

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2022

Heading Home from a Hospital Stay

A Faster Return to Health and Peace of Mind

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- Childhood Asthma
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.
princetonhcs.org/telemedicine



For current updates on COVID-19, modified visitation policies and schedules, please visit princetonhcs.org



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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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Diagnosing and Treating Pancreatic Cancer



There are no definitive red flags for pancreatic cancer, which is why alerting your doctor to changes in your health — including abdominal or mid back pain, unexplained weight loss, or yellowing of the skin — is so important.



“Additionally, it is important to remember that pancreatic cancer can be hereditary,” says **Elsa Pichardo, MD**, a surgeon on the Medical Staff of Penn Medicine Princeton Health. “If someone in your family has been diagnosed with pancreatic cancer, be sure to let your doctor know about it so that it is in your record and you can be evaluated if necessary.”

One out of every 64 Americans will develop pancreatic cancer in their lifetime, according to the American Cancer Society, and the disease is somewhat more common in men than women. There is also a higher incidence of pancreatic cancer among African Americans.

“The survival rate for the disease is not very high because it is usually detected at a late stage, which makes treatment more complex,” says Dr. Pichardo, who is board certified in general surgery and fellowship trained in hepatobiliary and pancreas surgery. “When it is less advanced when detected, however, we have effective treatments, including surgery and chemotherapy, and sometimes radiation.”

A Team Approach

Diagnosis of pancreatic cancer begins with a CT scan, usually followed by other imaging tests and a biopsy. Often, a cyst or tumor is discovered during an unrelated CT scan for another condition, and the patient is then referred for further testing.

“It is important to remember that not all cysts are cancerous,” says Dr. Pichardo. “And in some cases, we may just need to monitor it for changes rather than take surgical measures. When surgery is needed, depending on the tumor’s location within the pancreas, it may be able to be done laparoscopically, sometimes robotically. If surgery is not an option initially, usually because of the size of the tumor, chemotherapy may reduce it enough to allow for surgery.”

From diagnosis through recovery, Penn Medicine Princeton Cancer Center at Princeton Medical Center provides a multidisciplinary approach to care for pancreatic cancer.

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

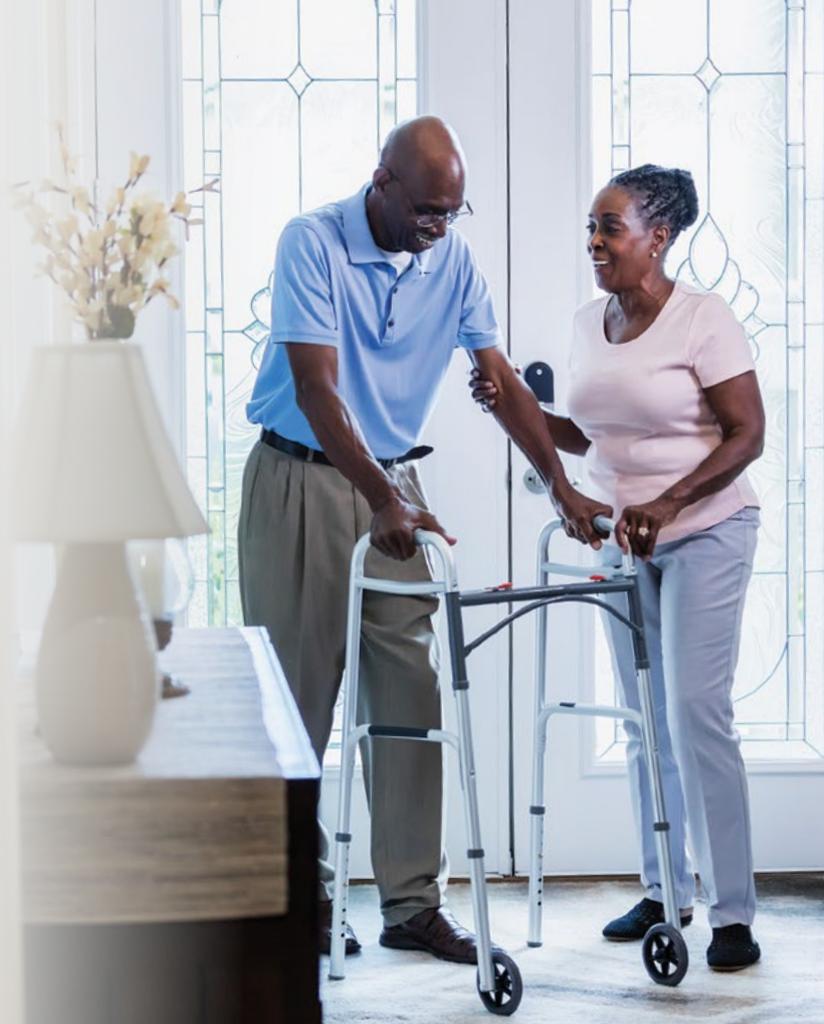
Are You at Risk?

Risk factors for pancreatic cancer include:

- Smoking
- Being over the age of 50
- History of chronic pancreatitis
- Family history
- Diabetes

Heading Home from a Hospital Stay

A Faster Return to Health and Peace of Mind



Recovering from a hospital stay can be challenging. The decision about where to continue recovering after discharge is an essential part of a patient's care plan, especially for anyone age 65 and older.

For many patients, returning to their home after a hospital stay offers an opportunity to recover in a familiar environment, where getting back to the activities of daily life can provide a faster return to strength and peace of mind.

A Physical and Emotional Impact

A hospital stay of even a few days due to an illness or injury can have an impact on an older patient's physical and emotional health. Making the patient and their loved ones aware of these changes and helping them deal with them before discharge is an important part of care at Penn Medicine Princeton Medical Center (PMC).



Some level of decline in physical strength can occur after just a few days in the hospital. "In fact, in older patients there is a decline in physical strength equal to seven days for every one day spent in a hospital bed," says **Dawn Cicchetti, RN, BSN, MPA, CCM**, Director of Case Management, Penn Medicine Princeton Medical Center.

Depending on the reason for the hospitalization, mobility and strength can be regained as the patient returns home and resumes their regular activities, or through physical therapy, if needed.

Older adults who have a sudden change in their mental health during a hospital stay may experience restlessness, disorientation, and confused thoughts and speech.

"There are several factors that can lead to these changes in an older patient during a hospital stay," says Cicchetti. "The illness or injury that led to their hospital stay can be an obvious cause of physical and mental changes, but so can a change in medication, the process of recovering from anesthesia, and the disorienting nature of being in an unfamiliar environment and out of their regular routine."

Transitioning Home

Because the physical and mental health changes that can result from a hospital stay can have lasting effects, a multidisciplinary team at PMC begins evaluating each older patient as soon as they are admitted to the hospital. Along with physicians; nurses; and experts in



physical, occupational, and speech therapy, PMC's case management team conducts a comprehensive health assessment. Team members also work with the patient and their family to gain an understanding of their living conditions and support network to determine what plans may need to be put in place before discharge.

When evaluating whether returning home is the best option for an older patient, there are many things to consider. Returning home will require a safe environment that is free from tripping hazards and can accommodate any reduced physical abilities. Help may be needed with some daily activities such as preparing meals, bathing, wound care, and medications. Additionally, physical, occupational, or speech therapy may be needed.

"We work with the patient and their family to devise a discharge plan that will help them transition safely from their hospital stay," says Cicchetti. "This can be a difficult time for patients and their families, so having us to lean on can make a big difference. Our team can help with many things, which may include finding home nursing care or equipment like a walker, putting together a physical therapy plan, or, if needed, finding a skilled nursing or long-term care facility that offers the continued care and support that is needed."

"The hope is that the patient will be able to return home, since being in a familiar environment can help make recovery easier," says Cicchetti. "That is what we work toward, but if medical needs mean the patient needs more attention than they can receive at home, we help the family work through that process as well."

For more information on discharge planning at Penn Medicine Princeton Medical Center, call **609.853.6070**.

Checking in After Discharge

Within 24 hours of discharge home, every patient receives an automated call from Princeton Health to check on their health.

Depending on the patient's responses during the call, a nurse may call back to offer help and instructions.

For urgent issues, it is important to contact the patient's doctor's office or call 911 in case of an emergency.



Family History: A Key Factor When It Comes to Heart Health

Filling out those annual medical history forms in the doctor's office may seem like a formality, but the truth is, along with information about your personal health, details about your family's health history play an important role in your healthcare.

"Your family history — meaning your parents, siblings, and even your grandparents, aunts, and uncles — helps us understand the likelihood of you having or developing the same illness," says **Benita Philip, DO**, a cardiologist on the Medical Staff



of Penn Medicine Princeton Health. "The more detail you can provide about your family health history, the more thorough an understanding we can have about you."

A Wide Range of Conditions

A family history of stroke, heart attack, heart failure, coronary artery disease (CAD), valve disease, aneurysm, arrhythmia (a-fib), and sudden cardiac death are just some of the conditions that should be reported to your doctor. Common conditions such as high blood pressure, elevated cholesterol, and diabetes also should be reported, since they all increase your likelihood of developing heart disease.

Talk to your doctor about your family medical history, and keep in mind that any details you provide beyond the basics are invaluable.

"Often, a patient will comment that a family member has or had heart disease. But if you know exactly what kind of condition it was, when it was diagnosed, and how it was treated, it would be more helpful to your



doctor. The umbrella term of 'heart disease' can mean a multitude of problems, including heart blockages, electrical problems such as arrhythmias, valve problems, and much more," says Dr. Philip, who is board certified in cardiovascular disease. "If a family member developed a heart-related condition such as CAD at a very young age, perhaps, we may be inclined to be more aggressive with preventative measures. If there is a history of a rare or uncommon condition, we want to keep that in mind in diagnosing a potential cause of your present symptoms."

Regardless of what you know about your family medical history, it is important to have a complete physical examination with your primary care provider each year, so they can monitor your health and direct you to a specialist if needed. Completing any recommended testing, including annual blood work to check cholesterol and blood sugar levels should be part of that process.

What You Can Do

While you cannot change your family history, there are things you can do to promote heart health. Focus on the following:

- Eat a balanced diet.
- Exercise regularly.
- Do not smoke.
- Maintain a healthy weight.
- Keep medical conditions under control by following your doctor's recommendations.

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

Community Focus

May is

MENTAL HEALTH AWARENESS & GETTING OUTDOORS MONTH



Self-Care: Silent Sunset Hike

WED. May 11 (7 – 8 p.m.)
Plainsboro Preserve
80 Scotts Corner Road, Cranbury

Making time for yourself with a mindfulness practice such as a silent walk can help deepen your enjoyment and appreciation of life. As the sun sets, let the stillness of nature help you let go of your thoughts and experience the present moment. This walk will be led by environmental educator and guide Craig Harley, and is provided in collaboration with Plainsboro Recreation & Community Services. Held rain or shine. This program is part of our Self-Care series, held on the second Wednesday of each month. Each month focuses on a new self-care topic.



Sunset & Sunrise Nature Walks

MON. May 23 (7 – 8:30 p.m.)
Thompson Park – Thompson Drive & Lakeview Avenue, Jamesburg

SUN. June 12 (7 – 8:30 a.m.)
Veterans Park – 2206 Kuser Road, Hamilton

Whether you're an early riser or a night owl, take time to slow down and admire one of the most beautiful times of the day by joining environmental educator and guide Craig Harley for a nature walk, as well as mindfulness tips and sustainable preservation practices to deepen your connection with yourself and nature. Held rain or shine.

National Trails Day Nature Walk

SAT. June 4 (10 – 11:30 a.m.)
Hobbler Park – 1645 Great Road, Skillman

Enjoy the fresh air, scenic views of open preserved farmland and potentially even some birdwatching during this one-mile nature walk. Guide and environmental educator Craig Harley will show participants the butterfly garden, invasive plant species, art sculpture installations, and a wetlands restoration project. Wear sturdy shoes and bring binoculars if you have them! This program is held in collaboration with Penn Medicine Princeton Health and Montgomery Township Open Space Committee. Held rain or shine.

Community Day for Families

SAT. May 14 (10 a.m. – 1 p.m.)
(Rain Date May 15)
Discovery Years Child Learning Center
2 Hospital Drive, Parking Lot, Plainsboro

Registration preferred, not required.

Bring the whole family for an outdoor fun-filled morning focusing on safety. This event features Mr. Ray from Kids Music that Rocks, and will include kids' crafts; interactive booths on nutrition, personal safety, and emergencies; CPR classes; first aid kit building; car seat safety checks; door prizes; and more! The event is provided in collaboration with Discovery Years Child Learning Center.

International Day of Yoga

TUE. June 21 (5:30 – 6:30 p.m.)
Plainsboro Municipal Complex
Outdoors on the Plaza, 641 Plainsboro Road, Plainsboro

Join us outside on the plaza of the Plainsboro Municipal Complex to celebrate this internationally recognized day of yoga. The program will consist of a warm up, sun salutations, a cool down, and a closing rest. All ages and levels are welcome. Please bring a yoga mat and a water bottle, and wear comfortable clothing. We will move indoors if the weather is inclement.

Also be sure to check out one of our regularly scheduled mental wellness programs listed on page 8.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.

SAFETY NOTICE: Registered participants will be notified of scheduling changes. For the most up-to-date schedule visit www.princetonhcs.org/calendar.

CURRENT PROGRAMS

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

REGISTRATION IS REQUIRED, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Mental Wellness PROGRAMS



Mental Health First Aid Training

TUE. & THU. May 31, June 2, 7 & 9 (10 a.m. – 12 p.m.)

VIRTUAL

WED. June 15 (8 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$25 per person, per session. Registered participants will receive a link to join the virtual session.

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.

Gentle Yoga

MON. May 16, June 6 & 20 (6 – 6:45 p.m.)

WED. May 11, 25, June 8 & 22 (9:30 – 10:15 a.m.)

VIRTUAL

Register separately for Monday series and Wednesday series. See website for any scheduling changes.

This slow-paced class, led by a certified yoga instructor, includes breath work, stretching, and seated postures, which will help improve flexibility and reduce stress. The class is ideal for anyone new to yoga and anyone who desires a relaxed practice of yoga.

Chair Yoga

TUE. May 17, June 7 & 21
(8 – 8:45 a.m.)

THU. May 12, 26, June 9 & 23
(8 – 8:45 a.m.)

VIRTUAL

Register separately for Tuesday series and Thursday series. See website for any scheduling changes.

This gentle form of yoga incorporates basic yoga poses while sitting on or standing next to a chair. The class, taught by a certified yoga instructor, is an adaptation of a standard yoga class and will improve flexibility, concentration, and strength while reducing stress and joint strain.

Intro to Chair Yoga

THU. May 26 (11 – 11:45 a.m.)

THU. June 30 (11 – 11:45 a.m.)

John O. Wilson Hamilton Neighborhood Center
169 Wilfred Ave, Hamilton

This introductory class will explore basic poses using alignment and breath, helping beginners and those looking for a refresher class improve strength, balance, and flexibility, and reduce stress. Please wear comfortable clothing and bring a yoga mat and a bottle of water.

Art for Healing

MON. June 6 (1 – 2 p.m.) – Mental Agility
SAT. June 25 (1 – 2 p.m.) – Reducing Stress
Mercer County Library System
Hopewell Branch
245 Pennington Titusville Road
Pennington

Please call the library at 609.737.2610 to register.

Creative expression has been shown to improve brain function and reduce stress. Join Kristina Baktis, ATR-BC, ATCS, board certified art therapist and senior allied clinical therapist with Princeton House Behavioral Health, for this enjoyable program on exploring your artistic nature. No previous art experience is necessary, and materials will be supplied.



SELF-CARE SERIES: Restorative Yoga & Guided Meditation

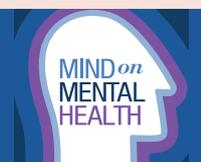
WED. June 8 (7 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

Each month focuses on a new self-care topic. Let your mind and body be guided through gentle meditation and slow, restful yoga poses. This practice, led by Debbie Millar, yoga instructor, will be held in a dimly lit room and utilize calming aromatherapy and music, bolsters and blankets for deep relaxation. This program is part of our Self-Care series, held on the second Wednesday of each month.

Mind on Mental Health: www.princetonhouse.org/podcast

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts, as well as at www.princetonhouse.org/podcast



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Freedom from Smoking & Vaping

TUE. May 10, 17, 24, 31, June 2*, 7, 14 & 21
(6:30 – 8 p.m.)

(*June 2 is a Thursday)

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

\$100 per person

Join us for this seven-week program led by American Lung Association-trained facilitators to learn proven techniques to help you quit smoking or vaping. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, offer ideas on lifestyle changes that make quitting easier, and provide ways to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided.



Cancer Prevention & Treatment for Women

WED. May 11 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

TUE. June 14 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join the virtual session.

Early detection and treatment of cancer saves lives. Join Noah Goldman, MD, board certified in gynecologic oncology, to learn about the various forms of cancer that impact women, cancer prevention through screening, and treatment options if cancer is detected. Dr. Goldman is a member of the Medical Staff of Penn Medicine Princeton Health.

Constipation Management

THU. May 12 (2 - 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Iram Fatima Shah, PT, DPT, a physical therapist specializing in pelvic wellness with Princeton Medical Center Princeton Rehabilitation, and learn some simple and practical ways to manage and improve constipation symptoms.

AARP Smart Driver

FRI. May 13 (9 a.m. – 3 p.m.)

WED. June 22 (9 a.m. – 3 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$20 for AARP members \$25 for non-members. No walk-ins. Register online or call 1.888.897.8979.

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

MON. May 16 (10 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road – Parking Lot, Princeton

THU. June 23 (10 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch – Parking Lot, Hamilton

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.

Managing Hip & Knee Osteoarthritis

MON. May 16 (12 – 1 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Hip and knee arthritis can make it hard to enjoy normal daily activities, but proper treatment can help ease the pain and discomfort. Join Brian Culp, MD, Director of the Jim Craig Center for Joint Replacement and board certified orthopaedic surgeon, to learn about nonsurgical and surgical treatment options and the benefits of physical therapy. Dr. Culp is a member of the Medical Staff of Penn Medicine Princeton Health.



Young Adults: Ways to Cope through the Pandemic

WED. May 18 (11 a.m. – 12 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

For young people who were just reaching the age of independence, COVID-19 and the restrictions brought on by the pandemic presented many unique challenges. The freedom of college life, new workplace experiences, and regular social interactions were suddenly reduced or, in some cases, eliminated completely, and those restrictions increased the risk of depression, anxiety, and substance abuse among young adults. Parents, educators, and community members are invited to attend this informative program led by Nina Nechay, MS, LPC, NCC, Senior Primary Therapist with Princeton House Behavioral Health, to learn about the COVID-related challenges faced by young adults and useful coping strategies.

Weight-Loss Surgery: Is It Right for Me?

WED. May 18 (6 – 6:30 p.m.)

WED. June 15 (6 – 6:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@pennteam.upenn.edu.

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Penn Medicine Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 19. This group will be tentatively held virtually. Please check our website for the latest updates.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

How to Prevent Osteoporosis & Bone Loss

THU. May 19 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join Lisa Baptis, PT, DPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn about the symptoms and treatment options for osteoporosis, as well as what you can do to prevent bone loss.

Vision Screening

THU. May 19 (4 – 7 p.m.)

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

THU. June 16 (9:30 a.m. – 12:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton



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

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.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. May 24 – June 30 (11 a.m. – 12:30 p.m.)

 VIRTUAL

\$99 per person. Registered participants will receive a link to join.

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

- Urinary leakage and bladder control
- Frequency or overactive bladder
- Pelvic strength and support
- Post-partum core strength
- Better posture and balance

Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

Robot-Assisted Total Joint Replacement

TUE. May 31 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Harvey Smires, MD, orthopaedic surgeon at the Jim Craigie Center for Joint Replacement, for an informative discussion about the latest advancements in robot-assisted joint replacement surgery. Dr. Smires is a member of the Medical Staff of Penn Medicine Princeton Health.

Athletic Movements are the Sum of Their Parts

MON. June 13 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Barbara Kutch, PT, DPT, CSCS, a physical therapist with Penn Medicine Princeton Rehabilitation, for an informative discussion on how various body parts work together during athletic activities such as running, throwing, swinging, and serving, as well as injury prevention tips.



Car Seat Safety Check + Meet Police, Fire & EMS

SAT. June 18 (10 a.m. – 1 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

The vast majority of child safety seats are incorrectly installed or may be incorrectly used by parents and caregivers. Have your child seat checked for proper installation and use by a certified child passenger safety technician at this free event. Plus, bring your children for an opportunity to meet West Windsor emergency service workers and explore police, fire, and EMS vehicles!

Kids CORNER



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

TUE. May 24 (6 – 7:30 p.m.) – Girls

WED. May 25 (6 – 7:30 p.m.) – Boys

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

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

Growing Your Own Veggie Garden

FRI. June 17 (5 – 6 p.m.)

Bloom's at Belle Mead
1980 Route 206, Belle Mead

Join garden experts for a vegetable-planting activity and a tour of the greenhouse and outdoor garden center. Children will be permitted to pick a seed packet they can plant at home in their garden.

Kids Can Cook Healthy Grab-and-Go Breakfast

WED. June 22 (4 – 5 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for a fun, interactive cooking class that showcases quick, grab-and-go breakfast ideas that can be made ahead of time or in the morning, including easy breakfast bars and zucchini banana bread. Participants will receive other recipes to try at home as well.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Heart Failure SERIES

Sodium Reduction Strategies That Work

WED. May 4 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for this informative program and learn where sodium can be hidden in foods, sodium reduction strategies, and how to follow the DASH (dietary approaches to stop hypertension) eating plan.

Understanding Heart Failure Medications

WED. May 11 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Gain a deeper understanding of what heart failure is and the medications used to treat it at this informative discussion led by Sarah Tobin, PharmD, PGY-1 Pharmacy Resident. The program will also cover the different types of heart medications your doctor may prescribe and how to properly take them to best treat your heart failure.

Living With Heart Failure Support Group

WED. May 18 (6 – 7 p.m.)

WED. June 15 (6 – 7 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This support group, led by Kat Dombrowski, BSN, RN, a registered nurse with Princeton Health Community Wellness, focuses on helping participants set, track, and achieve both personal and team goals related to improved heart failure management. Participants will receive practical day-to-day tips to help keep heart failure from disrupting their everyday lives.

Managing Fatigue

WED. May 18 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Balancing activity and rest is important when dealing with fatigue. Join Hina Karanjawala, DPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, for tips on conserving energy and rebuilding your strength to resume your daily activities.

Harnessing the Power of Protein

WED. June 1 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for this informative discussion on the importance of protein in your diet and which meats and vegetables provide lean protein. Participants will also learn the best cooking methods to reduce the saturated fat found in many sources of animal protein foods.

Medications & Heart Failure Exacerbation

WED. June 8 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Recognizing signs of a heart failure exacerbation can help prevent future hospitalizations for those with cardiac issues. Join Marina Boulos, PharmD, PGY-2 Pharmacy Resident, for this informative discussion on what may cause a heart failure exacerbation, how to treat it, and what you can do to prevent it.

Monitoring Symptoms of Heart Failure

WED. June 15 (4 – 5 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join Tejal Narkhede, MPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation, and learn how to identify and monitor symptoms of heart failure, what to do when you experience symptoms, and how to modify activities of daily living.



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

Safety Review: Staying Safe in Your Car, Home & Online

WED. June 22 (7 – 8:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

Join two retired police officers for this educational review focused on motor vehicle safety tips, reducing the chances of your car being stolen or your home being burglarized, and protecting yourself from online scams.

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

THU. June 23 (6:30 – 8:30 p.m.)

731 Alexander Road, Suite 103, Princeton

RSVP requested. For questions call Craig Harley at 609.936.5883.

Join us for our focus group, every other month, 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+. Dinner will be served.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Self-defense PROGRAMS



Weapons Self-defense for Women

TUE. May 17 & 24 (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 course, which builds on techniques learned in the basic Self-Defense for Women class, including strategies to use if you are ever abducted at knife/gun point. This six-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory work, and advanced physical defense techniques. This 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 Self-Defense for Women course.

Self-defense for Women: Personal Empowerment Safety Program

WED. June 1, 8, 15 & 22 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, 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 through this basic self-defense course. This 12-hour multi-session, activity-based program includes lectures, safety drills, muscle memory work, and physical defense techniques. This basic course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience necessary.

Advanced Self-defense for Women

TUE. June 21, 28, July 5 & 12
(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 you learned in the basic Self-Defense for Women class. This 12-hour, multi-session, activity-based program includes lectures, safety drills, muscle memory, and advanced physical defense techniques. This 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 Self-Defense for Women course.

Stroke PROGRAMS



Heart Health & Stroke Prevention

TUE. May 17 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.

Swallowing Safely After Stroke

WED. May 18 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

The National Council on Brain Injury estimates that 50% of those who suffer a stroke will experience swallowing difficulty. Join Amy Heffern, MS, CCC-SLP, a speech pathologist at Penn Medicine Princeton Health, for a discussion on swallowing safety at home after a stroke and when to seek further evaluation and therapy for swallowing difficulty.

Conversations Around Stroke Recovery

WED. June 15 (3 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Those who suffer a stroke may find long-term recovery from communication and swallowing problems challenging. Join us for a question and answer session with Amy Heffern, MS, CCC-SLP, a speech pathologist at Penn Medicine Princeton Health, centering around speech, language, memory, and swallowing difficulties after stroke.



Better Balance

THU. June 16 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

As we age, even a seemingly simple fall can result in serious injury. Join us to learn about balance; your risk for falls; and the role physical therapy and exercise play in overall wellness, balance, and fall prevention. The exercises demonstrated may also be beneficial for those recovering from a stroke. This program is led by Kelly A. Gray, PT, RN, DPT, a physical therapist with Princeton Medical Center Princeton Rehabilitation.

Understanding Strokes and Medication

FRI. June 24 (2 – 3 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Attend this informative program with Marina Boulos, PharmD, PGY-2 Pharmacy Resident, to learn about the types of strokes, the impact they can have on a person's physical and mental health, and the importance of following medical recommendations for prescribed medications as a result of a stroke.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Men's Health PROGRAMS



Men's Health: Protein

THU. June 2 (6 – 7 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, for an informative discussion on protein sources and the healthiest ways to incorporate protein into your diet based on age.

Men's Health: Tips for a Healthy Back

THU. June 23 (6 – 7 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Most men will experience back pain at some point in their lifetime. Join Chris Blessing, MPT, OCS, CSCS and MS in exercise physiology, with Princeton Medical Center Princeton Rehabilitation, to learn core strengthening techniques for back health, regardless of fitness level. Back-friendly sitting and sleeping practices will also be addressed.

Men's Health: Shoulder & Knee Sports Injuries

WED. June 29 (6 – 7 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

Men who lead an active lifestyle may occasionally encounter sports-related knee or shoulder pain or strain, particularly as they age. Join William H. Rossy, MD, an orthopaedic surgeon and member of the Medical Staff of Penn Medicine Princeton Health, for a discussion of common sports/fitness injuries and an overview of when surgical intervention might be needed.

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

TUE. May 17, June 7 & 21 (9 – 9:45 a.m.)

 VIRTUAL

Registered participants will receive a link to join. See website for scheduling changes.

Expectant mothers will learn how to use gentle postures, stretching, breathing, relaxation, and meditation to help keep fit and feel good during pregnancy. No previous yoga experience is necessary. 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.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

During these uncertain times, it is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.



NEW

10 Things I Wish I Knew: Tips for Parents-to-Be

THU. May 5 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Congratulations! Your baby is almost here, and we want to help eliminate any surprises or feelings of being unprepared during those first few weeks. Join us as we share the top 10 things that new parents wish they knew before bringing their babies home. From sleep tips to parenting techniques, our class will give you the tools you need to handle whatever may come your way.

Practicing MindFETALness

THU. May 19 (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Pregnant mothers and unborn babies have a unique and innate connection. MindFETALness is a method of tapping into that connection by focusing on fetal movement patterns during pregnancy. Join us to learn a simple way to use mindfulness to help monitor your baby's fitness and wellbeing.

Maternity Tour

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. At this time, all maternity tours are cancelled for the foreseeable future. However, we invite expectant parents who are delivering at PMC or considering delivering here to take a virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting www.princetonhcs.org/maternitytour.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Birthing Options



Birthing Basics

TUE. May 10, 17, 24 & 31 (7 – 9 p.m.)

THU. June 9, 16, 23 & 30 (7 – 9 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Conference Rooms A & B

WED. May 25, June 1 & 8 (7 – 9 p.m.)

 VIRTUAL

\$125 per couple. Registered participants will receive a link to join the virtual session.

This multi-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.

Accelerated Birthing Basics

SAT. May 14 (9 a.m. – 5 p.m.)

SAT. June 25 (9 a.m. – 5 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Conference Rooms C, D, E

\$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.



Labor Fundamentals

SAT. May 21 (10 – 11 a.m.)

 VIRTUAL

\$25 per couple. Registered participants will receive a link to join.

This program will include a virtual maternity tour, and parents will learn the signs of labor, warning signs, and when to go to the hospital.

Baby Care

MON. May 9 (7 – 9:30 p.m.)

THU. June 2 (7 – 9:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Conference Rooms C, D, E

THU. May 26 (7 – 9:30 p.m.)

 VIRTUAL

\$50 per couple. Registered participants will receive a link to join the virtual session.

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician, and more.

Prenatal Breastfeeding Class

THU. May 12 (7 – 9 p.m.)

TUE. June 14 (7 – 9 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.

WE'RE BACK!

Bright Beginnings (birth to crawling)

Wednesdays (11 a.m. – 12 pm.)

Princeton Fitness & Wellness

1225 State Road, Princeton

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.



Grandparenting 101

TUE. June 7 (6:30 – 8 p.m.)

 VIRTUAL

\$20 per couple. Registered participants will receive a link to join.

Led by Bernadette Kelton, RN, a health educator with Princeton Health Community Wellness, this informative class designed for grandparents-to-be and new grandparents will cover topics ranging from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- Transitioning your role from parent to grandparent
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Newborn characteristics



Daddy Boot Camp™

SAT. June 4 (9 a.m. – 12 p.m.)

 VIRTUAL

\$40 per person. Registered participants will receive a link to join.

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

Mother's Day Bright Beginnings Tea Celebration

WED. May 11

(11 a.m. – 12 p.m.)

Registration required.

Join us to celebrate the gift of motherhood during this special Mother's Day Tea Bright Beginnings event.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

Twins and Multiples

THU. May 5 (6 – 9 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro – Conference Rooms A & B

\$40 per couple

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

Preparing for Cesarean Section

If you are interested in this class, please call us at 1.888.897.8979.

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. See page 11 for our upcoming car seat event.

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.

Ask the Lactation Consultant

Mondays (7 – 8 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Join our weekly group any time you need breastfeeding support. This interactive discussion group will give pregnant and breastfeeding families an opportunity to ask questions of a Penn Medicine Princeton Health Community Wellness board certified lactation consultant.



Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

It is no surprise that parenting can leave you feeling anxious and unsettled. Join us for this virtual support group, designed to give parents-to-be and new parents an opportunity to safely connect and share experiences. This group is moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer your questions. Parents of babies up to 6 months old are welcome. Support provided by Central Jersey Family Health Consortium.

Breastfeeding Support Group

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. Due to COVID-19 safety precautions, participants are limited to mom and baby only.

Infant Massage for Parents & Caregivers

SAT. May 14 (12:30 – 2:30 p.m.)

 VIRTUAL

\$15 per family. Registered participants will receive a link to join.

Join us to learn how to skillfully provide calm and soothing touch for your infant, as well as your other children. Prepare a warm and quiet space with a blanket, exercise mat, or large towel. We recommend the use of grapeseed or sunflower oil (test oil on baby's ankle or wrist 24 hours before class to ensure there are no skin sensitivities). Please wait at least one week after baby's most recent immunization to join this class.



All About Your Newborn

TUE. May 24 (5:30 – 6:30 p.m.)

 VIRTUAL

Join Katherine Doyle, MD, board certified pediatrician, for this informative program focused on learning how to protect your baby from COVID-19 and how to stay safe from infection. Topics will include immunizations, fevers, COVID-19, and more. Dr. Doyle is a member of the Medical Staff of Penn Medicine Princeton Health.

All About Breast Pumps

WED. June 15 (6:30 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Whether you are pumping periodically or pumping exclusively, join Carolyn Schindewolf, BS, an internationally board certified lactation consultant with Princeton Health Community Wellness, to learn how to get the most out of your pumping experience, including when to pump, how to size flanges, settings, storage, and cleaning.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

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.

EMT Refresher Class: Section B – Medical Assessment and Management

SUN. May 1 (8 a.m. – 6 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$75 per person. 8 CEUs.

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



Bus Safety for EMTs, Firefighters, and Police

MON. May 2 (9 – 10 a.m.)
NJ Transit, 850 Sloan Ave, Hamilton Township

1 CEU for EMTs.

This presentation will illustrate where to find the battery shut-off to stop a bus, how to manually open the doors, how to open emergency windows and roof hatches, and where to find and identify the different controls within buses. The presentation is one hour, with 30 minutes of hands-on training.

Mental Health First Aid Training for Fire & EMS

WED. May 18 & 25 (6 – 10 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

\$25 per person. 8 CEUs.

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 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.

EMT Refresher Class: Section C – Trauma Assessment and Management

SUN. June 12 (8 a.m. – 6 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

\$75 per person. 8 CEUs.

Students will review immobilization techniques, splinting, and wound care.

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

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 19 & 20 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

TUE. May 24 (9 a.m. – 5 p.m.)
THU. June 9 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$250 per person

Recertification: \$175 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. The course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Course

MON. & TUE. June 20 & 21 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. May 23 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

Full: \$250 per person

Recertification: \$175 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.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

BLS Provider

WED. May 18 (6 – 10:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

MON. June 13 (9 a.m. – 1:30 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

BLS Renewal*

MON. May 16 (9 a.m. – 1 p.m.)
THU. June 23 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

WED. May 25 (6 – 10 p.m.)
MON. June 6 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B, Hamilton

Provider: \$75 per person
Renewal: \$50 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 First Aid

SAT. June 25 (9 a.m. – 4 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$80 per person

The Heartsaver CPR AED First Aid course teaches CPR; AED use; relief of choking in adults, children, and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Family & Friends CPR

SAT. June 18 (10 a.m. – 12 p.m.) Adult/Child/Infant*
Community Wellness at 731 Alexander Road, Suite 103, Princeton

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.

Free CPR Week

Learn Life-Saving Techniques at Princeton Health's Free CPR Week Classes

Registration required. To register, call 1.888.897.8979, or visit www.princetonhcs.org/calendar, unless otherwise noted.

The Family & Friends CPR program teaches you how to perform CPR on adults, children, or infants, and how to help an adult, child, or infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card.

SUN. May 1
(2 – 3 p.m.) Adult/Child
Stone Hill Church
1025 Bunn Drive
Princeton

TUE. May 3
(7 – 8 p.m.) Adult/Child
Bayard Rustin Center
12 Stockton Street
Princeton

TUE. May 3
(6 – 7 p.m.) Infant
(7 – 8 p.m.) Adult/Child
East Brunswick Library
2 Jean Walling Civic Center
East Brunswick

WED. May 4
(10 – 11 a.m.) Adult/Child
(11 a.m. – 12 p.m.) Infant
(7 – 8 p.m.) Adult/Child
(8 – 9 p.m.) Infant
Motives Movement
400 Rike Drive
Millstone

WED. May 4
(6 – 7 p.m.) Infant
(7 – 8 p.m.) Adult/Child
Montgomery Recreation
356 Skillman Road
Skillman
To register call 609.466.3023

THU. May 5
(10 – 11 a.m.) Adult/Child
(11 a.m. – 12 p.m.) Infant
(6:30 – 7:30 p.m.) Infant
(7:30 – 8:30 p.m.) Adult/Child
Community Wellness at
theHamilton Area YMCA
John K. Rafferty Branch
Suite 100
Hamilton

FRI. May 6
(12 – 1 p.m.) Infant
(1 – 2 p.m.) Adult/Child
East Brunswick Library
2 Jean Walling Civic Center
East Brunswick

SAT. May 7
(1 – 3 p.m.) Adult/Child/Infant
Princeton Fitness & Wellness
at Plainsboro
1 Plainsboro Road, Studio 2
Plainsboro

MON. May 9
(9 – 10 a.m.) Adult/Child
(10 – 11 a.m.) Infant
Princeton Elks Lodge
354 Route 518
Skillman

TUE. May 10
(10:30 – 11:30 a.m.) Adult
South Brunswick Wellness
Center
540 Ridge Road
Monmouth Junction

TUE. May 10
(6 – 7 p.m.) Adult/Child
(7 – 8 p.m.) Infant
Mercer County Library
Hickory Corner Branch
138 Hickory Corner Road
East Windsor
To register call 609.448.1330.

THU. May 12
(6 – 7 p.m.) Adult/Child
(7 – 8 p.m.) Infant
Plainsboro Recreation Center
641 Plainsboro Road
Plainsboro

SAT. May 14
(1 – 3 p.m.) Adult/Child/
Infant
Princeton Fitness & Wellness
Center
1225 State Road
Princeton

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.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

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 Penn Medicine Princeton Cancer Center, please call 609.853.6780.

Reiki Sessions

To schedule an appointment and for more details call 609.853.6787.

Offered to patients receiving care at the Penn Medicine Princeton Cancer Center.

Post-Treatment Support Group

WED. May 11 (6 – 7:30 p.m.)

WED. June 8 (6 – 7:30 p.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Care – Conference Room

Participants can attend in person or join virtually. For more information or to register, call 609.853.6787.

This support group is for individuals who have completed their cancer treatment within the past 18 months. Led by Karen Davison, RN, BSN, OCN, a nurse navigator with Penn Medicine Princeton Cancer Center, the group offers participants an opportunity to share personal experiences; ways of coping; and helpful resources. It is designed to help participants reduce feelings of loneliness, anxiety, and distress as they transition from active treatment to living beyond oncology treatment.

Prostate Cancer Support Group

WED. May 11 (12 – 1:30 p.m.)

WED. June 8 (12 – 1:30 p.m.)

Princeton Medical Center

1 Plainsboro Road, Plainsboro

Education Center, Conference Rooms A & B

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

Cancer Support Group

WED. May 18 (2:30 – 4 p.m.)

WED. June 15 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the third Wednesday of the month virtually, and brings 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, and a healthcare professional from Penn Medicine Princeton Health.



Breast Cancer Support Group

TUE. May 10 (6 – 7:30 p.m.)

TUE. June 14 (6 – 7:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets the second Tuesday of the month and 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 Mary Kiensicki, RN, CBCN, Breast Health Navigator at Penn Medicine Princeton Medical Center's Breast Health Center.

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

WED. May 18 (12 – 1:30 p.m.)

WED. June 15 (12 – 1:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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.

Mindful Movement

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

To register and for link to join, please 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.

Breast Cancer & Nutrition Tips

To register and for more details about this group call 609.853.6788.

This group invites women undergoing treatment and breast cancer survivors to learn about how diet and lifestyle play a role in breast cancer and its prevention.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. May 4 (7 – 8:30 p.m.)

WED. June 1 (7 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 16 (11 a.m. – 12:30 p.m.)

MON. June 20 (11 a.m. – 12:30 p.m.)

 VIRTUAL

For information to join, visit www.princetonhcs.org/calendar and search keywords "Bereavement Support." Please call 609.819.1226 with any questions.

This 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 3 (7 – 8 p.m.)

TUE. June 7 (7 – 8 p.m.)

THU. May 5 (6:30 – 7:30 p.m.)

THU. June 2 (6:30 – 7:30 p.m.)

WED. May 18 (6:30 – 7:30 p.m.)

WED. June 15 (6:30 – 7:30 p.m.)

To register and receive the link to join virtually, please email donna.post@pennteam.upenn.edu.

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 Donna Post, RN, BSN, CBN, bariatric coordinator 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. The support groups are sponsored by the Center for Bariatric Surgery & Metabolic Medicine at Penn Medicine Princeton Medical Center. This group will be tentatively held virtually. Please check our website for the latest updates.

Diabetes Support Group

WED. May 18 (2 – 3 p.m.)

WED. June 15 (2 – 3 p.m.)

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

TUE. May 17 (10:30 – 11:30 a.m.)

MON. May 23 (6:30 – 7:30 p.m.)

TUE. June 21 (10:30 – 11:30 a.m.)

 VIRTUAL

To register and receive the link to join virtually, please call 609.853.7890 1-2 days prior to the meeting.

This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings.

For more information on PMC's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890, or visit www.princetonhcs.org.



Journey Back: Stroke Support Group

WED. May 11 (6 – 7 p.m.)

WED. June 8 (6 – 7 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

To register and receive the link to join virtually, please call 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.

Princeton Health Community Wellness offers a variety of programming dedicated to promoting healthy living at every stage of life. Programs are developed and facilitated by the outstanding physicians, nurses, and health professionals of Princeton Health.

For the most up-to-date schedule, visit www.princetonhcs.org/calendar.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

www.ustream.tv/princetonhealth

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

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



Family History: A Key Factor When It Comes to Heart Health

WED. May 11 (12 p.m.)

Benita Philip, DO, board certified in cardiovascular disease



Diagnosing and Treating Pancreatic Cancer

WED. June 8 (12 p.m.)

Marisol Pichardo, MD, board certified in general surgery and fellowship trained in hepatobiliary and pancreas surgery

For the most up-to-date schedule visit www.princetonhcs.org/calendar.

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for symptoms before entering the class.

VIRTUAL CLASSES: Classes will be held online, and are accessible via computer or mobile device. Registered participants will receive a link to join.



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.

Be Proactive When It Comes to Childhood Asthma



When it comes to childhood asthma, the most common triggers include allergens and colds. Being as proactive as possible when it comes to these triggers can reduce the risk of an asthmatic attack and the likelihood of a visit to the Emergency Department (ED).



“A detailed history to identify possible exposure to common allergens such as pet dander, pollen, dust mites, or mold is essential. In addition, exposure to pollutants such as cigarette smoke are reviewed when a child presents with asthma,” says **Julie Caucino, DO**, who is board certified in allergy and immunology and

a member of the Medical Staff of Penn Medicine Princeton Health. “Skin testing can identify allergies, and aggressive environmental control can reduce or eliminate triggers. Performing a breathing test is also a helpful tool to help determine asthma severity and control.”

“Allergy shots have been shown in studies to reduce the effects of allergy triggers and asthma attacks. Starting a course of a low-dose inhaled steroid at the onset of a pollen season can also be effective in preventing an asthma attack,” adds Dr. Caucino. “Likewise, if colds are a trigger, medication at the onset of a cold can help reduce attacks and severity.”



Have a Plan in Place

“Once your child has been diagnosed with asthma, you should work with your doctor to establish a treatment plan to control triggers and have an action plan in place in case your child has an asthma attack,” says **Alicia Brennan, MD**, Medical

Director of Children’s Hospital of Philadelphia (CHOP) Pediatric Care at Penn Medicine Princeton Health. “That includes being prepared with medications that might be needed and seeking emergency medical attention if home treatment is not relieving the symptoms. In the ED, we can administer medications and other treatments, including oxygen, to help treat the attack.”

Proper treatment with medical guidance is important, both physicians agree. While a child may outgrow the condition, left untreated asthma can result in lung damage.

As part of Princeton Medical Center’s (PMC) partnership with CHOP, a pediatrician is in the Emergency Department between the peak pediatric emergency hours of 2 and 10 p.m. At all other hours of the day, CHOP pediatricians and neonatologists are on site in the Regan Family Center for Pediatric Care and CHOP Newborn Care at PMC, and are available for consultations on pediatric emergencies.

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

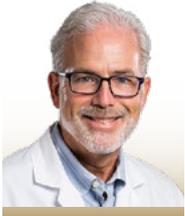
Watch for These Signs

- Frequent coughing
- Shortness of breath
- Wheezing when exhaling
- Chest congestion or tightness
- Tiredness
- Frequent bronchitis or other respiratory problems

Wake Up to the Connection Between Sleep and Excess Weight



It may come as a surprise, but not getting proper sleep can lead to weight gain and, conversely, adding extra pounds to your waistline can make it harder for you to get a good night's sleep.



"It really can become a vicious cycle," says **David Cohn, MD**, Medical Director of the Sleep Center at Penn Medicine Princeton Medical Center. "The problem can begin with weight gain or it can begin with a sleep disorder. Either way, if you are

experiencing symptoms of a sleep disorder, it is important to talk to your doctor and begin the process of getting back on track for better sleep and a healthier body."

Adults need between seven and eight hours of uninterrupted sleep. Not getting a full, restful night's sleep can lead to weight gain for several reasons, including the fact that lack of sleep promotes poor eating choices, like overeating and an emphasis on high-fat foods. Additionally, a lack of energy can prevent you from getting proper exercise. Hormones can also be affected by a lack of sleep, reducing your ability to process nutrients and further sapping your energy.

Long-term reliance on some over-the-counter and prescription sleep aids can promote weight gain as well. If falling asleep is a problem, cognitive behavior therapy, which can teach relaxation techniques and help you change sleep-reducing thoughts and behaviors, has been shown to help many people.

Give Sleep a Chance

"It is important to give yourself the opportunity to get a full night's sleep by going to bed early enough to get eight hours of sleep," says Dr. Cohn, who is board certified in sleep medicine and pulmonary disease. "If you try that for two weeks and are either unsuccessful or are waking up tired, getting tired during the day, or snoring or gasping for breath during sleep, you should be evaluated for a sleep disorder."

If a sleep disorder such as sleep apnea is diagnosed, once treatment is under way, it should become easier to work on weight reduction if weight loss is needed. Following weight loss and other lifestyle changes, some people can actually reverse their sleep disorders.



"For those who find traditional weight loss efforts are not successful, bariatric surgery may be an option. Bariatric surgery has been found to be extremely effective in resolving or significantly improving obstructive sleep apnea, leading to significantly improved sleep quality," says **Lisa Dobruskin, MD, FACS**, Director of Metabolic & Bariatric Surgery, Penn Medicine Princeton Medical Center.

For more information about the Sleep Center at Penn Medicine Princeton Medical Center, or to find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

Common signs of sleep problems include:

Feeling sleepy in the morning and tired during the day

Trouble falling asleep or returning to sleep in the middle of the night

Loud snoring, gasping, or choking during sleep

Trouble concentrating at work

Helping Veterans Work through Trauma

Veterans who have experienced trauma as a result of their military service often face a battle on more than one front. They live with the trauma they experienced while serving their country, yet they have been trained to remain stoic and stand up to adversity rather than seek support from others.

“Basically, they are trained to believe they have to be strong at all times, to run toward danger instead of away from it,” says David Clauser, EdD, CPRS, a peer recovery specialist with First Responder Treatment Services at Penn Medicine Princeton House Behavioral Health. “But when it comes to coping with trauma, what veterans and first responders need to recognize is that seeking professional help does not mean you are weak; it actually means you are strong. It can help you process the trauma you have experienced in a healthy way.”

Individualized Care and Group Support

Established in 2013, First Responder Treatment Services helps veterans and first responders deal with mental health and substance use issues.

The program, led by clinicians with first responder or military experience themselves, provides individually tailored treatment plans that begin with a comprehensive evaluation and include medical oversight, individual and/or group



therapy; family therapy; 12-step recovery-based programming; medication, if needed; expressive therapies like art and music; mindfulness practice; and physical activity in the on-site gym.

Since its inception, the program has helped over 1,600 veteran and first responder inpatients at Princeton House Behavioral Health. Inpatient stays average 10 days, and are generally followed by intensive outpatient treatment for several weeks. Outpatient treatment can focus on trauma or trauma

and addiction in programs designed specifically for men or for women. Princeton House outpatient treatment may take place in one of five sites in New Jersey, or via telehealth.

“The difficulties veterans and first responders face regarding trauma are unique to them because of how they have been trained to define themselves, so we work with them from that unique perspective,” says Clauser. “With the support of other people who have had similar experiences and face similar obstacles, we help veterans and first responders better understand their behaviors and their traumas, and develop the coping skills needed to get back on track.”

For more information, visit princetonhouse.org/firstresponders, or call 888.437.1610, option 1.

Treatment can help with these issues:

- Feelings of isolation and anger
- Personal relationship, work-related, and financial difficulties
- Substance abuse
- Sleep disturbances and night terrors
- Flashbacks
- Suicidal thoughts



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Princeton Medical Center Earns Third Magnet® Designation



Penn Medicine Princeton Medical Center (PMC) has earned redesignation as a Magnet® recognized organization, the gold standard for nursing excellence. The designation — PMC's third — was based on exceptional quality and patient experience outcomes documented in the extensive Magnet application and a three-day virtual site visit.

"At PMC and across Penn Medicine Princeton Health, we have a strong culture of pursuing excellence and challenging ourselves to meet higher standards of quality care and patient experience," said Princeton Health CEO James Demetriades. "This is definitely true of our nurses, as evidenced by receiving Magnet designation for a third time."

Approximately 180 hospitals — less than 4 percent of hospitals nationwide — have earned Magnet designation three or more times.

"This is an impressive distinction," said Sheila Kempf, RN, PhD, NEA-BC, Vice President of Patient Care Services and Chief Nursing Officer at Princeton Health. "Magnet is the result of a rigorous and comprehensive evaluation of our professional practices, leadership, clinical outcomes, staff nurse satisfaction, and patient experience. Congratulations to our staff, who went above and beyond to earn this achievement. Their dedication to excellence and passion for this organization, our patients, and each other are exemplary."

The Commission on Magnet, part of the American Nurses Credentialing Center, commended PMC for 11 exemplary professional practices. Three related to nurse certification rates, the percentage of nurses with a bachelor of science in Nursing (BSN) or higher degree, and nurse satisfaction results that outpace national benchmarks.

Additionally, PMC excelled in four nursing-related clinical outcomes, including prevention of:

- Falls that cause patient injury
- Hospital-acquired pressure injuries
- Central line-associated bloodstream infections, and
- Catheter-associated urinary tract infections

PMC also was commended for exemplary performance in four nursing-related patient experience measures: patient engagement, patient education, courtesy and respect, and careful listening.

The Magnet designation is effective for four years. PMC previously received Magnet designations in 2012 and 2017.