

Princeton Health

Golf Rehab: Get Back in the Swing

With Help From Our Titleist Performance
Institute Certified Therapist



Janice Grover, West Windsor

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Princeton HealthCare System

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Advanced Options for Cervical Disc Surgery

More than 16 million Americans visited a doctor or hospital for neck pain treatment in 2014, according to the United States Bone and Joint Initiative. And while cervical disc disorders accounted for only 15 percent of those visits, the condition was responsible for 33 percent of neck pain-related hospitalizations.

When not damaged, cervical discs allow you to move freely, acting as cushions or shock absorbers between the bones in your neck. But wear and tear as we age, and damage caused by accidents or injuries sustained from physical activities, can lead to disc herniation, where discs can bulge or rupture.



Disc herniation can cause discs to bulge and sometimes rupture, resulting in chronic pain and reduced mobility. Complications include:

- Pain radiating down the arms to the hands or fingers
- Numbness or tingling in shoulders, arms, or hands
- Weakness in arms or hands

Disc Replacement May Be an Option

In most cases the first line of treatment will be physical therapy or steroid injections. But if the condition does not improve, surgery may be needed to remove part of the herniated disc to relieve pressure on the spinal cord and nerves.

When disc herniation is severe enough to warrant surgery, the traditional approach has been cervical disc fusion, which involves placing a piece of bone between the affected vertebrae. Now, advances in spinal surgery at University Medical Center of Princeton (UMCP) mean some patients may be candidates for artificial disc replacement.

“One potential downside of fusion surgery is its effect on a patient’s range of motion,” says **Seth Joseffer, MD, FACS**, Chief of Neurosurgery at UMCP. “For patients who still have good range of motion, disc replacement is an option that allows us to reconstruct the neck and help them retain their flexibility.”



The advanced treatment option is particularly worth considering in treating younger patients after the herniated disc has been removed.

“As people age, they can develop bone spurs and get stiffer, so we typically recommend disc replacement for patients who are not already having issues with their range of motion due to age or conditions such as arthritis,” says **David Lamb, MD**, Chief of Orthopaedic Surgery at UMCP.

For more information about UMCP’s spinal services, visit www.princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).

Princeton HealthCare System
One Plainsboro Road
Plainsboro, NJ 08536
1.888.PHCS4YOU (1.888.742.7496)

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Golf Rehab: Get Back in the Swing

With the Help of UMCP's Titleist Performance Institute Certified Therapist

Hitting a golf ball with distance and accuracy is hard enough when you're in good health, let alone when you're in pain or recovering from an injury or surgery.

To help golfers reclaim their best game, University Medical Center of Princeton (UMCP) Outpatient Rehabilitation Network is now offering golf rehabilitation. The program helps golfers regain their strength, range of motion and correct swing mechanics to improve their game and prevent further injury, says Barbara Kutch, PT, DPT, CSCS, a Physical Therapist with the Outpatient Rehabilitation Network.

"If somebody's coming in with pain or an injury, we do a full physical therapy evaluation to determine their limitations," says Kutch, who is Titleist Performance Institute Certified. "We assess how those limitations cause flaws in their golf swing and work on rehabilitating that area to allow a more fluid swing."

Golfers of All Ages

Individuals in UMCP's golf rehab program range from high school golfers to older adults who don't want to give up their favorite sport. Many are recovering from recent surgery — such as joint replacement — or injuries that resulted in physical limitations.

Janice Grover of West Windsor, who was a golfer in college and picked the clubs back up again a decade ago, turned to UMCP's golf rehab program after experiencing a pinched nerve and some foot-related problems. Now, thanks to four golf rehab sessions with Kutch, Grover is back on the course and playing pain-free.

Physical therapy addresses all areas that may impact a golfer's game — from problems with shoulders and hips to lower back pain.

"We work on exercises that relieve pain, while also working on a golf swing that is comfortable within their limitations," Kutch says. "With back pain, for example, you might not be able to go as far into your back swing as a PGA pro, but you can still have a successful game."



Golf-specific exercises in physical therapy focus on:

- Improving posture, body control and mobility
- Improving golf swing mechanics
- Preventing future injury

Pictured above: Janice Grover and Physical Therapist Barbara Kutch, PT, DPT, CSCS.

A Comprehensive Program

Golf rehab is offered at UMCP's Krogh Outpatient Rehabilitation, located in Princeton Fitness & Wellness at Plainsboro. The program is one of several sports-specific treatment programs offered through UMCP's Outpatient Rehabilitation Network, including tennis, swimming, basketball and baseball.

"All of our rehabilitation programs are aimed at improving flexibility, joint stability, endurance and conditioning," says Jayanti Ingle, Director of Rehabilitation Services. "We want our clients to be their best both on the course and in everyday life."

Medicare and most private insurance plans cover physical therapy with a doctor's referral.

For more information about the Outpatient Rehabilitation Network, call 609.853.7830, or visit www.princetonhcs.org.

Your Weight Loss Plan of Attack

You and your doctor have decided you need to lose weight. Now what?



While there are limitless diet and exercise programs out there, the key is to find an approach you can stick with for a lifetime, says **Lisa Dobruskin, MD, FACS**, Co-Medical Director of the Center for Bariatric Surgery & Metabolic Medicine at University Medical Center of Princeton (UMCP).

A Realistic Approach

The first step is to set a realistic weight loss goal — perhaps losing a pound a week. Then, Dr. Dobruskin says, pursue that goal by:

- Eating a high-protein, high-fiber diet while avoiding sugars and starches as much as possible. Since protein and fiber are more filling, they can help you eat less.
- Tracking what you eat and eating on a regular schedule. Fitness apps make it easy to keep track of what, when and how much you're eating.
- Committing to at least 30 minutes of exercise a day. It doesn't have to be vigorous exercise — even 10 minutes of walking, three times a day, can make a difference.

A Surgical Option

"Some people reach a point where they've earnestly tried to change their exercise and eating habits and they haven't been able to successfully lose weight," Dr. Dobruskin says. "At that point, they may become a candidate for weight-loss surgery."

UMCP offers several surgical options that limit how much a person can eat. Sleeve gastrectomy, a procedure in which the stomach is reduced to 25 to 30 percent of its original size, has become one of the most frequently chosen approaches in recent years.

To qualify for surgery, a patient must have a body mass index (BMI) of above 40 or a BMI of 35 to 39.9 and a disease caused by obesity, such as diabetes, high blood pressure or obstructive sleep apnea. For qualified patients, bariatric surgery is covered by many insurance plans.

To find a bariatric surgeon affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

"You have to make moderate, life-long changes — that's the only way weight loss is going to work," Dr. Dobruskin says. "Obesity is a chronic disease, and like any chronic disease the way to achieve successful remission is through long-term follow up."

Multiple Births Require Extra Care

Heading home with more than one bundle of joy can leave even the most prepared parents a little anxious, but when it comes to prenatal care and delivering multiples, University Medical Center of Princeton (UMCP) is here to help.



“Through partnerships with Penn Maternal Fetal Medicine for high-risk pregnancies and the Children’s Hospital of Philadelphia (CHOP) for neonatal care — including a new Neonatal Intensive Care Unit — we offer advanced maternity and neonatal care from the early days of pregnancy to the time the babies head home,” says **Jeffrey Hofman, MD, FACOG**, Chief of the Division of Obstetrics at UMCP.

Guard Against Complications

A pregnancy with multiples can increase the risk for certain complications for the mother, such as anemia, gestational diabetes and preeclampsia. These conditions need to be monitored and treated. More frequent prenatal care visits and ultrasounds are typically recommended to monitor the babies’ growth and development, and the mother’s health.

Women with high-risk pregnancies may also be referred to a maternal-fetal medicine specialist.

A Special Delivery

The chance of needing a Cesarean delivery is higher with multiples, says Dr. Hofman, who is board certified in obstetrics and gynecology. He adds that how multiples are delivered primarily depends on:

- The number of babies
- The position, weight and health of each baby
- The mother’s health and how labor is progressing

More than half of all twins are born preterm, and triplets and higher order multiples are almost always born preterm, according to the American College of Obstetricians and Gynecologists (ACOG). Babies born before 37 weeks may have an increased risk of short- and long-term health problems, including trouble breathing, eating and staying warm. As a result, they may require care or observation in UMCP’s Neonatal Intensive Care Unit (NICU) — which cares for babies born as early as 28 weeks who weigh at least 2.2 pounds — before going home.

“In the NICU, babies are monitored closely to ensure they receive the right balance of fluids and nutrition,” says Dr. Hofman.

“They are weighed every day to ensure they are gaining weight steadily and growing, and most are placed in incubators or special warmers to help them maintain their body temperature and conserve energy.” In addition, they may need oxygen and other treatments to support their lungs until they can breath on their own.

For more information about the UMCP Center for Maternal & Newborn Care and NICU, or to find an obstetrician/gynecologist with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.



Princeton House Behavioral Health

Treating Hidden Wounds of Veterans and First Responders

Whether they protect us by serving in the armed forces here or abroad, or at home as firefighters, police officers, corrections officers or emergency medical technicians, our veterans and first responders are trained to put their lives on the line. Putting themselves in harm's way is instinctive, and yet, when it comes to needing help themselves, many find it difficult to take that first step.



"The word 'surrender' is generally not in the vocabulary of anyone who serves," says Michael Bizzarro, PhD, LCSW, BCD, Director of Clinical Services for First Responder Treatment Services at Princeton House Behavioral Health (PHBH) and a former Army Reservist and police officer. "But seeking treatment is probably one of the only times in their lives that surrender means you win. The trauma we're seeing in veterans is unique, and our staff members are trained in prolonged exposure therapy to help them work through it and move on."

"In the case of our veterans, often they have little or no opportunity to grieve or process what's happened to them and their comrades while they are deployed, and they frequently face service-related trauma (SRT) or post-traumatic stress disorder (PTSD) as they try to reintegrate into civilian life," says Iris Perlstein, LCADC, LPC, ATR-BC, Director of Allied Clinical Therapies and Clinical Specialist for the program. "Our confidential program is designed to help them, as well as first responders, identify stressors and develop the necessary coping mechanisms to handle them."

Specialized Care

Since its inception in 2013, First Responder Treatment Services has helped over 600 veterans and first responders deal with mental health and substance abuse disorders. Led by clinicians with law enforcement and first responder experience, it is one of only a handful of programs nationwide providing services to those who keep us safe.

The program offers individually tailored services that include a comprehensive evaluation; individual and/or group therapy; family therapy; 12-step recovery-based programming; medication if needed; nutrition counseling; expressive therapies such as art, music and movement; and physical activity in an on-site gym.

To find out more about Princeton House Behavioral Health's First Responder Treatment Services, call 1.888.437.1610 (outpatient) or 1.800.242.2550 (inpatient), or visit www.princetonhouse.org/firstresponders.

Based in Princeton, First Responder Treatment Services helps veterans and first responders cope with recurring issues, including:

- Isolation and anger
- Personal relationship, work-related problems
- Alcohol and drug use
- Sleep disturbances, including night terrors
- Flashbacks and intrusive memories
- Suicidal thoughts
- Financial pressures

Community Focus



Celebrate Strength, Celebrate Life. An Evening with **Amy Robach**

**Join us as we celebrate Cancer Survivors Day
Thursday, June 8, 2017 at 7 p.m.**

Hyatt Regency Princeton
102 Carnegie Center Drive, Princeton

Amy Robach, News Anchor for ABC's *Good Morning America*, *New York Times* bestseller and breast cancer survivor, will share the personal story behind her very public cancer journey and describe how it has given her a different perspective on life.

Everyone is welcome to join us for coffee, tea and desserts prior to the start of the program.

**This event is offered free of charge, but registration is required:
visit princetonhcs.org/calendar or call 1.888.897.8979.**

This event is made possible by the support of Princeton HealthCare System's Community Education & Outreach.



Edward & Marie Matthews Center for
Cancer Care
University Medical Center of Princeton

CURRENT PROGRAMS

Princeton HealthCare System's Community Education & Outreach Program 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 Princeton HealthCare System. Registration is required, unless otherwise noted. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

YIKES! What is Happening to My Body? Puberty Talk for Boys

MON. May 1 (6:30 – 8 p.m.)
Plainsboro Recreation & Cultural Center
641 Plainsboro Road, Plainsboro

Designed for boys between the ages of 9 and 12, this program will address 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 Greg Barron, a Health Educator with Princeton HealthCare System.

YIKES! What is Happening to My Body? Puberty Talk for Girls

MON. May 8 (6:30 – 8 p.m.)
Plainsboro Recreation & Cultural Center
641 Plainsboro Road, Plainsboro

Designed for girls between the ages of 9 and 12, this program will address 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 Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

Posture Perfect

TUE. May 2 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Poor posture can cause problems with digestion, breathing, muscles, joints and ligaments. Join Eileen Kast, PT, OCS, Physical Therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn what constitutes proper posture, as well as exercises to improve posture and posture awareness.

Prediabetes and Diabetes: What's My Risk?

WED. May 3 (11 a.m. – 12 p.m.)
Plainsboro Library
9 van Doren Street, Plainsboro

Register through the library or Princeton HealthCare System Community Education & Outreach Program. Join us for an informative session presented by Diabetes Clinicians and Certified Diabetes Educators Louise Gross, RN, and Sandra Byer-Lubin, MS, RD, CDE, from the UMCP Diabetes Management Program team, to learn about lowering your risks of pre-diabetes and Type 2 diabetes, reducing complications for those diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet.

Weight Loss Surgery: Is It Right for Me?

THU. May 4 (6 – 6:30 p.m.)
THU. June 1 (6 – 6:30 p.m.)
Princeton Medicine,
2 Centre Drive, Monroe Township

WED. May 17 (6 – 6:30 p.m.)
WED. June 21 (6 – 6:30 p.m.)

Community Education & Outreach 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. Lisa Dobruskin, MD, FACS, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, will provide 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.



Health Screenings at West Windsor Community Farmers' Market

SAT. May 6, 20, June 3 & 17 (9 a.m. – 1 p.m.)
Princeton Junction Train Station, Vaughn Drive Parking Lot
(Alexander Road & Vaughn Drive), Princeton Junction

No registration required.

Twice a month, health professionals from Princeton HealthCare System will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmers' Market.

Meet the Chef: Gluten-free Cooking

TUE. May 9 (6 – 7 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Princeton
Join Susan Parlato, MS, RDN, Certified Natural Chef, as she whips up gluten-free foods that are tasty and nutritious. The menu includes sweet potato and black bean chili and gluten-free corn bread. Samples will be provided.

Help for Common Pelvic Floor Disorders

WED. May 10 (9:30 – 10:30 a.m.)
Hopewell Branch Library
245 Pennington-Titusville Road, Pennington

Register through the library or Princeton HealthCare System Community Education & Outreach Program.

Pelvic floor dysfunction — including urinary incontinence, frequency, pelvic organ prolapse and constipation — are common conditions faced by both men and women, and in many cases physical therapy can help improve quality of life. Join Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator with University Medical Center of Princeton's Center for Pelvic Wellness, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

Kids Marathon



SUN. June 11 (10 a.m.)

Educational Testing Service (ETS)
660 Rosedale Road, Princeton

\$25 per child

All children grades Pre-K to 8 are invited to participate in the 9th Annual Kids Marathon, hosted by Princeton HealthCare System Community Education & Outreach Program and Princeton Fitness & Wellness Center.

How it Works

- Sign up by visiting www.princetonhealthinmotion.com
- Walk-run-roll 25 miles over 10 weeks beginning in April
- Gather on June 11 to finish the last 1.2 miles together

Scholarship Opportunity

We encourage all children to participate. If cost is a factor, please call Debbie Millar at 609.897.8982 to see if your child is eligible for a free scholarship. Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.

Healthy Eating, Active Living Programs for Kids



Kids Marathon participants earn 1 mile for each class attended:

Eat & Run: Cooking and Exercise for Kids

WED. May 3 (5:30 – 6:45 p.m.)

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

Give your kids, ages 7–11, a running start in developing healthy habits. A nutritionist will guide participants in preparing some quick, easy recipes that are low in sugar and high in vegetables — perfect for on-the-go days. Then, a personal trainer from the Hamilton Area YMCA will demonstrate new ways to warm up, improve balance and build strength. Children should dress in comfortable clothes and sneakers.

Grow Your Own Veggie Garden

FRI. May 5 (4 – 4:45 p.m.)

Blooms at Belle Mead Garden Center
1980 US 206, Belle Meade

MON. May 15 (4 – 4:45 p.m.)

Corner Copia, 619 Mercer Street, Hightstown

Kids (ages 6–10) and parents, are invited to attend this hands-on gardening experience! Learn how to grow your own veggies and use them to prepare healthy meals. Expert gardeners will instruct you in planting seeds in containers. Then, take them home and watch your veggies grow!

Kids Can Cook

TUE. May 30 (6 – 7 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

This program will introduce your kids (ages 7-11) to healthy cooking. Susan Parlato, MS, RDN, Registered Dietitian Nutritionist with the Princeton Fitness & Wellness Center, will demonstrate how to prepare simple, healthy meals, snacks, and drinks with an emphasis on reducing sugar and increasing intake of fruits and vegetables. This is a hands-on class, and the children can enjoy the finished product!

Kids Zumba

MON. May 8 (4:30 – 5:30 p.m.)

West Windsor Library
333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register.

Get your kids moving and dancing to upbeat music at our fun Kids Zumba class, led by Tracey Crowley, an exercise instructor with Princeton Fitness & Wellness at Plainsboro. For children ages 6 and up. Children should dress in comfortable clothes and sneakers.

Ease Your Anxieties About Colonoscopies

FRI. May 12 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Colorectal conditions can impact your quality of life and may indicate more serious problems. The first step in diagnosing the problem may be a colonoscopy, which is a key for early detection of colon cancer and can also reveal other abnormalities of the colon, such as diverticulosis and internal hemorrhoids. Attend this program led by Anish A. Sheth, MD, board certified in gastroenterology and a member of the Medical Staff at Princeton HealthCare System, and learn when and how often you should have a colonoscopy.

Sports-related Brain Injuries in Youth

WED. May 17 (6:30 – 8 p.m.)

University Medical Center of Princeton – First Floor, Education Center, Conference Room E

This informative panel discussion will cover the diagnosis, treatment and management of traumatic brain injuries and when it is safe to return to the game, as well as a tour of the Emergency Department. Panelists will include: Craig Gronczewski, MD, MBA, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton; Alicia Brennan, MD, Medical Director of Pediatrics; Kimberly D. Palangio, DO, board certified in clinical neurophysiology and neurology; Adam Redlich, MD, board certified in sports medicine; and Linda Lucuski, MPT, Director of UMCP Outpatient Rehabilitation Network-Hamilton. All panelists are members of the Medical Staff of Princeton HealthCare System.

All About Joint Replacement

WED. May 17 (1 – 2 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Victoria Ribsam, RN, BSN, ONC, Orthopaedic Patient Navigator, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at UMCP, including the Jim Craigie Center for Joint Replacement.

FORE! Get the Swing Back in Your Game

WED. May 24 (7 – 8 p.m.)

Plainsboro Recreation & Cultural Center

641 Plainsboro Road, Plainsboro

Swinging a club can have a serious impact on your body for both beginners and experienced players. Join Barbara Kutch, PT, DPT, CSCS, Physical Therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network and certified by the Titleist Performance Institute, for a discussion on:

- The components of the golf swing
- How injuries occur
- Swing-specific strengthening, flexibility, balance and warm-up
- Golf swing postural assessment

Understanding the Aging Eye

WED. May 24 (11 a.m. – 12 p.m.)

Monroe Library, 4 Municipal Plaza, Monroe Township

Register through the library or Princeton HealthCare System Community Education & Outreach Program.

Learn about the age-related vision changes that could be affecting your quality of life at this informative presentation. Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss refractive cataract surgery, glaucoma prevention, and macular degeneration prevention.

AARP Smart Driver Course

WED. & THU. May 24 & 25
(12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center,
1225 State Road, Princeton



WED. June 21 (9:30 a.m. – 3:30 p.m.)

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

\$15 for AARP members; \$20 for non-members. Checks are payable at the door and should be made payable to AARP.

The techniques learned in this course could result in a reduction in car 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 and how to handle potential problem situations. 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

THU. May 25 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

THU. June 22 (9 – 11 a.m.)

Hamilton Area YMCA John K Rafferty Branch

1315 Whitehorse-Mercerville Road, Parking Lot, Hamilton

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide more comfort and better control of your vehicle. In addition, a trained PHCS CarFit technician will take the driver through an observation and questionnaire session. Participants are asked to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

Could it Be Crohn's Disease?

MON. June 5 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

If you experience recurring digestive problems, along with fever and unexpected weight loss, you might be dealing with more than a simple stomach bug. Join Stanley C. Hsu, MD, board certified in gastroenterology, to learn more about the signs and symptoms of the inflammatory bowel disorder known as Crohn's disease. Dr. Hsu, a member of the Medical Staff of Princeton HealthCare System, will also discuss the diagnosis and treatment options that are available.

Swimming: For Fitness & Healing

TUE. June 6 (6:30 – 8 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms
A & B



A & B

Swimming can provide a great whole-body, low-impact workout, helping to reduce blood pressure, strengthen the heart and improve overall health. Aquatic exercise is also a great alternative exercise for injured athletes, arthritis sufferers and the elderly. Attend this informative session led by Linda Lucuski, MPT, Director of the UMCP Outpatient Rehabilitation Network –Hamilton, and learn about aquatic therapy and how it can be incorporated into your physical therapy regime. Nicole Bizuga, Hamilton Area YMCA Aquatic Director, will provide an overview of the aquatic programming offered at the YMCA.

Stimulating Your Immune System to Fight Cancer

THU. June 8 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Attend this informative program led by Sheetal H. Shrimanker, MD, board certified in hematology (blood disorders), internal medicine and medical oncology, to learn about immunotherapy, a new technique that uses medications to boost a patient's immune system to combat cancer cells. Dr. Shrimanker is a member of the Medical Staff of Princeton HealthCare System.

Vision Screening

THU. May 18 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

THU. June 15 (10 a.m. – 1 p.m.)

Community Education & Outreach at
731 Alexander Road

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

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Princeton HealthCare System 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.

Car Seat Safety Check

THU. June 8 (9:30 a.m. – 12 p.m.)
Ewing Library, 61 Scotch Road, Ewing
Please call 609.882.3130 for an appointment time.

SAT. June 17 (9:30 a.m. – 12 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road
Robbinsville

Please call 609.259.2150 for an appointment time.

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. Please have the car seat installed prior to your appointment. Please bring your car manual and car seat instructions.

Fall Prevention and Balance Screening

THU. June 8 (9:30 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Each year, one in three people over the age of 60 experiences a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Linda Lucuski, MPT, Director of UMCP Outpatient Rehabilitation Network – Hamilton, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention. Individual balance screenings will also be conducted, including a 30-second sit-to-stand test, timed get-up-and-go test, and static balance test.

Nutrition to Help Manage Pre-Diabetes and Diabetes

THU. June 29 (7 – 8 p.m.)
Hickory Corner Library, 138 Hickory Corner Road, East Windsor

Register through the library or Princeton HealthCare System Community Education & Outreach Program.

Join us for an informative session presented by Diabetes Clinician and Certified Diabetes Educator Sandra Byer-Lubin, MS, RD, CDE, with the UMCP Diabetes Management Program, to learn how to improve your diabetes and reduce your risk for development of diabetes and pre-diabetes through nutrition.

Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

WED. May 3, 10, 17 & 24 (6 – 9 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Studio 3, Princeton

THU. & FRI. June 1, 2 & 9 (6 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$60 per person.

R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Techniques are simple, practical and effective, and designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. *No prior experience is necessary.



Safe Sitter® Expanded Two-Day Program

MON. & TUE. June 26 & 27 (9:30 a.m. – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$65 per child.

This two-day class teaches adolescents, ages 11–13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should bring their own lunch.

Benefits of Massage

THU. May 4 (7 – 8:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center
Conference Rooms C & D

Getting a massage has many other benefits beyond relaxation. Join a certified massage therapist from Zanya Spa for a discussion on the health benefits of massage, what to consider when choosing a massage therapist and why it's important. Also, learn at-home massage techniques that you can easily perform on your own.



Mindfulness to Reduce Stress

MON. May 8 (1 – 2 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

Register through the library or Princeton HealthCare System Community Education & Outreach Program.

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 Judith Margolin, Psy.D., Clinical Director of Women's Programs at Princeton House Behavioral Health, 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.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Register for multiple classes and SAVE!

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, please call 1.888.897.8979 to register.

Sibling Class

SAT. May 13 (10 – 11:30 a.m.)

University Medical Center of Princeton – Atrium

\$30 per child

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, tour a maternity room and look into our nursery. 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. May 13 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

WED. May 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

MON. June 12 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 24 (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.)

University Medical Center of Princeton – Atrium

University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP 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 nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Baby Care

THU. May 25 (7 – 9:30 p.m.)

TUE. June 27 (7 – 9:30 p.m.)

University Medical Center of Princeton

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.

Prenatal Breastfeeding Class

THU. May 11 (7 – 9:30 p.m.)

WED. June 7 (7 – 9:30 p.m.)

University Medical Center of Princeton – First Floor, Education Center

\$50 per couple

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 a certified lactation consultant.



Daddy Boot Camp™

SAT. June 17 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$40 per person

A certified male Daddy Boot Camp™ instructor will teach fathers-to-be

how to hold, comfort, diaper and play with their babies, as well as: 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.

Twins and Multiples

WED. June 14 (6:30 – 9 p.m.)

University Medical Center of Princeton

First Floor, Education Center

\$40 per couple

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

PROMOTING FERTILITY THROUGH YOGA

WED. May 3, 10, 17, 24, 31 June 7, 14, 21 & 28 (6:30 – 7:30 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103

\$10 per person, per class.

This class, taught by a certified yoga instructor, offers a supportive environment in which women are introduced to yoga poses, visualization, relaxation and breathing techniques intended to promote fertility. No previous yoga experience is necessary; however, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.

OPTIONS FOR BIRTHING

Princeton HealthCare System 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. May 1 – 22 (7 – 9 p.m.)

TUE. May 23 – June 13 (7 – 9 p.m.)

THU. June 8 – 29 (7 – 9 p.m.)

WED. June 21 – July 12 (7 – 9 p.m.)

University Medical Center of Princeton – 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. May 20 (9 a.m. – 5 p.m.)

SAT. June 10 (9 a.m. – 5 p.m.)

University Medical Center of Princeton – 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

MON. May 15, 22, June 5, 12 & 19

(6:30 – 9 p.m.)

Community Education & Outreach 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 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.

Prenatal Yoga

TUE. May 2, 9, 16, 23, 30, June 6, 13, 20 & 27 (6 – 7 p.m.)

Community Education & Outreach at

731 Alexander Road, Suite 103

\$10 per person, per class.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feeling good during pregnancy. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Infant Massage

THU. May 11 & 18 (6:30 – 8 p.m.)

MON. May 15 & 22 (10 – 11:30 a.m.)

MON. June 5 & 12 (10 – 11:30 a.m.)

THU. June 15 & 22 (6:30 – 8 p.m.)

\$30 per family. Registration required.

Parents or caretakers will learn soothing massage and gentle exercise techniques to support balanced development and muscle tone and encourage bonding.

Infant massage classes will also promote play and relaxation with the use of nursery rhymes and lullabies. Please bring a blanket for baby, an exercise mat or large towel and sunflower oil to class, and test the oil on your baby's ankle or wrist at least 24 hours before coming to class to make sure he or she has no skin sensitivities. Infants who have received immunizations should wait at least one week after their most recent injection before attending class. Medical clearance from a healthcare professional is required. Please call 1.888.897.8979 to obtain the form.

Early Pregnancy Class

THU. May 18 (7 – 9 p.m.)

University Medical Center of Princeton – First Floor, Education Center

\$30 per couple. This fee will be applied toward a Birthing Basics class.

Designed for expectant parents in the first five months of pregnancy, this class will address the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.



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

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

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. Visit us online at www.princetonhcs.org/calendar, for a list of topics.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)
UMCP 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 a certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. May 10 (1 – 2 p.m.)
WED. May 24 (1 – 2 p.m.)
WED. June 7 (1 – 2 p.m.)
WED. June 21 (1 – 2 p.m.)
Princeton Fitness & Wellness Center, 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 Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.

Postpartum Yoga

MON. May 1, 8, 15, 22, June 5, 12, 19 & 26 (1 – 2 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103

\$10 per person, per class.

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.

CPR & FIRST AID

To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

TUE. & WED. May 16 & 17 (9 a.m. – 5 p.m.)
Community Education & Outreach at
731 Alexander Road

ACLS Recertification Course

TUE. May 23 (9 a.m. – 5 p.m.)
THU. June 8 (9 a.m. – 5 p.m.)
Community Education & Outreach at
731 Alexander Road

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. June 26 & 27
(9 a.m. – 5 p.m.)
Community Education & Outreach
at 731 Alexander Road, Suite 103

PALS Recertification Course

FRI. May 19 (9 a.m. – 5 p.m.)
MON. June 19 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103

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

MON. May 8 (6 – 10:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

TUE. May 30 (9 a.m. – 1:30 p.m.)

WED. June 28 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

FRI. June 9 (9 a.m. – 1:30 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

\$65 per person

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

Heartsaver CPR AED

SAT. June 10 (9:30 a.m. – 12:30 p.m.)

Community Education & Outreach 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. June 20 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

\$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.

Neonatal Resuscitation Program Recertification Course

MON. May 22 (8 a.m. – 12 p.m.)

TUE. June 13 (6 – 10 p.m.)

University Medical Center of Princeton
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.

Heartsaver First Aid and CPR AED

WED. May 24 (9 a.m. – 5 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$60 per person

The Heartsaver First Aid and CPR AED 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.

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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

EMT Integrated Refresher Section B — Medical Assessment and Management

SUN. May 21 (8 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road

\$50 per person.

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

EMT Refresher Class Section C — Trauma Assessment and Management

SUN. June 11 (8 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road

\$50 per person.

Students will review immobilization techniques, splinting and wound care.

University Medical Center of Princeton is not a state-designated regional trauma center.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System 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. University Medical Center of Princeton is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.

American Cancer Society's Look Good, Feel Better

MON. May 15 (1 – 3 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care

Please call 1.800.227.2345 to register.

Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.



Prostate Cancer Support Group

WED. May 10 (12 – 1:30 p.m.)
WED. June 14 (12 – 1:30 p.m.)
University Medical Center of Princeton,
Edward & Marie Matthews Center for Cancer Care – Education 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 Princeton HealthCare System.

Cancer Support Group

TUE. May 16 (1:30 – 3 p.m.)
TUE. June 20 (1:30 – 3 p.m.)
Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton 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 Princeton HealthCare System.

Breast Cancer Support Group

TUE. May 16 (6 – 7:30 p.m.)
TUE. June 20 (6 – 7:30 p.m.)
UMCP 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 third 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 UMCP's Breast Health Center.

Nutrition Tips for Breast Cancer Patients

TUE. May 2 (11:30 a.m. – 1 p.m.)
TUE. June 6 (11:30 a.m. – 1 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred. To register, call 609.853.6788.

All women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, Registered Dietitian and Certified Nutrition Support Clinician. Learn valuable information on 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
- Physical activity
- Your nutrition questions

Head & Neck Cancer Support Group

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

WED. May 17 (12 – 1:30 p.m.)
WED. June 21 (12 – 1:30 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System'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 Princeton HealthCare System.

Skin Cancer Screening

FRI. May 18 (6 – 8 p.m.)

University Medical Center of Princeton
Bristol-Myers Squibb Community Health Center
One Plainsboro Road, Plainsboro

Appointment required, please call 1.888.897.8979.

As part of a national public service program, a Princeton HealthCare System board certified dermatologist will perform full-body skin examinations by appointment. Nationwide, this annual program has screened more than 2.4 million people and detected over 200,000 suspicious lesions, including approximately 26,000 suspected melanomas.

Living Beyond Cancer

THU. May 25 (12:30 – 2 p.m.)

THU. June 22 (12:30 – 2 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Walk-ins welcome.

Join us for a monthly support group led by an oncology nurse navigator with University Medical Center of Princeton. The group offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Also learn more about stress management; nutrition; and how to cope with the effects of treatment.

Therapeutic Yoga

Thursdays (10 – 11 a.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration required.

We invite you to join us for therapeutic yoga designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple yoga stretches and breathing techniques to enhance your wellness. This class will be taught by a certified Yoga for Cancer instructor. No experience is necessary and modifications for all poses will be offered.

Restorative Yoga

WED. May 3, 17, June 7 & 21 (6 – 7 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

\$10 per person. Registration required. Space is limited. 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 in the class.

Support Group for Women with Cancer

THU. May 4 (5 – 6:30 p.m.)

THU. June 1 (5 – 6:30 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred.

This support group offers women living with cancer an encouraging and empowering environment to cope with their diagnosis. Oncology Social Worker Joanita Miranda, LCSW, will facilitate the group. Discussion topics will include: stress management; self-image and nutrition; financial planning; the art of difficult conversations; resources (family, community and counseling) and the workplace.

Caregiver Support Group

THU. May 4 (1 – 2:30 p.m.)

THU. June 1 (1 – 2:30 p.m.)

University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred.

All caregivers of individuals with cancer are invited to join our support group led by Oncology Social Worker Joanita Miranda, LCSW. This group is designed to offer support and practical advice to help promote your own wellbeing as you fulfill the vital role as caregiver to your loved one. Discussion topics will include: the role of the caregiver and stress management; nutrition; long-term care planning; the art of difficult conversations; community resources and the workplace.

EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required unless otherwise noted. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Senior Health & Fitness Day

WED. May 31 (9 – 11 a.m.)

Hamilton Area YMCA John K Rafferty Branch – Gymnasium
1315 Whitehorse-Mercerville Road, Hamilton

Registration not required.

The Hamilton Area YMCA and Princeton HealthCare System Community Education & Outreach celebrate older adults during this enjoyable morning event promoting health, fitness and wellness. Take advantage of free blood pressure screenings, vision screenings, exercise demonstrations, tours of the YMCA, information about the Active Older Adult Program offerings, door prizes, refreshments and more!



Understanding the Aging Eye

FRI. June 2 (1 – 2 p.m.)

Plainsboro Senior Drop-in Program
Plainsboro Recreation & Cultural Center
641 Plainsboro Road, Plainsboro

Learn about the age-related vision changes that could be affecting your quality of life at this informative presentation. Joseph Shovlin, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss refractive cataract surgery and other common eye diseases and conditions of older individuals.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. May 1 (7 – 9 p.m.)

MON. June 5 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

No registration required. Walk-ins welcome. This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death.

Women's Pelvic Wellness Support Group

THU. May 11 (7 – 8 p.m.)

THU. June 8 (7 – 8 p.m.)

University Medical Center of Princeton
First Floor, Center for Pelvic Wellness
1 Plainsboro Road, Plainsboro

This group, held the second Thursday of every month, welcomes women experiencing symptoms associated with pelvic dysfunction. General pelvic floor dysfunction topics such as urinary leakage, overactive bladder and pelvic organ prolapse are discussed, as well as pelvic pain conditions such as painful bladder and interstitial cystitis. While these symptoms are extremely common, feeling comfortable discussing them and understanding how to overcome them can be challenging. This support group provides a safe, supportive environment for women and UMCP's pelvic health clinicians to discuss their concerns and share strategies to improve quality of life and pelvic wellness.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 1 (6 – 7:30 p.m.)

MON. June 5 (6 – 7:30 p.m.)

University Medical Center of Princeton

MON. May 15 (1 – 2:30 p.m.)

MON. June 19 (1 – 2:30 p.m.)

Suzanne Patterson Center at Princeton
Senior Resource Center
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 Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

TUE. May 2 (7 – 8:30 p.m.)

TUE. June 6 (7 – 8:30 p.m.)

University Medical Center of Princeton
First Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery and Metabolic Medicine at UMCP.

THU. May 4 (6:30 – 7:30 p.m.)

THU. June 1 (6:30 – 7:30 p.m.)

Princeton Medicine, 2 Centre Drive, Monroe Township

WED. May 17 (6:30 – 7:30 p.m.)

WED. June 21 (6:30 – 7:30 p.m.)

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

This group meets the first Thursday of every month at the Monroe location and the third Wednesday of every month at the Hamilton location. Join fellow patients; their significant others; and Lisa Dobruskin, MD, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, to discuss and share strategies for dealing with the physical, emotional and lifestyle changes related to weight-loss surgery.

ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators

TUE. May 16 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of University Medical Center of Princeton's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Diabetes Support Group

WED. May 17 (2:30 – 4 p.m.)

WED. June 21 (2:30 – 4 p.m.)

Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township

MON. May 22 (6:30 – 8 p.m.)

University Medical Center of Princeton
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 University Medical Center of Princeton's Diabetes Management Program facilitates meetings. For more information on UMCP'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. May 10 (6:30 – 7:30 p.m.)

WED. June 14 (6:30 – 7:30 p.m.)

University Medical Center of Princeton
One Plainsboro Road, Plainsboro

For more information contact Jenny Bestwick, LCSW,
at 609.853.7803.

NEW

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 Rehab Social Worker, 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 the rehabilitation process.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check** on Tuesday, May 16 and June 20, from 10 a.m. – 12 p.m., at the **South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**



www.ustream.tv/princetonhealth

Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Princeton HealthCare System. 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



▶ How to Prevent Falls

WED. May 3 (12 p.m.)

Dominique Pierce-O'Connor, MSW, LSW,
Clinical Educator with Princeton HomeCare



▶ Diabetes Management

WED. June 7 (12 p.m.)

Sejal Patel, Diabetes Registered Dietician with
UMCP's Diabetes Management Program

FULL, UP-TO-DATE CALENDAR AT
www.princetonhcs.org/calendar

Programs are free, and registration is required unless otherwise noted.

REGISTER:

www.princetonhcs.org/calendar

1.888.897.8979 (unless another number is indicated)

DIRECTIONS: www.princetonhcs.org

 **Princeton HealthCare System**
Community Education & Outreach



Community Education & Outreach Program
731 Alexander Road, Suite 103, Princeton



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



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



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



South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Protect Yourself from Falls at Home

Anyone can experience a fall that leads to injury or even death, but the elderly; people with chronic medical conditions, such as diabetes and high or low blood pressure; and those on multiple medications are particularly at risk.

Safety First

Paying attention to environmental factors, as well as health conditions or medications that can lead to dizziness, confusion or weakness, can help protect you from an unexpected fall.

“When we assess a person’s risk for falls through Princeton HomeCare, we look at multiple factors, including having three or more medical diagnoses, having had a prior fall, taking multiple medications, and having obstacles in their home environment,” says Deborah Geene, MSN, RN, CHPN, a Clinical Instructor with Princeton HomeCare. “Any mix of these factors can result in a high risk score.”

HomeCare Can Help

At-home fall risk assessments are most often conducted after a hospitalization or medical incident, but anyone who is concerned that they or a loved one may be at risk can speak with their physician and request an evaluation.

In addition to helping with fall prevention, Princeton HomeCare provides comprehensive in-home nursing and rehabilitation, as well as hospice and support services. These services are provided to residents in Mercer, Somerset, Middlesex and Hunterdon counties recovering from surgery, short- or long-term medical conditions and chronic illnesses.

To find out more about Princeton HomeCare, call 1.609.497-4900, or visit www.princetonhcs.org.



Risk factors include:

- Taking multiple medications (be sure to keep an updated list of all medications and dosage amounts and provide it to healthcare providers and pharmacists at every visit)
- Health conditions that may impact your blood pressure, blood sugar, balance or judgment
- Obstacles such as chairs, throw rugs and bed linens that may cause you to trip or slip
- Bathtubs and toilets without grab bars and stairs without secure railings
- Vision problems and poor lighting
- Loose or poorly fitting clothes or shoes

“It is extremely important to take the proper precautions to protect against in-home falls. When someone experiences a fall, they may never completely recover from it. In fact, a fall can lead to a rapid decline in health for some people,” says Dominique Pierce-O’Connor, MSW, LSW, Performance Improvement Coordinator at Princeton HomeCare, a unit of Princeton HealthCare System.

Don't Put Off Joint Replacement Surgery

More than 1 million Americans have hip or knee replacements each year, according to the National Institutes of Health.



Most people consider surgery after conservative treatments haven't worked and pain or poor mobility are negatively impacting their quality of life. While the decision of when to have surgery is between you and your doctor, waiting too long can make recovery more difficult,

says **Harvey Smires, MD**, an orthopaedic surgeon on staff at University Medical Center of Princeton (UMCP).

"You don't want to wait until your joint pain is so bad you can't move around enough to maintain your overall health," says Dr. Smires, who is board certified in orthopaedic surgery. "If you lose muscle strength and flexibility from being inactive, it's much harder to get it back after surgery."

Questions to Consider

Joint damage is usually caused by osteoarthritis, the gradual wear and tear of cartilage as we age, as well as injuries or inflammatory conditions such as rheumatoid arthritis. During joint replacement, the top of the joint — where cartilage is missing and bone meets bone — is replaced with an implant to allow smooth movement.

Dr. Smires says x-rays can show irreversible joint damage, indicating the need for joint replacement, but a patient's decision is often made after asking:

- **Have I tried conservative therapies?** Anti-inflammatory medications, low-impact exercises such as swimming, physical therapy and pain injections should all be considered before surgery.
- **Is pain impacting my quality of life?** Pain at night or difficulty completing simple tasks, such as putting on socks, are often red flags that something needs to be done.
- **Do I have realistic expectations?** Most patients can expect to walk, play golf and ride a bike after recovering from surgery, but high-impact sports like distance running are not advised.



"If you're having chronic hip or knee pain, see your doctor sooner rather than later, and learn about your options," Dr. Smires says. "You don't want to wait until you're saying to yourself, 'I just can't take the pain anymore.'"

An Award-Winning Program

The Jim Craigie Center for Joint Replacement at UMCP offers a thorough program of pre- and post-operative care for patients receiving total knee or total hip replacements. The center was recently rated as "high performing" in the 2016-17 Best Hospitals rankings published by *U.S. News & World Report*.



To find an orthopaedic surgeon affiliated with Princeton HealthCare System, visit www.princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).

Eating Disorders Treatment: A Partial-Hospital Option for Recovery

The Center for Eating Disorders Care at University Medical Center of Princeton offers its nationally renowned care in a partial-hospital setting, giving clients a valuable option for treatment without being admitted to the hospital.

Participants in the program take part in individual, group and family therapy and receive medical and psychiatric care at the hospital during the day. Clients return home at night and on weekends, and the program focuses on the skills needed to regain good health.

“Partial hospitalization is for people who need a higher level of care than they would receive in a doctor’s or therapist’s office, but don’t need round-the-clock supervision,” says **Melinda Parisi Cummings, PhD**, Program Director at the Center for Eating Disorders Care. “It’s intensive intervention with the hope of arresting the illness before it has caused medical problems that require hospitalization.”

Success Outside of the Program

The program is designed for people of all genders, from age 8 to adults, with eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant/restrictive food intake disorder. A physician evaluates each person referred to the Center to determine the most appropriate level of care — inpatient or partial hospitalization.

Partial hospitalization includes psychosocial treatment, nutritional support, medical monitoring and family participation. Clients learn everyday skills with activities such as family-style meals to teach portioning, menu planning, grocery shopping and food preparation.

“They practice the behaviors they’ll need to be successful outside of the program,” Parisi Cummings says. “It’s a robust daily schedule.”

A Flexible Schedule

The program is available from 8:30 a.m. to 6 p.m., five days a week. The length of the program day and frequency of visits depend on an individual’s needs. For most clients, the program starts with three meals a day at the Center and gradually transitions to more meals at home.

Clients can self-refer or be referred by a physician or therapist, and don’t need to have previously been hospitalized for an eating disorder. Most insurance plans cover partial hospital treatment.

For more information about the Center for Eating Disorders Care, visit www.princetonhcs.org/eatingdisorders, or call 609.853.7575.



Signs of Eating Disorders

People with eating disorders are often unusually concerned with weight loss, dieting and control of food. They may also:

- Make frequent trips to the bathroom around mealtimes
- Hide their body with baggy clothes
- Seem concerned about eating in public
- Withdraw from friends and activities
- Maintain an excessive exercise regimen

Princeton HealthCare System Non-Discrimination Notice

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

Princeton HealthCare System:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Director Patient Relations and Customer Service

If you believe that Princeton HealthCare System has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Director Patient Relations and Customer Service, 1 Plainsboro Road, Plainsboro, NJ 08536, telephone number 609-853-7490, fax number 609-853-7151 or email to patientadvocate@princetonhcs.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Director Patient Relations and Customer Service is available to help you.

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, 800-537-7697 (TDD)

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

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。

알림: 한국어를 쓰시는 경우, 비용없이 언어 지원 서비스를 제공해드립니다. 1-609-853-7490번으로 연락해 주십시오.

ATENÇÃO: Se você fala português, serviços gratuitos de assistência linguística estão à sua disposição. Ligue para 1-609-853-7490.

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LUU Ý: Nếu quý vị nói tiếng Việt, các dịch vụ trợ giúp ngôn ngữ, miễn phí, sẽ có sẵn cho quý vị. Gọi số 1-609-853-7490.

ATTENTION : Si vous parlez le français, vous bénéficiez de services gratuits d'assistance linguistique. Appelez le 1-609-853-7490.

توجه دیں: اگر آپ اردو بولتے ہیں تو، آپ کے لیے زبان سے متعلق مدد کی خدمات، بالکل مفت دستیاب ہیں۔ 1-609-853-7490 پر کال کریں۔

October 2016



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Hyona Revere Joins PHCS Foundation as Senior Vice President of Development



In January 2017, Hyona Revere joined the Princeton HealthCare System (PHCS) Foundation as Senior Vice President of Development. Hyona brings significant expertise in fundraising for nonprofit, higher education and healthcare organizations to her new position, having previously held high-level development positions at other major institutions in New York and New Jersey.

As Senior Vice President of Development, Hyona oversees all fundraising activities at the PHCS Foundation and works closely with PHCS senior management, PHCS Board of Trustees, PHCS Foundation Board of Directors and clinical leadership to identify sound and viable funding priorities that will promote and financially support PHCS.

“I recognize that the generosity of our donors plays a vital role in PHCS’s ability to offer superior programs and services.

I am eager to collaborate with Dr. Compito and the other members of the PHCS Foundation Board of Directors to connect and engage with our donors,” says Hyona.

Established in 1978, the mission of the Princeton HealthCare System Foundation is to financially support and promote the mission of the Princeton HealthCare System. Philanthropy is a vital part of advancing our mission and we know that every gift counts! Support from our donors allows us to provide the best healthcare experience possible. Through community outreach programs, clinical expertise and patient-centered care we can be there to care for those in need. For more information, please visit www.princetonhcs.org/foundation.