



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2018



Reclaim Your Life With Hip and Knee Replacement

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Kids Marathon

SUN. June 24 (10 a.m.)

See details on page 7, plus hands-on programs for kids to stay active & healthy!



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

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What Patients Need to Know About Our New Health Record System



Penn Medicine Princeton Health continues to move forward with the implementation of a new electronic health record system that will put a patient's medical history at the fingertips of physicians, nurses and other care providers.

Our staff has started training that is designed specifically for their specialty. The online and classroom training will prepare our team to use the new system, called PennChart. It will be implemented beginning in May, when two of our physician practices transition to the system. Princeton Medical Center and Princeton House Behavioral Health will begin using PennChart on June 9. Our entire system will be using PennChart by December.

A New Patient Portal

We are moving to PennChart because it will enhance patient care and enable us to work more efficiently. Physicians, nurses and other care providers will be able to easily document the care they provide and better coordinate care with other providers, including those at other Penn Medicine facilities and practices.

As part of the move to PennChart, we will be switching from the Princeton HealthConnect patient portal and other portals used in our Princeton Medicine practices to the myPennMedicine portal.

This is an important change for patients because myPennMedicine will offer features similar to Princeton HealthConnect, including the ability to view records and track lab results. Patients who use myPennMedicine will also have access to new features such as the ability to monitor upcoming appointments.

We will be sending emails and a letter with detailed instructions on the change to patients who currently use our Princeton HealthConnect portal. They will have several months to retrieve their records before the portal closes.

Improved Billing Statements

We are also introducing a new billing statement as part of the PennChart transition. Over the next several months, you will notice a modified format, colors and shading along with content changes. Our goal is to make the information clearer and easier to understand.

This statement will become a consolidated bill. Currently, you receive individual statements for every visit to one of our facilities or practices. When we complete the transition, you will receive a single statement that will contain information and all account balances for services you have received at Penn Medicine facilities and/or care you have received from physicians employed by Penn Medicine.

Reclaim Your Life With Hip and Knee Replacement

You use your hips and knees when you walk, climb stairs and simply make your way through the daily activities of life. When injuries or common conditions like arthritis cause these everyday movements to become painful, simple joys, comfort and mobility begin to slip away.

Joint replacement surgery can provide a safe and effective remedy — and get you back on your feet faster than you may have imagined.

Unparalleled, Award-Winning Care

Penn Medicine Princeton Medical Center's Jim Craigie Center for Joint Replacement is ranked in the top 10 percent of hospitals for hip and knee replacement by *U.S. News and World Report* and has earned The Joint Commissions Gold Seal of Approval® for hip and knee replacement.

Comprehensive, Personalized Care

The Jim Craigie Center is led by a team of board certified orthopaedic surgeons, top anesthesiologists, a dedicated nurse navigator, specially trained nurses, skilled physical therapists and an outstanding staff to help minimize your pain and restore your strength and mobility so you can reclaim your life as soon as possible.

The Center's designated team will guide you from pre-admission testing and education classes prior to surgery through rehabilitation and pain management afterward. A nurse navigator is available to personally assist you each step of the way. In most cases, you'll be up and walking the very same day as surgery.

Since its opening, the Center has continued to improve patient care, including state-of-the-art advancements such as robotic arm-assisted joint replacement surgery and outpatient joint replacement (see articles next page). The Center's expert surgeons perform over 1,200 joint replacements each year.

Princeton Medical Center (PMC) also offers an extensive therapeutic and rehabilitation services through Princeton Rehabilitation. The experienced staff provides individualized care to reduce discomfort and restore mobility after joint replacement.

For more information about the Jim Craigie Center for Joint Replacement, or to find an orthopaedic surgeon on staff at Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

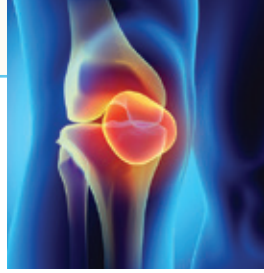


KNEE REPLACEMENT



HIP REPLACEMENT





PMC Now Offering **Highly Advanced Robotic Arm-Assisted Joint Replacement Surgery**

The surgeons at Penn Medicine Princeton Medical Center's (PMC) Jim Craigie Center for Joint Replacement are now offering a new option to patients who need total knee, partial knee and total hip replacement surgery, using highly advanced robotic technology.



"We provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy," says **Harvey E. Smires, MD**, a board certified orthopaedic surgeon on the Medical Staff at Penn Medicine Princeton

Health. "Using a virtual 3D model based on CT scans, we can now create a patient's surgical plan pre-operatively."

The 3D modeling provides an exact representation of the patient's anatomy, according to Dr. Smires, so surgeons at the Jim Craigie Center can execute the surgical plan with unprecedented precision. The robotic arm is accurate within a half a millimeter to assure precise alignment for knee and hip replacement procedures.

The precision of the surgery results in faster recovery, a higher rate of patient satisfaction and longer-lasting mobility.

"Most of our patients are up and moving pain-free the same day as surgery," says Dr. Smires. "And these advanced techniques help patients stay active for decades after the procedure."

For more information about robotic arm-assisted surgery at the Jim Craigie Center for Joint Replacement, call 1.888.742.7496, or visit www.princetonhcs.org.

An Outpatient Option **Up and Walking in an Hour**

Nationwide, 25 percent of all knee and hip replacement surgeries are conducted on an outpatient basis, according to the National Institutes of Health. That figure is expected to double in the next decade.



"Outpatient joint replacement is a wonderful option for some patients. Most are up and walking around within about an hour. Patients can get in their car, go home and sleep in their own bed that night," says **Brian M. Culp, MD**, an orthopaedic surgeon on the Medical Staff at Penn Medicine Princeton Health.

"By adding some innovative minimally invasive surgery techniques, anesthetic and pain techniques, and rapid recovery strategies we can help most healthy patients get the same high level of care as they would in the hospital setting and the opportunity to go home the same day as their procedure," says Dr. Culp.

The procedure has helped patients quickly resume their normal lives. "We have patients who are back playing golf and tennis," says Dr. Culp. "Some return to hiking. One is even back at her job climbing telephone poles."

Physicians at Princeton Medical Center can determine if you are a candidate for outpatient knee or hip replacement surgery based on your age, general health, body mass index and specific surgical requirements.

Outpatient knee and hip replacement procedures are performed at the Centers for Ambulatory Surgery — Princeton Health's outpatient surgical units. With convenient locations in Plainsboro and Monroe, the Centers are dedicated to providing patients with exceptional care in a relaxed, personal atmosphere, and provide same-day surgical care for patients who can recuperate safely and comfortably at home.

For more information about outpatient joint replacement at Penn Medicine Princeton Health, call 1.888.742.7496, or visit www.princetonhcs.org.

Preemies: Specialized Care for Early Arrivals

Nearly one out of every 10 babies is born prematurely in the U.S., according to the Centers for Disease Control, and requires specialized medical attention following delivery. Women who have delivered a premature baby in the past, are delivering multiples, or experience a medical condition such as preeclampsia, cervical incompetence or an infection during pregnancy, are at the highest risk of delivering prematurely.

Through partnerships with Children's Hospital of Philadelphia (CHOP) for neonatal care and with Penn Maternal Fetal Medicine for high-risk pregnancies, Penn Medicine Princeton Medical Center (PMC) offers advanced maternity and neonatal care from the early days of pregnancy to the time preemies head home.



"Princeton Medical Center is state licensed as a Level III Neonatal Intensive Care Unit (NICU), which means we are qualified to care for babies as young as 28 weeks and/or as small as 2.2 pounds," says **Marilyn Giorgi, MD**, Director of Neonatology, CHOP Newborn Care at Penn Medicine Princeton Medical Center. "These babies need specialized care, and CHOP neonatologists are on site 24/7 to care for them. In the NICU, newborns receive life-saving respiratory support and medications to fight life-threatening infections. Some are born with physical birth defects or cardiac conditions that require special support and monitoring. They are housed in incubators that provide heat to maintain their body temperatures until they can do so on their own, and are also provided optimal nutrition to promote adequate growth."

A Feeling of Home, Close to Home

Princeton Medical Center's 14-bed NICU offers private rooms equipped with advanced technologies. Located on the sixth floor, each room provides families with a sense of privacy and tranquility, and is designed for overnight guest accommodation, if needed.

"This is a stressful time for families, so making sure their room becomes a home to them is important," says Dr. Giorgi. "These babies may need to stay with us for up to six or eight weeks, depending on a number of factors, including their age, weight and specific medical conditions. Having a safe, comforting environment, where their baby's medical needs are carefully attended to, takes some of that stress away for families so they can concentrate on bonding and healing."

"Having a safe, comforting environment, where their baby's medical needs are carefully attended to, takes some of that stress away for families so they can concentrate on bonding and healing."

—Dr. Marilyn Giorgi

To find out more about CHOP Newborn Care at Penn Medicine Princeton Medical Center, or to find an obstetrician/gynecologist associated with Princeton Medical Center, call 1.888.742.7496, or visit www.princetonhcs.org.

Community Focus



 **Kids
Marathon**
SUN. June 24
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 10th Annual Kids Marathon, hosted by Princeton Health Community Wellness and Princeton Fitness & Wellness Center. Proceeds support Penn Medicine Princeton Health programs to promote wellness and prevent obesity and chronic disease in children.

How it Works

- Sign up by visiting www.princetonhealthinmotion.com
- Walk, run or roll 25 miles over 10 weeks beginning in mid April
- Gather on June 24 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.

**On page 8:
Hands-on Programs
for Kids to Stay
Active & Healthy!**

Kids Marathon participants can earn 1 mile towards their 25 miles for each class attended!

HANDS-ON PROGRAMS FOR KIDS TO STAY ACTIVE & HEALTHY!



These programs are open to all kids. Kids Marathon participants can earn 1 mile towards their 25 miles for each class attended. Parents must accompany their children at the kids' classes listed below.

Pilates for Children

SUN. May 6 (1 – 2:45 p.m.)
SUN. June 10 (2 – 2:45 p.m.)
Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro

Kids ages 5-13

Join Kenna Meadow, CPT, BA, pilates certified trainer with Princeton Fitness & Wellness at Plainsboro, for this interactive session to build core strength and flexibility. Dress in comfortable clothes and sneakers.

Build a Better Meal: Nutrition for Kids

SAT. May 19 (10 – 11 a.m.)
Freshii Flemington – Shoppes at Flemington
100 Reaville Road, Flemington

SUN. May 20 (11:30 – 12:30 p.m.)
Freshii New Hope, 334 West Bridge Street, New Hope, PA

Kids pre-K through 6th grade

With guidance from a registered dietitian, kids will experiment with combining their favorite healthy ingredients in different ways to make delicious and nutritious meals such as salads, bowls and wraps. They will also sample their creations.

Healthy Sport Drinks & Snacks

WED. May 23 (6 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Kids pre-K through 3rd grade

Learn to prepare the right kind of drinks and snacks to perform well in sports. A dietitian with Princeton Medical Center will share tips to make flavorful fruit-infused water to keep kids hydrated and nutrient-packed snacks so kids compete at their best!

Kids Can Cook: Breakfast

WED. May 23 (3 – 4 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Kids ages 5-13

Led by Beth A. Young, MS, RD, registered dietitian, you will learn to make simple, healthy breakfasts. At the end of the class participants will sample their meals.

Kids Boot Camp

THU. May 24 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Kids 4th through 8th grade

This camp offers lots of cardio benefits with high-intensity moves. Gia Petisco, NASM, Group Exercise Instructor and Coordinator at the Hamilton Area YMCA, will lead this class with fun activities to help kids increase speed, power, agility, balance, coordination and mental strength.

Grow Your Own Veggie Garden

SUN. June 3 (2 – 3 p.m.)
Green Haven, 1181 Hughes Drive, Hamilton

Kids ages 6–10

Expert gardeners will instruct parents and children in planting seeds in containers that they can take home and watch grow!

Kinetic Kids: Kids on the Move

THU. June 7 (5:45 – 6:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Kids pre-K through 3rd grade

Kids who are active at a young age tend to stay active throughout their lives, and staying fit can improve self-esteem, prevent obesity and decrease the risk of serious illnesses. Join Gia Petisco, NASM, Group Exercise Instructor and Coordinator at the Hamilton Area YMCA, for an introduction to a variety of activities that promote kids' coordination, self-confidence and connection.

Build a Better Snack! Nutrition for Kids

WED. June 13 (3 – 4 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Princeton

Kids ages 5-13

Beth A. Young, MS, RD, a registered dietitian, will lead this fun-filled session where kids can make their own tasty, energy-boosting and nutritious snacks, and sample them.

Sports Nutrition for Kids

SAT. June 16 (10 – 11 a.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Kids 4th through 8th grade

This class will focus on the importance of staying hydrated, eating healthy for sports and continuing in the off season. With guidance from a dietitian with Princeton Medical Center, kids will work in the kitchen and enjoy their final product!

CURRENT PROGRAMS

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

Weight-Loss Surgery: Is It Right for Me?

THU. May 3 (6 – 6:30 p.m.)
THU. June 7 (6 – 6:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. May 16 (6 – 6:30 p.m.)
WED. June 20 (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. Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, 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.

Get the Most Out of Your Medical Visit

THU. May 3 (1:30 – 3 p.m.)
South Brunswick Library
110 Kingston Lane
Monmouth Junction



MON. May 14 (12:30 – 1:30 p.m.)
Adath Israel Synagogue
1958 Lawrenceville Road, Lawrenceville

Learn how to make the most of the time spent with your doctor and explore effective ways to communicate your health concerns.

- May 3 program will be presented by Aubrie J. Nagy, MD, FACP, board certified in internal medicine and member of the Medical Staff of Penn Medicine Princeton Health.
- May 14 program will be presented by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Medical Center.

Osteoporosis: Stay One Step Ahead

FRI. May 4 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Osteoporosis is responsible for 1.5 million fractures each year. Join Michael Katzman, MSN, RN, FNP-C, WCC, ONC, Orthopaedic Advance Practice Nurse with the Jim Craigie Center for Joint Replacement at Princeton Medical Center, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment options for osteoporosis.

Sepsis: When an Infection Becomes Life Threatening

FRI. May 4 (1 – 2 p.m.)
Plainsboro Senior Center, 641 Plainsboro Road, Plainsboro

Anyone can develop sepsis — a potentially life-threatening complication due to an infection that can damage organs causing them to fail — but it is most common and most dangerous in older adults or those with weakened immune systems. Join Craig Gronczewski, MD, board certified in emergency medicine and Chair of the Center for Emergency Care at Princeton Medical Center, as he discusses the signs and symptoms, who's at risk, septic shock and how to prevent and treat sepsis.

CarFit

WED. May 9 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton



THU. June 21 (10 a.m. – 12 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Parking Lot

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better “fit” the driver, providing more comfort and better control of your vehicle. In addition, a trained Princeton Health 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.

Living a Heart-Healthy Lifestyle

THU. May 10 (10:30 – 11:30 a.m.)
South Brunswick Wellness Center

Preventing or minimizing the impact of heart disease and stroke is possible when you recognize symptoms and risk factors early. Steven Bergmann, MD, PhD, board certified in internal medicine and nuclear cardiology and Chairman of the Department of Medicine of Penn Medicine Princeton Health, will discuss how patients with cardiovascular disease and those with a high risk of developing it can reduce their risk and prevent the condition from getting worse. Dr. Bergmann will discuss management of abnormal cholesterol, high blood pressure and diseases of the heart and blood vessels, as well as how individualized nutrition plans and lifestyle modifications can help you live a healthy life.

Common Problems of the Foot and Ankle

THU. May 10 (7 – 8 p.m.)
South Brunswick Wellness Center

This informative session will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions. The program will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.

Same-Day Surgery for Joint Replacements

THU. May 10 (7 – 8 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

Learn if you are a candidate for same-day joint replacement surgery. Brian Culp, MD, specializing in orthopaedic surgery, will discuss this cutting-edge approach to joint replacement surgery at this informative program. Dr. Culp is a member of the Medical Staff of Penn Medicine Princeton Health.

COMPLEMENTARY THERAPIES

Therapy Dogs & Healing

WED. May 2 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton



THU. June 21 (6:30 – 7:30 p.m.)

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

Spending even a short time with a dog can help improve a person's mood and reduce stress. Attend this informative program to learn about support animals and how you and your dog can become a certified therapy team and help others heal.

Art for Wellness

THU. May 10 (7 – 8 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction
To register, please call the library at 609.275.8901.



SAT. May 19 (10 – 11 a.m.)
South Brunswick Wellness Center

WED. June 27 (6:30 – 7:30 p.m.)
South Brunswick Wellness Center

Creating art promotes mental and emotional well-being, so join us and develop new strategies to deal with life's challenges in a creative, fun and supportive environment. Kristina Baktis, LCAT, ATR-BC, ATCS, board certified art therapist with Penn Medicine Princeton House Behavioral Health, will provide materials and guidance. No previous art experience is necessary.

Dance Therapy to Fight Depression

THU. May 17 (7 – 8 p.m.)
Lawrenceville Library
2751 Brunswick Pike, Lawrenceville

To register, please call the library at 609.989.6920. Join Eri Millrod, MA, LPC, NCC, BC-DMT, board certified dance/movement therapist with Penn Medicine Princeton House Behavioral Health, for an introduction to dance and movement therapy and how it can benefit those with depression or anxiety.

All About Herbs & Botanicals

THU. June 7 (7 – 8 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Get the facts about today's most frequently taken herbs and botanical supplements and the potential health benefits, possible adverse side effects and regulatory issues surrounding them. Karen Flicker, MS, Lac, Acupuncturist and Holistic Practitioner, will lead this educational session, which will also look at the differences between supplements and conventional medication.

Preventing Exercise-Related Injuries

MON. May 14 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

Join Scott Curtis, DO, board certified in sports medicine, and Barbara Kutch, PT, DPT, CSCS, physical therapist with Princeton Medical Center Princeton Rehabilitation, for an informative discussion on common sports- and exercise-related back injuries and how they can be prevented. Dr. Curtis is a member of the Medical Staff of Penn Medicine Princeton Health.

Vaccinations for Adults: You're Never Too Old to Be Immunized!

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

Immunizations aren't just for children. Learn about the latest immunization recommendations and how to protect yourself against serious medical conditions such as shingles, whooping cough and pneumonia. This informative session will be presented by Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health.

Think Before You Ink

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

Tattoos are more popular than ever; however, the FDA receives hundreds of adverse reports each year regarding unhygienic practices and equipment, infections from contaminated tattoo inks and allergies. Join Robyn B. Notterman, MD, FAAD, board certified dermatologist, for a discussion of what to ask the tattoo parlor before getting a tattoo, as well as complications, long-term effects, tattoos and aging, and the tattoo removal process. Dr. Notterman is a member of the Medical Staff of Penn Medicine Princeton Health.



Diabetes: From Prediabetes to Type 2 Diabetes

WED. May 16 (9 – 10 a.m.)
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Hamilton
Join Sandra Byer-Lubin, MS, RD, CDE, and Louis Gross, RN, BSN, CDE, both Diabetes Clinician/Educators with the Diabetes Management Program at Princeton Medical Center, for an informative discussion about what it really means to be prediabetic and how to manage your health to avoid developing diabetes. Annette Dillon, RN, a nutritionist with the Hamilton Area YMCA, will also discuss food choices and how to make healthy lifestyle changes.

All About Hypertension

THU. May 17 (6:30 – 7:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
The guidelines for high blood pressure were recently lowered to 130/80, meaning more than 100 million Americans are now classified as having hypertension, a serious condition that if left untreated can lead to stroke or heart attack. Join Donna Nelson-Henry, FNP-BC, board certified Nurse Practitioner with Penn Medicine Princeton Medical Center, for a discussion on the new guidelines and what they might mean for you, and learn what measures you can take to lower and control your blood pressure.

KEEPING FIT

Ten Key Exercises to Keep You Healthy

MON. May 7 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Join Eileen Kast, PT, physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn some simple and effective exercises to prevent pain and joint degeneration from head to toe. This session is interactive, but does not require participants be able to get on the floor.

Proper Exercise to Avoid Injuries

THU. May 24 (1:30 – 3 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

Join Eileen Kast, PT, OCS, physical therapist with Princeton Medical Center Princeton Rehabilitation, and a representative from the Princeton Fitness & Wellness Center, for this interactive session and learn simple exercises and movements to avoid typical injuries associated with exercise.

Summer Slim Down

THU. June 28 (6 – 7 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Are you looking to lose a few pounds? Join a Community Wellness dietitian with Princeton Medical Center's Nutrition Program for tips and recipes to rejuvenate your healthy eating habits and guide you toward a slimmer, healthier summer.

Swimming: For Fitness & Health

THU. June 28 (11 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Swimming can provide a great whole-body, low-impact workout, helping to reduce blood pressure, strengthen your heart and improve overall health. It is also a great alternative exercise for injured athletes, arthritis sufferers and the elderly. Attend this informative session, led by Linda Lucuski, MPT, Cert. MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation, and learn about aquatic therapy and how to incorporate it into your physical therapy regime.



Solutions for Common Hip Problems

THU. May 17 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

To register, please call the library at 609.448.1330.

Hip problems can make even simple, everyday tasks seem challenging. Join Brian Culp, MD, specializing in orthopaedic surgery, as he discusses common hip problems, including arthritis, and details a range of joint replacement options. Dr. Culp is a member of the Medical Staff of Penn Medicine Princeton Health.

Overcoming Sleep Problems

THU. May 17 (1 – 2 p.m.)

Beth El Synagogue, 50 Maple Stream Road, East Windsor

MON. June 4 (12:30 – 1:30 p.m.)

Adath Israel Synagogue

1958 Lawrenceville Road, Lawrenceville

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Tara Scoles, registered polysomnographic technologist with Penn Medicine Princeton Medical Center, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.

Treatment Options for Knee Injuries

MON. May 21 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Over time, knee injuries can result in arthritis, which damages cartilage and can lead to chronic pain and ultimately knee replacement. Before knee damage becomes severe, several surgical techniques are available to help the body regenerate healthy cartilage. Join William Rossy, MD, specializing in orthopaedic sports medicine and orthopaedic surgery, for a discussion of the various treatment options available to treat knee injuries. Dr. Rossy is a member of the Medical Staff of Penn Medicine Princeton Health.

Dealing with Dizziness and Vertigo

TUE. May 22 (1 – 2 p.m.)

Community Wellness at the Hamilton Area YMCA

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

Learn more about the anatomy and physiology of the inner ear, common causes of dizziness, vertigo and loss of balance, as well as how vestibular rehabilitation can help. This session will be presented by Linda Lucuski, MPT, Cert. MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.

Nutrition to Help Manage Prediabetes and Diabetes

THU. May 24 (7 – 8 p.m.)

South Brunswick Wellness Center

Attend this informative session presented by Diabetes Clinician/Educator Sandra Byer-Lubin, MS, RD, CDE, with the Diabetes Management Program at Princeton Medical Center, to learn how to manage your diabetes and reduce your risk for development of diabetes and prediabetes through nutrition.

Managing Rheumatoid Arthritis

THU. May 24 (7 – 8 p.m.)

Hopewell Branch Library

245 Pennington-Titusville Road, Pennington

Discover the steps you can take to prevent the onset of arthritis, how you can manage the disease and the treatment options that are available at this program led by Gina C. Del Giudice, MD, and Michael J. Froncek, MD, both board certified in rheumatology and internal medicine and members of the Medical Staff of Penn Medicine Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesday, May 15 and June 19, from 10 a.m. – 12 p.m.**, at the **South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.**

PROGRAMS FOR CHILDREN

Yikes! What is Happening to My Body? A Puberty Talk for Children

MON. May 14 (6:30 – 8 p.m.)
Plainsboro Recreational & Cultural Center
641 Plainsboro Road, Plainsboro
BOYS – Computer Room
GIRLS – Room 1

MON. June 25 (6:30 – 8 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100,
BOYS – Conference Rooms A & B
Designed for children between 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as they enter their teenage years. The program will be led by a health educator with Princeton Health Community Wellness.

Safe Sitter Essentials with CPR

SAT. May 19 (9:30 a.m. – 4 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$40 per child
This specialized training helps babysitters, aged 11-13, develop the skills, confidence 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.



Heart Health & Stroke

THU. May 24 (11 a.m. – 12 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
When you think of a stroke, you think of your brain; however, there are a heart conditions that can lead to a stroke as well. Discover what you can do to lower your risk for stroke at this invaluable program led by Philip Train, RN-BSN, Stroke Coordinator with Penn Medicine Princeton Medical Center (PMC). Learn the early warning signs of a stroke, when to seek medical attention and prevention methods, as well as which heart conditions can lead to a stroke. PMC is a state-designated Primary Stroke Center.

AARP Smart Driver Program

WED. & THU. May 30 & 31 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

WED. June 20 (9 a.m. – 3 p.m.)
Community Wellness 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; 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.

Constipation: How Physical Therapy Can Help

MON. June 4 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
Join Becky Keller, PT, MSPT, PRPC, and Katrina Heath, PT, DPT, both physical therapists specializing in pelvic wellness with the Center for Pelvic Wellness at Princeton Medical Center, and learn some simple and practical ways to manage and improve constipation symptoms.

All About Hypertension

TUE. June 5 (7 – 8 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

To register, please call the library at 609.448.1330.

The guidelines for high blood pressure were recently lowered to 130/80, meaning more than 100 million Americans are now classified as having hypertension, a serious condition that if left untreated can lead to stroke or heart attack. Join Maya Mann, MD, specializing in internal medicine and member of the Medical Staff of Penn Medicine Princeton Health, for a discussion of the new guidelines and what they might mean for you, and learn what measures you can take to lower and control your blood pressure.

Recognizing and Treating Lung Cancer

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

Lung cancer is the leading cause of cancer death in the United States and the most preventable form of the disease, according to the American Cancer Society. John Heim, MD, board certified in thoracic cardiovascular surgery and thoracic surgery, will discuss: signs and symptoms associated with lung cancer, screenings, early detection and diagnosis, stages of lung cancer and current treatment options. Dr. Heim is a member of the Medical Staff at Penn Medicine Princeton Health.

Common Foot and Ankle Problems

THU. June 7 (7 – 8 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

This informative session will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be provided for your questions. This lecture will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.

Memory, Aging and the Brain

TUE. June 12 (6:30 – 7:30 p.m.)

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

Memory loss is often dismissed as a normal part of aging. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Jeffrey Apter, MD, board certified in psychiatry and member of the Medical Staff of Penn Medicine Princeton Health, will explain the difference between mild cognitive impairment, dementia and Alzheimer's, and outline the next steps for people who have started to notice a decline in their memory. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.



Kick the Sugar

THU. June 14 (6 – 7 p.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Sweetened beverages are the single largest source of added sugars in the American diet, with the average American drinking nearly 42 gallons of sweetened beverages a year, equaling 39 pounds of extra sugar annually. Join a Community Wellness dietitian with Princeton Medical Center's Nutrition Program to learn the real dangers of sweetened beverages, as well as healthy alternatives that offer a sweet flavor without the added sugar.

Gynecological Issues: What Could It Be?

THU. June 14 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center

Many women suffer in silence with painful periods, fibroids, endometriosis or other pelvic health problems when they don't have to. Spend an evening with Shyama S. Mathews, MD, board certified in gynecology and member of the Medical Staff of Penn Medicine Princeton Health, and learn about the various medical and minimally invasive surgical treatments that may work for you.

Vision Screening

THU. May 17 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center

THU. June 21 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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! Penn Medicine Princeton Health and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

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.

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

Prenatal Yoga

TUE. May 1, 8, 15, 22, 29, June 5, 12, 19 & 26 (6 – 7 p.m.)

Community Wellness 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 keep fit and feel 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.



Sibling Class

SAT. May 12 (1 – 2:30 p.m.)

Penn Medicine Princeton Medical Center – Please meet in the 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. May 12 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

THU. May 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 2 (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.)

THU. June 21 (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.

Baby Care

TUE. May 15 (7 – 9:30 p.m.)

WED. June 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.

Prenatal Breastfeeding Class

TUE. May 22 (7 – 9:30 p.m.)

WED. June 13 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center – 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 an international board certified lactation consultant.

Daddy Boot Camp™

SAT. June 16 (9 a.m. – 12:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$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. A certified male Daddy Boot Camp™ instructor, 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.



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

WED. May 9 – 30 (7 – 9 p.m.)

MON. June 4 – 25 (7 – 9 p.m.)

TUE. June 19 – July 10 (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. May 19 (9 a.m. – 5 p.m.)

SAT. June 9 (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

MON. June 4 – July 2 (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 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. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

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 certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. May 9 (1 – 2 p.m.)
WED. May 23 (1 – 2 p.m.)
WED. June 6 (1 – 2 p.m.)
WED. June 20 (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 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.

Postpartum Power: Fitness & Education for New Moms

TUE. & THU. May 1 – June 7
(10 – 11 a.m.)

Community Wellness at
731 Alexander Road, Suite 103

\$60 per person.

Strengthen and restore your posture, core and pelvic floor with this new 6-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. Please wear comfortable exercise clothing. Babies are welcome.

Infant Massage

MON. May 7 (6 – 8 p.m.)
THU. May 10 (9:30 – 11:30 a.m.)
MON. May 21 (6 – 8 p.m.)
THU. May 31 (9:30 – 11:30 a.m.)
MON. June 4 (6 – 8 p.m.)
THU. June 14 (9:30 – 11:30 a.m.)
MON. June 18 (6 – 8 p.m.)
THU. June 28 (9:30 – 11:30 a.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

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.

Grandparenting 101

THU. May 10 (6:30 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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, SIDS (Sudden Infant Death Syndrome) 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.

Twins and Multiples

MON. May 21 (6:30 – 9 p.m.)
Penn Medicine Princeton Medical Center
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.



CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for CPR and first aid classes. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

ACLS Full Certification Course

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



ACLS Recertification Course

WED. May 16 (9 a.m. – 5 p.m.)
MON. June 18 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

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

TUE. & WED. June 12 & 13 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

PALS Recertification Course

MON. May 21 (9 a.m. – 5 p.m.)
Community Wellness 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

THU. May 10 (9 a.m. – 1:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

MON. June 11 (9 a.m. – 1:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch Suite 100
Conference Rooms A & B

Provider: \$65

Renewal: \$40

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.*

BLS Renewal*

SUN. May 20 (9 a.m. – 12:30 p.m.)
WED. June 27 (6 – 9:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

THU. May 24 (6 – 9:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Heartsaver CPR AED

MON. June 4 (9 a.m. – 12 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 CPR AED First Aid

MON. May 14 (9 a.m. – 3 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$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.

Family & Friends CPR

\$25 for infant/child/adult

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

Adult/Child and Infant

THU. May 17 (7 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch

Adult/Child and Infant

WED. June 6 (7 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

Neonatal Resuscitation Program

WED. May 9 (8 a.m. – 12 p.m.)
MON. June 4 (8 a.m. – 12 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.

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

Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register.

EMT Refresher Section B – Medical Assessment and Management

SUN. May 6 (8 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$60 per person

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

EMT Refresher Section C – Trauma Assessment and Management

SUN. June 10 (8 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$60 per person

Students will review immobilization techniques, splinting and wound care.



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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Skin Cancer Screening

THU. May 17 (6 – 8 p.m.)
Princeton Medical Center
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 Penn Medicine Princeton Health board certified dermatologist will perform full-body skin examinations by appointment. Nationwide, this annual program has conducted more than 2.5 million screenings and detected over 250,000 suspected skin cancer lesions and more than 28,000 suspected melanomas.



Prostate Cancer Support Group

WED. May 9 (12 – 1:30 p.m.)
WED. June 13 (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. May 15 (1:30 – 3 p.m.)
TUE. June 19 (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. May 15 (6 – 7:30 p.m.)
TUE. June 19 (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 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 PMC's Breast Health Center.

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

WED. May 16 (12 – 1:30 p.m.)

WED. June 20 (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.

Living Beyond Cancer

THU. May 24 (12:30 – 2 p.m.)

THU. June 28 (12:30 – 2 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Care – Conference Room

Walk-ins welcome.

Join us for a monthly support group led by an oncology nurse navigator with Penn Medicine Princeton Medical Center. 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 late effects of treatment.



Mindful Meditation

Thursdays (10 – 11 a.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration preferred.

We invite you to join us for mindful meditation designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple relaxation and breathing techniques to enhance your wellness. No experience is necessary.

Restorative Yoga

WED. May 2 (6 – 7 p.m.)

WED. May 16 (6 – 7 p.m.)

WED. June 6 (6 – 7 p.m.)

WED. June 20 (6 – 7 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care

Conference Room

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 at the class.

Nutrition Tips for Breast Cancer Patients

TUE. May 1 (11:30 a.m. – 1 p.m.)

TUE. June 5 (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.

All 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. 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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. May 7 (7 – 9 p.m.)

MON. June 4 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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 Monday of every month unless the date falls on a holiday.

Journey Back: Stroke Support Group

WED. May 9 (6:30 – 7:30 p.m.)

WED. June 13 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

For more information contact Jenny Bestwick, LCSW, at 609.853.6359.

Journey Back welcomes those who have had a stroke, and 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, the group helps those participants work toward increased independence, adjust to life after stroke and provide support to one another. There will be occasional presentations by experts in stroke and rehabilitation.

Diabetes Support Group

WED. May 16 (2:30 – 4 p.m.)

WED. June 20 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road,
Monroe Township

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.



Hospice Program of Princeton HomeCare Bereavement Support Groups

TUE. May 8 (6 – 7:30 p.m.)
MON. June 4 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

MON. May 21 (1 – 2:30 p.m.)
MON. June 18 (1 – 2:30 p.m.)
Suzanne Patterson Center at Princeton Senior
Resource Center
Corner House Room 19, 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, unless the date falls on a holiday. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

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

WED. May 30 (6 – 8 p.m.)
Community Wellness 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 Penn Medicine Princeton Medical Center's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Weight-loss Surgery Support Group

TUE. May 1 (7 – 8:30 p.m.)
TUE. June 5 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had the LAP-BAND® or gastric bypass procedure, and those considering weight-loss surgery. Group sessions are facilitated by Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and member of the Medical Staff of Penn Medicine Princeton Health, or other healthcare professionals from Princeton Medical Center. Sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Princeton Medical Center.

THU. May 3 (6:30 – 7:30)
THU. June 7 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. May 16 (6:30 – 7:30 p.m.)
WED. June 20 (6:30 – 7:30 p.m.)
Community Wellness 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, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, to discuss and share strategies for dealing with the physical, emotional and lifestyle changes related to weight-loss surgery.

www.ustream.tv/princetonhealth

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



Robotic Joint Replacement

WED. May 9 (12 p.m.)
Harvey E. Smires, MD, board certified
in orthopaedic surgery



Neonatal Intensive Care Unit: Caring for High-risk Infants

WED. June 13 (12 p.m.)
Marilyn V. Giorgi, MD, with Children's Hospital of Philadelphia
(CHOP) Pediatric and Newborn Care at Princeton Medical Center

 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.

A Mini Stroke May be a Warning Sign



Symptoms of a stroke that only last a few minutes and result in no noticeable permanent damage may seem harmless, but they may actually be warning signs of a future stroke.



“People who experience a transient ischemic attack (TIA), which is often referred to as a mini stroke, need to take the warning seriously,” says **Paul Kaiser, MD**, a member of the Penn Medicine Princeton Health Medical Staff. “A significant number of people who experience a TIA may eventually have a stroke, some may even have one within the first few days to a week after a TIA.”

Seeking prompt emergency medical attention is extremely important if you experience symptoms of a TIA or stroke, says Dr. Kaiser, who is board certified in neurology, vascular neurology and clinical neurophysiology.

The causes of both a TIA and a stroke are the same — the blood supply to part of the brain is blocked — often the result of a buildup of cholesterol-containing fatty deposits called plaques in an artery. With a TIA, the blockage is brief, resulting in short-term symptoms and, as a result, less likelihood of damage. Still, proper medical evaluation is needed to determine whether you have had a TIA, a stroke or another medical episode and whether treatment is needed.

Know the Risks

While anyone can experience a TIA, those at the highest risk have a family history of TIAs and stroke; are over the age of 55; have previously had a TIA; smoke cigarettes; or have a condition such as high blood pressure or cholesterol, diabetes, or a heart or blood vessel disorder.

“Properly managing any health conditions, maintaining a healthy weight and healthy lifestyle by not smoking and limiting alcohol are extremely important in reducing your risk for a TIA or stroke,” says Dr. Kaiser.

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

Watch for These Symptoms of a Mini Stroke

Symptoms of a TIA may include sudden onset of:

- Weakness, numbness or paralysis of the face, arm or leg, usually on one side
- Slurred or garbled speech
- Difficulty comprehending language
- Double vision or loss of vision in one or both eyes
- Dizziness or loss of coordination
- Severe headache

Help for When Readjusting to Life After Military Service is Overwhelming



Returning from military service often begins as an exhilarating homecoming, but that can quickly be displaced by severe anxiety, depression and, in some cases, addiction.

“You go from having a job, responsibilities, rank and a structure, from living on adrenaline, to suddenly having no idea where you fit in,” says James Schneider, Peer Support Specialist at Penn Medicine Princeton House Behavioral Health’s First Responder Treatment Services. “In some cases the transition isn’t something you can get through alone, but, because you have always been the one people look to for help, you don’t know how to ask for help yourself.”

Schneider knows about those challenges first-hand — he spent four years in the military, serving in the military police corps during the Vietnam War. Back home in New Jersey, he then spent 30 years as a police officer, retiring as head of a local detective unit.

“I know that coming in to seek help takes a lot of courage, because I’ve been in the situation veterans are in when it comes to readjusting to civilian life and when it comes to seeing yourself as the person in need rather than the hero,” Schneider says. “I also know how important getting help can be, and what a difference it can make in your life.”

A Specialized Program

PHBH’s First Responder Treatment Services can help. Offering assistance to military personnel, police, fire and other first responders, the program provides both inpatient and outpatient help in dealing with mental health and substance abuse issues.

Since its inception in 2013, First Responder Treatment Services has helped more than 800 veterans and first responders. Led by clinicians with military and first responder experience, it is one of just a handful of programs nationwide providing specific services to first responders.

Based in Princeton, First Responder Treatment Services provides distinct therapy sessions for veterans and first responders as an addition to inpatient treatment, which includes 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.

Those who need intensive outpatient or partial hospital programs often find a good fit in either Princeton House’s Men’s Program or Women’s Program trauma tracks.

To find out more about Princeton House Behavioral Health’s First Responder Treatment Services, call 800-242-2550, or visit www.princetonhouse.org/firstresponders.

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

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

Women's Health: Just a Drink or Drowning Stress?

It's a common image across social media — women celebrating a special or not-so-special event, or simply relaxing alone or with friends, over several drinks.

"The message is deeply flawed, but the message is that the way to manage child care, a job, marital stress and financial stress is to drink, to have a good time by rewarding yourself with alcohol," says Nicole Orro, LPC, LCADC, Penn Medicine Princeton House Behavioral Health Director of Outpatient Services in Hamilton.

The fact is, notes Orro, turning to alcohol to cope with life's challenges and reduce stress can lead to addiction and a range of medical problems for women.



Consider the Source

"It's important to look at why you are having a drink and how much you are drinking," says Orro. "Denial is a big factor in addiction, and in recognizing the progression toward addiction. Women often feel shame or embarrassment, and hide the truth from themselves and from others, which only adds to their stress."

The Centers for Disease Control recommends women have no more than one drink a day, meaning a 12-ounce beer, five ounces of wine or 1.5 ounces of distilled spirits. It is important to remember, however, that alcohol has a stronger effect on women as they age, since aging reduces the water content in the body, thus increasing the potency of alcohol in your system.

"When alcohol enters a person's system, it impacts nearly every part of the body; it also impacts mood and behavior, which can make existing problems worse in the long run," says Orro. "In addition to physical health concerns that can develop over time, alcohol can lead to risky behaviors for the person drinking and those around them."

Help and Support is Available

If you find that you are reaching for a drink more often than you want to, it is important to realize that you are not alone, and that help is available, adds Orro. "It may sound like a cliché, but acknowledging the problem is the first step."

Princeton House's Women's Program offers partial hospital (five days a week for six hours per day) and intensive outpatient (three days a week for three hours per day) programs at five locations in Central New Jersey for women who need help coping with addiction. Group therapy is the primary focus of all programs, and treatment is covered by most insurance plans.

"Women often feel shame or embarrassment, and hide the truth from themselves and from others, which only adds to their stress."

— Nicole Orro, LPC, LCADC

To find out more about Princeton House's Women's Program, call 1.888.437.1610, or visit www.princetonhouse.org/women.

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 - Qualified interpreters
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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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Penn Medicine
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Join Us!

23rd Annual Penn Medicine Princeton Health Golf Outing

Tuesday, June 12, 2018

Metedeconk National Golf Club, Jackson, NJ

Proceeds will benefit
Penn Medicine Princeton House Behavioral Health

Penn Medicine Princeton House Behavioral Health is a division of Penn Medicine Princeton Health and a leading provider of inpatient, partial hospital, and intensive outpatient services in central and southern New Jersey for patients with mental health, substance abuse, or co-occurring disorders.

A great day of golf for a great cause:

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