897.8979 to register.

Baby Care

WED. March 18 (7 – 9:30 p.m.)

MON. April 20 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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.

Preparing for Cesarean Section

TUE. March 10 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

Conference Rooms A/B

\$30 per couple

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

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.

OPTIONS FOR BIRTHING

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

Birthing Basics

MON. March 2 – March 23 (7 – 9 p.m.)
TUE. March 17 – April 7 (7 – 9 p.m.)
WED. April 8 – April 29 (7 – 9 p.m.)
MON. April 27 – May 18 (7 – 9 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center

\$125 per couple

This four-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. The third session of each series will include a tour of our Center for Maternal & Newborn Care.

Accelerated Birthing Basics

SAT. March 7 (9 a.m. – 5 p.m.)
SAT. April 18 (9 a.m. – 5 p.m.)
Penn Medicine
Princeton Medical Center
First Floor, Education Center

\$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. This class includes a tour of our Center for Maternal & Newborn Care.

HypnoBirthing®

WED. March 18, 25, April 1, 8 & 15 (6:30 – 9 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

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.

Private childbirth and family classes are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

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.

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

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. For a list of topics, visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

Tuesdays & 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.

Postpartum Adjustment Support Group

WED. March 4 (1 – 2 p.m.)
WED. March 18 (1 – 2 p.m.)
WED. April 1 (1 – 2 p.m.)
WED. April 15 (1 – 2 p.m.)
WED. April 29 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join a healthcare professional from Penn Medicine Princeton Health and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.



Infant Massage

SAT. March 21 (10 a.m. – 12 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$30 per family

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes, and lullabies. These techniques will enhance your parenting skills and help calm your baby during times of discomfort. Please bring a blanket, exercise mat or large towel and grapeseed or sunflower oil (test oil on your baby's ankle or wrist 24 hours before coming to class to ensure there are no skin sensitivities). Please wait at least one week after your baby's most recent immunization to join this class. Medical clearance from a healthcare professional is required. The form can be obtained by calling 1.888.897.8979.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. April 14 – May 21 (10 – 11 a.m.)
(No class on April 16)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$80 per person

Strengthen and restore your posture, core and pelvic floor at this six-week class designed for new moms. Participants should be at least six weeks postpartum and have their doctor's medical clearance to exercise. Sessions will include education along with low-impact cardio workouts, core and pelvic floor exercises, yoga, and breathing techniques. Please wear comfortable exercise clothing. Babies are welcome.

Grandparenting 101

TUE. April 21 (6:30 – 8 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations; sudden infant death syndrome (SIDS) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics. This discussion will be presented by a health educator with Princeton Health Community Wellness.

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.

Mental Health First Aid®

MON. April 20 & 27 (6 – 10 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

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.

ACLS Full Certification Course

WED. & THU. March 11 & 12 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

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

Full: \$175 per person

Recertification: \$125 per person

The 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. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Course

MON. & TUE. April 6 & 7 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

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

Full: \$175 per person

Recertification: \$125 per person

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



BLS Provider

THU. March 5 (6 – 10:30 p.m.)
MON. April 20 (6 – 10:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. March 10 (9 a.m. – 1:30 p.m.)
FRI. April 10 (9 a.m. – 1:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

BLS Renewal*

SUN. March 15 (9 a.m. – 1 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

WED. March 18 (6 – 10 p.m.)
WED. April 22 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. April 16 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Provider: \$65 per person
Renewal: \$40 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

THU. March 19 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$45 per person

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

Heartsaver First Aid

TUE. April 14 (6 – 9 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$40 per person

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

Heartsaver First Aid CPR AED

SAT. April 18 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

The Heartsaver First Aid CPR AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver First Aid CPR AED also teaches how to manage illness and injuries in the first few minutes until professional help arrives. This class 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.

Neonatal Resuscitation Program Recertification Course

WED. March 11 (8 a.m. – 12 p.m.)

WED. April 8 (6 – 10 p.m.)

Penn Medicine Princeton Medical Center, 6th Floor, Mother & Baby Unit

\$75 per person.

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff members who provide care for newborns at the time of delivery, including physicians, nurses, and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. This course includes a skills test. Participants will receive a course completion card.



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.

State of the Art: Triage and Management of Orthopaedic Trauma

WED. March 11 (6 – 7 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Join Meelan Patel, MD, board certified in orthopaedic surgery, for this overview of emergent musculoskeletal care in the community setting. Commonly seen orthopaedic emergencies will be discussed, as well as guidelines for determining which of these injuries require higher levels of care. Dr. Patel, a member of the Medical Staff of Penn Medicine Princeton Health, will also discuss the benefits of an organized orthopaedic trauma/fracture care service at the non-tertiary facility.

EMT Integrated Refresher Session A

SUN. April 19 (8 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

\$60 per person

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

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

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 PMC's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Prostate Cancer Support Group

WED. March 11 (12 – 1:30 p.m.)

WED. April 8 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care,
Conference Room

No registration required. Walk-ins welcome.

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

Cancer Support Group

TUE. March 17 (1:30 – 3 p.m.)

TUE. April 21 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey to bring 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, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

Breast Cancer Support Group

TUE. March 10 (6 – 7:30 p.m.)

TUE. April 14 (6 – 7:30 p.m.)

PMC Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from Penn Medicine Princeton Medical Center's Breast Health Center.

Head & Neck Cancer Support Group

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

WED. March 18 (12 – 1:30 p.m.)

WED. April 15 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for
Cancer Care, Conference Room

Registration preferred. Walk-ins welcome.

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.



Nutrition Tips for Breast Cancer Patients

FRI. March 6 (11:30 a.m. – 1 p.m.)

FRI. April 3 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care, Conference Room

Registration preferred. To register, call 609.853.6788.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician with Penn Medicine Princeton Medical Center. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover: your nutritional needs during treatment, planning a healthy diet after treatment, and physical activity, as well as answers to your nutrition questions.



Living Beyond Cancer

THU. March 26 (12:30 – 2 p.m.)

THU. April 23 (12:30 – 2 p.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care,
Conference Room

Walk-ins welcome.

This group, led by an Oncology Nurse Navigator with Penn Medicine Princeton Medical Center, offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Participants will also learn about stress management, nutrition, and how to cope with the late effects of treatment.

Mindful Movement

Thursdays (10 – 11 a.m.)

Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care, Conference Room

Registration preferred. To register, call 609.853.6787.

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



Restorative Yoga

WED. March 4, 18, April 1 & 15 (6 – 7 p.m.)
Penn Medicine Princeton Medical Center
Edward & Marie Matthews Center for Cancer Care,
Conference Room

Limited space. To register, call 609.853.6787.

This class, held the first and third Wednesday of each month, is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary, and any needed equipment will be provided at the class.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. March 4 (7 – 9 p.m.)
WED. April 1 (7 – 9 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

NEW DATE &
LOCATION

No registration required. Walk-ins welcome.

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



Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. March 2 (6 – 7:30 p.m.)
MON. April 6 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D
Please park in lot P2.

MON. March 16 (1 – 2:30 p.m.)
MON. April 20 (1 – 2:30 p.m.)
Princeton Senior Resource Center – Monument Hall Conference Room East
45 Stockton Street, Princeton

No registration required. Walk-ins welcome. Please call 609.819.1226 for more information. The evening support group meets the first Monday of the month and the afternoon 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. March 3 (7 – 8:30 p.m.)
TUE. April 7 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Rooms A & B

THU. March 5 (6:30 – 7:30 p.m.)
THU. April 2 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians, 2 Centre Drive, Monroe Township

WED. March 18 (6:30 – 7:30 p.m.)
WED. April 15 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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

Bariatric Support Group (for Alumni)

TUE. April 7 (6 – 7 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center
Conference Rooms A & B

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets four times a year, 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.



Diabetes Support Group

WED. March 18 (2:30 – 4 p.m.)
WED. April 15 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. March 23 (6:30 – 8 p.m.)
Penn Medicine Princeton Medical Center
5th Floor, Medical Arts Pavilion, Occupational Health Waiting Room

No registration required. Walk-ins welcome. Please call 609.853.7890 for information.

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. March 11 (2 – 3 p.m.)

WED. April 8 (2 – 3 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro, 4th Floor, MNO Conference Room

For more information contact 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.



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

Join us for our bimonthly focus group 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 **Tuesday, March 10 (6:30 – 8:30 p.m.) at Princeton Medical Center, Education Center, Conference Rooms A & B.** RSVP requested, but not required. Please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.

www.ustream.tv/princetonhealth

Princeton Health on Demand 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

Princeton Health
OnDemand
Our experts. At your convenience.



Cartilage Restoration: Restoring Joint Function and Preventing Future Arthritis

WED. March 11 (12 p.m.)

William Rossy, MD, orthopaedic surgeon



The LINX Procedure: Making Chronic Heartburn a Thing of the Past

WED. April 8 (12 p.m.)

Nisha Dhir, MD, FACS, board certified in general surgery



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.

Implantable Device Can Make Chronic Heartburn a Thing of the Past

Anyone who experiences frequent or severe heartburn, known as gastroesophageal reflux disease or GERD, knows how debilitating the condition can be. Lifestyle changes such as avoiding spicy foods that trigger heartburn, not eating before bed, and sleeping with a pillow that elevates the upper body enough to prevent acid from traveling from the stomach back up the esophagus, can help, as can prescription medications.



“When those measures do not work, or if a person prefers an alternative to permanently being on medication, there is an implantable device called LINX, which can control the condition,” says **Nisha Dhir, MD, FACS**, a member of the Medical Staff of Penn Medicine Princeton Health. “The minimally invasive procedure takes about an hour and can be done robotically or laparoscopically, and the patient goes home the same day.”

How It Works

LINX is a small bracelet of titanium beads with a magnetic core that is fitted to sit on the lower part of the esophagus where it meets the stomach. The ring of beads opens when food is swallowed and then closes to keep acid from escaping back up into the esophagus and causing reflux. It mimics the function of the lower esophageal sphincter — the ring of muscle between the esophagus and the stomach — which fails to perform properly in people with GERD.

Once implanted, medication is no longer needed, and since there is no longer a chance of acid damaging the esophagus, the risk of developing Barrett’s esophagus — a precursor to esophageal cancer — is dramatically reduced.

“Medications can eliminate the symptoms of GERD by neutralizing the acid, but medication will not get rid of the reflux itself,” says Dr. Dhir, who is board certified in general surgery. “Patients who are chronically on these medications are known to have a greater incidence of pneumonia, gastrointestinal infections, and altered absorption of vitamins and minerals.”

In addition to those who continue to experience symptoms after medication and lifestyle changes, and those who wish to eliminate their reflux medication, individuals with large hiatal hernias and bariatric patients who experience reflux after surgery may be candidates for the LINX procedure. Anyone who has had extensive abdominal surgery or other stomach or esophageal conditions may not be a candidate.

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

WATCH FOR THESE SIGNS:

- Burning sensation in the chest
- Difficulty swallowing
- Regurgitation of food or sour liquid
- Sensation of a lump in the throat
- Chronic cough
- Phlegm
- Laryngitis
- New or worsening asthma
- Disrupted sleep

Outpatient Endoscopic Procedure Promotes Weight Loss

Excessive weight can take quite a toll on your health — from an increased risk of heart disease, stroke, and diabetes, as well as other chronic conditions, to damage to your joints. For those who have tried to lose weight and failed, procedures are available to promote weight loss. The most commonly known is bariatric surgery, where the stomach is surgically altered to reduce its size or the way food is digested.



“For people who would benefit from a weight-loss procedure but do not qualify for bariatric surgery because their BMI (body mass index) is not high enough, or for one reason or another they do not feel surgery is an option, endoscopic sleeve gastroplasty (ESG) is an alternative,” says

Monica Saumoy, MD, a member of the Medical Staff at Penn Medicine Princeton Health. “Since weight can have such a serious impact on health, we want to give people as many tools as possible to reach and maintain a healthy weight, and this procedure is a valuable one.”

A Minimally Invasive, Outpatient Procedure

ESG uses a suturing device to endoscopically decrease the size of the stomach. The procedure takes about an hour to 90 minutes to perform, and creates a smaller, tube-shaped stomach, restricting the amount of food you can eat.

“A good way to picture the result is to imagine a balloon,” says Dr. Saumoy, who is board certified in gastroenterology. “When you eat, your stomach stretches like a balloon. If you reduce the size of the balloon, you reduce the amount of food it takes to feel full.”

Following ESG, a liquid diet is temporarily prescribed in order to allow for healing and to jumpstart the weight-loss process. There generally are no other restrictions beyond diet following ESG, so patients usually return to work within a day or two after the procedure, and begin to integrate a diet and exercise routine to help lose weight and keep it off.

Patients at Penn Medicine Princeton Medical Center who undergo the ESG procedure have access to the same pre- and post-procedure services that are offered to patients who undergo treatment at the Center for Bariatric Surgery & Metabolic Medicine at Princeton Medical Center, including nutrition counseling, cognitive behavioral therapy, and social worker support.

To find a gastroenterologist with Penn Medicine Princeton Health, or for more information about the Center for Bariatric Surgery & Metabolic Medicine at Princeton Medical Center, call 1.888.742.7496 or visit www.princetonhcs.org.

Options for Healthy Weight Loss

Weight-loss procedures available through Princeton Medical Center include:

- endoscopic sleeve gastroplasty
- adjustable gastric banding
- gastric sleeve
- biliopancreatic diversion
- gastric bypass

Listening Lab: Sharing Stories of Care

Penn Medicine Princeton Medical Center is hosting the Penn Medicine Listening Lab from February 19 through March 13. The interactive project is traveling to 13 sites across the Penn Medicine system in 2020.

Created by a team of patients, caregivers, staff, providers, and University of Pennsylvania academic partners, the goal of the Penn Medicine Listening Lab is to demonstrate and celebrate listening as a form of care. The focus of the project is to explore how we listen and how we are listened to, as individuals, in relationships and as communities.

The project is open to the public, and includes a recording line, an immersive exhibit, and an online experience that enables participants to discover themselves in others as they listen to stories about giving and receiving care. Participants can listen to stories, record a story, or create a playlist to share. All types of stories are welcome.

Contribute today at 267.758.4646
PennMedicine.org/ListeningLab



 Listening Lab

Comprehensive Medical Assessment Can Improve Outcomes in Older Cancer Patients

Undergoing cancer treatment is physically and emotionally draining for every patient, but seniors can face additional complications that can impact the success of their treatment, according to Lori McMullen, RN, MSN, OCN, Director of Cancer Services at the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center.

As part of their treatment plan, patients age 65 and older at the center can undergo a comprehensive, two-hour geriatric oncology assessment designed to identify any underlying medical, emotional, and social issues that could impact their quality of life and ability to handle cancer treatment. The assessment is performed by a multidisciplinary team consisting of a physician certified in geriatric care, as well as a nurse practitioner, pharmacist, nutritionist, and social worker/financial navigator.



“We want our patients to be able to tolerate treatment with the best quality of life possible, and keep them out of the hospital,” says McMullen. “That may mean an adjustment to the dose of chemo, contact with social resources in the community, referral for nutrition counseling, or support from the financial navigator. Additionally, we discuss goals of care with every patient to determine what they are hoping to achieve by undergoing treatment.”

Following an assessment, patients in need of additional support can take advantage of a range of services, including a social worker, nutritionist, financial navigator, and palliative care program, all of which will be available throughout their treatment at the center.

For more information about the Edward & Marie Matthews Center for Cancer Care, call 888.742.7496 or visit www.princetonhcs.org.

LGBTQ+ Have a Safe Space at Princeton House Behavioral Health



Coping with mental health or addiction issues can be challenging enough, but for individuals in the LGBTQ+ community there may be additional struggles. Sexual orientation and gender identity-related experiences such as isolation, bullying, trauma, and violence can complicate treatment, and in some cases keep someone from seeking treatment.

“It can be challenging for people to open up about their sexual and gender identity, especially if they have been faced with past invalidation that has discouraged their fullest expression of their authentic self,” says Rachel Friedman, Doctoral Psychology Intern at Penn Medicine Princeton House Behavioral Health. “Our goal is to provide an open and validating environment for participants to have these conversations, process their experiences, and gain a sense of self-worth.”

Providing a Safe Space

Princeton House Behavioral Health offers the LGBTQ+ community an inclusive, confidential, and supportive environment to discuss the issues that matter most to them and develop the skills needed to live their lives authentically. The weekly psychoeducational program, offered as part of the adult partial hospital and intensive outpatient programs, incorporates LGBTQ+ education and traditional talk therapy.

“We work through each individual’s concerns from an LGBTQ+ perspective,” says Nina Nechay, LPC, NCC, Senior Primary Therapist. “Without addressing these concerns they can be suppressed, and that contributes to depression, substance abuse, and other mental health issues.”

Participants focus on expressing feelings, learning to validate feelings, communicating effectively, and developing and nurturing self-respect using dialectical behavior therapy (DBT) and other therapeutic approaches. There is also an option for clients to attend a family meeting, providing an opportunity for an open dialogue to promote understanding.

“Some people, particularly some older adults, may not understand what LGBTQ really is,” says Nechay.

“This session can open up communication for LGBTQ+ participants in a different way, as part of developing a better understanding of self.”



Penn Medicine Princeton Health is proud of its status as a Healthcare Equality Leader, as named by the Human Rights Campaign in 2019.

To find out more about Princeton House Behavioral Health mental health and addiction services, call 888.437.1610 or visit www.princetonhouse.org.



Equitable Care for All

At Penn Medicine Princeton Health, all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.

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Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Penn Medicine Princeton Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

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 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
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 - Qualified interpreters
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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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January 2018



Penn Medicine
Princeton Health

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call 1.888.742.7496.

Save the Date for Penn Medicine Princeton Health's 25th Annual Golf Outing!

Tuesday
June 2, 2020
Metedeconk National
Golf Club, Jackson, NJ



Join us as we celebrate 25 years of supporting programs and services at Princeton Health. Our 2019 golf outing raised over \$233,000 to benefit the startup of a new gynecologic oncology program at Penn Medicine Princeton Medical Center (PMC). As we continue our mission to stay in the forefront of patient care and medical education, proceeds from our 2020 outing will benefit nursing care at PMC by creating an endowment.

Philanthropist Betty Wold Johnson has pledged a \$1 million challenge grant to support nursing scholarships and continuing education, research and innovation, and the nursing residency program. The Centennial Challenge Grant, in recognition of Penn Medicine Princeton Health's recent centennial year, will be awarded when Princeton Health raises \$1 million from the community toward the endowment. The Princeton Medical Center Foundation has already raised over \$500,000.

With the increasing role nurses play in healthcare today, your philanthropic support of this golf outing will help advance our nurses in their newly expanded roles to ensure the highest quality of care for our patients.

This outing is always a great day for a great cause, offering participation and sponsorship opportunities at many levels. For additional information, visit www.pmgolf.org or contact Kelly Madsen at kelly.madsen@pennteam.upenn.edu, or 609.252.8705.