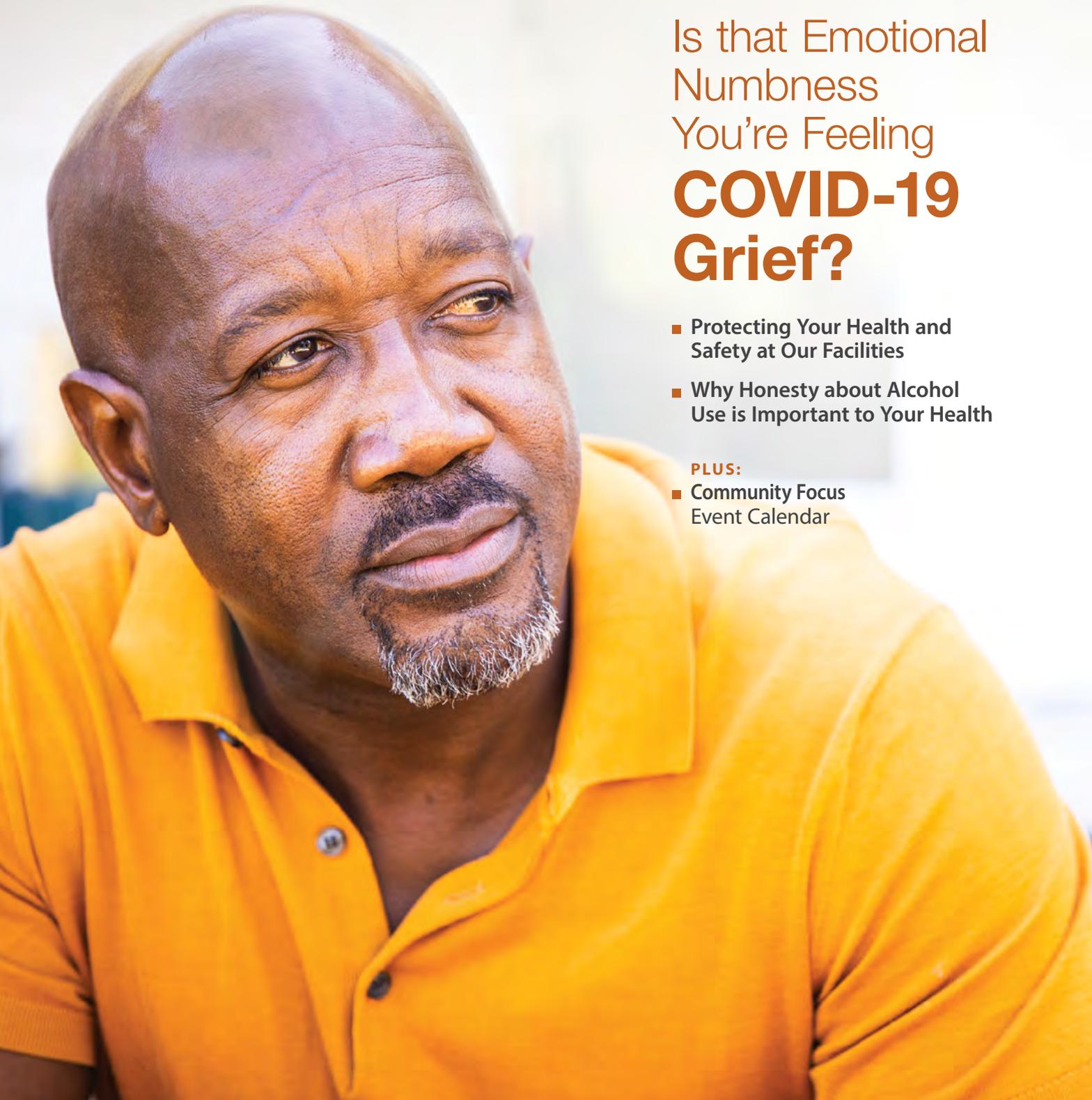




Penn Medicine

# Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — JULY/AUGUST 2020



## Is that Emotional Numbness You're Feeling **COVID-19 Grief?**

- Protecting Your Health and Safety at Our Facilities
- Why Honesty about Alcohol Use is Important to Your Health

**PLUS:**

- Community Focus  
Event Calendar



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2020 William P. Burks Physician Philanthropist  
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**THANK YOU** to all who have donated toward our Healthcare Heroes Fund, which has been providing a freshly prepared meal for two to all our staff. Know that your support is helping fuel our fight against Covid-19 — and support our local restaurants. For more information, visit [www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation).



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



**Penn Medicine**

**Princeton Health**

**Princeton Medical Center**

**Princeton House Behavioral Health**

**Princeton Medicine Physicians**

**Princeton Medical Center Foundation**

**Princeton HealthCare Partners**

**Princeton Health International**

**Penn Medicine Home Health  
Princeton Health**

*(formerly Princeton Home Care)*

**Penn Medicine Hospice  
Princeton Health**

*(formerly Princeton Home Care – Hospice)*

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

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

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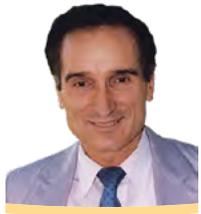
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# Is that Emotional Numbness You're Feeling COVID-19 Grief?



Maybe you have been among the lucky ones in the COVID-19 pandemic, with a healthy family, the ability to work from home, and manageable household changes. And yet, somehow, things seem off. You find yourself more emotional than usual, are functioning in a fog and having difficulty focusing, are experiencing exhaustion, or are feeling helpless or anxious.



"These are signs of grief and loss," says **George Wilson, MD**, Director of Outpatient Women's Programs at Penn Medicine Princeton House

Behavioral Health. "Initially you may not recognize it, since you have not experienced the traditional loss of a loved one, which is what we think of when we think of grief. But the fact is, you have suffered a loss in this pandemic, and you may be grieving that loss."

Grief can result from the loss of anything you are deeply attached to, from the death of a loved one to the loss of a job, the need to socially distance from others and even the loss of a general sense of security about the present and the future.

## Working Through the Loss

"The first step is to recognize that you are grieving and identify where those feelings are coming from," says Dr. Wilson. "In general, with the situation we are presently dealing

### Signs of COVID-Related Grief

Sadness/depression

Lack of focus

Sense of hopelessness/helplessness

Anxiety/excessive worrying

Disturbed sleep

Changed eating habits

Anger

with, that means understanding that we are not in complete control of everything in our lives, and coming to accept that fact. We can only do the best that we can do in a given situation, and it is important to realize that we are all in this together, and that this is uncharted territory."

Reach out to others to maintain a connection with the outside world, and do not be afraid to share your feelings with those close to you. "They very well may be feeling the same way, and you can help each other through by being supportive and possibly finding solutions together to some of the situations that may be triggering your sense of loss," says Dr. Wilson.

Self-care is also important, including eating a healthy diet, exercising, centering yourself through yoga or meditation, fitting in a

change of scenery or at least some sunlight and fresh air on a regular basis, and making time to do things you enjoy.

"In general, you need to have compassion for yourself," says Dr. Wilson, "and reach out for support. If your feelings of grief continue, and you are unable to function on a daily basis, seeking guidance from a professional is important."

**For more information** about Princeton House Behavioral Health's outpatient programs, visit [www.princetonhouse.org](http://www.princetonhouse.org) or call 888.437.1610.

# YOUR HEALTH AND SAFETY are our top priorities

**F**or over 100 years, Princeton Health has provided the community with high-quality care in a safe environment, and since the start of the COVID-19 pandemic we have put extensive precautionary measures in place to minimize the risk of exposure for patients and staff.

For the foreseeable future, as we resume our regular schedule of non-emergency surgeries, tests and outpatient visits, these additional precautions will remain in place.

**SCREENING.** We screen every staff member, patient and visitor for fever, other symptoms, and possible exposure to COVID-19 before allowing entry to Penn Medicine Princeton Medical Center (PMC), Princeton House Behavioral Health or any outpatient facility.

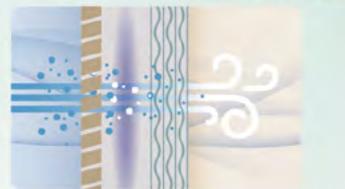
**MASKS.** Patients, staff and providers must wear the masks we provide, except when eating or drinking. We are confident these masks provide the appropriate level of protection. Inpatients must wear a mask except when they are eating or drinking or alone in their hospital room. Visitors may bring their own masks.

**HAND SANITIZER.** Additional hand sanitizer stations have been placed throughout our facilities to make it easy to practice proper hand hygiene.

**DISINFECTING.** After every use, all exam and operating rooms are thoroughly cleaned with hospital-grade disinfectant, meeting strict infection control standards. Any room that has housed a COVID-19 patient undergoes a thorough decontamination and disinfection process. Additionally, high-contact surfaces, including doorknobs and elevator buttons, are disinfected several times a day.

**VISITATION.** Visitation is limited to reduce everyone's risk of exposure to the virus. For the most up-to-date information on visitation, please visit [www.princetonhcs.org](http://www.princetonhcs.org).

**AIR QUALITY.** Princeton Medical Center does not recirculate air from patient rooms into other areas. The hospital was designed with 100-percent fresh air in patient areas, so all air that comes into a patient room comes from the outside, passes through a purifying ultraviolet light and then goes through a HEPA filter that captures and filters out particles.



**PERSONAL PROTECTIVE EQUIPMENT (PPE).** In addition to wearing masks that cover their nose and mouth as mentioned above, many of our staff and providers wear goggles, N95 masks, gowns and PAPRs as needed, depending on where they are working. This is done to help protect them, our patients and other staff members and providers.

**PHYSICAL DISTANCING.** Waiting areas have been reconfigured to ensure appropriate physical distancing. Markers have been placed on the floor in six-foot intervals in various areas to make it easier for everyone to know where to stand. Only four people at a time are permitted in elevators, and each individual is asked to stand in one of the four corners.

**TELEMEDICINE.** Our physician practices continue to handle some routine appointments using telemedicine, via a video connection through a computer, tablet, or smartphone or a telephone call if those are not available to patients. This has proven effective, and we expect telemedicine to be an important service for patients moving forward.

**OFF-SITE REGISTRATION.** Most registration forms can be completed online or by phone, so face-to-face time with registration staff — who wear masks and goggles — is limited.

*Please visit* [www.princetonhcs.org/healthandsafety](http://www.princetonhcs.org/healthandsafety) to read more about our safety precautions. If you have further questions, please call Patient Relations at 609.853.7490.

# How to Safely Resume Normal Activities

As businesses continue to reopen and social gatherings resume following the stay-at-home orders issued due to the COVID-19 pandemic, determining how to keep yourself and your loved ones safe can be a challenge. We still need to practice social distancing, wear masks and be sure to wash our hands frequently, or there may be an uptick in cases.



“We are definitely dealing with a new normal,” says **David J. Herman, MD**, who is board certified in infectious disease and internal medicine and a member of the Medical Staff at Penn Medicine Princeton Health.”

The key to protecting yourself from the virus, according to Dr. Herman, is social distancing — remaining six or more feet from others — regardless of whether you are indoors or outdoors. “Naturally, your risk may be less when you are outdoors, since there is better air circulation, but you still need to maintain distance, particularly in overly crowded places like pools.”

The amount of time spent exposed to others, the closeness of the quarters, the number of people within that space, and whether the space is indoors or outdoors make a difference in how risky an activity can be. Here are some key points to keep in mind when considering certain activities:

**Dining Out.** Even if the number of tables is reduced, a leisurely meal indoors, with servers and other diners nearby, can be risky. Be mindful of how long you linger at the table, look for outdoor seating, avoid any type of self-service areas like soda fountains, and request single-serving condiments.

**Places of Worship.** The close proximity of worshippers can make attending services risky. If you do go, avoid using hymnals or other items others may have handled; avoid singing, which can easily spread the virus; and forego handshaking and hugging.

**Pools and Beaches.** While there is no evidence the virus spreads in treated water, social distancing may be challenging, especially when it comes to keeping children from gathering together to play. Both on the beach and in pools — including indoor pools —

social distancing should be maintained and masks should be worn when not swimming. As in any public area, be extra cautious if using the bathroom and passing through entrance ways.

**Exercise.** Walking, running and cycling outdoors are relatively safe activities, as long as social distancing is maintained and masks are worn when passing others. At the gym, continue to social distance, wear a mask, practice good hand hygiene and wipe down machines with disinfectant before and after each use.

**Barbecues.** Limit guests to one other household that has practiced the same social distancing protocols as your household. Consider making it a bring-your-own event, where everyone brings their own food and utensils to avoid sharing.

**Hair, Nails and Tattoos.** Because stylists, manicurists and tattoo artists are in close contact with their clients, visiting these establishments can carry a high risk. In areas where the virus is not prevalent, if both the customer and the client wear masks, and do not spend extra time socializing, the risk can be reduced.

**Weddings and More.** The larger the gathering, the higher the risk, so celebrations should be kept small, and social distancing and mask wearing should be observed. Naturally, outside settings are better than indoor ones.

# Here with the Care You Need: Resuming Non-urgent Surgeries



When COVID-19 began emerging in New Jersey, non-urgent surgical procedures were halted at Penn Medicine Princeton Medical Center (PMC) in order to reduce the risk of potential exposure for both patients and staff, and to free up space and resources for patients suffering from COVID-19. Now that the number of COVID-19 cases has declined and governmental restrictions have eased, procedures that had been postponed are being scheduled.



“Throughout the pandemic, we continued performing emergency and acute care diagnostics and surgical procedures. These included ones that involved a life-threatening condition or the possibility of a malignancy,” says **John Heim, MD**, Chairman of the Department of Surgery. “Now, as things have begun to ease, we are scheduling non-urgent surgeries.”

## A Multi-faceted Plan

Committed to providing a safe setting for patients and staff alike, PMC has a multi-faceted plan in place for ramping up the surgical schedule. Patients scheduled for non-urgent surgery will be tested for the virus 72 to 48 hours prior to their procedure, and emergency patients will be tested upon admission to the Emergency Department.

If a patient tests positive for the virus, they will be notified as soon as possible, so they can decide, with their physician, whether to have surgery at this time.

As always, each operating room will be thoroughly cleaned between procedures in accordance with state and federal infection control guidelines. Waiting areas have been configured to promote social distancing.

*“Anyone who has had a procedure delayed due to the virus should be in touch with their surgeon to discuss their condition and the best time for rescheduling,” says Dr. Heim.*

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

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

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

JULY/AUGUST 2020

# Community Focus

## VIRTUAL CLASSES IN JULY AND AUGUST

Classes will be held online through the Blue Jeans platform, which you can access via computer or mobile device. Register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) and you will receive a link to join the day prior to your class.

### Chair Yoga

THU. July 2, 9, 16, 23, 30,  
August 6, 14, 20 & 27  
(8:30 – 9:30 a.m.)

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.



### Gentle Yoga

MON. July 6, 13, 20, 27, August 3, 10, 17, 24 & 31  
(7 – 8 p.m.)

This gentle form of yoga incorporates standard 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.

### Restorative Yoga with Meditation

FRI. July 10 (10:30 – 11:30 a.m.)

Restore body and spirit during stressful or hectic times with this beginner-friendly yoga and meditation class. You will need three pillows and a blanket to use as props that will support your body through the gentle yoga poses, stretching, and breathing exercises.



### Mental Health First Aid

MON., WED. & FRI.  
July 13, 15, 17, 20, 22 & 24  
(10:30 – 11:30 a.m.)

This six-day 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 in emotional distress and, if necessary, guide them to appropriate services.

### Shoulder Pain

TUE. July 14 (6 – 7 p.m.)

Join John Prodromo, MD, an orthopaedic surgeon and a member of the Medical Staff of Penn Medicine Princeton Health, for a discussion on the basics of the shoulder, common problems and treatment options to get you back to where you want to be.

### Radiant and Healthy Skin

FRI. July 17 (10:30 – 11:30 a.m.)

Join John E. Vine, MD, a board certified dermatologist, for this informative session on skin care. Learn what is new in sun protection, moisturizers, and treatment of skin problems, including prevention of skin cancer. Dr. Vine is a member of the Medical Staff of Penn Medicine Princeton Health.

### Mindfulness to Reduce Stress

MON. July 20  
(6:30 – 7:30 p.m.)

Learn how mindfulness — experiencing the present moment without judgment — can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life. This informative session is led by Carolyn Schindewolf, health educator with Penn Medicine Princeton Health Community Wellness.



### Lymphedema Management

THU. July 23 (1 – 2 p.m.)

Lymphedema, an abnormal swelling which can occur in any part of the body, can be disabling. Join Kelly A. Gray, PT, RN, DPT, CLT, physical therapist and certified lymphedema therapist with Princeton Medical Center Princeton Rehabilitation, to learn about the causes and treatment options, as well as an introduction to the Individualized Outpatient Lymphedema Therapy Program.

### LSVT for Parkinson's

TUE. August 11 (12 – 1 p.m.)

The Lee Silverman Voice Treatment (LSVT) BIG program is designed to help individuals suffering from walking and balance problems improve so they can better perform the activities of daily life. Join Kelly A. Gray, PT, RN, DPT, CLT, physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn how LSVT can help.

### Art Therapy Collage at Home

TUE. August 18  
(10:30 – 11:30 a.m.)

Have some paper, markers, scissors, glue, a few magazines or circulars ready to go for this interactive art class led by Jacqueline Pidich, LPC, ATR-BC, counselor and art therapist with Princeton Medical Center, to promote mental and emotional well-being.



### Understanding a Rarely Discussed Cause of Heart Failure

THU., August 27 (1 – 2 p.m.)

Join Sabahat Bokhari, MD, board certified in internal medicine, cardiovascular diseases and nuclear cardiology, and a member of the Medical Staff of Penn Medicine Princeton Health, for this informative discussion about cardiac amyloidosis, an often overlooked cardiac condition that can cause heart failure. Learn about a non-invasive way to diagnose the disease and treatment options that can improve your quality of life.



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

## CURRENT PROGRAMS

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

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes.**  
Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

### Take a Tech Break

MON. July 6, 13, 20 & 27  
(9 – 10 a.m.) Ages 8 – 11  
(10 – 11 a.m.) Ages 12 – 14  
Community Wellness at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

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

- Exercise with a fitness instructor from the Hamilton Area YMCA
- Nutrition with Annette Dillion, RN, nutritionist with Hamilton Area YMCA
- Mindfulness and body image with Heather Bainbridge, EdM, MA, RDN, LDN, CLT, Registered Dietitian Nutritionist with Princeton Medical Center



Princeton Health is resuming some in-person classes. Class size will be limited, masks will be required and all participants will be required to practice social distancing to help ensure their safety and the safety of others. For the latest information on our July and August classes, please visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Total Control®

TUE. & THU. July 7 – August 13 (12:30 – 1:45 p.m.)  
Princeton Fitness & Wellness, 1225 State Road, Princeton

\$99 per person

Improve your pelvic floor health and quality of life through this seven-week Total Control® program. Participants report improvement in: urinary leakage and bladder control; urinary frequency or overactive bladder; pelvic strength and support; post-partum 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.

### Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

TUE. July 7 – 28 (6 – 9 p.m.)  
Princeton Fitness & Wellness, 1225 State Road, Princeton

WED. August 5, 12, 19 & 26 (6 – 9 p.m.)  
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$25 per person

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

### Discharged Home 101: Caring for a Loved One After a Hospital Stay

THU. July 9 (10:30 – 11:15 a.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Understanding what a loved one will need when they return home from the hospital makes things easier for them and for you. Attend this educational program led by Jean Anderson, RN, and Carol Turp, both with Penn Medicine at Home, and learn what to ask before discharge and what common issues may arise after taking a loved one home.

### Diabetes: Decrease Your Risk and Manage Your Nutrition!

THU. July 9 (11 a.m. – 12 p.m.)  
Stonebridge

100 Hollinshead Spring Road, Skillman  
Join us for an informative session presented by Diabetes Clinicians and Certified Diabetes Educators Louise Gross, RN, and Sandra Byer-Lubin, MS, RD, CDE, from Princeton Medical Center's Diabetes Management Program team, to learn about reducing your risks of developing diabetes, and management through nutrition.

### CarFit

FRI. July 10  
(10 a.m. – 12 p.m.)  
Community Wellness  
at 731 Alexander Road  
Suite 103, Princeton

FRI. August 14  
(10 a.m. – 12 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

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.





## Understanding the Aging Eye

WED. July 15 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

Learn about the age-related vision changes that could be affecting your quality of life at this informative presentation. Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton Health, will discuss refractive cataract surgery, glaucoma prevention, and macular degeneration prevention.

## Weight-Loss Surgery: Is It Right for Me?

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, 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 16.

## Safe Sitter

SAT. July 18 (9 a.m. – 3:30 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

\$40 per child

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

## AARP Smart Driver

TUE. & WED. July 21 & 22 (5 – 8 p.m.)  
Princeton Medical Center  
1 Plainsboro Road, Plainsboro – Conference Room E

WED. & FRI. August 12 & 14 (12:30 – 3:30 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

\$15 for AARP members

\$20 for non-members

Payable at the door (cash or check). Checks should be made payable to AARP.

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

## Treating Urinary Incontinence

THU. July 23 (12 – 1 p.m.)  
Gardens at Monroe

189 Applegarth Road, Monroe Township

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



## Understanding Voice and Swallowing Changes

THU. July 23 (7 – 8 p.m.)  
MON. August 3 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Over time, many things can affect your voice, swallowing and speech. Vocal cords can become less elastic and larynx muscles can weaken, making it more difficult to communicate vocally or swallow safely. Join Susan Pattay, CCC-SLP, BCS-S, speech-language pathologist and board certified specialist in swallowing/swallowing disorders at the Princeton Voice and Swallowing Clinic, for this informative program explaining what can be done to improve these conditions.

## Vision Screenings

THU. July 16 (4 – 7 p.m.)  
Community Wellness at the Hamilton Area YMCA  
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

THU. August 20 (10 a.m. – 1 p.m.)  
Community Wellness at 731 Alexander Road  
Suite 103, Princeton

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

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Penn Medicine Princeton Health and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

## Conquering Pelvic Pain

TUE. August 4 – September 8 (9 – 10 a.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$30 per person

This six-week class, designed for women experiencing pain in and around the pelvic girdle, will teach participants exercise and lifestyle management strategies to help reduce pelvic pain. Sessions will include education, along with:

- Stretching and gentle movement exercise
- Breathing technique
- Yoga and posture
- Mindfulness strategies

Please wear comfortable exercise clothing and bring water to hydrate. Exercises are taught by a Princeton Rehabilitation physical therapist specializing in pelvic health. Participants must have their doctor's clearance to exercise. Call 1.888.897.8979 to obtain the clearance form.

Join health professionals with Community

Wellness for your **Free Blood Pressure Check** on

**Tuesdays, July 21 and August 18,**  
from 10 a.m. – 12 p.m., at the  
**South Brunswick Wellness Center,**  
540 Ridge Road, Monmouth Junction.



## CHILDBIRTH & FAMILY

### PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

**REGISTRATION IS REQUIRED**, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.

#### Maternity Tour

THU. July 9 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. July 25 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. August 8 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)  
TUE. August 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

Penn Medicine Princeton Medical Center (PMC) is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at PMC or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the maternity rooms. A tour is included in all Childbirth Preparation classes.

#### Sibling Class

SAT. July 11 (1 – 2:30 p.m.)  
Penn Medicine Princeton Medical Center – Atrium

\$30 per child

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

#### Prenatal Breastfeeding Class

MON. July 13 (7 – 9:30 p.m.)  
WED. August 12 (7 – 9:30 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center

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

**SAVE!**

When you register for ANY  
MULTIPLE prenatal classes:

2 classes save \$10  
3 classes save \$20

To receive discount,  
call 1.888.897.8979  
to register.



#### Daddy Boot Camp™

SAT. August 15 (9 a.m. – 12 p.m.)  
Community Wellness at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$40 per person

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



## OPTIONS FOR BIRTHING

Penn Medicine Princeton Health offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.



### Birthing Basics

TUE. July 7 – 28 (7 – 9 p.m.)

THU. July 23 – August 13 (7 – 9 p.m.)

MON. August 10 – 31 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center  
First Floor, Education Center

**\$125 per couple**

This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will include a tour of our Center for Maternal & Newborn Care.

### Accelerated Birthing Basics

SAT. July 11 (9 a.m. – 5 p.m.)

SAT. August 22 (9 a.m. – 5 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center

**\$155 per couple**

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

### HypnoBirthing®

SAT. August 8, 15, 22, 29 & September 5

(9:30 a.m. – 12 p.m.)

Community Wellness at the Hamilton Area YMCA

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

**\$200 per couple**

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

**Private childbirth and family classes** are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

### Baby Care

MON. July 20 (7 – 9:30 p.m.)

TUE. August 18 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center  
First Floor, Education Center

**\$50 per couple**

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

### Preparing for Cesarean Section

WED. July 15 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center  
First Floor, Education Center  
Conference Room A & B

**\$30 per couple**

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

### Twins and Multiples

THU. August 20 (6:30 – 9 p.m.)

Penn Medicine Princeton Medical Center – First Floor, Education Center, Classrooms 1 & 2

**\$40 per couple**

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

### Prenatal Yoga

Tuesdays (6:30 – 7:30 p.m.)

Saturdays (7:30 – 8:30 a.m.)

Community Wellness at 731 Alexander Road, Suite 103

**\$5 per person, per class.**

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation, and meditation to help keep fit and feel good during pregnancy.

No previous yoga experience is necessary. However, clearance from a medical professional is required.

The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.





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

## 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.



## CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

### Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)  
Princeton Fitness & Wellness  
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. For a list of topics, visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Breastfeeding Support Group

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

**No Registration required.**

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

### Postpartum Adjustment Support Group

WED. July 8 (1 – 2 p.m.)  
WED. July 22 (1 – 2 p.m.)  
WED. August 5 (1 – 2 p.m.)  
WED. August 19 (1 – 2 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton



**No Registration required.**

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

### Infant Massage

SAT. July 11 (10 a.m. – 12 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

**\$30 per family**

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

### Grandparenting 101

TUE. July 14 (6:30 – 8 p.m.)  
Community Wellness at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$10 per couple**

This class is designed for grandparents-to-be and new grandparents. It will be presented by Carolyn Schindewolf, a health educator with Princeton Health Community Wellness. Topics range from the changing birth environment to safety considerations, including:

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



### Postpartum Power: Fitness & Education for New Moms

TUE. & THU. August 4 – September 10 (10 – 11 a.m.)  
(No class on August 20)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

**\$80 per person**

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



## CPR & FIRST AID

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

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

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

### Mental Health First Aid Training

See cover on page 7 for event details.

### BLS Provider

MON. July 6 (9 a.m. – 1:30 p.m.)

MON. August 11 (6 – 10:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

WED. July 29 (6 – 10:30 p.m.)

MON. August 24 (9 a.m. – 1:30 p.m.)

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

### BLS Renewal\*

THU. July 16 (6 – 10 p.m.)

WED. August 19 (9 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

TUE. July 21 (9 a.m. – 1 p.m.)

THU. August 6 (6 – 10 p.m.)

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

Provider: \$65 per person

Renewal: \$40 per person

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

### ACLS Full Certification Course

MON. & TUE. July 13 & 14 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

### ACLS Recertification Course

WED. July 22 (9 a.m. – 5 p.m.)

MON. August 17 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road Suite 103, Princeton

Full: \$175 per person

Recertification: \$125 per person

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



### Heartsaver CPR AED

WED. July 15 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$45 per person

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

### Heartsaver First Aid CPR AED

SAT. July 25 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$60 per person

The Heartsaver First Aid CPR AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver First Aid CPR AED also teaches how to manage illness and injuries in the first few minutes until professional help arrives. This class 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 First Aid

WED. August 19 (6 – 9 p.m.)

Princeton Fitness & Wellness  
1225 State Road, Princeton

\$40 per person

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





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

## PALS Full Course

THU. & FRI. August 27 & 28 (9 a.m. – 5 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103, Princeton

## PALS Recertification Course

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

Full: \$175 per person

Recertification: \$125 per person

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

## Family & Friends CPR

SAT. July 11  
(10 – 11 a.m.) Adult/Child  
(11:15 a.m. – 12:15 p.m.) Infant\*  
Community Wellness at the Hamilton Area  
YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$15 per person, per session (\$25 for infant/child/adult)

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



## Neonatal Resuscitation Program Recertification Course

FRI. July 10 (8 a.m. – 12 p.m.)  
Penn Medicine Princeton Medical Center  
6th Floor, Mother & Baby Unit

\$75 per person.

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

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS, and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

# EVENTS FOR EMERGENCY MEDICAL TECHNICIANS



Penn Medicine Princeton Health is proud to offer training and continuing education designed exclusively for area EMTs.

**REGISTRATION IS REQUIRED, unless otherwise noted. Registered participants will be notified of any event changes. Register at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or 1.888.897.8979.**

## EMT Integrated Refresher Session A – Airway Assessment and Management

SUN. July 12 (8 a.m. – 5 p.m.)  
Community Wellness at 731 Alexander Road, Suite 103

\$60 per person

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

## EMS & Service Pets

WED. July 15 (6 – 7 p.m.)  
Princeton Fitness & Wellness, 1225 State Road, Princeton  
1 CEU.

Service animals not only provide assistance for physical conditions, they also provide physical and psychological post-traumatic stress disorder (PTSD) support. Join Brian Andrews, MA, retired police officer, EMT, and firefighter, and Liza Andrews, PharmD, Rph, BCPS, BCCCP, to learn what you need to know about transporting a patient in an ambulance with their service or support animal.

## EMT Integrated Refresher

### Session B – Medical Assessment & Management

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

\$60 per person

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

## State of the Art: Triage & Management of Orthopaedic Trauma

WED. July 29 (6 – 7 p.m.)  
Princeton Fitness & Wellness, 1225 State Road, Princeton  
Join Meelan Patel, MD, board certified in orthopaedic surgery, for this overview of emergent musculoskeletal care in the community setting. Commonly seen orthopaedic emergencies will be discussed, as well as guidelines for determining which of these injuries require higher levels of care. Dr. Patel, a member of the Medical Staff of Penn Medicine Princeton Health, will also discuss the benefits of an organized orthopaedic trauma/fracture care service at the non-tertiary facility.

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



## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

### Prostate Cancer Support Group

WED. July 8 (12 – 1:30 p.m.)  
Penn Medicine Princeton Medical Center  
Edward & Marie Matthews Center for Cancer Care  
Conference Room



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

This support group welcomes those with prostate cancer, their loved ones, and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health. This group will not meet in August.

### Cancer Support Group

TUE. July 21 (1:30 – 3 p.m.)  
TUE. August 18 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

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

Penn Medicine Princeton Medical Center is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education, and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer, communicating effectively with your healthcare team, adjusting to changes during and after treatment, maintaining healthy relationships personally and professionally, and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Penn Medicine Princeton Health.

### Breast Cancer Support Group

TUE. July 14 (6 – 7:30 p.m.)  
TUE. August 11 (6 – 7:30 p.m.)  
PMC Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton–Hightstown Road, East Windsor

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

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

**Registration preferred. Walk-ins welcome.**

Penn Medicine Princeton Health's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement, a safe setting for sharing concerns and problems related to life after cancer, education, and a social outlet for cancer patients, their families, and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Penn Medicine Princeton Health. This group will not meet in August.

### Living Beyond Cancer

THU. July 23 (12:30 – 2 p.m.)  
THU. August 27 (12:30 – 2 p.m.)  
Penn Medicine Princeton Medical Center  
Edward & Marie Matthews Center for Cancer Care – Conference Room

**Walk-ins welcome.**

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

### Mindful Movement

Thursdays (10 – 11 a.m.)  
Penn Medicine  
Princeton Medical Center  
Edward & Marie Matthews Center  
for Cancer Care – Conference Room

**Registration preferred. To register, call 609.853.6787.**

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



### Restorative Yoga

WED. July 1, 15, 29, August 12 & 26 (6 – 7 p.m.)  
Penn Medicine Princeton Medical Center  
Edward & Marie Matthews Center for Cancer Care – Conference Room

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

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



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

## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

WED. July 1 (7 – 9 p.m.)  
WED. August 5 (7 – 9 p.m.)  
Princeton Fitness & Wellness  
1225 State Road, Princeton

No registration required. Walk-ins welcome. This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday.



### Weight-loss Surgery Support Group

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

TUE. July 7 (7 – 8:30 p.m.)  
TUE. August 4 (7 – 8:30 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center  
Conference Rooms C & D

WED. July 15 (6:30 – 7:30 p.m.)  
WED. August 19 (6:30 – 7:30 p.m.)  
Community Wellness at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

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

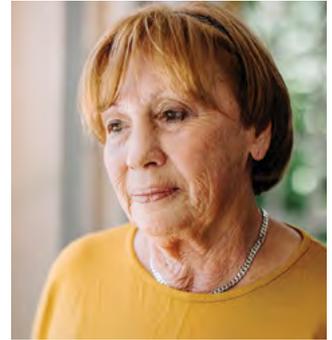
### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. July 6 (6 – 7:30 p.m.)  
MON. August 3 (6 – 7:30 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center, Conference Room D  
– Please park in lot P2.

MON. July 20 (1 – 2:30 p.m.)  
MON. August 17 (1 – 2:30 p.m.)  
Princeton Senior Resource Center  
45 Stockton Street, Princeton  
Please call the Senior Center at 609.924.7108 to confirm the meeting room.

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

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



### Bariatric Support Group (for Alumni)

TUE. July 7 (6 – 7 p.m.)  
Penn Medicine Princeton Medical Center  
First Floor, Education Center, Conference Rooms A & B  
Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets four times a year, in addition to the other weight-loss surgery support groups. In this support group, we will delve deeper into issues unique to patients who are beyond the two-year mark.

### Journey Back: Stroke Support Group

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

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

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

### Diabetes Support Group

WED. July 15 (2:30 – 4 p.m.)  
WED. August 19 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. July 27 (6:30 – 8 p.m.)  
Princeton Medical Center  
5 Plainsboro Road, Plainsboro  
5th Floor, Medical Arts Pavilion, Occupational Health Waiting Room

No registration required. Walk-ins welcome. Please call 609.853.7890 for information. This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings.



## For more information on PMC's Diabetes Management Program

and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

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



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

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



### An Implantable Device for Chronic Heartburn

WED. July 8 (12 p.m.)

Nisha Dhir, MD

Board certified in general surgery



### Staying Healthy Through the Decades

WED. August 12 (12 p.m.)

Priyanka Singh, MD

Board certified in internal medicine

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



**Penn Medicine**  
Princeton Health

#### Community Wellness

**Community Wellness**  
731 Alexander Road, Suite 103  
Princeton, NJ

**Princeton Fitness & Wellness**  
Princeton North Shopping Center  
1225 State Road  
Princeton, NJ

**Princeton Medical Center**  
One Plainsboro Road  
Plainsboro, NJ

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

**South Brunswick Wellness Center**  
540 Ridge Road  
Monmouth Junction, NJ

For an up-to-date calendar, please visit  
[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Registration is required unless otherwise noted.

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

# HEROES

## SALUTING HEROES



With lights flashing and music playing, first responders from throughout the greater central New Jersey region made a surprise visit to honor our Healthcare Heroes on April 11.

The procession of more than 40 vehicles representing 24 first responder groups encircled the Penn Medicine Princeton Medical Center campus before stopping at the employee entrance of the Education Center. First responders, including some dressed as superheroes, applauded staff as they changed shifts, and handed out dozens of pizzas. The salute ended at sunset, with a flyover by the New Jersey State Police helicopter. The moving event was a much-appreciated tremendous show of support for the staff members who have given tirelessly to fighting COVID-19.

Please visit Princeton Medical Center on Facebook or YouTube to view videos of the celebration.



# Moving Forward:

## Reduce Your Vulnerability to COVID-19

The novel coronavirus (COVID-19) can strike anyone, but older individuals, age 65 and over, are at higher risk, along with people with a wide range of underlying conditions. Diagnosing and properly treating those conditions is extremely important, particularly during the COVID-19 pandemic.

“Certain underlying health conditions weaken your immune system, thereby increasing your risk for more severe symptoms if you do contract COVID-19,” says Sari Yehuda, MD, a primary care physician with Princeton Medicine Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors. “Since the virus is a respiratory pathogen, people with chronic lung disease, asthma and heart disease are among the most vulnerable, but many other people are also at risk.”

### Are You at Risk?

In addition to those 65 and older, high-risk individuals include anyone, of any age, with:

- Chronic lung disease or moderate to severe asthma
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Chronic liver or kidney disease
- A weakened immune system, for example, as a result of cancer treatment, HIV or AIDS, long-term use of steroids and other immune-weakening medications, autoimmune diseases such as rheumatoid arthritis, and smoking
- Severe obesity, with a body mass index (BMI) of 40 or higher

### Keep Medical Conditions Under Control

“During the pandemic, people may be hesitant to seek medical treatment for these conditions, but that is the worst thing they can do,” says Dr. Yehuda, who is board certified in internal medicine. “Diagnosing and properly treating underlying health conditions, as well as regular follow-up care, are always extremely important, but especially at a time like this. To keep conditions like hypertension and diabetes, as well as other diseases, under control, it is important to follow doctor’s orders when it comes to taking medication and to follow any dietary and other recommendations. And, patients should always reach out for a consultation if they have any questions or if their condition changes in any way.”

While it may seem like reaching out to your physician may be difficult during the pandemic, the truth is that doctors are generally available by phone or through a video-conferencing system. Patients of Princeton Medicine Physicians have access to Penn Connected Health Virtual Visit, which allows existing patients and their Princeton Medicine Physicians provider to connect remotely, either by telephone or through a secure video app. In-office visits are also available.

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

### IMPORTANT SAFETY PRECAUTIONS

Stay home, if possible, and limit contact to people who live in your household.



Wear a mask if you must go out, and maintain a distance of at least six feet from others.



Wash your hands frequently.

Avoid touching your face, particularly your eyes, nose and mouth.



Regularly disinfect frequently touched surfaces.

# Don't Delay: These Medical Emergencies Require Immediate Attention



With the COVID-19 outbreak still on your mind, you may find yourself having second thoughts about visiting the Emergency Department (ED). Unfortunately, hesitating to seek treatment could have serious or even fatal consequences. Many conditions and symptoms require immediate evaluation.



"Signs of a stroke or a heart attack need to be evaluated in an emergency department promptly," says **Craig A. Gronczewski, MD**, Chair, Department of Emergency Medicine at Penn Medicine Princeton Medical Center (PMC). "Timely diagnosis and prompt treatment can mean the difference between recovery or permanent disability, or even life or death. For example, if treated early enough, the effects of a stroke may be reversible."

## The Focus is on Your Safety

"The Center for Emergency Care at Princeton Medical Center has always focused on providing safe and effective treatment for our patients," says Dr. Gronczewski. "And with the onset of the COVID-19 outbreak, we began taking additional measures to ensure the safety of our ED staff, patients and their loved ones."

**Every patient receives a mask and is screened for COVID-19 symptoms upon arrival**, and there is a separate waiting area outside of the ED for anyone with symptoms, to keep them separated from other patients.

**All ED rooms are private rooms**, and isolation precautions are in place for COVID-19 patients. Anyone suspected of having the virus is immediately isolated and kept away from other patients. These patients do not share rooms or bathroom facilities with other patients. Additionally, any room that

housed a COVID-19 patient undergoes a thorough decontamination and disinfection process. And, our entire ED uses fresh air, which reduces any potential contaminants from recirculated air.

"If you or someone else is experiencing what feels to be an emergency — chest pain, shortness of breath, abdominal pain, headaches, serious injury — the first response should be calling 9-1-1 or getting to the ED," says Dr. Gronczewski.

PMC is a state-designated Primary Stroke Center, with specially trained acute stroke teams.\* For critical patients in need of rapid transport for specialized care, the PennSTAR flight program of Penn Medicine provides air and ground medical transportation to hospitals within a 100-mile radius of Penn Medicine in Philadelphia.

**For more information** about the Center for Emergency Care at PMC, visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.742.7496.

## BE ALERT FOR THESE SIGNS

### HEART ATTACK

- Chest discomfort
- Sweating
- Discomfort in the upper body (neck, jaw, shoulder, arms, back)
- Nausea
- Shortness of breath
- Light-headedness

### STROKE

- Numbness or weakness in face, arm or leg
- Confusion, trouble speaking or understanding speech
- Vision problems
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache

# Do You Drink Alcohol? When it Comes to Medical Care, Honesty is the Best Policy

One of the many questions doctors ask during a checkup relates to alcohol consumption, and it is not uncommon for patients to downplay their drinking when the subject arises. In some instances they may be unaware of what is considered “occasional” or “social” drinking; in other instances they may choose to intentionally mislead their physician.

Alcohol misuse — drinking more than what is considered acceptable — is common, and is a frequent cause of preventable illness and death. In fact, the number of Americans who died from alcohol-related health conditions doubled between the years 1999 and 2016, according to Centers for Disease Control and Prevention statistics.



“While it may seem like not answering the question accurately is just a little thing, it is actually an important piece of information you are holding back from your doctor,” says **Priyanka Singh, MD**, a primary care doctor with Princeton Medicine

Physicians, Penn Medicine Princeton Health’s network of primary and specialty care doctors. “The quantity, frequency and pattern of your drinking will help determine the nature and the extent of any problem, and with proper screening and counseling adverse health effects can be treated.”

## A Physical and Emotional Impact

Consuming the equivalent of more than one alcoholic drink a day for women and two for men can lead to liver damage. It can also increase the risk of developing cancer and dementia, and trigger or heighten mood disorders and depression.

Alcohol of any amount can also have an impact on the medications you take, making blood pressure medication, heart medication, and even antibiotics, less effective, ineffective, or even toxic to your body. Over-the-counter medications and even some herbal supplements can be affected by alcohol consumption as well.



*“If you are on medication of any kind, your doctor should be made aware that you drink alcohol and should be given an honest answer to how much and how often you drink,” says Dr. Singh, who is board certified in internal medicine. “That means understanding that one drink means a 12-ounce beer, 4 ounces of wine or an ounce and a half of liquor.”*

Alcohol-related problems can impact both men and women, and are being identified more frequently in younger people than in the past.

“It is important for everyone to be aware of how much and how often they drink alcohol and to drink responsibly,” says Dr. Singh.

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

# Treating for Two: Pregnancy and Eating Disorders

Finding out you are expecting can be an exciting time in your life, filled with the joy of planning for your baby's arrival and sharing the news with friends and family. But pregnancy also involves a lot of dedication and hard work, since it is best to be in good physical health while pregnant.

"You want to be in optimal health when you are pregnant," says Paddy Chehanske, RN, BSN, Labor & Delivery Nurse Manager at Penn Medicine Princeton Medical Center's Center for Maternal and Newborn Care, "so your body can provide the proper nutrition to you and to your baby. It is important to maintain a healthy weight throughout pregnancy for those reasons."

Women dealing with eating disorders can have a particularly difficult time managing weight and nutrition during pregnancy, according to Kristina Krill, MS, RD, a nutrition therapist at Princeton Center for Eating Disorders at Princeton Medical Center. "The natural physical changes that accompany pregnancy, and the focus placed on reaching or maintaining certain weights throughout your pregnancy, can often trigger or retrigger an eating disorder," she says. "Instinctively, the reaction for some women is to restrict calories when they start to see changes take place in their bodies."

## Specialized Care

The Center for Eating Disorders works hand in hand with the Center for Maternal and Newborn Care to provide treatment for pregnant women with eating disorders, who are generally referred to the program by their doctor.

In addition to the regular inpatient program focused on nutrition, individual and group therapy, as well as family counseling, they receive education specific to their condition to help them understand the changes they will be experiencing and the importance of proper nutrition for both the baby and mother.



"We address diet, calorie intake, weight gain and, of course, the underlying issues that brought on disordered eating, with everyone in the program," says Krill. "But with pregnant women we work with different target weight goals and calorie intake for each trimester, lab work is more frequent and the women work directly with the maternal medical staff at the hospital to monitor their health and the health of their babies."

Proper nutrition is important for the baby's overall development, and can help reduce the chance of delivery difficulties during childbirth, says Kelly LaMonica, DNP, RNC-EFM, a perinatal risk nurse at the Center for Maternal and Newborn Care. "It can also help make delivery, and pregnancy, easier for the mother."

Risks for the mother when an eating disorder is not addressed can include cardiac irregularities, gestational diabetes, labor complications, nursing problems and postpartum depression. Risks to the baby can include premature birth, low birth weight, respiratory and other developmental problems and feeding difficulties.

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**For information** about Princeton Center for Eating Disorders, visit [www.princetonhcs.org/eatingdisorders](http://www.princetonhcs.org/eatingdisorders) or call 609.853.7575.

Pregnant  
or Hoping to  
Conceive?

- ♥ Be honest with your doctor about past or present eating disorders.
- ♥ Welcome extra OB/GYN visits and monitoring to keep an eye on weight and overall health of you and your baby.
- ♥ Seek professional help and support from loved ones when needed.

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

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

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January 2018



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# 2020 William P. Burks Physician Philanthropist of the Year



## Dr. Gerard A. Compito

The William P. Burks Physician Philanthropist Award was established in 2012 to recognize a physician whose exemplary efforts have furthered the mission of the Princeton Medical Center (PMC) Foundation as well as other local nonprofits and community service organizations.

Our 2020 honoree is Gerard Compito, MD. Dr. Compito is an interventional radiologist who is board certified in radiology and neuroradiology. Among this year's candidates, Dr. Compito stood out as a physician whose contributions demonstrated an exceptional commitment to the vision and values of the PMC Foundation.

Over the past six years, Dr. Compito has served as Chairman of the Princeton Medical Center Foundation Board of Directors. He has provided extraordinary leadership and has been a tireless advocate for the Foundation's mission. During his tenure, Dr. Compito has grown the board both in size and diversity, helped us raise over \$27 million, and played a critical role in helping us reach our \$1 million fundraising goal for Princeton Health's 2019 Centennial Gala.

While Dr. Compito has completed his term as chairman, we are grateful that he will continue to remain as an active member of the board and support the work of the Foundation. The Foundation Board of Directors and staff thank Dr. Compito for his continued commitment and generosity.

A long-time generous donor and physician champion, Dr. Compito, along with his wife, Connie, continue to advocate for Princeton Health within the community.

Past recipients include:

- 2019  
*J. Thomas Davidson, MD*
- 2018  
*Robert L. Pickens, MD*
- 2017  
*Rachel P. Dultz, MD, FACS*
- 2016  
*W. Thomas Gutowski, MD*
- 2015  
*Donald F. Denny Jr., MD*
- 2014  
*Margaret L. Lancefield, MD*
- 2013  
*Peter I. Yi, MD*
- 2012  
*William P. Burks, MD*