



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2019

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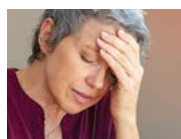
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Princeton Health, published six times each year by Penn Medicine Princeton Health, is dedicated to providing you with the latest health-related news and information.

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

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Prescription-free Orthopaedic Pain Management is an Option

When it comes to treating pain following an orthopaedic injury or in relation to an orthopaedic chronic health condition, prescription medication is one option, but it is far from the only option. Some patients may not want to take medicine every day or may be concerned about the risks associated with continued use. Penn Medicine Princeton Health offers a range of alternatives.



"For patients who don't wish to take prescription medication for pain, there are alternatives that come with less effects and truly address the cause of the condition. By individualizing treatment based on the goals of the patient, we can help them return to their active lifestyle," says **Arik Mizrachi, MD**,

a member of the Medical Staff of Penn Medicine Princeton Health who is board certified in pain medicine and physical medicine and rehabilitation.

For those patients who seek alternatives to prescription medications, there are over-the-counter anti-inflammatory medicines that offer symptom relief. Patients may also experience pain relief from a cortisone shot, which is a type of steroid closely related to cortisol, a substance naturally produced by your body.



"These treatments are a good start, but the ultimate goal of pain management is more than symptom relief — it's addressing the root cause of your pain so you can return to

normal activities as soon as possible without discomfort," says **Ronnen Abramov, DO**, a member of the Medical Staff of Penn Medicine Health who is board certified in pain management and physical medicine and rehabilitation.

Minimally Invasive Alternatives

There are several minimally invasive alternatives that can offer long-term relief for patients with orthopaedic pain that doesn't require immediate surgery.

For example, at Princeton Medical Center, board certified physicians are trained in a procedure called radiofrequency ablation (RFA). During RFA, an electrical current produced by a radio wave is used to heat up a small area of nerve tissue, decreasing pain signals from that specific area.

Cooled radiofrequency ablation (C-RFA) is used for nerve pain in the knee. C-RFA uses water-cooled technology to safely deactivate pain-transmitting sensory nerves. The procedure can be used for patients who have significant knee pain but aren't surgical candidates, or for those who have had surgery but are still experiencing pain.

Both RFA procedures are minimally invasive, so most patients can expect to feel pain relief within a week or two, returning to an improved level of activity much sooner than with surgery. Pain relief from RFA can last from six to 12 months and, in some cases, relief can last for years.

For more information about pain management at Princeton Medical Center, call 609.497.4371 or visit www.princetonhcs.org.



JOIN PRINCETON HEALTH IN CELEBRATING OUR 100-YEAR ANNIVERSARY



SHARE YOUR MEMORIES!

Princenton Health will mark its 100-year anniversary of providing care for the residents of central New Jersey on Nov. 24, 2019. As part of our yearlong centennial celebration, we are collecting and sharing stories from the community.

Were you or a loved one ever a patient at Princeton Health? What do you remember most about your experience and the people who cared for you? Do you have memories of the old hospital or past community events, like the June Fête?

No matter how or when Princeton Health has been a part of your life — or you have been a part of the Princeton Health story — we want to hear from you!

Visit www.princetonhcs.org/100years to submit your stories, memories, old photographs and even video testimonials for a chance to win a \$25 Target gift card — we're randomly choosing two winners each month! We may also share your stories through the website, social media and other platforms so everyone can join in the celebration!



SEND IN YOUR BABY PHOTOS

In celebration of our centennial year, you are invited to participate in the monthly Birthday Baby Photo Contest on the Princeton Health Facebook page or on our website at www.princetonhcs.org/100years.

Whether you were born at Princeton Medical Center or had a baby here any time during our 100-year history, share your photos with us and enter to win a \$25 Target gift card — two winners are chosen randomly each month.

Complete submission instructions can be found on the Facebook page [@princetonhealth](https://www.facebook.com/princetonhealth) or on the website.

Visit www.princetonhcs.org/100years to stay up to date on special centennial activities and exciting events being planned throughout year.



Patients Can Now Be Airlifted from Princeton Medical Center



Patients who are critically ill or injured and in need of specialized care can now be airlifted from a helipad at Princeton Medical Center (PMC) to a tertiary hospital within a 100-mile radius of Penn Medicine Philadelphia.

Located close to PMC's Emergency Department to ensure optimal response time, the rapid helicopter transport system enables referring physicians to quickly connect with Penn Medicine Critical Care Physician Specialists for consultation with a single phone call, while simultaneously arranging critical care transportation.

The service is managed and operated by Penn Medicine's PennSTAR. PennSTAR aircraft can reach all parts of Delaware, New Jersey, central Pennsylvania and southern New York in 30 minutes or less, 24 hours

a day, seven days a week, and are staffed by expert pilots, critical care flight nurses and flight paramedics. All transport requests and support communications between transport teams, medical centers and emergency crews are coordinated and integrated by PennSTAR's dedicated communications center.

"When we joined Penn Medicine, our promise to the community was that we would continue expanding our capabilities locally while, at the same time, giving our patients streamlined access to a level of care that you can only get at a handful of hospitals in the country," said Princeton Health President and CEO Barry S. Rabner. "The helipad helps fulfill that promise. It's reassuring to know that Penn Medicine's two top 10 hospitals are only minutes away when our patients need them."

You Don't Have *to* Grieve Alone



The loss of a loved one can create enormous stress and emotional upheaval. Seeking support to help you work through your feelings can help, and is particularly important if your grief becomes debilitating.

"Grieving is a fluid process that is always changing, and is often isolating," says Sherri Goldstein, MSW, LCSW, Bereavement Coordinator at Penn Medicine Princeton HomeCare Hospice. "Seeking support by speaking with a professional and connecting with others in a similar situation in a shared setting can help you develop better coping strategies, promote healing and alleviate additional stress."

Bereavement services are available to Princeton HomeCare Hospice families for a year or more following a loss. Survivors can take advantage of home visits, phone counseling and two monthly support groups, which are open to the community as well.

Most people faced with a loss will experience aspects of the following stages of grief:

Denial: A common defense mechanism against the shock of loss, denial numbs your emotions and leads to a sense that life is meaningless.

Anger: As denial fades, reality sets in. The pain of loss turns to anger at the deceased or others.

Bargaining/Guilt: As anger fades, it may be replaced with a belief that something could have been done differently to prevent the loss.

Depression: As reality begins to take hold, sadness and regret can overwhelm you.

Acceptance: In time, with professional help if needed, you can come to acceptance. Although the loss will always be felt, you can go on living a full life.

For more information on Princeton HomeCare Hospice, call 1.609.497.4900 or visit www.princetonhcs.org.

Princeton Medical Center Offers Specialized Care for Seniors



Nationwide, older adults who are admitted to a hospital have a much higher risk of hospital-related health issues, such as falls, pressure ulcers, incontinence, delirium and malnutrition than younger patients, which is why Princeton Medical Center (PMC) provides specialized care for seniors. Seniors at PMC receive the highest level of care from the moment they enter the hospital until they return home and beyond.



"Studies have shown that dedicated Acute Care of the Elderly Units reduce these risks, shorten the average length of a hospital stay, better preserve a patient's ability to function normally and increase patient and staff satisfaction," says **David Barile, MD**, Medical Director of the Penn Medicine Princeton

Medical Center Acute Care of the Elderly (ACE) Unit.

Private Rooms Designed for Seniors

The ACE Unit at PMC is one of only a few in New Jersey, and is recommended for patients over the age of 65 who are acutely ill, have experienced a fall, are frail or have been admitted to the hospital multiple times in recent months. The unit has 24 single rooms designed for the particular needs of seniors. Special beds are set low to prevent falls, and the rooms are equipped with bedside recliners to provide a comfortable place for older patients to sit when they are out of bed. Wall surfaces and door frames are highlighted with contrasting colors for enhanced depth perception, and signs and display boards have larger-than-normal type.

Specialized Staff Training

Nurses and nursing assistants on the ACE Unit have undergone the profession's most prestigious geriatric training program — NICHE (Nurses Improving Care for Health System Elders). PMC is one of a select number of hospitals in the country that are members of NICHE.

Since 2017, ACE Unit staff members have also participated in the Virtual Dementia Tour® (VDT), a training simulation to help caregivers gain a better understanding of the cognitive and physical challenges faced by people with dementia.

"This training offers personal insight into how individuals with dementia experience the world," says Allison Healy, MSN, RN-BC, Clinical Nurse Leader/Senior Care Coordinator for the ACE Unit. "By putting ourselves in their shoes, nurses and other caregivers gain a new perspective and connect with these patients on a deeper level."

The ACE Unit's interdisciplinary staff includes pharmacists, nutritionists, therapists and social workers who each have expertise in caring for seniors. Additional consultative services from physical and occupational therapists, wound therapists and speech-language and swallow pathologists are available when medically necessary.

Care for seniors extends beyond their stay at PMC. Social workers on staff and discharge planners are available to work with patients, their families and physicians to ensure they receive the care they need when they leave the hospital, whether they require homecare, rehabilitation or other services.

For more information about Penn Medicine Princeton Health's services for seniors, call 1.888.742.7496 or visit www.princetonhcs.org.

Community Focus

Mostly Plants

Healthy Recipes for Every Lifestyle

Wednesday, June 5 (7 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
First Floor, Schreyer Education Center

Early registration is \$20 per person.
Beginning May 1 the cost will be \$25 per person.
Cost includes a copy of the Pollan family's new book,
light refreshments, coffee and tea.

Award-winning authors **Tracy, Dana, Lori and Corky Pollan** will offer insight into eating for optimal health, in a moderated conversation about their latest book, *Mostly Plants: 101 Delicious Flexitarian Recipes from the Pollan Family*. The book focuses on eating vegetables without having to give up meat entirely. *Mostly Plants* features a wide range of easy-to-prepare dishes with something for everyone — from vegans to meat lovers, and everyone in between.

The Pollans' previous cookbook, *The Pollan Family Table*, won multiple awards. The family's recipes have appeared in numerous magazines, including *O*, *The Oprah Magazine*; *Elle*; *People*; *Vogue*; *Better Homes and Gardens* and *Coastal Living*.

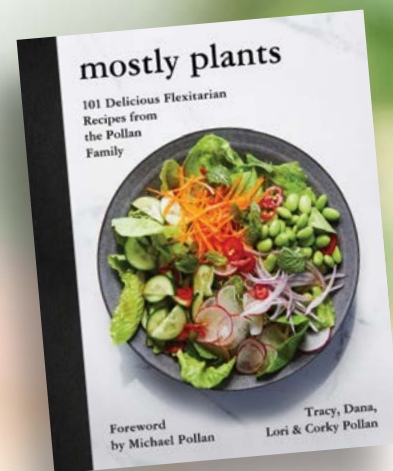


Photo Credit: Nicole Franzen

REGISTER at www.princetonhcs.org/calendar and search keywords Tracy Pollan

CURRENT PROGRAMS

Penn Medicine Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Weight-Loss Surgery: Is It Right for Me?

THU. May 2 (6 – 6:30 p.m.)

THU. June 6 (6 – 6:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Suite 200, Monroe Township

WED. May 15 (6 – 6:30 p.m.)

WED. June 19 (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. 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.

Self Defense for Women: Personal Empowerment Safety Program

THU. May 2, 9, 16, & 23 (6 – 9 p.m.)

Community Wellness at the

Hamilton Area YMCA John K. Rafferty Branch, Suite 100

WED. May 29, June 5, 12, & 19 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

\$25 per person

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



Dealing with Dizziness and Vertigo

WED. May 1 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

FRI. May 10 (10 – 11 a.m.)

Mercer County Library System Hopewell Branch

245 Pennington-Titusville Road, Pennington

Learn 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 Eileen Kast, PT, OCS, physical therapist and Certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.

Memory, Aging & the Brain

THU. May 2 (12:30 – 1:30 p.m.)

Congregation Beth Chaim

329 Village Road East, Princeton Junction

THU. June 6 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

Memory loss is often dismissed as a normal part of aging, but it can mean something more. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry and member of the Medical Staff of Penn Medicine Princeton Health, and learn the difference between mild cognitive impairment, dementia, and Alzheimer's disease, as well as the next steps for people who have started to notice a decline in their memory. Early detection, diagnosis and intervention provide the best opportunities for treatment, support and planning for the future.

Take Control of Urinary Incontinence

FRI. May 3 (11 – 12 p.m.)

Stonebridge

100 Hollinshead Spring Road, Skillman

Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help. Join Eileen Malong-Geary, PT, licensed physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.

Health Screenings at the West Windsor Farmer's Market

SAT. May 4, 18, June 1, 15, & 29 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)
Princeton Junction

Twice a month, health professionals from Penn Medicine Princeton Health will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmer's Market.

Vision Screenings

THU. May 16 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center

THU. June 20 (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.

Kids Marathon

SUN. June 23 (10 a.m.) at Education Testing Service (ETS) 660 Rosedale Road, Princeton



Beginning in April, kids are invited to start walking, running or rolling at their own pace to reach 25 miles. Everyone gathers on June 23 to finish the last 1.2 miles together. *Join us at this event for special festivities as we celebrate our 100th anniversary this year!*

Each kids program below counts towards 1 mile per class! To sign up or learn more, visit www.princetonhealthinmotion.com. Parents must accompany their children at all the classes listed below.

Kids Yoga

WED. May 15 (3:30 – 4:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103
Debbie Millar, RN, children's yoga instructor, will guide children through a playful yoga practice focusing on stretching, strengthening and relaxation. Dress in comfortable clothes. For kids ages 5-13.



Build a Better Snack: Nutrition for Kids

WED. May 29 (6 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100
Alyssa Luning, RD, LDN, CSOWM, a registered dietitian, will lead this fun-filled session where kids can make their own tasty, energy-boosting, nutritious snacks, and have a chance to sample them. For kids ages 5-13.

Grow Your Own Veggie Garden

SUN. June 2 (2 – 3 p.m.)
Green Haven Garden Center
1181 Hughes Drive, Hamilton
Expert gardeners will instruct parents and children in planting seeds in containers they can take home and watch grow. For kids ages 6-10.



Kids Zumba

MON. June 3 (6 – 7 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100
Join Erica Hundley, certified zumba instructor with the Hamilton Area YMCA, for this interactive session where kids will have a great time learning zumba. For kids ages 5-13.

Yikes! What is Happening to My Body?

These programs will address the physical, intellectual and emotional changes your child will experience as he or she enters the teenage years. The program will be led by a health educator with Princeton Health Community Wellness. Both events are designed for girls or boys between ages 9 and 12, and held at the same location.

A Puberty Talk for Girls

MON. May 6 (6 – 7:30 p.m.)

A Puberty Talk for Boys

MON. May 13 (6 – 7:30 p.m.)

Plainsboro Recreational & Cultural Center
641 Plainsboro Road, Plainsboro

Redefining Self After Loss

MON. May 6 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center

THU. May 9 (6:30 – 7:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

MON. May 13 (11 a.m. – 12 p.m.)
Montgomery Senior Center, 356 Skillman Rd, Skillman

WED. May 29 (1 – 2 p.m.)
Princeton Fitness & Wellness Center

Join us for an open conversation exploring the ways we are transformed by the loss of a loved one. Whether you feel as if you are totally immobilized, simply existing, struggling or thriving since your loss, this program will be an opportunity to share, connect and promote healing.

- **May 6 session** will be presented by Amelia Vastola, LSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare.
- **May 9, 13 & 29 sessions** will be presented by Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare.

Managing Rheumatoid Arthritis

TUE. May 7 (7 – 8 p.m.)
Princeton Fitness & Wellness Center

Discover the steps you can take to reduce your risk of certain types 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.

Making Medical Decisions for Others

WED. May 8 (7 – 8 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction
Are you prepared to make medical decisions for an elderly parent or someone with cognitive impairment or dementia? Join David Barile, MD, board certified in geriatric medicine, hospice and palliative medicine and internal medicine, to learn what you need to know in order to make informed decisions for your loved ones. Dr. Barile is a member of the Medical Staff of Penn Medicine Princeton Health.

Throwing: More Than Just the Arm

WED. May 8 (6:30 – 7:30 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction
Join Penn Medicine Princeton Health physical therapist and former college softball player Barbara Kutch, PT, DPT, CSCS, for an informative discussion on baseball/softball throwing. The program will focus on the mechanics of throwing, including the roles of the legs and core; common throwing injuries; injury prevention tips; the current guidelines for pitching; and recent research on new training concepts.

Summertime Safety: Keeping Kids Safe All Summer Long

WED. May 8 (10:30 – 11:30 a.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100

WED. June 5 (10 – 11 a.m.)
Mercer County Library System Hopewell Branch
245 Pennington-Titusville Road Pennington
Eugene Shapiro, MD, FAAP, board certified pediatrician, will share valuable information about how to avoid common mistakes parents make protecting their kids. Topics include water safety, sun protection, summer sports safety and insect bites. Dr. Shapiro is a member of the Medical Staff of Penn Medicine Princeton Health.

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

Acid Reflux: The Burning Questions

THU. May 9 (7 – 8 p.m.)

Robbinsville Library, 42 Robbinsville, Allentown Road, Robbinsville

Gastroesophageal reflux disease (GERD) can lead to Barrett's esophagus, a precursor to esophageal cancer. Join Anish A. Sheth, MD, Chief of Gastroenterology at Penn Medicine Princeton Medical Center and Co-Director of the Center for Digestive Health, for an overview of the signs and symptoms of GERD, with a special focus on endoscopic therapy for Barrett's esophagus. Medications, lifestyle changes and advanced testing for acid reflux will also be discussed. Dr. Sheth is a member of the Medical Staff of Penn Medicine Princeton Health.

Cooking With Food Allergies in Mind

THU. May 9 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center

TUE. June 4 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

Finding recipes that taste good but are allergen-free can be a challenge. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, to learn which foods are completely free of common allergens such as wheat, dairy, eggs, seafood, nuts, seeds, peanuts and soy, but are still full of flavor.

Fullfillment Through Volunteering

FRI. May 10 (1 – 2 p.m.)

Plainsboro Senior Center, 641 Plainsboro Road, Plainsboro

Do you want to help others? Are you unsure of how to give back? Research suggests that people who volunteer may live longer and happier lives. Join the certified volunteer administration professionals from Penn Medicine Princeton Health Volunteer Services to learn about all the benefits of volunteering, including the physical and psychological health benefits and how to find volunteer opportunities with community nonprofits.



Pelvic Wellness Through Physical Therapy

FRI. May 10 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

Urinary incontinence, urinary frequency, pelvic organ prolapse and constipation are common conditions that can make you uncomfortable and impact your quality of life. In many cases, physical therapy can help. This discussion will be led by Becky Keller, PT, MSPT, PRPC, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation.

Understanding Food-Borne Illnesses

MON. May 13 (1 – 2 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

Recently there have been several widely reported cases of people becoming ill from eating contaminated food. Join David J. Herman, MD, FACP, board certified in infectious disease, for this informative discussion on the signs and symptoms of food-borne illnesses and how you are most likely to contract them. Dr. Herman is the hospital epidemiologist of Penn Medicine Princeton Medical Center.

Addressing Food Allergies

TUE. May 14 (7 – 8 p.m.)

Plainsboro Library, 42 Van Doren Road, Plainsboro

Do you or someone you know suffer from allergies, possibly related to food? Join Neeti Gupta, MD, board certified in allergy and immunology, to learn about what to expect at an allergist appointment, including food allergy testing, medications and various treatment options. Dr. Gupta is a member of the Medical Staff of Penn Medicine Princeton Health.

AARP Smart Driver

WED. & THU. May 15 & 16

(12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

WED. June 19 (9 a.m. – 3 p.m.)

Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch, Suite 100

\$15 for AARP members, \$20 for non-members, Payable at the door (cash or check). Checks should be made payable to AARP.

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

CarFit

THU. May 16 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

THU. June 20 (10 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch, Suite 100

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

Safe Sitter

SAT. May 18 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center

\$40 per child

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

**SPECIAL
CENTENNIAL
EVENT**

Plainsboro Founders Day on Sunday, May 5 from

1 to 4 p.m. at 641 Plainsboro Road in Plainsboro. *Join us at this event for special festivities as we celebrate our 100th anniversary this year!*

Heart Health & Stroke

WED. May 22 (11 a.m. – 12 p.m.)

Monroe Township Public Library
4 Municipal Plaza, Monroe Township

Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Phil Tran, RN-BSN, Stroke Coordinator with 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.

HPV, HIV, ZIKV, HSV: The ABCs of Infectious Diseases

WED. May 22 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

Attend this informative presentation led by Arunima Mamidi, MD, board certified in infectious disease and in internal medicine, for an overview of Zika and other viruses, their transmission, symptoms, diagnosis and treatments, as well as an exploration of the myths and misconceptions about these diseases.

Abdominal Pain: What Could it Be?

WED. May 22 (10:30 – 11:30 a.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

What could be causing your abdominal pain? Join Tomer Davidov, MD, board certified in general surgery, to learn how to spot abnormal abdominal pain, at-home remedies, and when to visit your doctor. Dr. Davidov is a member of the Medical Staff of Penn Medicine Princeton Health.

Dealing with Depression

MON. June 3 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

Depression is a common mental health disorder that affects millions of Americans. Join a representative from Princeton Medical Institute to learn about the neurobiology of depression, including why certain people are predisposed to it, new treatment options and clinical research trials, and the reality of current antidepressants and how patients' needs are still unmet.

Beyond Chronic Illness: A Celebration of Healthy Living

TUE. June 4 (2:30 – 4:30 p.m.)

Community Wellness at the

Hamilton Area YMCA

John K. Rafferty Branch

Suite 100

People living with MS, Parkinson's disease or cancer are welcome, along with their caregivers, to join us for a celebration of healthy living! Learn about the YMCA's Healthy Living programs from current members, discover ways Penn Medicine Princeton Health services can benefit you, and enjoy a treat prepared by one of our registered dietitian nutritionists.



Celebrate Strength, Celebrate Life.

THU. June 6 (7 – 9 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

First Floor, Education Center

Join us for an evening of inspiration and wellness for Cancer Survivors Day.

Enjoy light refreshments and activities as we honor the strength of our survivors and the support they received from family and friends. *Join us at this event for special festivities as we celebrate our 100th anniversary this year!*

SPECIAL
CENTENNIAL
EVENT

Addressing Pelvic Pain

THU. June 6 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

There are a number of reasons why you could be experiencing pelvic pain. Join Shyama Mathews, MD, board certified in gynecology, and Becky Keller, PT, MSPT, PRPC, as they discuss the signs, symptoms and various treatment options, including physical therapy interventions, for a variety of pelvic pain disorders. Dr. Mathews is a member of the Medical Staff of Penn Medicine Princeton Health.

Understanding Colon Conditions & Screenings

MON. June 10 (6:30 – 7:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

If you are over the age of 50, it may be time to think about getting screened for colon conditions. Join Liam Smith, MD, board certified colon and rectal surgeon, to learn about the importance of recognizing symptoms and getting screened. Dr. Smith is a member of the Medical Staff of Penn Medicine Princeton Health.



Ebola – What You Need to Know While Traveling

MON. June 10 (1 – 2 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

The Ebola virus, formerly known as Ebola hemorrhagic fever, is a severe, often fatal illness in humans. Join Sarbjit S. Sandhu, MD, for this informative session addressing where you can contract the disease and what to do if you are infected. Dr. Sandhu is a member of the Medical Staff of Penn Medicine Princeton Health.

Managing Gluten Intolerance

WED. June 12 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Do you suffer from gluten intolerance or celiac disease? If so, attend this informative program led by Alyssa Luning, RD, LDN, CSOWM, registered dietitian nutritionist, to learn about healthy, delicious replacements for everyday, gluten-based foods.

Protect Yourself Against Glaucoma

THU. June 13 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch, Suite 100

Glaucoma is a leading cause of blindness in the United States, but it can easily go unnoticed since there are usually no symptoms. Fortunately, it can be tested for and controlled if caught early. Join Colleen Coleman, MD, board certified ophthalmologist, to learn the importance of taking care of your vision and getting screened. Dr. Coleman is a member of the Medical Staff of Penn Medicine Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesdays, May 21 and June 18, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Tips to Keep Your Skin Radiant & Healthy

FRI. June 14 (10 – 11 a.m.)

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

There are a number of irritants that can bother your skin during the summer. Join Robyn B. Notterman, MD, a board certified dermatologist, for this informative session on summer skin care. Learn what is new in sun protection, moisturizers and treatment of summer skin problems, including poison ivy and sunburn. If there is anything specific you'd like the doctor to focus on, please share your comments with us online during registration. Dr. Notterman is a member of the Medical Staff of Penn Medicine Princeton Health.

Feeling Unsteady? Improve Your Balance

TUE. June 18 (11 a.m. – 12 p.m.)

Monroe Township Public Library
4 Municipal Plaza, Monroe Township

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Kelly A. Gray, PT, RN, DPT, CLT, Rehab Manager, Outpatient Rehab and Physical Therapist with Princeton Medical Center Princeton Rehabilitation Monroe location, to learn about balance; your risk for falls; and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

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

Understanding Prostate Health

MON. June 24 (6:30 – 7:30 p.m.)

Community Wellness at 731
Alexander Road, Suite 103

Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age or older or who have a family history of prostate cancer are particularly at risk. Join Edward M. Soffen, MD, board certified radiation oncologist, to learn about the importance of getting screened. Dr. Soffen is a member of the Medical Staff of Penn Medicine Princeton Health.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Penn Medicine Princeton Health is pleased to offer a variety of programs related to childbirth and family health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Prenatal Yoga

NEW

Thursdays (6 – 7:15 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 them 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, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Yoga for Conception

NEW

Begins June 4

Tuesdays (7:30 – 8:30 p.m.)

Community Wellness 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 conception. 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.

Sibling Class

SAT. May 11

(1 – 2:30 p.m.)

Penn Medicine
Princeton Medical
Center – Atrium

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, and tour a maternity room. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

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

TUE. May 21 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

MON. June 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 22 (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.)

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.

SAVE!

When you register for any multiple prenatal classes:

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, call
1.888.897.8979 to register.



Twins and Multiples

TUE. May 14 (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 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.



Daddy Boot Camp™

SAT. June 8 (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. Greg Barron, Daddy Boot Camp™ master coach, along with new dads, will demonstrate how to hold, comfort, diaper and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

Prenatal Breastfeeding Class

WED. May 15 (7 – 9:30 p.m.)

TUE. June 4 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant. Penn Medicine Princeton Health is dedicated to promoting the health and well-being of all moms and babies, and we are proud to offer prenatal breastfeeding classes free of charge.

Prepare for Cesarean Section

MON. June 3 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$30 per couple

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

Baby Care

MON. June 10 (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.

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

THU. May 16 – June 6 (7 – 9 p.m.)

WED. May 29 – June 19 (7 – 9 p.m.)

TUE. June 11 – July 2 (7 – 9 p.m.)

MON. June 24 – July 15 (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 18 (9 a.m. – 5 p.m.)

SAT. June 15 (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

TUE. June 25 & July 2, 9, 16, 23 (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.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.
Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Postpartum Yoga **NEW**

Saturdays (10 – 11 a.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$10 per person, per class

This class will focus on strengthening and toning the body after birth. 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. Babies are welcome.



Bright Beginnings (birth to crawling)

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

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

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

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Mothers are encouraged to bring their infants.

Grandparenting 101

TUE. May 7 (6:30 – 8 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$10 per couple

This class is designed for grandparents-to-be and new grandparents. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations; 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.



Postpartum Power: Fitness & Education for New Moms

TUE. & THU. May 7 – June 13 (10 – 11 a.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$75 per person

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

Postpartum Adjustment Support Group

WED. May 8 (1 – 2 p.m.)
WED. May 22 (1 – 2 p.m.)
WED. June 5 (1 – 2 p.m.)
WED. June 19 (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.

Infant Massage

SAT. May 11 (10 a.m. – 12 p.m.)
MON. May 13 (6 – 8 p.m.)
SAT. June 15 (10 a.m. – 12 p.m.)
SAT. June 29 (10 a.m. – 12 p.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. Babies 3 months or older are welcome.



CPR & FIRST AID

Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

ACLS Full Certification Course

THU. & FRI. May 2 & 3 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

ACLS Recertification Course

FRI. May 17 (9 a.m. – 5 p.m.)
MON. June 24 (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 18 & 19 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

PALS Recertification Course

WED. May 22 (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

MON. May 13 (9 a.m. – 1:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

SUN. May 19 (9 a.m. – 1:30 p.m.)
WED. June 26 (6 p.m. – 10:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

WED. June 5 (6 p.m. – 10:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

BLS Renewal*

THU. May 30 (6 – 10 p.m.)
TUE. June 11 (9 a.m. – 1 p.m.)
Community Wellness at the Hamilton Area
YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

WED. May 8 (9 a.m. – 1 p.m.)
THU. June 27 (6 – 10 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

Provider: \$65 per person

Renewal: \$40 per person

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

Heartsaver CPR AED

THU. June 13 (6 – 9 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$45 per person

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

Family & Friends CPR

THU. May 23 (7 – 8 p.m.) Infant
SAT. June 1 (10 – 11 a.m.) Adult/Child
SAT. June 1 (11:15 a.m. – 12:15 p.m.) Infant
Community Wellness at the 731 Alexander Road, Suite 103

\$15 per person, per session (\$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.

Neonatal Resuscitation Program Recertification Course

MON. May 13 (8 a.m. – 12 p.m.)
WED. June 12 (6 – 10 p.m.)
Penn Medicine Princeton Medical Center – 6th Floor, Mother & Baby Unit

\$75 per person.

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



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.

REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at www.princetonhcs.org/calendar or 1.888.897.8979.

Stroke and Your Heart (for EMTs)

WED. May 15
(7 – 8 p.m.)
Princeton Fitness & Wellness Center



This program, led by Joseph V. Portale, MD, board certified in Emergency Medicine, and Philip Tran, RN-BSN, will cover the heart conditions that can lead to a stroke, how to recognize stroke symptoms and treat patients experiencing them, and which hospitals can treat stroke patients. Philip Tran is a Stroke Coordinator with Princeton Medical Center, which is a state-designated Primary Stroke Center.

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

EMT Refresher Classes:

Section B Medical Assessment and Management

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

\$60 per person.
Students will review proper airway management techniques, including assessment, airway insertion and oxygen administration.



time constraints and stress. This class will cover collision prevention techniques and a wide range of other safety-related topics, including vehicle inspection; vehicle handling and design characteristics; emergency and non-emergency driving differences; and safety at the emergency scene.

Section C Trauma Assessment and Management

SUN. June 2 (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.

EMS – CEVO 4

SAT. June 15 (9 a.m. – 3 p.m.)
Montgomery EMS, 8 Harlingen Road, Belle Mead

\$10 per person. Please bring cash or a check made payable to Montgomery EMS to class.

This classroom course teaches defensive driving techniques unique to ambulance work, training drivers to navigate in traffic safely in emergency and non-emergency situations under severe

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Prostate Cancer Support Group

WED. May 8 (12 – 1:30 p.m.)
WED. June 12 (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 21 (1:30 – 3 p.m.)
TUE. June 18 (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 14 (6 – 7:30 p.m.)
TUE. June 11 (6 – 7:30 p.m.)
PMC Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from 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 15 (12 – 1:30 p.m.)

WED. June 19 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

Nutrition Tips for Breast Cancer Patients

FRI. May 3 (11:30 a.m. – 1 p.m.)

FRI. June 7 (11:30 a.m. – 1 p.m.)

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

Registration preferred. To register, call 609.853.6788.

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

Living Beyond Cancer

THU. May 23 (12:30 – 2 p.m.)

THU. June 27 (12:30 – 2 p.m.)

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

Walk-ins welcome.

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

Mindful Movement

Thursdays (10 – 11 a.m.)

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

Registration preferred. To register, call 609.853.6787.

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

Restorative Yoga

WED. May 1, 15, June 5 & 19 (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 Wednesday of each month, is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary, and any needed equipment will be provided at the class.



SUPPORT GROUPS

Weight-loss Surgery Support Group

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

THU. May 2 (6:30 – 7:30 p.m.)

THU. June 6 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians
2 Centre Drive, Monroe Township

TUE. May 7 (7 – 8:30 p.m.)

TUE. June 4 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Rooms C & D

WED. May 15 (6:30 – 7:30 p.m.)

WED. June 19 (6:30 – 7:30 p.m.)

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

UNITE: Perinatal Loss Bereavement Support Group

MON. May 6 (7 – 9 p.m.)

MON. June 3 (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.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 6 (6 – 7:30 p.m.)

MON. June 3 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

MON. May 20 (1 – 2:30 p.m.)

MON. June 17 (1 – 2:30 p.m.)

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. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance in coping with grief and loss.



Journey Back: Stroke Support Group

WED. May 8 (2 – 3 p.m.)
WED. June 12 (2 – 3 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
4th Floor, MNO Conference Room

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

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

Diabetes Support Group

WED. May 15 (2:30 – 4 p.m.)
WED. June 19 (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.



Join us for our bimonthly focus group, Sensitive, Supportive Care for All, where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors and staff who identify as LGBTQ. The next meeting will be held **Wednesday, June 26 (6:30 – 8:30 p.m.)** at **Princeton Medical Center, Education Center, Conference Rooms A & B.** RSVP requested, but not required. Please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.

www.ustream.tv/princetonhealth

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



Prescription-free Orthopaedic Pain Management

WED. May 8 (12 p.m.)
Ronnen Abramov, DO, Princeton Pain Management



Specialized Care for Seniors

WED. June 12 (12 p.m.)
David Barile, MD, Medical Director of the ACE Unit
Featuring Allison Healy, MSN, RN-BC, Clinical Nurse
Leader/Senior Care Coordinator, ACE Unit



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.

Easing the Pain and Stiffness of Arthritis



Osteoarthritis — one of the most common and debilitating age-related diseases — affects an estimated 30 million Americans, according to the Centers for Disease Control and Prevention. Occurring when the protective cartilage at the ends of the bones wears down over time, it can impact any joint, but usually affects the hands, knees, hips and spine, and the pain and stiffness can make everyday activities challenging.



“Since osteoarthritis is so common, people often think they just have to live with the pain and stiffness, and they end up missing out on enjoying life,” says **Brian Culp, MD**, an orthopaedic surgeon on the Medical Staff at Penn Medicine Princeton Health. “That doesn’t have to be the case. If you have pain, stiffness and swelling that has been bothering you for a while and it’s not getting better, or it’s keeping you from your normal activities, see your doctor. Usually an x-ray is sufficient for a clear diagnosis.”

Treatment Can Vary

When treating osteoarthritis, conservative treatments including over-the-counter or stronger prescription-strength anti-inflammatories or pain relievers like Tylenol are the first step. A holistic approach can also help in some instances, says Dr. Culp, by taking fish oil, turmeric or glucosamine supplements under medical supervision.

Losing weight — even just a few pounds — can help relieve some of the stress placed on joints, while physical therapy can improve range of motion and occupational therapy can help you learn new ways to handle everyday tasks.

“Exercise, including yoga and tai chi, is important in keeping symptoms under control too,” says Kathleen Ryan, MSN, RN, BC, Director of Patient Care Services and Orthopaedic Service Line at Penn Medicine Princeton Health. “Following your physician’s recommendations for physical activity can ease your stiffness and pain, and improve your mobility and flexibility.”

“If the condition does not improve or worsens, steroid injections or a gel injection that can help cushion the joint are options,” says Dr. Culp. “Of course, since osteoarthritis is a degenerative disease, there may come a time where surgery may be necessary. In the case of knee and hip problems, partial or total joint replacement can make a big difference for patients.”

The Penn Medicine Princeton Health Jim Craigie Center for Joint Replacement performs partial knee and total knee and hip replacements, including same-day, minimally invasive procedures.

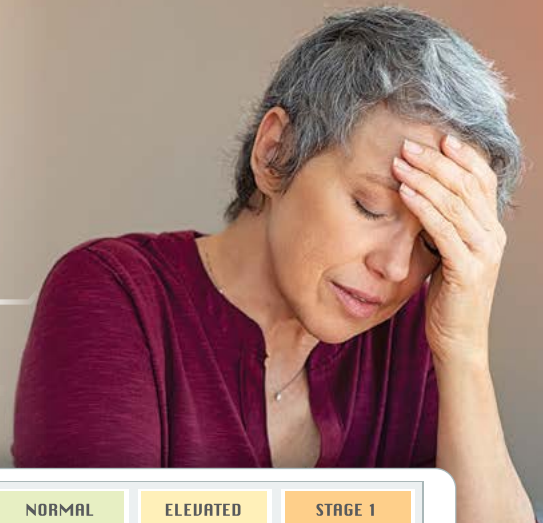
The Telltale Signs

Indications of arthritis include:

- Pain during or after movement
- Tenderness
- Stiffness after inactivity, particularly in the morning
- Loss of flexibility and range of motion
- Grating sensation when using the joint

For more information or to find an orthopaedist with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Is it Just a Headache or Something More?



Everyone gets a headache now and then, whether it's related to sinus pressure or tension. But a sudden, persistent or severe headache can be a sign of a serious underlying condition, including extreme high blood pressure, and should be treated as a medical emergency.

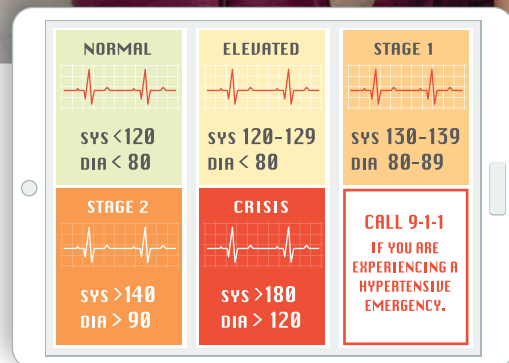


"One in three Americans — or 75 million people — have high blood pressure, and nearly half of them do not have it under control," says **Ellen Land, MSN, APN**, an advanced practice nurse on staff with Princeton Medicine Physicians, Penn Medicine Princeton Health's network of physicians. "In fact, one in six people with high blood pressure does not know they have it."

One reason the condition is frequently overlooked is that often people do not experience noticeable symptoms from high blood pressure. Even so, the condition, also known as hypertension, raises your risk for heart disease and stroke, and is one of the leading causes of death in Americans.

"It is very important to see your primary care provider regularly to have your blood pressure checked and discuss other ways of keeping yourself healthy," says Land. "You should have a blood pressure test performed at least once every two years to screen for high blood pressure as a risk factor for heart disease and stroke, starting at age 18. If you have had a reading on the high side of normal (between 130/85 and 139/89), then it is best to get your blood pressure checked every year. After age 40 you should have it checked at least yearly."

Medication, dietary changes to control sodium intake, regular exercise and reducing stress can usually keep hypertension under control.



A Medical Emergency

Extreme high blood pressure — which can trigger a headache — is considered a medical emergency.

"There are two types of hypertensive crises — hypertensive urgency and hypertensive emergency," says Land, "and both require immediate attention to evaluate organ function and determine an appropriate course of action."

If your blood pressure is 180/120 or greater, and you are not experiencing any other symptoms, such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, wait five minutes and take your pressure again. If the second reading is just as high, immediately call your healthcare provider. They may need to adjust or add to your medication, since you are likely experiencing hypertensive urgency.

If your blood pressure reading is 180/120 or greater and you are experiencing any other associated symptoms, such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty breathing, you are experiencing a hypertensive emergency and need to call 9-1-1 immediately. These symptoms may mean that body organs such as the eyes, heart, brain or kidneys may be damaged.

For more information or to find a primary care provider with Penn Medicine Princeton Health, call 1.888.742.7496 or visit www.princetonhcs.org.

Princeton House Expands Services in Eatontown

Penn Medicine Princeton House Behavioral Health has doubled the size of its outpatient center in Eatontown and added two new programs that bring specialized, intensive services closer to home for Monmouth and Ocean county area residents.

Princeton House — a regional leader in behavioral healthcare — provides inpatient services at its main campus in Princeton and partial hospital and intensive outpatient levels of care at five locations throughout southern and central New Jersey.

The Eatontown location first opened in 2015, exclusively featuring the Women's Program, a premier Princeton House offering addressing the particular needs of women facing acute behavioral health crises involving trauma, addiction or life transitions. Recent renovations at the site added 7,500 square feet of space, allowing Princeton House to offer two additional specialized services:

- The Young Adult Program, serving individuals age 18 through the mid-20s struggling with mental health or substance abuse issues
- The Men's Program, geared toward men experiencing traumatic events that affect their sense of well-being and overall functioning

"Our Eatontown center was the first to offer this level of specialized behavioral healthcare in the Monmouth and Ocean county area," said Richard Wohl, president of Princeton House.

"The Women's Program has been very successful at the site, and we are looking forward to extending services to men and young adults."

Treating Trauma in Men

The Men's Program was one of the first of its kind in the nation when it launched in 2011, and provides a safe, trust-filled environment for men recovering from post-traumatic stress. Treatment offered by the multidisciplinary team includes a comprehensive evaluation and medical management by a board certified psychiatrist, an individualized recovery plan, group and individual therapy, family sessions, coping and life-skills training, and education on maintaining physical and emotional health.



In addition to the new Eatontown location, the Men's Program is also offered at Princeton House outpatient centers in Princeton, North Brunswick and Moorestown.

Helping Young Adults Cope

Initiated to address the specialized needs of young adults, who represented the fastest-growing population served by Princeton House, the Young Adult Program first opened in 2012 at the Hamilton location, and has since expanded to Princeton, North Brunswick and Moorestown, in addition to Eatontown.

The program is designed to help young adults dealing with mental health or substance abuse issues, who are simultaneously struggling with life transitions and being able to function independently. Young adults tend to have better outcomes when they can be treated among their peers because they share common stressors and life experiences that are very different from adults in other age groups.

Group sessions in the program focus on age-appropriate topics such as school, work, relationships and substance abuse. The program's multidisciplinary and evidence-based treatment also includes a comprehensive evaluation by a board certified psychiatrist, individual assessments and sessions, coping and life skills training, creative arts therapy, family groups and medication monitoring.

For information about treatment at Princeton House, visit www.princetonhouse.org or call 888.437.1610.

The Challenges Facing Young Adults: Princeton House Can Help

Transitions can be difficult at any age, but the challenges of moving from the teenage years into young adulthood can be daunting.

“It can be a very exciting and overwhelming time,” says Jessica Levy, LCSW, Director of Outpatient Services at Penn Medicine Princeton House Behavioral Health’s Eatontown location. “Suddenly, you have the freedom to make your own way, but with that freedom comes external and internal pressure to ‘do the right thing.’ There are a lot of expectations society puts on young adults and a lot of expectations they put on themselves — to find a job, choose a career, be successful, build a life.”

Social media make the challenges even greater, amplifying the positive aspects of others’ lives and downplaying the negative aspects, leading to unrealistic comparisons.

“Instagram, Facebook, and other forms of social media make it appear as though others are living a perfect life, and that can have an extremely negative impact, particularly if you already feel as though you are not living up to expectations, whether those expectations are real or imagined, realistic or unrealistic,” says Levy.

Mental Health and Substance Abuse

The pressures faced during this time can retrigger a known mental health condition, trigger a condition that was previously undiagnosed, and result in new or renewed substance abuse behaviors.

“Learning to handle the pressures of this life transition can be difficult for anyone, but it can be particularly challenging for individuals with psychological disorders and substance abuse problems,” says Levy. “Our Young Adult Program is designed to help them manage their conditions and develop the coping skills they need to handle life’s challenges.”

The program — treating young adults ages 18 through their mid-20s — focuses on group and individual counseling, as well as family sessions where loved ones learn how they can help support the individual. Developing successful coping skills and setting realistic goals and expectations are part of the treatment process.

The Young Adult Program is offered in Hamilton, Princeton, North Brunswick, Eatontown and Moorestown. The partial hospital program runs six hours a day, five days a week, while the intensive outpatient program runs three hours a day, three days a week.

For more information about Princeton House Behavioral Health Young Adult Program, call 888-437-1610 or visit www.PrincetonHouse.org/youngadult.



Learning to handle the pressures of this life transition can be difficult for anyone, but it can be particularly challenging for individuals with psychological disorders and substance abuse problems.

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

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

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

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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。

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January 2018



Penn Medicine
Princeton Health

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PMC FOUNDATION NAMES **DR. J. THOMAS DAVIDSON** PHYSICIAN PHILANTHROPIST OF THE YEAR

Princeton Medical Center (PMC) Foundation has named J. Thomas Davidson, MD, as the 2019 William P. Burks Physician Philanthropist of the Year. The award was established in 2012 to recognize a physician whose exemplary efforts have furthered the mission of the Foundation as well as other local nonprofits and community service organizations.



along with his wife Sharon, continue to advocate for PMC within the community. Among the countless roles he has played during his longtime commitment to PMC is his continued assistance in fundraising activities by serving on the PMC Golf Outing Committee and as a member of the Physician's Development Committee to raise funds for the new hospital.

Dr. Davidson is a retired partner of Princeton Surgical Associates and is currently a senior active member of the Department of Surgery at PMC. He is a former member of the Penn Medicine Princeton Health Board of Trustees, having served for 22 years. A long-time generous donor and physician champion, Dr. Davidson,

Among the many wonderful candidates we considered this year, Dr. Davidson stood out as a donor whose contributions demonstrated an exceptional commitment to the vision and values of the Foundation. The Foundation Board of Directors and staff thank Dr. Davidson for his continued commitment and generosity.