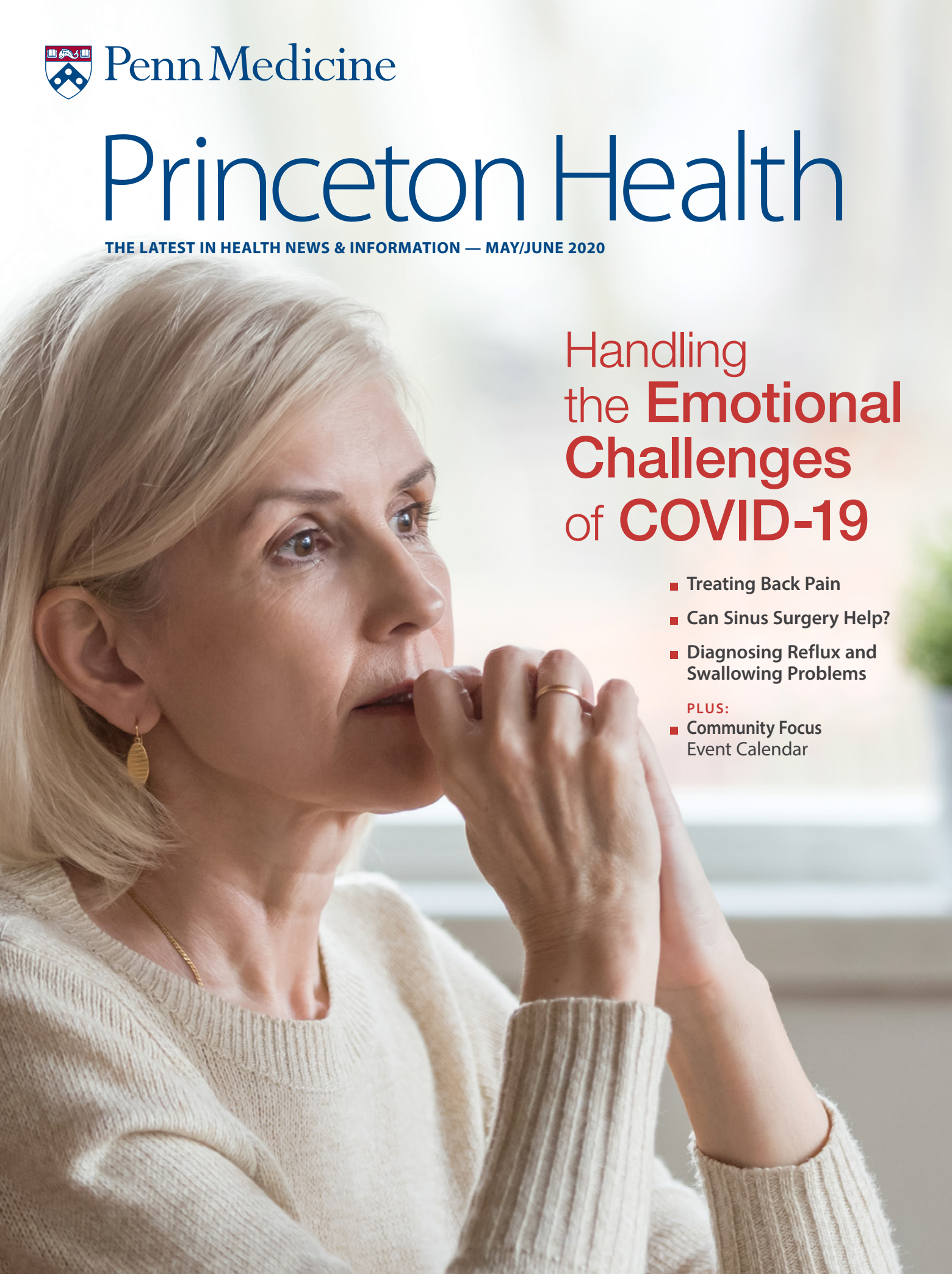


# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2020



## Handling the **Emotional Challenges of COVID-19**

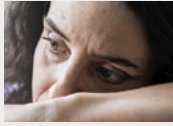
- Treating Back Pain
- Can Sinus Surgery Help?
- Diagnosing Reflux and Swallowing Problems

**PLUS:**

- Community Focus  
Event Calendar

# Princeton Health

MAY/JUNE 2020



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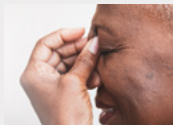
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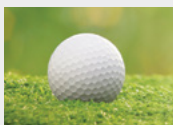
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25th Annual Princeton Health Golf Outing

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**YOUR LIFE IS OUR  
LIFE'S WORK**

*details on p. 21*



For current updates on COVID-19,  
modified visitation policies  
and schedules, please visit  
[www.princetonhcs.org](http://www.princetonhcs.org)



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Princeton Health

**Princeton Medical Center**

**Princeton House Behavioral Health**

**Princeton Medicine Physicians**

**Princeton Medical Center Foundation**

**Princeton HealthCare Partners**

**Princeton Health International**

**Penn Medicine Home Health  
Princeton Health**

*(formerly Princeton Home Care)*

**Penn Medicine Hospice  
Princeton Health**

*(formerly Princeton Home Care – Hospice)*

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

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

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# Handling the Emotional Challenges of COVID-19



**W**e are in uncharted territory as we cope with the novel coronavirus (COVID-19) and its aftermath. And, as with many uncertain, stressful situations, anxiety, depression, anger, and even boredom can overwhelm us. There are, however, ways to cope with these emotional challenges.

“The first thing to remember,” says Jessica Levy, LCSW, Director of Penn Medicine Princeton House Behavioral Health Outpatient Services at the Eatontown location, “is that you are not alone; we are all in this together. Keeping that point in mind will help reduce the sense of helplessness that often accompanies these types of situations.”

## A Toolbox of Tactics

Levy suggests the following strategies:

- **As much as possible, stick to your old routine**, even if you are working from home and the kids are learning at home. Get out of bed, shower and dress as if you were heading out the door; make ‘school’ and ‘work’ lunches if you usually brown-bag it; schedule in the usual lunch breaks for yourself and children.
- **Practice self-care**, including consciously avoiding self-criticism and negative thoughts about yourself and the present situation, practice gratitude, eat a balanced diet, and get plenty of sleep.
- **Get outside for some fresh air and exercise** to gain a new perspective. If time outdoors is not an option, open the curtains, throw open the windows and connect with the outside world.

- **Turn off the TV or radio news**. Constantly assaulting your senses with news can easily trigger compulsive behavior that feeds anxiety and depression. Limit your exposure to a reasonable time and avoid early morning and late night viewing, which can set a negative tone for your day or disrupt your sleep.
- **Stay in the present; practice mindfulness**. Take every day as it comes, recognizing that this is not a permanent situation, and that while you cannot control certain things, you can control your state of mind.
- **Reach out to others for support to reduce the sense of isolation**. Plan to speak by phone or video chat with a group of friends on a regular basis. If you went out to dinner with friends every Friday night, turn the weekly gathering into a video chat dinner.

“When we start to come out of this situation, it is important to remember that everyone will recover at a different pace,” says Levy. “For some people reconnecting and getting back to ‘normal’ will be relatively quick; others will take some time to feel safe and reconnect. Patience is important, and so is knowing there is someone at Princeton House to reach out to if you need help.”

**Princeton House offers** inpatient and partial hospital programs: intensive treatment for those suffering from mental health and substance use disorders. For information about our programs, visit [www.princetonhouse.org](http://www.princetonhouse.org), or call 888.437.1610.

## REACH OUT FOR PROFESSIONAL HELP

Seek professional support when experiencing any of the following:

- Increased lethargy
- Increased emotional distancing
- Drastic change in appetite (increased or decreased)
- Hyperactivity that inhibits the ability to focus
- Lack of interest in activities
- Irrational anger

For immediate help and referrals, 24/7, call **NJ Hopeline at 1-855-654-6735** or call **NJ Mental Health Cares at 866-202-HELP** between 8 a.m. and 8 p.m.





# TREATING BACK PAIN

## When At-home Care Isn't Enough

**B**ack pain can come on suddenly as a result of an accident, moving awkwardly or lifting something heavy or incorrectly, or develop over time as a result of posture, overuse or an underlying condition such as arthritis or osteoporosis. In many cases, back pain can be successfully treated with over-the-counter pain relievers and alternating between hot and cold compresses, although it may take weeks or even several months to completely recover.

But according to the World Health Organization, at some time in their lives 80 percent of people worldwide will experience back pain — most frequently lower back pain — that limits their ability to perform daily tasks and may require some form of medical intervention.



"If you are experiencing weakness or numbness in your legs, or bowel or bladder problems, it is important to see a doctor right way,"

says **Seth Joseffer, MD, FACS**, Chief of Neurosurgery at Penn Medicine Princeton Medical Center (PMC) and Co-director of PMC Spine Services. "These problems can be caused by pinched nerves in your spine from a bulging or herniated disk or a bone spur, and can result in nerve damage if not addressed."

### Treatment That Suits Your Lifestyle

X-rays and MRIs are generally used to determine the cause of persistent back pain, and in many cases the first line of treatment involves physical therapy and/or steroid injections to reduce inflammation and promote healing.



If surgery is needed, it can range from a minimally invasive decompression procedure to treat back pain or disc herniation, to spinal

fusion or disc replacement, an alternative to more traditional fusion procedures that helps restore more normal function than fusion, according to **David Lamb, MD**, Co-director of PMC Spine Services.

"We have the ability to tailor procedures to meet the lifestyle needs of patients so they can get back to living their lives again," says Dr. Lamb, who is board certified in spine surgery. "Today's procedures are not like your grandfather's back surgery. About half of our procedures are done on an outpatient basis or require no more than an 24-hour hospital stay."

"It can be life changing for someone who has been suffering with debilitating back pain," says Dr. Joseffer, who is board certified in neurological surgery. "Patients often feel so much relief that our biggest challenge during recovery is keeping them from doing too much too soon."

### SEEK MEDICAL ATTENTION WHEN YOU EXPERIENCE:

- Pain that does not resolve with over-the-counter medication and rest
- Pain while lying down or at night
- Weakness in limbs or back
- Loss of normal daily function
- Shooting pain in the legs
- Loss of bladder and bowel control
- Fever
- Infection

**To find a physician** affiliated with Penn Medicine Princeton Health, or for more information on Spine Services, call 1.888.742.7496, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Advancements Make Diagnosing Reflux and Swallowing Problems Quick and Painless

Two minimally invasive advancements in gastrointestinal (GI) diagnostic procedures now mean individuals suffering from gastroesophageal reflux disease (GERD) or swallowing disorders can often undergo a full range of testing in a single session.



"The standard diagnostic procedures for these conditions in the past often required a patient to return two or three times before a complete diagnosis could be made," says **Anish Sheth, MD**, Co-Medical Director of the Penn Medicine Princeton Medical Center's (PMC) Center for Digestive Health.

"Today, we can conduct complete diagnostic testing in one session, in around 10 minutes, and as a result we can guide patients to the treatment and relief they need much more quickly."

## Testing Function and Monitoring Severity

Testing for GERD and swallowing disorders begins with an endoscopy to view the esophagus, says Dr. Sheth, who is board certified in gastroenterology. Endoscopies take place under moderate sedation, and a thin catheter passes through the mouth to visualize the esophagus, stomach and small intestine.

While under anesthesia, a second diagnostic test called an EndoFLip® can be performed to actually observe how the esophagus is functioning. This new technology uses an inflatable balloon to measure pressures in the esophagus and lower esophageal sphincter, the valve that separates the esophagus from the stomach. The third diagnostic phase involves placing a tiny chip in the esophagus. Over a 48-hour period, the chip sends acid reflux data back to a wearable monitor. This information is obtained while patients return to their everyday activities and helps to evaluate acid reflux severity and guide treatment decisions. In less than a week, the chip is naturally eliminated from the body.



Once comprehensive testing is complete, many patients will go on to benefit from minimally invasive, outpatient treatments for GERD, such as the LINX procedure, which involves implanting a device that controls GERD, and endoscopic fundoplication, which repairs the body's natural barrier to reflux.

*"What once could be an uncomfortable and drawn-out testing process is now quick and painless, which should encourage people who are living with GERD or swallowing problems to seek medical attention," says Dr. Sheth. "The impact a diagnosis and treatment can have on your quality of life is significant."*

**To make an appointment** at the Center for Digestive Health, or for more information, call 609.853.6390 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Can Nasal and Sinus **Surgery** Help You Breathe Easier?



On a good day, you probably don't give your sinuses a second thought. But when a severe cold, sinus infection or other nasal condition develops, those hollow cavities around your eyes and nose can feel bigger than your entire head, and cause enough pain to send you crawling back under the covers.



Occasional sinus troubles are not uncommon, and usually can be treated with over-the-counter or prescription medications, including nasal sprays, allergy medications, saline rinses, and decongestants, according to **Samuel Becker, MD**, a board certified physician in otolaryngology (ear, nose and throat) on staff at Penn Medicine Princeton Health. But chronic conditions, or conditions brought on by a structural problem, may require surgery.

"Sinus surgery helps to improve the quality of life in patients who have been suffering from chronic sinus-related headaches, facial pain or pressure, fatigue, and annoying post-nasal drainage," says Dr. Becker. "Candidates for surgery need to meet three criteria: their symptoms must be significant, have failed to improve with other extensive medical treatments, and there must be an anatomic contributing factor. In other words, there needs to be something structural that we can correct; the goal is to remove or open whatever is blocking the nose and sinuses from functioning properly."

Blockages can be caused by structural problems such as a deviated septum, narrowed sinus drainage pathways, nasal polyps, or damaged tissue.

## **A Minimally Invasive Procedure**


In most cases, surgery is minimally invasive, and performed on an outpatient basis under endoscopic guidance. This lets the surgeon operate through the nostrils with small magnifying cameras that allow them to specifically target the areas that are causing the blockage. Procedures can increase the opening in the nasal passages to improve breathing and drainage, and remove polyps.

"Recovery times vary from person to person, but for most people the discomfort will subside enough in a few days to where they are just using Tylenol," says Dr. Becker. "Overall, there will be some discomfort for a week or two, and you will have a stuffy nose since the sinus swelling needs to go down. All in all, it is nothing like years ago when they packed your nose after surgery. Today, you can be back to your normal life with just a brief down time."

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**To find a physician** with Penn Medicine Princeton Health, call 1.888.742.7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



 Your health and safety are our top priorities. To help slow the spread of COVID-19 in our community, some of these in-person health education programs may need to be cancelled in the future. If you register for any of these events, you will be notified by phone and email of scheduling changes.

[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) 1.888.897.8979

MAY/JUNE 2020

# Community Focus



## Kids Marathon

All children grades pre-K to 8 are invited to participate in the 12th Annual Kids Marathon, hosted by Princeton Health Community Wellness. Proceeds support Penn Medicine Princeton Health programs to promote wellness and prevent obesity and chronic disease in children.

### 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.

**SUN. June 28**  
**10 a.m.**

Education Testing Service (ETS)  
660 Rosedale Road, Princeton

\$25 per child

### How it Works

- Sign up by visiting [www.princetonhealthinmotion.com](http://www.princetonhealthinmotion.com)
- Walk, run or roll 25 miles over 10 weeks on your own beginning in mid April
- Gather on June 28 to finish the last 1.2 miles together

### NEW This Year

Kids can choose to either WALK, RUN or BIKE the 1.2 miles on June 28!



Visit [www.princetonhealthinmotion.com](http://www.princetonhealthinmotion.com) to learn more or to SIGN UP.



Registration is required for all programs, unless otherwise noted.  
If you register for any of these events, you will be notified by phone and email of scheduling changes.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

Each kids program below counts towards one mile per class! To sign up or learn more, visit [www.princetonhealthinmotion.com](http://www.princetonhealthinmotion.com). Parents must accompany their children at the classes listed below.

### Grow Your Own Veggie Garden

FRI. May 22 (4 – 4:45 p.m.)

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

\$15 per child

Kids (ages 6–10) and parents are invited to attend this hands-on gardening program and learn how to grow your own veggies. Expert gardeners will instruct you in planting seed containers you can then take home to watch grow. Wet weather gear, including raincoats and boots, is recommended during inclement weather. Parents must accompany their children.

### Take a Tech Break

TUE. June 9, 16, 23 & 30

(5:30 – 6:30 p.m.) Ages 8 – 11

(6:30 – 7:30 p.m.) Ages 12 – 14

Princeton Fitness & Wellness

1225 State Road, Princeton

This fun-filled four-day program will encourage children to put down their smartphones and other devices and focus on exercise, nutrition and mindfulness.

- Exercise with Sharon Casper, CSCS, HFS, Fitness Manager with Princeton Fitness & Wellness
- Nutrition with Beth Young, MS, RDN, CSOWM, Registered Dietitian Nutritionist
- Mindfulness with Heather Bainbridge, EdM, MA, RDN, LDN, CLT, Registered Dietitian Nutritionist with Princeton Medical Center
- Body Image with Heather Bainbridge



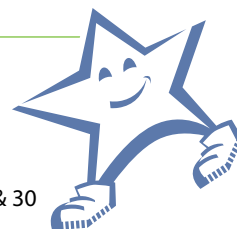
### RadKIDS

TUE. June 2, 9, 16, 23 & 30  
(4 – 5 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

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

- Home, school, and vehicle safety
  - Out-and-about safety
  - Realistic defense against abduction
  - Good/bad/uncomfortable touch
  - Stranger tricks
  - Self-realization of personal power
- Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.



### Osteoporosis: How to Stay One Step Ahead

MON. May 4 (12:30 – 1:30 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

TUE. May 5 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join us to learn what you can do to prevent bone loss, and explore the symptoms of and treatment options for osteoporosis.

- **May 4** program will be led by Christina DeValue, BSN, RN, ONC, Registered Nurse with Penn Medicine Princeton Medical Center, and Elizabeth Shokoff, MSN, RN, ONC, Orthopaedic Nurse Navigator with the Jim Craigie Center for Joint Replacement.
- **May 5** program will be led by Linda Lucuski, PT, DPT, Cert. MDT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton and Certified Vestibular Rehabilitation Specialist. She is a physical therapist trained in the Sara Meeks Method, which may benefit those with osteoporosis, and performs treatment aligned with S.A.F.E. (skeletal appropriate for everyone) exercises.



### Self-defense for Women: Personal Empowerment Safety Program

TUE. May 5, 12, 19 & 26 (6 – 9 p.m.)

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

THU. June 4, 11, 18, 25 & July 2 (7:15 – 9:45 p.m.)

Princeton Fitness & Wellness, Studio 3  
7 Plainsboro Road, Plainsboro

TUE. June 9, 16, 23 & 30 (6 – 9 p.m.)

Plainsboro Recreation Center  
641 Plainsboro Rd., Plainsboro

\$25 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women! The FBI estimates that one of every three women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself. RAD Women® is a multi-session, activity-based 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.





## NUTRITION AND COOKING CLASSES

### Healthy Eating All Year Long

FRI. May 15 (10:30 – 11:30 a.m.)  
Princeton Senior Resource Center  
1 Monument Drive, Princeton  
Main Conference Room of Monument Hall  
Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, will provide you with tips on eating healthy throughout the year and what types of foods will help you feel better, including:

- Foods that boost your immune system
- Anti-inflammatory foods
- Super foods that give you energy and stamina

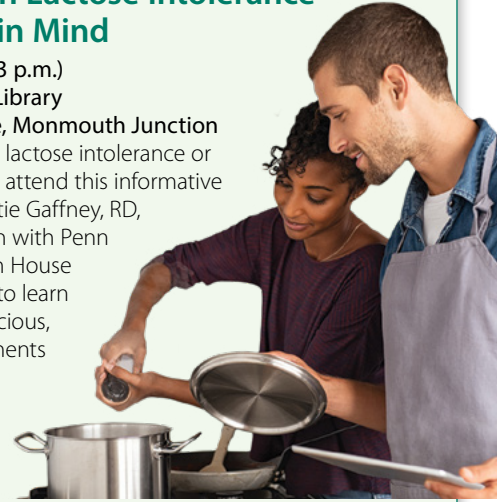
This event is co-sponsored by Women in Retirement.

### Meal Planning 101

WED. May 20 (7 – 8 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton  
Eating balanced meals can be difficult with today's hectic lifestyle, but planning ahead can help. Join Katie Gaffney, RD, Registered Dietitian with Penn Medicine Princeton House Behavioral Health, to learn meal planning strategies designed to keep you on track and feeling energized and nourished.

### Cooking with Lactose Intolerance or Allergies in Mind

WED. May 27 (2 – 3 p.m.)  
South Brunswick Library  
110 Kingston Lane, Monmouth Junction  
Do you suffer from lactose intolerance or a milk allergy? If so, attend this informative program led by Katie Gaffney, RD, Registered Dietitian with Penn Medicine Princeton House Behavioral Health, to learn about healthy, delicious, dairy-free replacements for everyday foods.



## Understanding Vitamins and Supplements

WED. May 6 (10:30 – 11:30 a.m.)  
Ovation at Riverwalk Welcome Center  
107 Main Street, Princeton  
Phil Coco, PharmD, Pharmacy Clinical Specialist with Princeton Medical Center, will present this informative program highlighting the latest information on the use of vitamins and supplements for general wellness. Topics include: product selection, dosing, cautions, drug interactions and disease prevention, with an emphasis on vitamin D.

### Establishing Patient Goals in Geriatric Medicine: The POLST Form, with Princeton Medical Center

TUE. June 16 (11 a.m. - 12 p.m.)  
Hopewell Branch Library  
245 Pennington-Titusville Road, Pennington  
The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor those wishes. Barbara Vaning, MHA, EMT Instructor, Princeton Health Community Wellness, will discuss the POLST form.



### Advanced Self-defense Strategies for Women

THU. May 7, 14, 21 & 28 (6 – 9 p.m.)  
Plainsboro Recreation Center  
641 Plainsboro Road, Plainsboro  
\$25 per person  
Elevate your self-defense skills and boost your confidence with this advanced course, which builds on techniques learned in the RAD Women® Self-Defense for Women: Personal Empowerment Safety Program. This multi-session, activity-based program includes lectures, safety drills, muscle memory, and advanced physical defense techniques. The course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. Participants must have previously completed the basic RAD Women® course.

## Memory Screening

FRI. May 8 (12 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

MON. June 1 (12 – 2 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction  
Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions. The 15-minute screening and review of the results are both confidential. Note: A memory screening is not used to diagnose any particular illness, and does not replace consultation with a qualified physician or other healthcare professional.

### What's the Point of Acupuncture?

MON. May 11 (1 – 2 p.m.)  
Princeton Senior Resource Center  
45 Stockton Street, Princeton  
Join Michael A. Palmer, MD, board certified in orthopaedics, pain management, physical medicine, and rehabilitation, for an informative discussion of the benefits of acupuncture, as well as how it works and what it can relieve. Dr. Palmer 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 19 and June 16, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



Registration is required for all programs, unless otherwise noted.

If you register for any of these events, you will be notified by phone and email of scheduling changes.

## Happy Feet

WED. May 13 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

THU. May 28 (7 – 8 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Take the first step toward summer by making your feet happy. Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery, will offer tips to prevent and treat common summer foot complaints, such as cracked heels, skin and nail fungi, calluses, warts, blisters, and arch and heel pain. Learn more about footwear choices for summer and get answers to your foot care questions. Dr. Hasan is a member of the Medical Staff of Penn Medicine Princeton Health.

## Pelvic Wellness: How Physical Therapy Can Help

THU. May 14 (11 a.m. – 12 p.m.)

Stonebridge

100 Hollinshead Spring Road, Skillman

Urinary incontinence, urine frequency, pelvic organ prolapse, and constipation are common conditions that can make you uncomfortable and limit your quality of life. Learn how physical therapy can help at this informative program led by Eileen Geary, PT, a licensed physical therapist with Princeton Medical Center Princeton Rehabilitation.

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

THU. May 14 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

THU. June 4 (12 – 1 p.m.)

Gardens at Monroe

189 Applegarth Road, Monroe

MON. June 15 (10 – 11 a.m.)

Hopewell Library

245 Pennington-Titusville Road, Pennington

Tired of missing out in social settings because your hearing is failing? Join Jaime Taylor, Au.D. CCC-A, audiologist with Penn Medicine Princeton Medical Center, for a discussion about hearing aids and recent advancements in hearing aid technology.

## Putting Sleep Disorders to Rest: Recent Advances in Treatment

MON. May 18 (1 – 2 p.m.)

Princeton Senior Resource Center

45 Stockton Street, Princeton

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 Gerald Suh, MD, board certified in otolaryngology and sleep medicine, for a discussion on new advances in the treatment of common sleep disorders, such as sleep apnea. Dr. Suh is a member of the Medical Staff of Penn Medicine Princeton Health.



## Coping With Allergies and Asthma

TUE. May 19 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

If you suffer from chronic nasal stuffiness; headaches; coughs; or other sinus, allergy or asthma symptoms, join us for this informative program and learn about the symptoms, causes, and treatments of common allergy disorders. This session will be presented by Neeti Gupta, MD, board certified in allergy and immunology, and a member of the Medical Staff of Penn Medicine Princeton Health.

## AARP Smart Driver

WED. & THU. May 20 & 22 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

TUE. June 23 (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

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

FRI. May 22 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

WED. June 24 (10 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area YMCA

John K. Rafferty Branch – Parking Lot

Appointment required. Call 1.888.897.8979 to schedule an appointment.

As we age, changes in our vision, flexibility, strength, range of motion, and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better “fit” the driver, which will provide 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 requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

## Recognize the Warning Signs of Skin Cancer

FRI. May 22 (11 a.m. – 12 p.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

Outdoor summer activities increase your exposure to the sun and your risk of skin cancer. Join Robyn B.

Notterman, MD, a board certified dermatologist, to learn more about:

- Summer skin care and the latest sunscreen products and applications
- Detection and prevention of skin cancer
- Latest treatments for skin cancer

Dr. Notterman is a member of the Medical Staff of Penn Medicine Princeton Health.

Also, be sure to sign up for our free annual Skin Cancer Screening, highlighted on page 16.



## Stop the Bleed

SAT. May 23 (9 – 11 a.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

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

## Better Balance

TUE. May 26 (11 a.m. – 12 p.m.)

Monroe Library  
4 Municipal Plaza, Monroe Township

THU. June 11 (10:30 – 11:30 a.m.)  
South Brunswick Wellness Center  
540 Ridge Road  
Monmouth Junction

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 us to learn about balance; your risk for falls; and the role of physical therapy and exercise in overall wellness, balance, and fall prevention. The May 26 program will be led by Kelly A. Gray, PT, RN, DPT, CLT, Physical Therapist and Certified Lymphedema Therapist with Princeton Medical Center Princeton Rehabilitation. The June 11 program will be led by Esther Frasso, PT, Physical Therapist with Princeton Medical Center Princeton Rehabilitation.



## Helping Children Recognize Signs of a Stroke

WED. May 27 (6 – 7 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

For children ages 10 +

Children as young as 4 years of age have saved loved ones by knowing what to look for when it comes to stroke. Join Phil Tran, RN-BSN, Stroke Coordinator with Princeton Medical Center, for this interactive program covering what your child should look for and how to react to an emergency. Parents must accompany their children to class.

## Healthy Skin and Sun Safety

WED. June 3 (7 – 8 p.m.)

Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

Join John Vine, MD, a board-certified dermatologist, for this informative session on skin cancer and skin care. Learn about the effects the sun has on skin, sun protection and other tips for healthy skin. Dr. Vine is a member of the Medical Staff of Penn Medicine Princeton Health.



## Vision Screenings

THU. May 21 (4 – 7 p.m.)

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

THU. June 18 (10 a.m. – 1 p.m.)

Community Wellness at  
731 Alexander Road, Suite 103, Princeton

## Cancer Survivors Day

### Celebrate Strength, Celebrate Life

Check [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) for more details including date  
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.

## Maintaining Joint Health

MON. June 8 (11 – 11:45 a.m.)

Montgomery Senior Center  
365 Skillman Road, Skillman

TUE. June 30 (11 a.m. – 12 p.m.)

Monroe Library  
4 Municipal Plaza, Monroe Township

It's easy to take your joints — which form the connections between bones — for granted until they hurt. But damage to the joints, whether from disease or injury, can interfere with movement, reduce stability, and cause pain. Join us to learn about different types of joint injuries and how to keep your joints healthy.

- **June 8** program will be led by Meelan Patel, MD, board certified in orthopaedic surgery and a member of the Medical Staff of Penn Medicine Princeton Health.
- **June 30** program will be led by Brian M. Culp, MD, specializing in orthopaedic surgery and a member of the Medical Staff of Penn Medicine Princeton Health.

## Common Aches and Pains of the Musculoskeletal System

THU. June 11 (11 a.m. – 12 p.m.)

Stonebridge  
100 Hollinshead Spring Road, Skillman

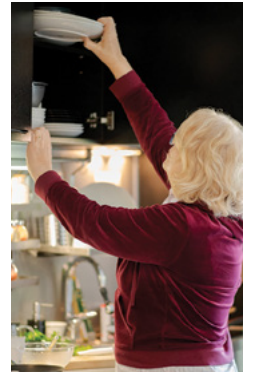
WED. June 24 (7 – 8 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

THU. June 25 (7 – 8 p.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Our musculoskeletal system — the complex network of muscles, bones, joints, tendons, and ligaments — is what allows us to move comfortably and perform our daily activities. When health conditions interfere with its smooth operation, quality of life can be impacted. Join Kyle T. Stier, MD, board certified in physical medicine and rehabilitation and a member of the Medical Staff of Penn Medicine Princeton Health, for this informative session to learn about the musculoskeletal system, how it works, what can go wrong, and treatment options for various conditions.



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.





Registration is required for all programs, unless otherwise noted.  
If you register for any of these events, you will be notified by phone and email of scheduling changes.

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Maternity Tour

SAT. May 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.)

TUE. May 19 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

TUE. June 9 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 27 (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.

### Preparing for Cesarean Section

THU. May 7 (7 – 9 p.m.)

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

\$30 per couple

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

### Baby Care

TUE. May 12 (7 – 9:30 p.m.)

WED. June 17 (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.

### Sibling Class

SAT. May 23 (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.

# SAVE!

When you register for **ANY**  
**MULTIPLE** prenatal classes:

2 classes save \$10

3 classes save \$20

To receive discount,  
call 1.888.897.8979  
to register.



### Prenatal Breastfeeding Class

TUE. May 26 (7 – 9:30 p.m.)

THU. June 18 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center  
First Floor, Education Center

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

### Daddy Boot Camp™

SAT. June 6 (9 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$40 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop hands-on skills for caring for their newborns. Greg Barron, Daddy Boot Camp™ master coach, along with new dads, will demonstrate how to hold, comfort, diaper, and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable, ask questions, and express your concerns and joys about fatherhood.

### Prenatal Yoga

Tuesdays (6:30 – 7:30 p.m.)

Saturdays (7:30 – 8:30 a.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$5 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.

### 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 14 – June 4 (7 – 9 p.m.)

MON. June 8 – 29 (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 16 (9 a.m. – 5 p.m.)

SAT. June 13 (9 a.m. – 5 p.m.)

Penn Medicine Princeton Medical Center  
First Floor, Education Center

**\$155 per couple**

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions, and comfort measures to promote a positive birth experience. This class includes a tour of our Center for Maternal & Newborn Care.

### HypnoBirthing®

WED. May 27, June 3, 10, 17 & 24 (6:30 – 9 p.m.)

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

**\$195 per couple**

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

### Paid Family Leave in New Jersey

TUE. June 16 (7 – 8 p.m.)

Penn Medicine Princeton Medical Center  
Conference Room E, Education Center

Many expecting and recent parents may not know it, but they may be eligible for paid family leave and paid disability. Attend this invaluable program and learn how to access paid leave for both the mother and father during pregnancy and after having a baby. Join Yarrow Willman-Cole, MA, Workplace Justice Program Director with New Jersey Citizen Action, to learn more about the state's programs and future planned expansions. The presentation will also cover an employee's right to pump breast milk in the workplace, and taking time off to care for sick loved ones after returning to work.



**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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

**No registration required.**

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



Registration is required for all programs, unless otherwise noted.

If you register for any of these events, you will be notified by phone and email of scheduling changes.

## Postpartum Adjustment Support Group

WED. May 13 (1 – 2 p.m.)

WED. May 27 (1 – 2 p.m.)

WED. June 10 (1 – 2 p.m.)

WED. June 24 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

No registration required.

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

## Infant Massage

SAT. May 23 (10 a.m. – 12 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

\$30 per family

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

## Postpartum Power: Fitness & Education for New Moms

TUE. & THU. June 2 – July 9 (10 – 11 a.m.)

(No class on June 18)

Community Wellness at 731 Alexander Road Suite 103, Princeton

\$80 per person

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

## 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Heartsaver CPR AED

MON. May 11 (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.

### Neonatal Resuscitation Program Recertification Course

WED. May 13 (8 a.m. – 12 p.m.)

MON. June 8 (6 – 10 p.m.)

Penn Medicine Princeton Medical Center

6th Floor, Mother & Baby Unit

\$75 per person

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

### BLS Provider

TUE. May 12 (6 – 10:30 p.m.)

WED. June 10 (6 – 10:30 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

WED. May 20 (9 a.m. – 1:30 p.m.)

Community Wellness at

731 Alexander Road, Suite 103

Princeton

THU. June 25 (9 a.m. – 1:30 p.m.)

Community Wellness at the Hamilton Area YMCA

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

### BLS Renewal\*

THU. May 7 (6 – 10 p.m.)

WED. June 17 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. May 28 (9 a.m. – 1 p.m.)

THU. June 4 (6 – 10 p.m.)

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

Provider: \$65 per person

Renewal: \$40 per person

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



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.





## Family & Friends CPR

WED. May 20 (7 – 8 p.m.) Infant\*

SAT. June 13

(10 – 11 a.m.) Adult/Child

(11:15 a.m. – 12:15 p.m.) Infant\*

Community Wellness at

731 Alexander Road, Suite 103, Princeton

\$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.

## ACLS Full Certification Course

TUE. & WED. May 26 – 27 (9 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

## ACLS Recertification Course

MON. May 18 (9 a.m. – 5 p.m.)

FRI. June 12 (9 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

## Mental Health First Aid Training

WED. May 27 (8:30 a.m. – 3:30 p.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

MON. & FRI. June 8 & 12 (10 a.m. – 2 p.m.)

Hopewell Branch Library

245 Pennington-Titusville Road, Plainsboro

An estimated one out of every five people will experience a diagnosable mental disorder in any given year. Recognizing a mental health problem and knowing how to address it are invaluable skills. This eight-hour training will help you identify and understand signs and symptoms of individuals who may be dealing with issues such as depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis, offer support to someone who appears to be in emotional distress and, if necessary, guide the person to appropriate services.

## Heartsaver First Aid

TUE. June 16 (6 – 9 p.m.)

Community Wellness at

731 Alexander Road, Suite 103

\$40 per person

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

## PALS Full Course

TUE. & WED. June 23 – 24

(9 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road

Suite 103, Princeton

## PALS Recertification Course

WED. May 13

(9 a.m. – 5 p.m.)

Community Wellness at

731 Alexander Road

Suite 103, Princeton

Full: \$175 per person

Recertification:

\$125 per person

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

# 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](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

## PennStar Landing Safety Zone

SAT. May 2 (9 a.m. – 12 p.m.)

Penn Medicine Princeton Medical Center

Conference Rooms C/D/E

2 CEUs

EMS providers (including firefighters and police) are invited to join Thomas T. Levins, BSN, RN, CCRN, CFRN, for this hands on informative presentation about PennStar Medevac. This all-inclusive presentation will cover:

- Landing zone (LZ) set up and security
- Safety around the aircraft
- Dos and don'ts around the aircraft
- Communications
- Patient packaging
- Patient loading and off-loading
- Where and when assistance is needed
- Aircraft capabilities



## EMT Integrated Refresher Session B – Medical Assessment & Management

SUN. May 3 (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.



Registration is required for all programs, unless otherwise noted.

If you register for any of these events, you will be notified by phone and email of scheduling changes.

## EMT Refresher Class Session C – Trauma Assessment & Management

SUN. June 7 (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.

## CEVO 4

SAT. June 13 (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 time constraints and stress. The 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.

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](http://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.

### Nutrition Tips for Breast Cancer Patients

FRI. May 1 (11:30 a.m. – 1 p.m.)  
Penn Medicine Princeton Medical Center  
Edward & Marie Matthews Center for Cancer Care, Conference Room

**Registration preferred. To register, call 609.853.6788.**

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

### Restorative Yoga

WED. May 6, 20, June 3 & 17 (6 – 7 p.m.)  
Penn Medicine Princeton Medical Center  
Edward & Marie Matthews Center for Cancer Care, Conference Room

**Limited space — To register call 609.853.6787.**

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



### Breast Cancer Support Group

TUE. May 12 (6 – 7:30 p.m.)  
TUE. June 9 (6 – 7:30 p.m.)  
PMC Breast Health Center  
East Windsor Medical Commons 2, 300B Princeton–Hightstown Road, East Windsor

**No registration required. Walk-ins welcome.**

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

### Prostate Cancer Support Group

WED. May 13  
(12 – 1:30 p.m.)  
WED. June 10  
(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.

### Skin Cancer Screening

THU. May 14 (6 – 8 p.m.)  
Penn Medicine 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.



## Cancer Support Group

TUE. May 19 (1:30 – 3 p.m.)  
TUE. June 16 (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.

## Head & Neck Cancer Support Group

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

WED. May 20 (12 – 1:30 p.m.)  
WED. June 17 (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 28 (12:30 – 2 p.m.)  
THU. June 25 (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.

## SUPPORT GROUPS

### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 4 (6 – 7:30 p.m.)  
MON. June 1 (6 – 7:30 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center  
Conference Room D – Please park in lot P2.

MON. May 18 (1 – 2:30 p.m.)  
MON. June 15 (1 – 2:30 p.m.)  
Princeton Senior Resource Center  
45 Stockton Street, Princeton  
Please call the Senior Center at 609.924.7108  
to confirm the meeting room.

**No registration required. Walk-ins welcome. Please call 609.819.1226 for more information.**

The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Princeton Hospice Program, this group welcomes community members who need support and assistance coping with grief and loss.

### Weight-loss Surgery Support Group

TUE. May 5 (7 – 8:30 p.m.)  
TUE. June 2 (7 – 8:30 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center  
Conference Rooms C & D

THU. May 7 (6:30 – 7:30 p.m.)  
THU. June 4 (6:30 – 7:30 p.m.)  
Princeton Medicine Physicians  
2 Centre Drive, Monroe Township

WED. May 20 (6:30 – 7:30 p.m.)  
WED. June 17 (6:30 – 7:30 p.m.)  
Community Wellness at the Hamilton Area YMCA  
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

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







Registration is required for all programs, unless otherwise noted.  
If you register for any of these events, you will be notified by phone and email of scheduling changes.

## UNITE: Perinatal Loss Bereavement Support Group

WED. May 6 (7 – 9 p.m.)  
WED. June 3 (7 – 9 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

No registration required.

Walk-ins welcome.

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

## Journey Back: Stroke Support Group

WED. May 13 (2 – 3 p.m.)  
WED. June 10 (2 – 3 p.m.)  
Penn Medicine Princeton Medical Center  
4th Floor, MNO Conference Room

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

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

## Diabetes Support Group

WED. May 20 (2:30 – 4 p.m.)  
WED. June 17 (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](http://www.princetonhcs.org).



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

Join us for our bimonthly focus group, where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors and staff who identify as LGBTQ. The next meeting will be held **Tuesday, June 9 (6:30 – 8:30 p.m.) at Princeton Medical Center, Education Center, Conference Room E.**

**RSVP requested**, please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.

[www.ustream.tv/princetonhealth](http://www.ustream.tv/princetonhealth)

Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Penn Medicine Princeton Health. New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at [www.ustream.tv/princetonhealth](http://www.ustream.tv/princetonhealth).

To learn about upcoming episodes, visit: [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Future Topics? Send us your ideas. [PrincetonHealth@gmail.com](mailto:PrincetonHealth@gmail.com)



## Treating Back Pain

WED. June 10 (12 p.m.)

Seth Joseffer, MD, FACS, Chief of Neurosurgery at Penn Medicine Princeton Medical Center and Co-director of Penn Medicine Princeton Medical Center Spine Services and David Lamb, MD, Co-director of Penn Medicine Princeton Medical Center Spine Services



**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](http://www.princetonhcs.org/calendar).

Registration is required unless otherwise noted.

Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979 (unless another number is indicated). For directions, please visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Bone Up on the Facts About Osteoporosis

The National Osteoporosis Foundation reports that approximately 10 million Americans have osteoporosis — a disease that makes your bones weak and more likely to break — and another 44 million have low bone density, placing them at increased risk. Diet, exercise, a healthy lifestyle and medication if prescribed to treat your condition, are keys to preventing and managing the disease.



“What’s very tricky about osteoporosis is that it’s a silent disease, so most people don’t know they have it until they have a fracture, and once that happens the disease may be in its advanced stages,” says **Gina Del Giudice, MD, FACP, FACR**, Section Chief of Rheumatology at Penn Medicine Princeton Health and a rheumatologist with the Penn Medicine Princeton Health Osteoporosis Program. “As we age, both men and women can be affected by osteoporosis, so it’s important to know the risk factors and to have a bone density test.”

## Understanding the Causes

Bone density tests (DEXA scans) are generally recommended for men and women 50 and older, unless there are other health factors that make an earlier scan necessary. Testing takes about 15 minutes, and can determine if you have osteoporosis or osteopenia — a precursor to the disease. Follow-up testing is recommended every year or two after initial testing, with the first test serving as a baseline to monitor your bone health over the years.

Risk factors for osteoporosis include:

- Being post-menopausal (possible low testosterone in men)
- Being confined to a bed (or prolonged immobility)
- Diagnosis of rheumatoid arthritis, chronic kidney disease or an eating disorder
- Taking corticosteroid medications (prednisone, methylprednisolone) for more than three months or taking some anti-seizure medications
- Hyperparathyroidism

## Preventing Fractures

The Osteoporosis Program is designed to increase awareness and provide education on the importance of early diagnosis and treatment. The patient care team includes specialists from rheumatology, endocrinology, podiatry, physical medicine rehabilitation, orthopaedics and nutrition. The goal is to prevent future fractures in patients who have sustained a broken bone from a fall.

Osteoporosis Program services include:

- DEXA scan testing
- Physical and occupational therapy
- Nutrition counseling
- Pain management
- Fall risk assessment
- Fall prevention and home safety education



Patients who are admitted to Penn Medicine Princeton Medical Center for a hip fracture or require hip or another type of orthopaedic surgery are routinely offered services through the Osteoporosis Program. The program is expected to expand to include referrals from Emergency Department physicians and staff. Physicians in the community are also able to refer patients who may be at risk for osteoporosis.

**For more information** or to find a physician with Penn Medicine Princeton Health, call 1.888.742.7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

### Five steps to improve bone health and prevent osteoporosis and broken bones:

- 1** Get the calcium and vitamin D you need every day.
- 2** Do regular weight-bearing and muscle-strengthening exercises.
- 3** Don’t smoke and don’t drink too much alcohol.
- 4** Talk to your healthcare provider about your chance of getting osteoporosis and ask when you should have a bone density test.
- 5** Take an osteoporosis medication when it’s right for you.

# Making Prostate Cancer Treatment Safer

When it comes to treating prostate cancer with radiation therapy, the proximity of the rectum to the treatment site can put that organ at risk. Fortunately, the rectum can be protected from radiation with the use of an injectable hydrogel.

“It is beneficial to the majority of prostate patients undergoing radiation treatment,” says **Edward Soffen, MD**, a board certified radiation oncologist on the Medical Staff at Penn Medicine Princeton Health.

## How It Works

A week or two before radiation therapy is set to begin, the gel is injected between the prostate and the rectum under local anesthesia to push the rectum away from the prostate. A few days later, an MRI pinpoints the exact location of the gel, which effectively serves as about a half-inch spacer between the two organs, so the target location for radiation can be established.

“Generally speaking, the patient feels some pressure and a pin prick from the injection, and then may feel a little discomfort from the sensation of the gel until they get accustomed to it,” says Dr. Soffen.

Radiation treatment usually spans between five and a half and nine weeks, and the gel is effective for up to 12 weeks. Within six months of injection, it has completely dissolved and been excreted from the body with no residual effects.



*“The gel significantly decreases the dose of radiation the rectum is exposed to, resulting in far less, if any, rectal complications,” says Dr. Soffen. “And, it has been shown to leave men with a higher likelihood of preserving their erectile capabilities than those men who are treated without the gel.”*



### Early prostate cancer signs can include:

- Burning/pain during urination
- Difficulty urinating, or trouble starting and stopping
- Frequent urges to urinate at night
- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine or semen
- Erectile dysfunction

**To find a physician** affiliated with Penn Medicine Princeton Health, or for more information on the Edward & Marie Matthews Center for Cancer Care at Princeton Medical Center, call 1.888.742.7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



# Nitrous Oxide Provides Immediate Pain Relief During Labor

When it comes to pain management during labor, immediate, safe, effective relief is important. Expectant mothers delivering at Penn Medicine Princeton Medical Center's Center for Maternal & Newborn Care have nitrous oxide available at their fingertips to quickly control their pain during delivery.

"It is a safe, wonderful aid during childbirth," says Danielle Melican, CNM, MSN, a certified nurse midwife. "The mother puts on a mask filled with nitrous oxide and oxygen at the peak of a contraction. She takes a few breaths and then removes the mask until the next contraction. Relief is immediate, she remains fully aware during delivery, and the effects clear from the body in minutes. Women who choose this form of pain control are able to more actively participate during labor and delivery, and it can be used along with an epidural if one is needed."

A mix of nitrous oxide and oxygen, it can also be used for pain relief if a surgical repair such as an episiotomy is needed following delivery.

"As an alternative form of pain management, nitrous oxide can be introduced at any time during labor and delivery, so a woman can change her approach to pain control if she needs to," says Melican. "It is one of several alternative options available at the center, including whirlpool tubs, walking, and aromatherapy."

**For more information** about the Center for Maternal & Newborn Care, call 888.742.7496 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



## YOUR LIFE IS OUR LIFE'S WORK

At Penn Medicine Princeton Health, your life is our life's work. You are why we've spent 100 years caring, curing, and growing. And, we would like to share with you our new multi-media campaign that showcases our commitment to our patients.

*Your Life is Our Life's Work* features four vignettes that spotlight how the care our patients receive from the dedicated physicians and staff at Penn Medicine Princeton Health directly

impacts their lives. Before creating the campaign, we first talked to many individuals in our community about the care they received and their perceptions of Princeton Health.

The campaign also highlights how our partnership with Penn Medicine is bringing greater access to world-class healthcare to our community.

To learn more, please visit [www.princetonhcs.org/yourlife](http://www.princetonhcs.org/yourlife) and watch our brief video on caring service.

# Treating Type 1 Diabetes + Eating Disorders



Although the reasons for the connection are not entirely clear, people with Type 1 diabetes are about 40 percent more likely to suffer from an eating disorder than the general population, according to

**Rajshree Patel, MD**, an endocrinologist on the Medical Staff of Penn Medicine Princeton Health and consulting specialist for Princeton Center for Eating Disorders. When someone has both conditions, complications like diabetic ketoacidosis (DKA) can become life threatening, and longer-term damage can include serious problems like kidney failure.

“Because of these co-existing conditions — which together are often called diabulimia since these individuals often forego insulin to manipulate their caloric intake — treatment is more complicated,” says Dr. Patel, who is board certified in endocrinology, diabetes and metabolism, and internal medicine. “Treating both conditions together is necessary, and careful monitoring is required since the two conditions have very different sets of nutritional and medical needs.”

## A Specialized Approach

The Princeton Center for Eating Disorders at Princeton Medical Center focuses on the development of skills required for managing diabetes while treating eating disorders in a multidisciplinary setting. The program is the only one in the Mid-Atlantic region to offer this level of multidisciplinary care for patients as young as eight.



“What we focus on is getting their diabetes treatment back on track while at the same time addressing the emotional and behavioral aspects of their eating disorder and teaching the skills needed to establish a healthy lifestyle,” says Corinne Timberman, RN, BSN, PMHN-BC, Assistant Nurse Manager at the Center.

The first step is diabetes stabilization, which involves a medical workup and the medical team taking over regular diabetes testing and insulin injections. While this is under way, board certified psychiatrists and licensed therapists specializing in eating disorders provide individualized counseling and group therapy, as well as family counseling, to help patients develop the tools needed to manage their conditions.

*“As they heal and fine-tune their skills, they earn back more control over their diabetes management and diet, and by working with our therapists and registered dietitians they build a foundation for success in everyday life,” says Timberman.*

**For more information** about the Princeton Center for Eating Disorders, call 877.932.8935 or [www.princetonhcs.org/EDdiabetes](http://www.princetonhcs.org/EDdiabetes).

## WATCH FOR THESE WARNING SIGNS OF DIABULIMIA

- Increasing neglect or secrecy surrounding diabetes management
- Fear of low blood sugars/fear that insulin will increase weight
- Restricting certain food or food groups to lower insulin dosages
- Frequent bouts of nausea and/or vomiting
- Persistent thirst and frequent urination
- Recurring DKA or near DKA episodes
- Low sodium and/or potassium
- Frequent bladder and/or yeast infections
- Irregular or lack of menstruation
- Deteriorating or blurry vision
- Dry hair and skin
- Changes in eating habits, refusal to eat with family and friends

## Penn Medicine Princeton Health Non-Discrimination Notice

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

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- Provides free language services to people whose primary language is not English, such as:  
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If you need these services, contact Director Patient Relations and Customer Service.

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

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

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

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

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

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

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

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

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January 2018





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Princeton Health

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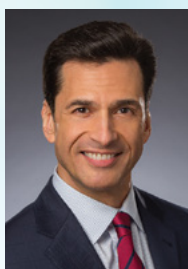


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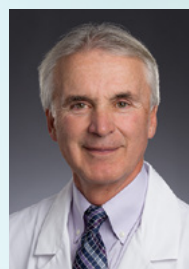
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## PMC FOUNDATION CHANGING OF THE GUARD



Over the past six years, **Gerard Compito, MD**, served as Chairman of the Foundation Board of Directors. While he has completed his term as chairman, we are grateful that Dr. Compito will continue to serve on the board and support the work of the Foundation.

Dr. Compito has provided extraordinary leadership and has been a tireless advocate for the Foundation's mission. During his tenure, he has grown the board both in size and diversity, helped us raise over \$27 million, and played a critical role in helping us reach our \$1 million fundraising goal for the Centennial Gala.



As Dr. Compito ends his term, we are pleased to welcome **W. Thomas Gutowski, MD**, as the new Chairman of the Foundation Board of Directors. Dr. Gutowski, Medical Director of the Jim Craigie Center for Joint Replacement at Princeton Medical Center, brings with him strong fundraising and leadership experience. He has served on the Board for six years and was actively involved in our Design for Healing Campaign to build the new hospital campus. We welcome him in his new role and look forward to working with him to continue building support and awareness of the Foundation in the community.



### IMPORTANT UPDATE

## 25th Annual Princeton Health Golf Outing

**Due to the Covid-19 outbreak, our annual golf outing has been POSTPONED.**

Princeton Medical Center is taking the strongest precautions possible to help ensure the health and safety of our supporters. Please visit [www.pmcgolf.org](http://www.pmcgolf.org) for updated information.