



Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MAY/JUNE 2023

Steps to a Healthy Heart

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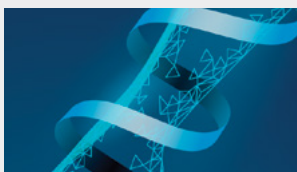


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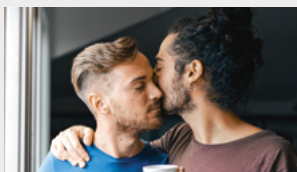
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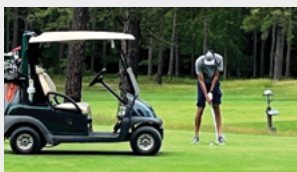
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Penn Medicine Princeton Health is offering **telemedicine and virtual sessions** for a variety of services. It's just one of many ways we're making it easier for you to access the care you need when you need it.

princetonhcs.org/telemedicine



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

princetonhcs.org



Penn Medicine
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Princeton Medical Center

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Princeton HealthCare Partners

**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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Facial Reanimation: Restoring Symmetry After Facial Paralysis

Bell's palsy—a sudden loss of movement on one side of the face—is the most common cause of facial paralysis. While the exact cause of Bell's palsy is unknown, the disease causes inflammation of the facial nerve that most commonly occurs in adults aged 15 to 45.

Approximately two-thirds of people with Bell's palsy will regain facial function within six months. However, some patients are left with persistent facial asymmetry due to involuntary facial movements, as well as facial pain and tightness.

"With Bell's palsy, it is critical to get treated by a specialist as soon as possible," says **Alisa Yamasaki, MD**, a fellowship trained facial plastic and reconstructive surgeon on the Medical Staff of Penn Medicine Princeton Health. "Having incomplete recovery from Bell's palsy can have a significant impact on patients, both physically and emotionally. Fortunately, we have several techniques to help restore facial symmetry."



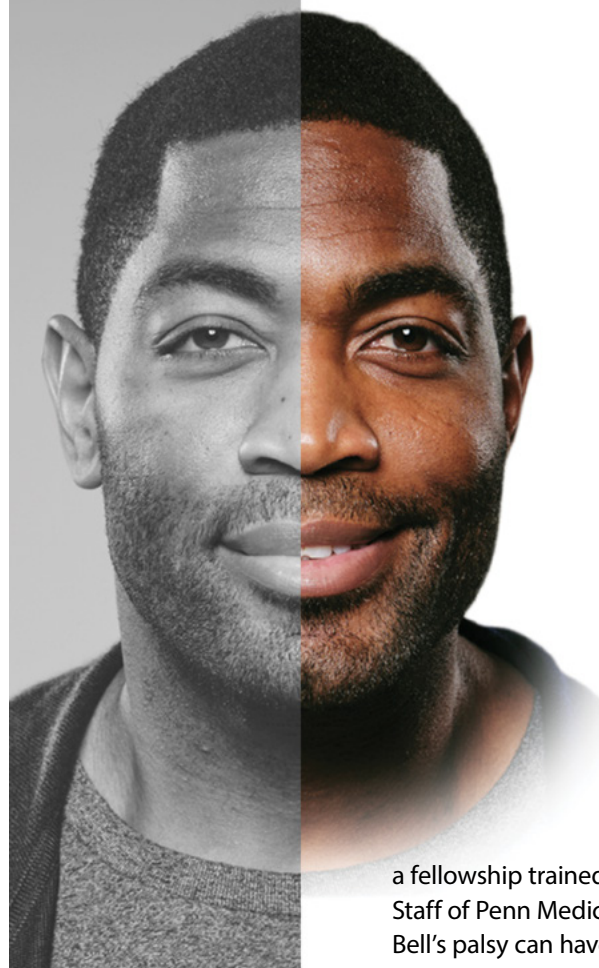
Several Approaches are Possible

"Facial reanimation includes both surgical and non-surgical treatments to help restore more natural movement and symmetry to the face. Treatment ranges from Botox and targeted muscle procedures to more extensive nerve grafting and selective neurectomy surgeries in which we isolate and connect or isolate and remove individual facial nerve branches," says Dr. Yamasaki. "There are many different options, so the optimal treatment approach for each patient is determined on a case-by-case basis."

Recovery times depend on the type of procedure that is performed, how long the nerves and muscles have been paralyzed, and the individual's overall health. Most in-office procedures have little or no downtime. For those requiring surgery, an overnight observation in the hospital may be involved.

"For most people, pain or discomfort from in-office procedures can be handled with over-the-counter pain relievers, if needed at all," says Dr. Yamasaki. "A full recovery from surgery depends on the type of procedure. In either case, facial reanimation is a complex process that needs to be taken step-by-step. The most important thing is to have patience and good communication with your doctor. It really is a long-term collaborative journey that you embark on with your physician."

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



In addition to Bell's palsy, facial reanimation procedures can be used to treat facial paralysis caused by other conditions, such as stroke, Lyme disease, autoimmune conditions, and skull base surgery.

8 Steps to a Healthy Heart

Someone in the United States has a heart attack approximately every 40 seconds, according to the American Heart Association. "What we need to keep in mind, however, is that many of those heart attacks could have been prevented by focusing on living a healthy lifestyle," says **Bipinpreet Nagra, MD**, a board certified cardiologist on the Medical Staff of Penn Medicine Princeton Health.

Dr. Nagra offers the following recommendations for heart-healthy living.



"These eight heart-healthy tips are designed to help protect you from a heart attack," says Dr. Nagra. "Of course, if you are experiencing symptoms of a heart attack you should immediately call 911 for help."

Eat Better

Focus on vegetables, fruits, whole grains, and lean proteins, while avoiding processed foods.

Get Moving

Get at least 150 minutes of moderate aerobic exercise, 75 minutes of rigorous aerobic exercise, or a combination of the two, every week.

Manage Weight

Achieve and maintain a healthy weight, and seek medical assistance if needed.

Control Cholesterol

Follow your doctor's recommendations to control elevated cholesterol.



Quit Smoking

If you need help, seek medical support.

Sleep Right

Get seven to nine hours of restful sleep each night.

Manage Diabetes

Follow your doctor's recommended course of treatment if you have elevated blood sugar.

Control Blood Pressure

Follow your doctor's recommendations to control elevated blood pressure.

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



Infusion Center

Offers Cancer Care with a Personal Touch

When it comes to infusion-related cancer treatment, many people imagine sitting for hours in a stark room, with just their own thoughts to keep them company. The truth is, at the JoAnn Heffernan Heisen Infusion Therapy Suite at Penn Medicine Princeton Health, the focus is on quality care and comfort.

“As options for the treatment of cancer continue to grow, so too do the comforts we can offer patients as they go through that treatment,” says Peggy Kenny, MSN, RN, OCN, Clinical Nurse Manager at the Penn Medicine Princeton Cancer Center.

The Princeton Cancer Center offers infusion therapy and radiation oncology services on site, in addition to supportive services. “We have a beautiful, well-equipped center, and all the advanced resources available to us through our Penn Medicine partnership,” says Kenny. “Additionally, all of our nurses are oncology certified, or required to be within two years of hire.”

The first step in cancer treatment is meeting with an oncologist to determine a treatment plan. A nurse navigator will then contact the patient before the first treatment to explain the plan of care, answer any questions, assist with scheduling of pre-treatment tests, and ensure the patient has a thorough understanding of what to expect. Additional support is available from the social worker, who can assist with emotional or financial concerns; a nutritionist, who is a board-certified oncology specialist; and a clinical research nurse, who can provide patients with information on clinical trials and assist with enrollment if appropriate. The center also has its own pharmacist, so medications can be prepared on site and patients’ questions can be readily answered.

“Patients always have the opportunity to meet with a support person to discuss whatever they need to discuss,” says Kenny. “When it comes to treatment here, no one goes through the process alone. We are a team.”

Comfort Comes in Many Forms

Each infusion station at the center is equipped with a recliner with heat and massage, and a television; and all chairs have a view of the serene healing garden, as well as a curtain that can be closed if privacy is preferred. There is beautiful artwork on the walls. Each piece was specifically chosen as part of Princeton Health’s Art for Healing program. To help relieve stress, the center also offers patients pet therapy, Reiki, and other relaxation techniques. Coffee, tea, juice, and light snacks are also available.

The amount of time required for infusions and the frequency of treatments depends on the individual patient’s diagnosis and treatment plan, but the center is designed to help make the time pass more quickly and comfortably.

“We also have much better ways to help manage side effects than we did in the past,” says Kenny. “This helps patients feel more comfortable during and between treatments.”

For information about the Penn Medicine Princeton Cancer Center or Infusion Center, or to find an oncologist affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.



Robotic Chest & Lung Surgery Helps Speed Recovery

Many people in need of thoracic surgery for conditions such as lung cancer, collapsed lungs, and other chest-related conditions are candidates for robotic surgery, which allows the surgeon to perform intricate procedures with small incisions that do not impact the chest muscles.

“In robotic thoracic surgery we use very small incisions, about the size of a fingernail, rather than the traditional open surgery,” says **Leonid Emerel, MD**, a thoracic surgeon on the Medical Staff of Penn Medicine Princeton Health. “Because the incisions are so small, the patient spends less time in the hospital, recovers quicker, and experiences less pain during recovery. And because there is less pain, they breathe better, which means there is less chance of developing pneumonia.”



Following robotic thoracic surgery, usually a three- to five-day hospital stay is needed, with full recovery from the procedure taking between three and four weeks in most patients.

“Every patient is unique, and while every patient who is a candidate for robotic thoracic surgery will benefit from it, the main goal of any operation, especially for cancer reasons, is to perform it safely with the best possible outcomes,” says Dr. Emerel.

A Safe and Precise Process

The instruments used in robotic procedures are specially designed to mimic the natural movements of the surgeon’s hands and, therefore, allow for precise and meticulous operating.

“Often people imagine a robotic procedure involving a clunky mechanical process, where an automated robot is performing the procedure,” says Dr. Emerel. “That is definitely not what is involved. The surgeon is using fine, robotic instruments to precisely and safely perform the procedure.”

Overall, the use of surgical robotics has allowed surgeons to offer less invasive options for the treatment of a multitude of thoracic conditions and reduce patients’ pain and shorten their hospital stays, thus improving patient experiences and outcomes.

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



Community Focus

**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 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.

● Adult/Child ● Infant

SAT. June 3

(10 – 11 a.m.) ● Adult/Child
Bayard Rustin Center for Social Justice
12 Stockton Street, Princeton

(10 – 11 a.m.) ● Adult/Child
(11 a.m. – 12 p.m.) ● Infant
Mercer County Library System
Hightstown Memorial Branch
114 Franklin Street, Hightstown
To register, call 609.448.1474

MON. June 5

(6 – 7 p.m.) ● Infant
(7 – 8 p.m.) ● Adult/Child
Hickory Corner Library
138 Hickory Corner Road, East Windsor
To register, call 609.448.1330

TUE. June 6

(6:30 – 7:30 p.m.) ● Adult/Child
(7:30 – 8:30 p.m.) ● Infant
Robbinsville Library
42 Robbinsville Allentown Road, Robbinsville
To register, visit www.mcl.org

FRI. June 9

(10 – 11 a.m.) ● Infant
(11 a.m. – 12 p.m.) ● Adult/Child
Mercer County Library System – Hopewell Branch
245 Pennington Titusville Road, Pennington
To register, call 609.737.2610

SAT. June 10

(10 – 11 a.m.) ● Adult/Child
Princeton Theological Seminary – Wright Library
25 Library Place, Princeton

(10 – 10:45 a.m.) ● Adult/Child
(10:45 – 11:30 a.m.) ● Infant
Montgomery Evangelical Church
246 Belle Mead Griggstown Road, Belle Mead

(10 – 11 a.m.) ● Adult/Child
(11 a.m. – 12 p.m.) ● Adult/Child
North Brunswick Public Library
880 Hermann Road, North Brunswick
To register, call 732.246.3545

(11 a.m. – 12 p.m.) ● Adult/Child
Monroe Township Library
4 Municipal Plaza, Monroe Township
To register, call 732.521.5000

SUN. June 11

(1:30 – 2:30 p.m.) ● Adult/Child
(3 – 4 p.m.) ● Infant
Stone Hill Church (Harris Hall)
1025 Bunn Drive, Princeton

MON. June 12

(1 – 2 p.m.) ● Adult Child
West Windsor Senior Center
271 Clarksville Road, West Windsor
To register, call 609.799.9068

TUE. June 13

(6 – 7 p.m.) ● Adult/Child
John O. Wilson Center
169 Wilfred Avenue, Hamilton
To register, call 609.393.6480

WED. June 14

(10 – 11 a.m.) ● Adult/Child
(6 – 7 p.m.) ● Infant
Cranbury Library
30 Park Place West, Cranbury

(1 – 2 p.m.) ● Infant
(2 – 3 p.m.) ● Adult/Child
Princeton Fitness & Wellness
1225 State Road, Princeton

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required.

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 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 princetonhcs.org/calendar or call 1.888.897.8979.

Stop the Bleed

MON. May 22 (10 a.m. – 12 p.m.)
Mercer County Library System
Hopewell Branch
245 Pennington-Titusville Road, Pennington

To register, call the library at 609.737.2610.

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.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. May 2 – June 8 (11 a.m. – 12:30 p.m.)

 VIRTUAL

\$109 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 designed to help with urinary leakage and bladder control, frequency or overactive bladder, pelvic strength and support, postpartum core strength, and 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.

Living with Osteoporosis & Osteopenia

TUE. & THU. May 2, 4, 9, 11, 16, 18, 23 & 25
(6 – 8 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room E

\$75 per person.

This eight-session program will help individuals with osteoporosis or osteopenia (bone density loss) reduce their risk of falls, improve spinal alignment, and protect the spine during daily activities. The program includes an educational and exercise component, and participants must be able to safely and independently get down onto the floor and back up. Specially trained physical therapists will lead exercises intended to improve bone health, posture, strength, and balance. A medical clearance form is required to attend, and can be obtained during online registration.



What is Bell's Palsy?

WED. May 3 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Join Alisa Yamasaki, MD, board certified otolaryngologist, to learn about the most common cause of sudden facial paralysis — Bell's palsy, including what it is, who is likely to experience it, and how it is treated. Dr. Yamasaki is a member of the Medical Staff of Penn Medicine Princeton Health.

We've Got Your Back: Getting Back Pain Under Control

THU. May 4 (7 – 8 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road
Robbinsville

To register, please call the library at 609.259.2150.

Back pain can be one of the most debilitating problems facing the average person. Join Adrien Heller, RN, MSN, APN-BC, advanced nurse practitioner with the Center for Spine Care at Penn Medicine Princeton Medical Center, for a review of the common causes of back pain, options for pain management, and how to prevent back injuries.



AARP Smart Driver

FRI. May 12 (9 a.m. – 3 p.m.)
WED. June 21 (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 15 (10 a.m. – 12 p.m.)
FRI. June 23 (10 a.m. – 12 p.m.)
Community Wellness at
731 Alexander Road, Parking Lot, Princeton


Please call 1.888.897.8979 for 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 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.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Weight-Loss Surgery: Is It Right for Me?

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

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@penntest.com.

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 17.

Vision Screening

THU. May 18 (4 – 7 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
1315 Whitehorse-Mercerville Road
Suite 100, Conference Rooms A & B
Hamilton

THU. June 15 (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.



Heart Health & Stroke Prevention

THU. May 25 (7 – 8 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 Megan Yellareddigari, RN-BSN, Stroke Coordinator with Penn Medicine Princeton Medical Center (PMC). Learn the early warning signs of a stroke, when to seek medical attention, and prevention methods, as well as which heart conditions can lead to a stroke. PMC is a state designated Primary Stroke Center.

Is it Time for Joint Replacement Surgery?


WED. June 21 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Sarah Ragolia, RN, Orthopaedic Nurse Navigator at the Jim Craigie Center for Joint Replacement, Penn Medicine Princeton Medical Center (PMC), for a discussion on how to recognize when it's time for a joint replacement and what is involved.

Heart Failure Series

Managing Fatigue

WED. May 17 (4 – 5 p.m.)


 VIRTUAL

Registered participants will receive a link to join.

Balancing physical activity and rest is important when dealing with fatigue as a result of heart failure. 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.

Monitoring Symptoms of Heart Failure

WED. June 21 (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 are experiencing symptoms, and how to modify activities of daily living.

Kids Corner



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

WED. May 17 (6 – 7:30 p.m.) – GIRLS

WED. May 24 (6 – 7:30 p.m.) – BOYS

Princeton Fitness & Wellness
1225 State Road, Princeton

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.

Safe Sitter

FRI. June 16 (9 a.m. – 3 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$49 per child.

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

RADkids (8 – 12-year-olds)

MON. – FRI. June 26 – 30 (3 – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$30 per child.

This multi-session national program is designed to provide children with personal empowerment and practical skills to recognize, avoid, and, if necessary, escape an unsafe situation. Dress in sneakers and comfortable clothing suitable for exercising. Consent forms must be submitted for each child to participate in the class.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.



Memory Screening

WED. June 14 (10 a.m. – 12 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Please call 1.888.897.8979 to schedule an appointment.

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 screenings 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.

Opioid Overdoses: How to Save Lives

WED. June 28 (6 – 7 p.m.)
Mercer County Library System
Hopewell Branch
245 Pennington-Titusville Road, Pennington

To register, call the library at 609.737.2610.

Naloxone, or Narcan®, is an opioid antagonist that can reverse the effects of an opioid overdose. When given during an overdose, it could restore breathing. Join Barbara Vaning, MHA, EMT Instructor, for this invaluable program to learn when it is appropriate to administer Naloxone, how to administer it, and what to do while waiting for emergency medical services to arrive.

Red Hot Mamas®

Menopause can be a difficult and confusing time, but it doesn't have to be. Join us for this monthly series designed to help you understand the changes in your body and find strategies to manage menopausal symptoms.

Sticks & Stones: Osteoporosis & Menopause

TUE. May 9 (7 – 8:30 p.m.)

VIRTUAL

and

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Rooms C, D, E

\$15 per person. Registered participants will receive a link to join the virtual session.

As women approach menopause, estrogen levels fall, making bones vulnerable to fracture. Join us to discuss osteoporosis testing and treatment, as well as how you can protect against bone loss. This program is presented by a health professional with Penn Medicine Princeton Health.

And the Beat Goes On: Heart Disease & Menopause

TUE. June 13 (7 – 8:30 p.m.)

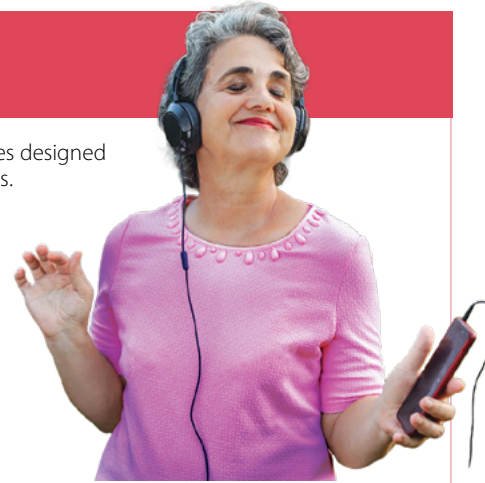
VIRTUAL

and

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Rooms C, D, E

\$15 per person. Registered participants will receive a link to join the virtual session.

Heart disease is the leading cause of death for women worldwide. Many factors increase a woman's risk for cardiac disease, including declining levels of estrogen due to menopause. Learn about heart disease and ways women can reduce their risk at this informative program led by Desiree Younes, MD, FACC, board certified in cardiovascular disease, and Shyama Mathews, MD, FACOG, NCMP, board certified gynecologist and a NAMS certified menopause practitioner. Drs. Younes and Mathews are members of the Medical Staff of Penn Medicine Princeton Health.



Self-defense Programs

Self-defense for Women: Personal Empowerment Safety Program

WED. May 10, 17, 24 & 31 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

THU. June 8, 15, 22 & 29 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$40 per person.

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. 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.



Weapons Self-defense for Women

TUE. June 20 & 27 (6 – 9 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$30 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, 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 RAD Self-defense for Women course.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Mental Wellness Programs



Gentle Yoga

TUE. May 2, 16, 23 & 30 (8:30 – 9:20 a.m.)
No class on May 9

VIRTUAL

\$12 per person for the series. Registered participants will receive a link to join.

This slow-paced class, led by Maria Benerofe, a certified yoga instructor, includes breath work, stretching, and a gentle flow of poses, to help improve flexibility and reduce stress, and is ideal for anyone who desires a relaxed practice of yoga.

Chair Yoga

THU. May 4, 11, 18, 25 & June 1 (8 – 8:50 a.m.)

VIRTUAL

\$15 per person for the series. Registered participants will receive a link to join.

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

Yoga for Better Sleep

MON. May 8 (6 – 6:50 p.m.)

Community Wellness

731 Alexander Road, Suite 103, Princeton

\$5 per person.

Practicing yoga before bedtime can help relax your mind and lead to a better night's sleep. Join Maria Benerofe, a certified yoga instructor, for this gentle evening yoga class. No yoga experience necessary. Please bring a mat and a water bottle.

Mental Health First Aid Training (two-day)

TUE. & WED. May 9 & 10 (5:30 – 9:30 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

TUE. May 23 & 30 (8 a.m. – 12 p.m.)

Community Wellness at

731 Alexander Road, Suite 103, Princeton

\$49 per person, per session.

Recognizing a mental health problem and knowing how to address it are invaluable skills. This training will help you identify signs and symptoms of individuals dealing with depression, anxiety, substance use, eating disorders, trauma, psychosis, and deliberate self-injury. You will also learn how to respond in a mental health crisis.

Youth Mental Health First Aid Training

TUE. May 9 & 16 (10 a.m. – 2 p.m.)

Plainsboro Recreation

641 Plainsboro Road, Plainsboro

\$49 per person.

This course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12–18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations.

Nutrition & Mental Health

WED. May 10 (7 – 8 p.m.)

VIRTUAL

Join Kelly Davison, RDN, nutritionist therapist with the Penn Medicine Princeton Center for Eating Disorders, to learn about the nutrients needed for good mental health, and some practical day-to-day strategies to make nutrition part of your mental health toolbox.

Hobbies for Health: Hike for Healthy Living

MON. May 22 (7 – 8:30 p.m.)

Princeton Institute Woods

Springdale Road, Princeton

Join us for a serene, mindful, evening walk through the flat walking trails of the Princeton Institute Woods with environmental educator Craig Harley. Learn about the benefits of hiking as well as sustainable preservation practices. Wear sturdy shoes. Held rain or shine.

Building Resilience: Tools for Living a Better Life (Intro)

THU. May 25 (6 – 7:30 p.m.)

Plainsboro Recreation

641 Plainsboro Road, Plainsboro

Through this introductory training, you will learn some simple strategies to strengthen your emotional, mental, physical, and spiritual resilience so it's easier to turn life's inevitable challenges into opportunities. This informative program is led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health.

Resiliency Training & Tools for Living a Better Life

WED. June 21 (9 a.m. – 5 p.m.)

Community Wellness at the

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

Suite 100, Conference Rooms A & B, Hamilton

Dive deeper into the tools that will strengthen your emotional, mental, physical, and spiritual resilience. This interactive training will cover how to leverage strategies like mindfulness, nutrition, exercise, goal setting, stress response, and balanced thinking to enhance your quality of life and decrease your stress. This program is led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health.

Anxiety: When to Worry

WED. June 7 (1 – 2 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Everyone experiences some form of anxiety every now and then, but sometimes those emotions can become overwhelming. Join Megan Moran, MSW, LSW, Eating Disorders Therapist with Penn Medicine Princeton Medical Center, for this invaluable discussion about anxiety, and what can be done to help alleviate it.

International Day of Yoga

WED. June 21 (8:30 – 9:15 a.m.)

VIRTUAL

\$5 per person. Registered participants will receive a link to join.

Celebrate International Day of Yoga at this program focused on a flow of sun salutations to welcome the summer solstice, led by Maria Benerofe, a certified yoga instructor.

Hobbies for Health: Family Fishing Introductory Clinic

WED. June 28 (4 – 6 p.m.)

Millpond Park

36 Maple Avenue, Plainsboro

\$18 per family. Fishing rod and supplies will be provided.

Join us for this fishing clinic for parents and their children interested in learning the basics, including sustainability, environmental issues, and appropriate harvesting, led by Craig Harley, fishing enthusiast and guide. Participants will be able to practice what they learned with assistance from our staff.

Mind on Mental Health: princetonhouse.org/podcast

For a fresh perspective on coping with today's challenges. Available free, wherever you get your podcasts.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.



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

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+. The next meeting will be held **Thursday, June 22 (6:30 – 8:30 p.m.) at 731 Alexander Road, Suite 103 in Princeton**. Registration required. For questions, call Craig Harley at 609.936.5883. Dinner will be served.

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 princetonhcs.org/calendar or 1.888.897.8979.

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.

Prenatal Yoga

THU. May 4, 11, 18 & 25 (4 – 4:45 p.m.)

 VIRTUAL

\$12 per person, for the series. Registered participants will receive a link to join.

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, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Prenatal Breastfeeding Class

MON. May 15 (6:30 – 8:30 p.m.)

THU. June 15 (6:30 – 8:30 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

Expectant parents will learn about breastfeeding, including getting started, positioning, nutrition, pumping, and avoiding common problems, at this informative program. This class is taught by an internationally board certified lactation consultant.

What is a Doula?

MON. May 22 (6:30 – 7:30 p.m.)

 VIRTUAL

Including a doula on your maternity team can add extra physical, emotional, and educational support to your birthing experience. Join Mary Sefchek, DONA-certified birth doula with Penn Medicine Princeton Medical Center, to learn how doula support differs from the medical staff and the difference between postpartum and birth doulas, as well as how to find the right doula for you.

Baby Care

THU. May 25 (7 – 9:30 p.m.)

MON. June 26 (7 – 9:30 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room A & B

THU. June 8 (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.

Practicing MindFETALness

SAT. June 3 (10 – 11 a.m.)

 VIRTUAL

\$5 per person. 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.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Daddy Boot Camp™

SAT. June 17 (9 a.m. – 12 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Room C, D, E

\$49 per person.

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.

Grandparenting 101

THU. June 22 (6:30 – 8 p.m.)

 VIRTUAL

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

Led by 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
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

Twins and Multiples

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

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.

Birthing Options

HypnoBirthing®

WED. May 3, 10, 17 & 24 (6:30 – 9 p.m.)
Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$200 per couple. To register, call 609.897.8991.

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.

Birthing Basics

WED. May 10, 17, 24, & 31 (7 – 9 p.m.)
TUE. June 6, 13, 20, & 27 (7 – 9 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro – Conference Room A & B

MON. June 5, 12, & 19 (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 20 (9 a.m. – 5 p.m.)
SAT. June 17 (9 a.m. – 5 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro*

\$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. *The May session will be in Conference Room C, D, E and the June session will be in room A & B.

Labor Fundamentals

SAT. June 24 (10 – 11 a.m.)

 VIRTUAL

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

If you are getting close to your due date but have not had a chance to take a full childbirth preparation class, this program is for you. In one hour, we will cover the essentials, including a virtual maternity tour, the signs of labor, and when to go to the hospital.



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 virtual tour of our state-of-the-art Center for Maternal & Newborn Care by visiting princetonhcs.org/maternitytour.

At this time, all in-person maternity tours are canceled for the foreseeable future.

SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

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 princetonhcs.org/calendar or 1.888.897.8979.

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.

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.

Postpartum Power: Fitness & Education for New Moms

TUE. May 2 – June 6 (9:30 – 10:30 a.m.)

 VIRTUAL

\$80 per person. Registered participants will receive a link to join.

Strengthen and restore your posture, core and pelvic floor with this six-week class designed for new moms. Sessions will include education along with: low-impact cardio workouts, low-pressure fitness exercises, yoga and breathing, and targeted core, and pelvic floor exercises. Please wear comfortable exercise clothing. Babies welcome. Participants should be at least six weeks postpartum and have their doctors' medical clearance. The clearance form can be obtained during online registration.

Infant Massage for Parents & Caregivers

SAT. May 20 (12:30 – 2:30 p.m.)

 VIRTUAL

\$20 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 Breast Pumps

TUE. May 23 (6:30 – 7:30 p.m.)

 VIRTUAL

\$10 per person. Registered participants will receive a link to join.

Whether you are pumping periodically or 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.



Infant Safety Class

SAT. May 13 (9:30 a.m. – 12 p.m.)

Princeton Medical Center
1 Plainsboro Road, Plainsboro – Education Center, Conference Rooms C, D, E

\$20 per couple.

Join us for this informative session on how to keep your infant safe through their first year. The program includes: an infant CPR demonstration, choking intervention information, safe sleep updates, proper car seat use, and childproofing your home. Grandparents and families are welcome.

Stroller Walk

SAT. June 10 (10 – 11 a.m.)*

Van Horne Park – 5 Crescent Avenue, Rocky Hill

If you have a baby or toddler, we invite you to meet and socialize with families who have children of similar ages. Enjoy an outdoor walk together as you learn about the many positive benefits an active lifestyle and socializing have on the body and mind. This leisurely walk will be led by health educators with Penn Medicine Princeton Health Community Wellness.

*Rain date will be Sunday, June 11 at 10 a.m.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.



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 princetonhcs.org/calendar or 1.888.897.8979.

BLS Provider

FRI. May 19 (9 a.m. – 1:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. June 27 (6 – 10:30 p.m.)

Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

BLS Renewal*

TUE. May 9 (6 – 10 p.m.)

MON. June 19 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

WED. May 31 (9 a.m. – 1 p.m.)

THU. June 29 (6 – 10 p.m.)

Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, 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. May 6 (9 a.m. – 4 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$65 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.

Heartsaver CPR AED

MON. June 19 (6 – 9 p.m.)

Community Wellness at the Hamilton Area YMCA, John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100
Conference Rooms A & B, Hamilton

\$49 per person.

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

Heartsaver First Aid

WED. June 21 (6 – 9 pm.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$39 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.

Family & Friends CPR

SAT. May 13 (10 a.m. – 12 p.m.)

Adult/Child/Infant*

Community Wellness at
731 Alexander Road
Suite 103, Princeton

\$25 per person.

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.



Pet CPR & First Aid

TUE. May 23 (6 – 8:30 p.m.)

MON. June 19 (6 – 8:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

TUE. May 30 (6 – 8 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$25 per person.

Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses, and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

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. To view the most up-to-date schedule, visit 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 princetonhcs.org/calendar or 1.888.897.8979.

EMT Refresher: Section B Medical Assessment and Management

SUN. May 7 (8 a.m. – 5 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$90 per person.

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

EMT Refresher: Section C Trauma Assessment and Management

SUN. June 4 (8 a.m. – 5 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$90 per person.

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



CEVO 4

SAT. June 3 (9 a.m. – 3:30 p.m.)
Montgomery EMS
8 Harlingen Road, Belle Mead

\$10 per person, payable at the door. 6 CEUs.

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

Mental Health First Aid for Fire & EMS (two-day)

WED. June 7 & 14 (6 – 10 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

\$49 per person. 8 CEUs.

The Mental Health First Aid for Fire/EMS curriculum focuses on the unique experiences and needs of fire and EMS personnel. The better prepared EMS are to respond effectively and appropriately to individuals experiencing mental illness and substance use disorders, the more likely the interaction will be positive. Additionally, the increased prevalence of mental illness and substance use disorders among fire and EMS workers due to stress and exposure to trauma, makes this program an important part of any agency's wellness initiative.

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 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.

These services are offered to patients receiving care at Penn Medicine Princeton Cancer Center.

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.

Post-Treatment Support Group

WED. May 10 (6 – 7:30 p.m.)
WED. June 14 (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. Led by Karen Davison, RN, BSN, OCN, a nurse navigator with the 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.



SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Prostate Cancer Support Group

WED. May 10 (12 – 1:30 p.m.)

WED. June 14 (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 17 (2:30 – 4 p.m.)

WED. June 21 (2:30 – 4 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group meets virtual on the third Wednesday of the month, 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 9 (6 – 7:30 p.m.)

TUE. June 13 (6 – 7:30 p.m.)

PMC Breast Health Center – East Windsor Medical Commons 2

300B Princeton–Hightstown Road, East Windsor

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 facilitated by a health professional with Penn Medicine Princeton Health.

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

WED. May 17 (12 – 1:30 p.m.)

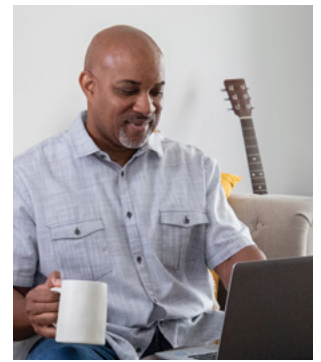
WED. June 21 (12 – 1:30 p.m.)

 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 (for Oncology)

Thursdays (10:30 – 11:30 a.m.)

 VIRTUAL

OR

Penn Medicine Princeton Cancer Care
Conference Room

To register and for a 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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. May 3 (7 – 8:30 p.m.)

WED. June 7 (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 Group

MON. May 15 (11 a.m. – 12:30 p.m.)

MON. June 19 (11 a.m. – 12:30 p.m.)

 VIRTUAL

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

This support group usually meets the third Monday of the month, except on holidays. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Penn Medicine Hospice Princeton Health, this group welcomes community members who need support and assistance coping with grief and loss.

Weight-loss Surgery Support Group

TUE. May 2 (7 – 8 p.m.)

THU. May 4 (6:30 – 7:30 p.m.)

WED. May 17 (6:30 – 7:30 p.m.)

THU. June 1 (6:30 – 7:30 p.m.)

TUE. June 6 (7 – 8 p.m.)

WED. June 21 (6:30 – 7:30 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please email donna.post@pennmedicine.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, 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. 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. To view the most up-to-date schedule, visit princetonhcs.org/calendar.

Diabetes Support Group

TUE. May 16 (10:30 – 11:30 a.m.)
TUE. June 20 (10:30 – 11:30 a.m.)

 VIRTUAL

WED. May 17 (2 – 3 p.m.)
WED. June 21 (2 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township




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 princetonhcs.org.

Journey Back: Stroke Support Group

WED. May 10 (6 – 7 p.m.)
WED. June 14 (6 – 7 p.m.)

 VIRTUAL

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.

ustream.tv/princetonhealth

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 ustream.tv/princetonhealth.

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



Understanding Panic Attacks

WED. May 10 (12 p.m.)

Meera Balasubramaniam, MD, Associate Medical Director of Penn Medicine Princeton House Behavioral Health in Hamilton



Faster Recovery From Lung and Chest Surgery

WED. June 14 (12 p.m.)

Leonid Emerel, MD, thoracic surgeon on the Medical Staff of Penn Medicine Princeton Health

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

IN-PERSON SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required.

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



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Community Wellness
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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 princetonhcs.org/calendar.

Registration is required unless otherwise noted. Register at princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated). For directions, please visit princetonhcs.org.



Princeton Health Magazine Readership Survey

Please help us better serve you through our publication by taking this brief survey. Complete this form electronically by scanning the QR code on the right or by clipping this page and mailing it to: Katie Smith, Program Assistant, Penn Medicine Princeton Health Community Wellness & Engagement 731 Alexander Road, Suite 103, Princeton, NJ 08540.



ALL SUBMISSIONS WILL BE ENTERED IN A RANDOM DRAWING FOR A \$25 GIFT CARD*

What topics have not been covered in *Princeton Health* that you would like to see?

Are you interested in learning more about Penn Medicine, the system that *Princeton Health* is part of?

Yes No

If YES, what particular topics would you like to know more about?

Do you have a preferred article length?

Short (half page) 1 page Longer than 1 page, please specify: _____

No preference Other _____

How much do you rely on *Princeton Health* magazine for information about community wellness programs such as classes, lectures, and support groups?

- Extremely – every issue/6 per year
- Frequently – 3 or more issues per year
- Occasionally – 1 to 2 issues per year
- Never

What action(s) have you taken after reading *Princeton Health* magazine? Please check all that apply:

- Called for assistance with finding a provider on the Medical Staff of Princeton Health.
- Searched online to find a provider on the Medical Staff of Princeton Health.
- Made an appointment with a provider. Please specify the medical group/health system: _____
- Scheduled a diagnostic test (lab, diagnostic imaging, etc.).
- Had a surgery or other medical procedure such as a colonoscopy. Please specify: _____
- Attended a community wellness program such as a class, lecture, or support group. Program(s) name(s) and location(s): _____
- Other. Please specify: _____

When do you typically read *Princeton Health*? Please check one:

When it arrives in the mail When I receive it via email

Is there anything else you want us to know about your view of *Princeton Health* magazine? _____

ZIP CODE:

YOUR AGE RANGE:

- 18 to 25 66 to 85
- 26 to 48 Over 85
- 49 to 65

YOUR GENDER:

- Male Female
- Non-binary

TOPICS OF INTEREST:

Please check all that apply.

- Addiction
- Aging
- Cancer
- Cardiac Disease
- Childbirth & Family
- Diabetes
- Digestive Issues
- Endocrine-related Issues (hormones, thyroid)
- Gender-specific Health Issues, please identify: _____
- Healthy Aging
- Healthy Eating/Active Living
- Lung Disease (COPD, etc.)
- Mental Health Issues
- Neurological Issues (Alzheimer's disease, epilepsy, etc.)
- Orthopaedic Issues
- Parenting, please identify: _____
- Primary Care
- Others _____

Name (optional) _____

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***This information is required to be entered into the random drawing for a \$25 gift card.**

A Few Simple Steps Can Reduce Your Risk of a Hip Fracture

Experiencing a hip fracture can be a life-changing event, often resulting in reduced mobility and, as a result, a spiraling decline in health. Each year, according to the Centers for Disease Control and Prevention, 300,000 Americans age 65 and older are hospitalized for falls that result in a hip fracture.



“Hip fractures are generally the result of losing your balance, slipping, or tripping over something,” says **Mark Pressman, MD**, a board certified orthopaedic surgeon on the Medical Staff of Penn Medicine Princeton Health. “Balance issues become more common as we age and, coupled with the fact that our bones weaken over the years, a fall, even from a short distance, can easily result in a hip fracture.”

Take Precautions to Reduce Your Risk

Taking a few precautions to avoid debilitating falls is something everyone should consider. These include:

- With your doctor’s approval, exercise to promote strong bones and good balance.
- Keep bones strong by getting enough calcium, eating a healthy diet, not smoking, and limiting alcohol consumption.
- Assess your home for tripping hazards such as throw rugs, electrical cords, and awkwardly placed furniture.
- Use a cane or walker if you feel unsteady.
- Make sure your environment is well lit and your eyesight is at its best.
- Install grip bars in your bathroom to improve stability.
- Take your time rising from a seated position.

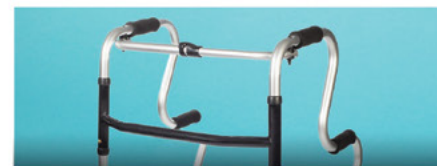
Seek Treatment Quickly

In the event of a fall resulting in a hip fracture, prompt medical treatment is important.

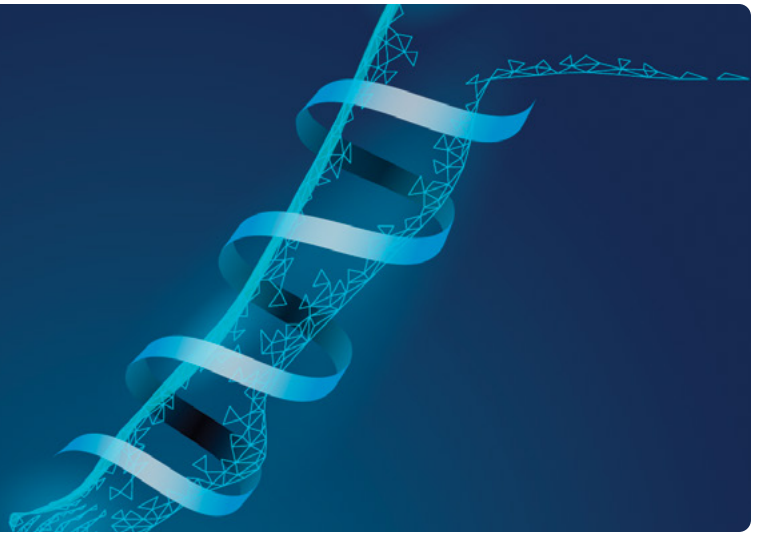
“It is important to keep in mind that a hip fracture often requires surgical intervention,” says Dr. Pressman. “Since one of the main signs of a fracture is the inability to put weight on the leg, severe hip or groin pain, and swelling, anyone suffering from a hip fracture may require strong medication and may have difficulty getting around. The longer they wait for treatment, the more medical risks develop, such as health deterioration due to immobility and the possible impact of continuing pain medications on the body.”

In most cases, the hip is either partially or totally replaced, or a repair procedure can be performed using a minimally invasive x-ray-guided technique. Physical therapy is an important part of the recovery process and may begin as early as the same day as surgery.

To find an orthopaedic surgeon affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.



Treatment Helps Ease Swollen, Aching Legs



Joyce Hansen happily retired from her demanding executive position at Johnson & Johnson a few months ago. Thanks to her ongoing treatment and physical therapy regimen through Penn Medicine Princeton Health, the Montgomery Township resident is enjoying every minute of her new life.

“I had suffered with leg swelling and discomfort off and on for 10 or 15 years before I discovered there was something that could be done about the problem,” says Hansen, 66. “The turning point was when I had a knee replacement last year, and because of the leg swelling problem I was having trouble in physical therapy and getting up and down stairs. My doctor said I should have the problem looked at by a specialist.”

As it turned out, Hansen was suffering from chronic venous insufficiency, a condition where the leg veins become damaged, causing blood to gather in the legs, resulting in swelling, heaviness, and discomfort.



Welcome Relief

“With a 15-minute procedure called venous ablation, we sealed off the defective veins in her legs as one phase of treatment,” says **Elliot Sambol, MD**, a board certified vascular surgeon on the Medical Staff of Penn Medicine Princeton Health. “To

properly treat venous insufficiency, we approach care from all angles, including working toward prevention of future problems.”

Treatment includes working to diagnosis the root cause of the condition; guidance in self-care, including the use of properly fitted compression socks, proper diet, exercise, and skin care; surgical intervention when needed; and specialized therapy services through the hospital’s lymphedema program, which focuses on treating swelling caused by fluid backup in the body.

“**In therapy, a certified lymphedema therapist focuses on decongestive massage and exercise to improve the blood flow, relieve swelling, and improve mobility,**” says Kelly Gray, PT, a physical therapist and Rehabilitation Manager at Penn Medicine Princeton Medical Center Princeton Rehabilitation. “By following an intensive program, we can get people back to feeling comfortable and living their lives more quickly.”

While she is continuing treatment to address some smaller vein conditions, Hansen can attest to the fact that her care has made a considerable difference in her life.

“It has made a phenomenal difference in my knee replacement recovery,” she says. “I am so thankful that I pursued treatment.”

For more information on lymphedema therapy services, call 609.655.4586. To find a physician affiliated with Penn Medicine Princeton Health, call **1.888.742.7496**, or visit **princetonhcs.org**.

Look for These Signs

- Tired, achy, tingling, or burning legs
- Night cramps in legs
- Swelling in lower legs or ankles
- Discolored, flaking, or itching legs or feet
- Sores around ankle area
- Varicose veins

Coping with **Panic Attacks**

Many people experience anxiety from time to time, but have no trouble moving on from those occasional feelings. But for others, panic attacks — sudden episodes of intense unwarranted fear that trigger physical reactions — can be an ever-present part of life.



“Someone with panic disorder is always on alert, waiting for the next panic attack, feeling like it can happen at any moment,” says **Meera Balasubramaniam, MD**, Associate Medical Director of Penn Medicine Princeton House Behavioral Health in Hamilton. “As a result, a panic disorder has a direct impact on your quality of life.”

While they are not life-threatening, panic attacks, which may happen once or twice in your life or be a frequent occurrence, can be frightening and debilitating. They typically start suddenly, often without warning, and can happen at any time, even when you are sound asleep. What causes panic attacks is not really known, but stress, emotional trauma, and genetics can play a part.

Seeking Medical Attention is Important

“If you have a panic attack, it is important to seek immediate medical attention,” says Dr. Balasubramaniam. “To begin with, the symptoms of a panic attack can resemble other serious health problems, including heart attack. So, you want to rule out medical causes for your symptoms as a first step. The sooner you determine the cause of your symptoms, the sooner you can address them — whether it is a panic attack, a heart attack, or another serious health problem.”

If it turns out that you are having panic attacks, they can be hard to manage on your own, and may get worse without treatment. Because of the uncertainties surrounding them, you may develop certain phobias, such as a fear of social situations, driving, or even leaving home. Panic disorders, and the anticipatory anxiety that

can develop as a result of them, also can lead to other problems such as depression and substance use disorders. Seeking professional treatment for panic attacks is important if the condition is impacting your quality of life.

“The combination of medications and psychotherapy is useful in the treatment of panic attacks. Serotonergic antidepressants can help mitigate the anxiety associated with panic attacks and are frequently prescribed for this reason. Anti-anxiety medications such as benzodiazepines may also be prescribed for short-term use for managing severe symptoms,” says Dr. Balasubramaniam. “By including therapy as part of your treatment, you learn new ways of thinking and responding to the feelings that happen during or before a panic attack. You can come to a better understanding of what may be triggering your anxiety, and also learn techniques to manage your fears when they do arise.”

For more information about Penn Medicine Princeton House Behavioral Health, call **888.437.1610**, or visit **princetonhouse.org**.



Watch for These Signs

- Rapid, pounding heart rate
- Shaking or trembling
- Sweating
- Shortness of breath or a tightness in the throat or chest
- Nausea, dizziness, or fainting
- Sense of impending doom or fear
- Feeling out of touch with reality

Gay Men and Trauma: Learning to Live Authentically

For gay men, the experiences that can result in trauma often come from two directions: They can be initiated by society and they can be self-inflicted.

“Most often, they come from both places,” says Kyle Bonner, LCSW, LCADC, Diversity Equity Inclusion Coordinator at Penn Medicine Princeton Health. “Socially inflicted traumas come from things like being bullied and being excluded or judged by family. Then there are the self-inflicted traumas that usually develop because of those societal traumas, including shame, anger, and sadness. The result can be emotional pain and distress because you are not living a life that is authentic to who you are.”

Gay men may experience chronic depression and anxiety, and have a greater risk for substance abuse and suicide than other men, according to Bonner.

Seeking Support

Despite being at greater risk for a range of mental health conditions, gay men often are hesitant to seek treatment because they worry about being judged and because they have spent so much of their lives keeping their true selves hidden. Taking that first step toward treatment can seem daunting.

At Penn Medicine Princeton House Behavioral Health, gay men struggling with trauma and its effects have access to care that is inclusive and accepting of all patients regardless of sexual identity or orientation. The Men’s Program serves as a safe environment for men who have experienced trauma that is impacting their well-being and overall functioning.

“The goal is to work through the guilt and shame and cultivate your authentic self,” says Bonner. “Finding contentment so you can be your authentic self is key.”

For more information about the Men’s Program at Princeton House, call 888.437.1610, option 2 (outpatient), or visit princetonhouse.org/men.



All of Penn Medicine’s hospitals, including Princeton Health, have been honored by the Human Rights Campaign (HRC) Foundation, the educational arm of the nation’s largest lesbian, gay, bisexual, transgender and queer (LGBTQ+) civil rights organization, for their dedication and commitment to LGBTQ+ inclusion.





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