



Penn Medicine

CENTENNIAL EDITION

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — NOVEMBER/DECEMBER 2019

**CELEBRATING
100 YEARS OF CARE**



100 YEARS OF CARE
1919-2019



Princeton Health

NOVEMBER/DECEMBER 2019

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Penn Medicine
Princeton Health

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(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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Message from Barry S. Rabner President and CEO, Penn Medicine Princeton Health

I was talking to a longtime friend of Princeton Health (he still calls it Princeton Hospital) about our upcoming centennial celebration. I recounted that the original hospital occupied a house built in 1854 on a 5-acre dairy farm at 253 Witherspoon Street in Princeton. I talked about how simple hospital regulations were then — the most significant one prohibiting the admission of people with contagious, infectious, or chronic diseases. We charged \$1.50/day for a bed on a 6-person ward. He interrupted me and said that that was all interesting but he and his friends were more interested in understanding where we are today and our vision of the future.

Describing who we are is easy. Over the past 100 years and now as part of Penn Medicine, we have become one of the most comprehensive healthcare systems in New Jersey, providing exceptional care to our entire region. We have received recognition for the quality of our care from *U.S. News and World Report*, the Leapfrog Group and The Joint Commission, among many other prestigious organizations. Our acute care hospital is recognized internationally for its innovative and environmentally responsible design. Hundreds of hospital executives and dozens of countries have visited Princeton Health to learn how we deliver care.

Princeton House Behavioral Health, which has been part of Princeton Health for nearly 50 years, has expanded its services greatly during that time. It now provides care at six locations throughout New Jersey.

The future is more difficult to describe. Given the remarkable and rapid advances in healthcare technology, pharmaceuticals, clinical practice, and reimbursement, coupled with research and applying big data to improve clinical care and operational performance, envisioning how care will be delivered in the future is challenging. We are making plans based on the assumption that care must be more easily accessible and provided at significantly lower costs. We believe more care will be delivered in people's homes, on an outpatient basis and through telemedicine. Very low cost digital technology will be even more widely deployed to monitor health, provide information and coordinate and access care. Some changes have already started taking place.

We know that clinical solutions will be personalized based upon each person's genetic profile. We believe that people will want to know more about their health and their care and be meaningfully involved in directing their care. Perhaps most importantly, they will want us to do more to help them to be more proactive in maintaining their physical and mental health, and not to simply fix problems when they arise. Many of these advances and innovative approaches to care have the potential to significantly improve people's lives. Now, as part of Penn Medicine, we are well positioned to be on the cutting edge of these changes and to integrate them into our delivery of care.

Princeton Health has been honored to provide care to our community for the past 100 years and we are confident that with the continued support of our community and the skill and passion of our physicians and staff, along with our partnership with Penn Medicine, we will continue to be the provider of choice to people living in New Jersey. Over the past century, we have learned to listen, learn and act to deliver great care. Our values — communication, compassion, collaboration, excellence and integrity — will continue to guide us in all we do.

A handwritten signature in black ink, appearing to read "B. Rabner". The signature is stylized and fluid.

The Power of Community is Key to Our Success

Since 1919, when Moses Taylor Pyne donated his farmhouse on Witherspoon Street, and his neighbors raised funds to convert the structure into a 22-bed hospital, the power of community has been key to our success. In fact, less than a decade after that initial effort — having quickly outgrown the original structure — town residents embarked on a capital campaign that resulted in a new 56-bed facility opening in 1928. More recently, a record-shattering \$171 million was raised in support of our present hospital in Plainsboro, which opened in 2012. Donations not only enabled construction of the new hospital, but also helped fund state-of-the-art cancer-fighting treatment technology, an education center that helps physicians and nurses train and stay current on their clinical skills, a new chapel, and more.

Community support ranges from endowments and donations from individuals and corporations, to participation in fundraising events, to the ongoing commitment of countless volunteers who offer their time and talents to help make us who we are today.

Donor and endowment funding through the Princeton Medical Center Foundation, as well as Foundation fundraising events like the annual Golf Outing, have helped Princeton Health purchase new equipment, including the da Vinci® Surgical System, digital breast imaging equipment, and motorized equipment for the Acute Rehabilitation Unit; establish behavioral health programs for our veterans and first responders; provide prescription medication for the underserved; fund community education programs; and provide continuing education for nurses and staff.



Volunteer service through the Auxiliary, which was founded in 1919, fueled popular fundraising events like the White Elephant Rummage Sale, the Artfirst art show, the Gift Well gift shop, the June Fete, vendor sales, art shows, and A November Night gala. The Auxiliary raised funds for the Breast Health Center, the Emergency Department, the Maternity Unit, and many other clinical areas.

Community dedication is also evident from Princeton Health's committed team of volunteers. In 2018 alone, a total of 860 volunteers provided a staggering 85,000 hours of service to the hospital.

We are fortunate to have supporters from our many communities and constituency groups that we serve. For over a decade, global biopharmaceutical company Bristol-Myers Squibb has been a



Princeton Health has been fortunate to receive generous community support since the very beginning of the hospital a century ago. Recent donors pictured from left to right are: John DaMonti, Carrie Fernandez, Jack and Happy Wallace, and Calvin Butts, Jr.



Princeton Health has long valued the generous gifts of time and talent offered by its volunteers. Adult volunteers Sallie Campbell (left center) and Brenda Mihan (right center), who together have served for nearly 100 years, pose with student volunteers Elizabeth Lee, Nitin Reganti, Ruchitha Jagana, Eva Szewczyk, and Ameenah McKiethen.

valuable corporate partner and has provided significant funding for our cancer and behavioral health programs, in addition to our Community Health Center. Princeton residents Jack and Happy Wallace have been consistent donors since 1985 and represent generations of giving and service to the hospital. Both Jack and his father have served on our boards, providing leadership and philanthropy for over 70 years. Business leader and entrepreneur Calvin Butts represents our next generation and chooses to lead by example. After the birth of his first child at Princeton Medical Center, Calvin looked for a way to stay connected, and now serves on the Foundation's Board of Directors and as an ambassador and champion for the work of the hospital.

Our donors share a kinship — a sense of community-based obligation to give back in a way that will benefit all whom we serve. We are grateful for the support the community has provided and continues to provide to us.

To make a donation to the Foundation, please call 609.252.8710.

For more information on volunteer opportunities at Princeton Health, please call 609.853.6010 or visit www.princetonhcs.org/volunteer.

Community Health Center Cares for Those in Need

Penn Medicine Princeton Health has been providing free or low-cost care to uninsured or underinsured regional residents through its clinic services since 1929, just a decade after the hospital first opened its doors. In the last fiscal year, residents made 23,798 visits to the state-of-the-art Bristol-Myers Squibb Community Health Center.

Health Center patients are seen by board certified physicians, residents from Rutgers Robert Wood Johnson Medical School, advance practice nurses, registered nurses, nutritionists, social workers, and health educators. Surgical consults and specialist visits are provided for cardiology, gastroenterology, oncology, pulmonology, urology, orthopaedics, breast health, nephrology, infectious disease, behavioral health, endocrinology, rheumatology, and general surgery.

Services provided at the Health Center include:

- Well care and preventative care
- Sick care and acute care visits
- Emergency Department follow-up visits
- Pediatric, adult medical, OB/GYN, and other specialty clinics
- Referrals for outpatient diagnostics, imaging, lab, and additional support services
- Ongoing care for chronic conditions such as asthma, weight issues, and diabetes
- Mental health services, including therapy and addiction counseling
- Nutrition services
- Prescription Assistance Program to help provide medications at little or no cost to eligible patients
- Transportation services to Princeton residents within 0.5 mile radius from old campus with no transportation



The Health Center is open Monday through Friday, 8 a.m. to 8 p.m.

Translation services are available for patients who speak languages other than English.

A Full Range of Care in the Comfort of Your Home

Since 1966, Princeton Health has been committed to helping patients safely transition home, first through the Princeton Home Care Program, and in 1980 with the addition of a hospice program — the first in the state to receive Medicare certification — to provide compassionate care for patients with limited life expectancy.

In Princeton Home Care's first three years, 200 patients received care. Today, now known as Penn Medicine at Home, more than 5,400 patients benefit from home care services each year. Penn Medicine at Home services include:

PENN MEDICINE HOME HEALTH PRINCETON HEALTH — helping patients with medical needs post-hospitalization or following an illness

PENN MEDICINE HOSPICE PRINCETON HEALTH — providing home hospice visits, continual in-home care, and inpatient care at Princeton Medical Center

PENN HOME INFUSION THERAPY — allowing infusion patients to continue therapy at home



PRINCETON CAREGIVERS — providing private duty nursing services ranging from regularly scheduled visits to live-in care

Each Penn Medicine at Home patient works with a personal home health care coordinator or nurse, who manages his or her personalized care plan.

"We are committed to providing the best possible care for our patients," says Connie Oldham, RN, MSN, Executive Director, Home Health. "With that goal in mind, we now have several Certified Dementia Practitioners, who are specially trained to work with dementia patients. Because these patients can become easily confused, advanced training in how to understand their behaviors and how to best care for them is important."

For more information, or to schedule an in-home consultation, please call 609.497.4900.

CELEBRATING 100 YEARS OF CARE

Every journey begins with a single step. Ours started in a Princeton farmhouse on Witherspoon Street, where the original Princeton Hospital was founded in 1919.

1918

Moses Taylor Pyne donated 5 acres on Witherspoon Street for the hospital site.

Flu epidemic made a temporary hospital necessary.

Community raised funds to support the establishment of a new hospital.



1919

Converted farmhouse opened as Princeton's first hospital.

1925

Hospital purchased its first X-ray machine.



1928

New, expanded hospital opened, with 56 beds, an operating room, a delivery room and 12 bassinets.

1933

Pediatrician Jeannette Munroe, MD, became the first female physician to join the hospital staff.



1939

A group of Princeton Hospital volunteers was established and a First Aid Unit (ambulance service) was formed by local firefighters.

1944

Penicillin was administered at Princeton Hospital for the first time.

1953

Princeton Hospital became a 138-bed hospital with the completion of its new wing.

1954

The first FETE, sponsored by the Auxiliary, was held to benefit the hospital.

Merwick, an estate which had belonged to a former Episcopal bishop of NJ, was donated to the hospital by his son Thomas S. Matthews.



1955

Albert Einstein died at Princeton Hospital at age 76.



1957

Merwick Nursing Home opened.

1963

Intensive Care Unit established.

1966

Department of HomeCare established.

1967

Department of Emergency Services established.



1968

J Building opened, offering new laboratory and radiology services.



1971

Princeton House Behavioral Health established.



1972

Princeton Hospital changed its name to The Medical Center at Princeton.

Medical Center became a teaching affiliate of Rutgers Medical School (now Rutgers Robert Wood Johnson Medical School).

1978

The Medical Center at Princeton Foundation established.

1980

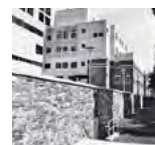
Supportive Care Program (Hospice) founded.

1986

Princeton Surgical Center opened.

1993

A new 6-story building was completed to replace the former hospital building.



1997

Cardiac catheterization lab opened.

Princeton Caregivers established.



1998

Magnetic Resonance Imaging (MRI) unit installed.

2000

Inpatient dialysis unit opened.

One hundred years later, we celebrate the dedicated health professionals and community members who have worked throughout the years to make us what we are today. The following timeline provides a handful of highlights of that journey. We could not have made it without you!

2003

Introduction of Princeton HealthCare System as the new name of the healthcare system.



The Medical Center at Princeton changed its name to University Medical Center at Princeton to reflect its role as a teaching hospital and affiliation with the University of Medicine and Dentistry of New Jersey (UMDNJ).

Princeton Fitness & Wellness Center established.

First NJ hospital with Laerdal SimMan Universal Patient Simulator Technology.

Radiation Oncology Services acquired the country's most advanced Linear Accelerator.



2005

After a thorough and thoughtful process, PHCS Board of Trustees approved a strategic plan to build an entirely new hospital and health campus on land close to the existing site.

A site was chosen for the new UMCP at U.S. 1 and Plainsboro Road, Plainsboro.



2006

Preliminary design work for the new UMCP began.

PHCS hosted an Emergency Preparedness Design Workshop with the New Jersey Hospital Association, soliciting input from emergency experts on best practices for building a new hospital with the flexibility to deal with a variety of disaster scenarios.



2007

David and Patricia Atkinson pledged \$25 million gift to the *Design for Healing* campaign—the largest gift to a New Jersey hospital at that time.

The New Jersey Department of Health and Senior Services unanimously endorsed PHCS's plans to relocate, and granted a certificate of need.

2008

On October 7, groundbreaking for a new University Medical Center of Princeton at Plainsboro took place.

On June 5, the public phase of the Capital Campaign is launched with the theme, "*Design for Healing*."



2009

The final steel beam was placed in the new hospital after it was signed by employees, donors, and members of the community.

2010

Construction of the new University Medical Center at Plainsboro.

2012

The new, state-of-the-art hospital with 319 licensed beds and 171-acre health campus opened in May.



With overwhelming community support, the *Design for Healing* capital campaign raised over \$171 million to build Princeton's new hospital.

2013

The Jim Craigie Center for Joint Replacement opened at Princeton Medical Center.



2018

Princeton HealthCare System became part of the University of Pennsylvania Health System (UPHS) and changed its name to Penn Medicine Princeton Health.

2019

Princeton Health celebrates its 100th Anniversary.





2006 Korean Health Fair



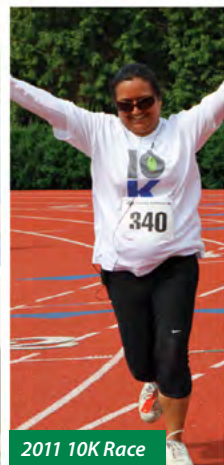
2007 Indo-American Health Fair



2011 Kids Marathon



2007 Feria de La Salud



2011 10K Race



2007 Soul to Soul



Community Wellness:



2005 Free CPR

Princeton Health launched the Community Wellness Program in 2003, as part of its commitment to promote the health and wellbeing of the community. That first year, 100 programs were sponsored, serving 1,000 community members.

Today, the programming is imposing by sheer volume — 2,000 events serving approximately 50,000 people in 2018 alone — but even more impressive considering the range of offerings:

- CPR training and certification for the region's healthcare professionals, as well as basic CPR courses for the general public
- Free or low-cost health screenings and educational programs covering a broad range of topics
- Specialized offerings such as car and driving safety for seniors and self-defense training for women, children, and seniors
- Kid-friendly programs designed to help young people develop healthful eating and exercise habits, capped by the Kids Marathon, which is held annually in June

"Programs are always evolving and rooted in the needs of our community," says Debbie Millar, Director of Community Wellness. "Every three years, we conduct a Community Health Needs Assessment that is based on health and demographic data for our region, surveys, focus groups, and interviews with residents and local experts. This process helps to identify the priority needs, and then we develop plans to address them."



Committed to a Healthier You

The most recent assessment, completed in 2018, highlighted behavioral health, senior care and services, access to care, healthy eating and active living programs, and maternal/child health as priorities. All of these areas are addressed in Community Wellness's programming, and some have long been priorities for educational planning.

Maternity care and parenting education, for example, are a primary focus of Community Wellness programming. Programs include childbirth preparation courses such as Birthing Basics, prenatal breastfeeding classes, and parenting skills training such as Baby Care and Daddy Boot Camp®. After the baby arrives, Community Wellness provides lactation services; a variety of support groups; and Bright Beginnings, a free, weekly social and education session for new parents and their babies. "In our experience, expecting parents want a package of education and support services," says Millar. "Babies don't come with instructions, so we try to fill that need."



2006 Latin American Health Fair



2007 Women's Conference



2018 Kids Marathon



2015 Cancer Survivors Day

To learn more or register for a community event, visit www.princetonhcs.org/calendar or call 1.888.897.8979.

Community Focus

You're Invited

For 100 years, we've been proud to care for you — our friends and neighbors — in central New Jersey. This year, we're excited to celebrate our centennial. And we want you to join us for a day of fun, entertainment, and activities for the entire family.

**COMMUNITY CELEBRATION
PRINCETON MEDICAL CENTER
SUNDAY, NOVEMBER 24
10 A.M. – 2 P.M.**

Registration for the Community Event is optional, but if you do register you'll be entered into a drawing to win a prize!

For details or to register, visit princetonhcs.org/100years



CURRENT PROGRAMS

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

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

Health Screenings at the West Windsor Farmers' Market

SAT. November 2 & 16 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)

Princeton Junction

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

Kick the Sugar Habit

MON. November 4 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

The American Heart Association recommends you get no more than 10 percent of your daily calories from added sugar, but cutting back on sugar consumption can be a challenge. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, to learn the risks of consuming food and beverages high in sugar, and alternatives that offer flavor as well as nutritional value.

Spinal Matters: A Basic Backache or Something Serious

TUE. November 5 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Join David J. Lamb, MD, board certified orthopaedic surgeon, for an informative discussion on how to determine if you have a muscle strain and how to treat it at home, as well as symptoms that indicate you may have a back injury requiring attention from a spine care specialist. Dr. Lamb is a member of the Medical Staff of Penn Medicine Princeton Health.



Weight-Loss Surgery: Is It Right for Me?

THU. November 7 (6 – 6:30 p.m.)

THU. December 5 (6 – 6:30 p.m.)

Princeton Medicine Physicians

2 Centre Drive, Suite 200, Monroe Township

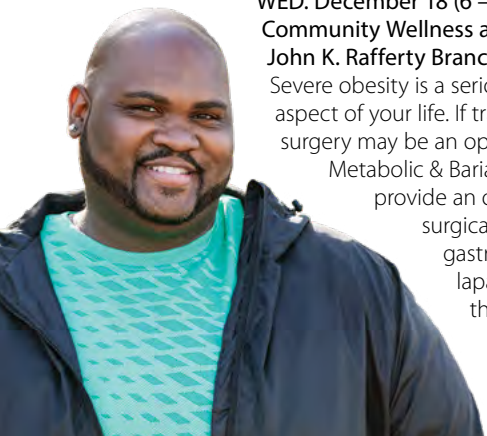
WED. November 20 (6 – 6:30 p.m.)

WED. December 18 (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. Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, will provide an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you.



Back and Neck Pain: Is the McKenzie Method Right for You?

TUE. November 12 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Please register through the library at 609.259.2150.

The McKenzie Method, also known as Mechanical Diagnosis and Therapy, or MDT, uses precise, repeated movements and prevention measures to decrease back and neck pain. Join Linda Lucuski, DPT, Director of Princeton Medical Center Princeton Rehabilitation in Hamilton and Certified Vestibular Rehabilitation Specialist, to learn if this form of physical therapy is right for you.



AARP Smart Driver

WED. November 13 (9 a.m. – 3 p.m.)

Community Wellness at

731 Alexander Road Suite 103, Princeton

MON. December 9 (9 a.m. – 3 p.m.)

Community Wellness at the

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

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

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

Vision Screenings

THU. November 21 (4 – 7 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. December 19 (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.



Heart Health & Stroke

WED. November 13 (10:30 – 11:30 a.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Learn how to lower your risk for heart attack and stroke at this invaluable program led by Phillip Tran, RN-BSN, Stroke Coordinator with Princeton Medical Center (PMC). Topics will include prevention methods, heart conditions that can lead to a stroke, the early warning signs of a stroke, and when to seek medical attention. PMC is a state-designated Primary Stroke Center.

Nutrition to Help Manage Pre-Diabetes and Diabetes

THU. November 14
(2 – 3 p.m.)
Hightstown Library
114 Franklin Street, Hightstown

Learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications for those diagnosed with diabetes, and nutrition recommendations at this informative session presented by Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinician and Certified Diabetes Educator from Princeton Medical Center's Diabetes Management Program.



The Five Wishes: A Discussion of End-of-Life Decisions

THU. November 14 (10:30 – 11:15 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn how hospice and palliative care programs provide help and support, their similarities and differences, and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with Penn Medicine Hospice Princeton Health, will present this invaluable program, which will include ample time to answer your questions.

Nutritious Meals from Thanksgiving Leftovers

MON. November 18 (7 – 8 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Attend this educational program to learn creative ways to make nutritious meals out of your Thanksgiving leftovers. This program is presented by Alyssa Luning, RN, LDN, CSOWM, Registered Dietitian with Princeton Medical Center.

Could It Be Poison?

WED. November 27 (2 – 3 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

Every year, between 2 and 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed, or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT instructor with Princeton Health's Community Wellness, to learn about identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning.

Memory Screenings

MON. December 2
(12:30 – 2:30 p.m.)
West Windsor Senior Center
271 Clarksville Road
Princeton Junction

Please call 609.799.9068 to register.

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.



'Bugs' and Drugs: What You Need to Know About Antibiotics

MON. December 2 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Overuse of antibiotics can lead to antibiotic resistance, which makes fighting illnesses (bugs) more difficult. Join Phil Coco, PharmD, Pharmacy Clinical Specialist with Princeton Medical Center, for this informative program highlighting when antibiotics should be used and when alternate treatments are best.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on **Tuesdays, November 19 and December 17, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

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

Medication Safety

TUE. December 3 (10:30 – 11:30 a.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

Keeping track of multiple medications can be overwhelming. Even a seemingly simple mistake can be dangerous, especially for elderly patients. Join Antora Banerjee, PharmD, BCPS, BCGP, Clinical Pharmacist with Penn Medicine Princeton Health, and learn more about sticking to your doctor's recommended medication regimen, understanding drug interactions, and taking medications safely.

Treating and Preventing Rotator Cuff Injuries

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

Join Jeffrey S. Abrams, MD, board certified in orthopaedic sports medicine and orthopaedic surgery, for a discussion on shoulder injury prevention, and non-operative rotator cuff treatment options, as well as arthroscopic and minimally invasive surgical repairs. Dr. Abrams is a member of the Medical Staff of Penn Medicine Princeton Health.

Give Foot and Ankle Problems the Boot

WED. December 4 (7 – 8 p.m.)
Community Wellness at 731 Alexander Road
Suite 103, Princeton

Do you suffer from painful foot problems? Attend this informative session presented by Stuart E. Levine, MD, board certified in orthopaedic surgery and a member of the Medical Staff at Penn Medicine Princeton Health, to learn what can be done to treat bunions, tendon problems, and ankle injuries.

Hip & Knee Arthritis

MON. December 9 (11 a.m. – 12 p.m.)
Hopewell Library
245 Pennington Titusville Road
Pennington

Arthritis is the nation's number-one cause of disability. Join Brian Culp, MD, board certified in orthopaedic surgery and fellowship trained in hip and knee replacement surgery, for an informative discussion on the treatment and control of hip and knee arthritis, as well as steps you can take to prevent the onset of arthritis and how to manage arthritis with conservative and surgical options. Dr. Culp is a member of the Medical Staff of Princeton Health.



Take Care of Your Knees

TUE. December 10 (7 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Knees are particularly vulnerable to a variety of injuries, and knee pain can take a toll on your mobility and quality of life, making even the simplest of tasks challenging. Join William Rossy, MD, an orthopaedic surgeon and member of the Medical Staff of Penn Medicine Princeton Health, for an informative discussion on cartilage and ligament injuries of the knee, how to prevent injury, and treatment options.

The Latest in Laser Vision Correction Surgery and Eye Health

THU. December 12
(7 – 8 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville
Join Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff at Penn Medicine Princeton Health, for a look at all aspects of corrective eye surgery and an opportunity to have your questions answered, including: whether Lasik is right for you, whether Lasik is safer than contact lenses, and if cataract surgery can eliminate your need for reading glasses.



Memory, Aging and the Brain

TUE. December 17 (6 – 7 p.m.)
Community Wellness at 731 Alexander Road Suite 103, Princeton

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

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

Join us for our bimonthly focus group where we seek insight into how Penn Medicine Princeton Health can ensure that its policies and practices are inclusive and supportive of patients, visitors, and staff who identify as LGBTQ. The next meeting will be held **Wednesday, December 11 (6:30 – 8:30 p.m.) at Princeton Medical Center, Education Center, Conference Rooms A & B.** RSVP requested, but not required. Please RSVP by calling Debbie Millar at 609.897.8982. Dinner will be served.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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



Sibling Class

SAT. November 9 (1 – 2:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

\$30 per child

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

Maternity Tour

THU. November 7 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. November 9 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

TUE. December 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. December 21 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

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

Prenatal Breastfeeding Class

THU. November 14 (7 – 9:30 p.m.)*

WED. December 11 (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. *Please meet in the Atrium on the November 14 session.

Daddy Boot Camp™

SAT. December 7 (9 a.m. – 12:30 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.

Baby Care

TUE. December 10 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center

\$50 per couple

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



Twins and Multiples

TUE. November 12 (6:30 – 9 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Classroom 1

\$40 per couple

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

Prepare for Cesarean Section

WED. December 4 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center, Conference Room A

\$30 per couple

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

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.

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.

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. November 12 – December 3
(7 – 9 p.m.)
FRI. December 13 – January 3 (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. November 16 (9 a.m. – 5 p.m.)*
SAT. December 14 (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. *Please meet in the Atrium on the November 16 session.

HypnoBirthing®

TUE. November 5, 12, 19, 26 & December 3
(6:30 – 9 p.m.)
Community Wellness at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

This multi-session class is designed for expectant couples who have 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.

CHILDBIRTH & FAMILY POSTPARTUM & PARENTING CLASSES

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

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



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.

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. November 6 (1 – 2 p.m.)
WED. November 20 (1 – 2 p.m.)
WED. December 4 (1 – 2 p.m.)
WED. December 18 (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. November 9 (12:30 – 2:30 p.m.)

SAT. December 7 (12:30 – 2:30 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

\$30 per family

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

CPR & FIRST AID

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

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



ACLS Full Certification Course

TUE. & WED. November 19 & 20 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

FRI. November 15 (9 a.m. – 5 p.m.)

WED. December 18 (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.

PALS Full Course

THU. & FRI. December 5 & 6 (9 a.m. – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. November 4 (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.

BLS Provider

SUN. November 10 (9 a.m. – 1:30 p.m.)

WED. December 11 (6 – 10:30 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

BLS Renewal*

WED. November 6 (9 a.m. – 1 p.m.)

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

THU. November 21 (6 – 10 p.m.)

WED. December 4 (9 a.m. – 1 p.m.)

MON. December 16 (6 – 10 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton

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.

Family & Friends CPR

SAT. November 2 (10 – 11 a.m.) Adult/Child

SAT. November 2 (11:15 a.m. – 12:15 p.m.) Infant*

THU. December 12 (7 – 8 p.m.) Infant*

Community Wellness at 731 Alexander Road, Suite 103, Princeton

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

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

Neonatal Resuscitation Program Recertification Course

WED. November 13 (8 a.m. – 12 p.m.)

MON. December 9 (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 or 1.888.897.8979.

EMT Refresher Classes

Community Wellness at 731 Alexander Road Suite 103, Princeton
\$60 per person

Section B – Medical Assessment and Management

SUN. November 10 (8 a.m. – 5 p.m.)

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

Section C – Trauma Assessment and Management

SUN. December 1 (8 a.m. – 5 p.m.)

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

Providing Compassionate Care to Diverse Populations

WED. November 13 (6 – 7 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

In emergency medical situations, making a patient feel comfortable is important, and in some instances that can require understanding the unique challenges they may face. This informative program will help EMTs recognize the concerns of diverse groups such as LGBTQ and elderly patients in order to build trust with individuals in crisis, and among EMS providers and the community as a whole. Kyle M. Bonner, LCSW, LCADC; Ed Callahan, LNHA, EMT; and Allison Healy, MSN, RN-BC, Senior Care Coordinator, Clinical Nurse Leader ACE Unit/CDU of Penn Medicine Princeton Medical Center, will present this program.



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. 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.

Thriving This Holiday Season, for Those Touched by Cancer

FRI. November 1 (11:30 a.m. – 1 p.m.)

FRI. December 6 (11:30 a.m. – 1 p.m.)

Princeton Medical Center

One Plainsboro Road, Plainsboro

Cancer Center Conference Room

Registration required. To register call 609.853.6793.

Join Mehreen Husain, MS, RD, Outpatient Oncology Nutritionist, and Joanita Miranda, LCSW, Oncology Social Worker, for this uplifting guide to the holidays. This session is for patients, caregivers, and others interested in learning how to manage holiday stress and eat healthier. This is an interactive session on eating well, coping with negative feelings, taking care of yourself, and reducing the stress of the holiday season. Participants will get to sample nutritious holiday foods. Both speakers are with Princeton Medical Center's Edward & Marie Matthews Center for Cancer Care.

Prostate Cancer Support Group

WED. November 13 (12 – 1:30 p.m.)

WED. December 11 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care
Conference Room

No registration required. Walk-ins welcome.

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



Cancer Support Group

TUE. November 19 (1:30 – 3 p.m.)

TUE. December 17 (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. November 12 (6 – 7:30 p.m.)

TUE. December 10 (6 – 7:30 p.m.)

PMC Breast Health Center

East Windsor Medical Commons 2

300B Princeton–Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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

Head & Neck Cancer Support Group

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

WED. November 20 (12 – 1:30 p.m.)

WED. December 18 (12 – 1:30 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration preferred. Walk-ins welcome.

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

Living Beyond Cancer

THU. December 26 (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. (No class on November 28 due to the holiday.)

Restorative Yoga

WED. November 6, 20, December 4 & 18 (6 – 7 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration required. Space is limited. To register, call 609.853.6787.

This class, held the first 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.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. November 4 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103, Princeton



Interfaith Candlelight Remembrance Ceremony

MON. December 2 (7 – 9 p.m.)

Penn Medicine Princeton Medical Center

First Floor, Education Center

No registration required. Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Monday of every month. For the month of December, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story, or memory of their beloved baby. The monthly UNITE Support Group will immediately follow the ceremony.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 18 (1 – 2:30 p.m.)
MON. December 16 (1 – 2:30 p.m.)
Princeton Senior Resource Center
Suzanne Patterson Center – Room 5
45 Stockton Street, Princeton

MON. December 2 (6 – 7:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

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 Hospice Princeton Health, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

TUE. November 5 (7 – 8:30 p.m.)
TUE. December 3 (7 – 8:30 p.m.)
Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Rooms C & D

THU. November 7 (6:30 – 7:30 p.m.)
THU. December 5 (6:30 – 7:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Monroe Township

WED. November 20 (6:30 – 7:30 p.m.)
WED. December 18 (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.



Journey Back: Stroke Support Group

WED. November 13 (2 – 3 p.m.)
WED. December 11 (2 – 3 p.m.)
Princeton Medical Center
1 Plainsboro Road, Plainsboro
4th Floor, MNO Conference Room

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

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

Diabetes Support Group

WED. November 20 (2:30 – 4 p.m.)
WED. December 18 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

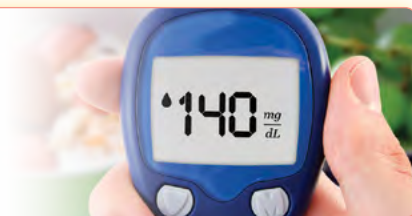
MON. November 25 (6:30 – 8 p.m.)
Penn Medicine Princeton Medical Center
5th Floor, Medical Arts Pavilion, Occupational Health Waiting Room

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 Princeton Medical Center'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.



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

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

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

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

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

For an up-to-date calendar, please visit
www.princetonhcs.org/calendar.

Registration is required unless otherwise noted.

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

Specialized Emergency Care from Pediatrics to Seniors



The Center for Emergency Care at Princeton Medical Center (PMC) serves the community 365 days a year, and is staffed by physicians who are board certified in emergency medicine and specially trained nurses.

"We have come a long way in a relatively short time," says Craig A. Gronczewski, MD, Chair, Department of Emergency Medicine. "Prior to the 1970s, emergency room staffing often was handled by doctors on rotation, where anyone from a pediatrician to a psychiatrist could be on shift when a patient came in for treatment. Today, we have a dedicated emergency department (ED) team; everyone here focuses entirely on emergency care, and we see close to 50,000 patients each year."

More than 20 percent of the center's patients arrive by ambulance. "We collaborate really well with our EMS partners. The service they provide to the community and the hospital is invaluable," says Dr. Gronczewski.

Since a visit to the ED can be stressful, prompt treatment and patient comfort are key at PMC. With that in mind, the center offers Fast Track, a rapid medical evaluation unit designed to treat minor injuries and illnesses, as well as a special waiting area equipped with recliners and personal entertainment devices for those waiting for test results, but no longer in need of a bed. Special patient rooms are designated for individuals with behavioral health needs. Pediatricians from Children's Hospital of Philadelphia (CHOP) are on site 24/7 to consult on emergency cases involving infants, children, and adolescents, to ensure they receive age-appropriate care.

Diagnosis and Treatment

While there was a time when emergency departments had limited diagnostic testing equipment in-house, "today, advanced imaging, including CT and MRI scans, are always available to our ED patients," says Dr. Gronczewski.

To diagnose and treat vascular or cardiac emergencies, the center is equipped with an interventional procedures suite where specialists can open blocked vessels and restore blood flow to the heart in the event of a heart attack. The LIFENET Cardiac Care System provides awaiting medical staff with EKG data while patients arriving via ambulance are in transit to the hospital.

Additionally, PMC was one of the area's first hospitals to offer therapeutic hypothermia, an innovative technology that allows a specially trained emergency care team to resuscitate a patient who has suffered a heart attack or another life-threatening condition.

The center also is a state-designated Primary Stroke Center, with specially trained acute stroke teams, neuro-imaging capabilities via its state-of-the-art CT scanner, and neurosurgical services available around-the-clock.*

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 the Tri-State area, 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 or call 1.888.742.7496.

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

**IN CASE OF AN EMERGENCY,
CALL 9-1-1.**

Today's Surgical Care is a Cut Above the Past

Looking back 100 years in surgical practice is like stepping back into another world.

"Surgery in the early 20th century was something you only considered as an absolute last resort, because chances were pretty good you wouldn't survive it," says John Heim, MD, Chair, Department of Surgery, Penn Medicine Princeton Medical Center. "There were no set educational requirements, and most surgeons relied on personal experience — a sort of trial and error approach. They also knew very little about germs and infections. As a matter of fact, a doctor might go from performing surgery on one patient to working on another patient without even washing his hands."

Obviously — and thankfully — a lot has changed since 1919.

Advanced Surgical Procedures

Today, the Institute for Surgical Care at Princeton Medical Center (PMC) provides a comprehensive range of advanced surgical procedures in a state-of-the-art facility, uniting medical excellence with compassionate care.

Board certified and fellowship trained surgeons who are members of the Medical Staff of Princeton Health are skilled in innovative surgical techniques and the use of new technologies, including robotic and other minimally invasive surgery procedures, which has been shown to result in significantly less pain, less scarring, shorter recovery time, faster return to normal daily activities and, in many cases, better clinical outcomes. Video-assisted thoracic surgery allows surgeons to use a tiny camera and surgical instruments inserted through small incisions to view the inside of the chest during procedures such as removing nodules for biopsy.

"Our hybrid operating room allows surgeons to switch from minimally invasive to traditional 'open' surgeries without interruption, should the need arise," says Dr. Heim. "This allows for greater flexibility when, for example, we find a patient's condition requires an open surgical procedure in conjunction with an endovascular procedure."

When it comes to post-operative care, the 14-bed Post-Anesthesia Care Unit (PACU) has a team of highly experienced nurses who use state-of-the-art hemodynamic monitoring equipment. This enables them to provide patients with outstanding care during their recovery from anesthesia.

Recognized for Excellence

Within the Institute for Surgical Care, specialized centers focus on a range of conditions, including: the Center for Vascular Care, the Center for Bariatric Surgery & Metabolic Medicine, the Center for Pelvic Wellness, the Orthopaedics Program, Spinal Services, and the Jim Craigie Center for Joint Replacement. The Jim Craigie Center has earned The Joint Commission's Gold Seal of Approval for total hip and total knee replacements and been rated high performing in both hip and knee replacement by *U.S. News & World Report* five years in a row.



Surgical Services Available at Princeton Health Include:

- Adrenal surgery
- Bariatric surgery
(for weight loss)
- Breast surgery
- Colorectal surgery
- General surgery
(including hernia repair
and gallbladder/spleen
removal)
- Gynecological surgery
- Minimally invasive
surgery
- Neurosurgery
- Ophthalmic surgery
- Oral surgery
- Orthopaedic surgery
- Otolaryngologic (head/
neck) surgery
- Plastic surgery
- Robotic surgery
- Thoracic (chest/lungs)
surgery
- Thyroid and parathyroid
surgery
- Urological surgery
- Vascular surgery

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

Advanced Care for Mother and Baby

When Princeton Hospital opened in 1919, two physicians handled the majority of the births (a total of 78 in the first year).

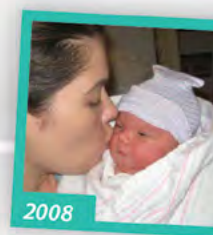
“Needless to say, a lot has changed in maternity care since that time,” says Jeffrey Hofman, MD, Division Chief of Obstetrics at Penn Medicine Princeton Health. “In addition to steady advances in medical treatment and technology, we have excelled at handling pregnancies that were once somewhat rare but have now become much more common—advanced maternal age and multiple births.”

Today, the Center for Maternal & Newborn Care at Princeton Medical Center (PMC) has a team of OB/GYNs, midwives and nurses who are specially trained in maternity and newborn care. Anesthesiologists are on site 24/7, and maternal fetal medicine experts, through our affiliation with Penn Medicine’s Maternal Fetal Medicine Network, are available for women with high-risk pregnancies, who can benefit from a broad range of diagnostic tests to monitor the baby’s development and diagnose any fetal abnormalities. When an expectant mother is admitted to the hospital for delivery, these specialists are available for consultation if the need arises. PMC is state licensed as a Community Perinatal Center-Intensive, and is authorized to care for babies born at 28 weeks who weigh at least 2.2 pounds.

Once your baby is born, the center offers outstanding care in the Well Baby Nursery, and neonatologists from Children’s Hospital of Philadelphia (CHOP) supervise and staff the unit where intensive care is provided to medically fragile newborns. As part of CHOP Newborn and Pediatric Care at PMC, CHOP physicians work with Princeton Health doctors to provide emergency consultations and inpatient care for newborns, children and adolescents. In *U.S. News & World Report’s* 2019-20 Honor Roll of the Best Children’s Hospitals, CHOP was named No. 2 in the nation.

To help moms, dads, siblings, and grandparents prepare for the arrival and care of a new baby, Princeton Health’s Community Wellness program provides comprehensive education classes focused on everything from the basics of childbirth to baby care from birth to crawling.

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



Over our 100 years, we have delivered tens of thousands of babies. In celebration of our centennial, we invited the community to share their newborn photos from PMC as part of our Princeton Health Baby Photo Contest. Here are just a few of the submissions from the 1960s through 2019.



Pediatric Partnership

Provides Specialized Care



As Princeton Health celebrates its 100-year anniversary, 2019 also marks the 10-year anniversary of the partnership between the hospital and Children's Hospital of Philadelphia (CHOP).

As part of CHOP Newborn and Pediatric Care at Princeton Medical Center (PMC), CHOP physicians work with Princeton Health doctors and specially trained nurses to provide emergency consultations and inpatient care for newborns, children, and adolescents. In *U.S. News & World Report's* 2019-20 Honor Roll of the Best Children's Hospitals, CHOP was named No. 2 in the nation.

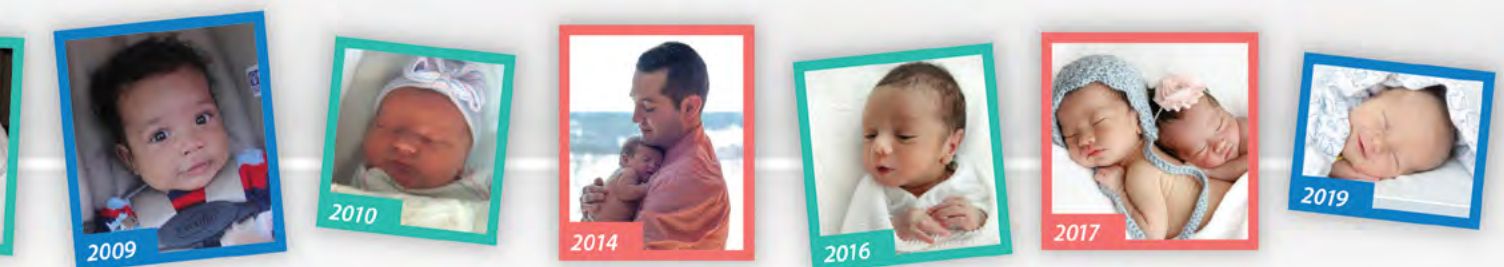
"Our Emergency Department (ED) sees approximately 8,000 pediatric patients each year, and has an area specifically designated for children who need acute care," says Bert Mandelbaum, MD, FAAP, Chair of Pediatrics at Princeton Medical Center (PMC). "We have pediatric hospitalists (pediatricians who are specially trained to treat hospitalized children) from CHOP available in the hospital 24/7 to help in the assessment and management of patients. CHOP hospitalists are also on-site in the ED from 2 p.m. until 10 p.m., during the highest volume periods, to help keep wait times short."

Medically fragile newborns who require intensive care are treated by neonatologists from CHOP, who supervise and staff the unit dedicated to their care.

Infants, children and adolescents who require close observation and inpatient treatment are admitted to the Regan Family Center for Pediatric Care at PMC, where each patient has their own brightly colored, kid-friendly room. Each room is equipped with a Family Zone that has comfortable seating and a sleep sofa to accommodate family members overnight. Blood tests and other procedures are performed in a separate room to help avoid any negative association that may be created in children's minds through bedside testing.

"When a child is treated here, we make sure their primary physician is filled in on all of the details of their hospitalization or Emergency Department visit so the patient gets appropriate follow-up care," says Alicia Brennan, MD, Medical Director of CHOP at Princeton Medical Center. "We are also aligned with the Center for Eating Disorders, as well as the Bristol-Myers Squibb Community Health Center, to make sure the children in both these areas receive excellent pediatric medical care."

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



To see all the participants or to enter the Princeton Health Baby Photo Contest, visit www.princetonhcs.org/about-princeton-health/100-years-of-care.

Advancements in Radiology Cast Diagnosis in a Whole New Light

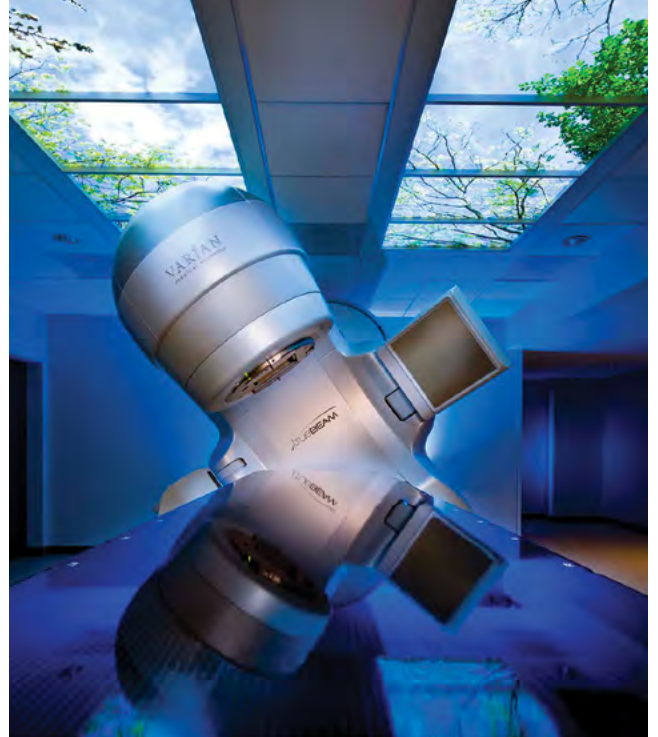


"What we are doing in the Radiology Department today would have been unthinkable even a few decades ago," says Robert Berger, MD, Chair, Department of Radiology, Penn Medicine Princeton Medical Center (PMC). "Looking back further, to the start of the hospital, the only diagnostic

imaging available would have been the X-ray, and it was not the X-ray we have today. It was blurry, dark, and exposed patients to a considerable amount of radiation."

Today, the Radiology Department at PMC is equipped with state-of-the-art digital technology, including diagnostic X-ray, MRIs, ultrasounds, CT and PET/CT scans, and fluoroscopes, which provide faster, more accurate images, and expose patients to far less radiation.

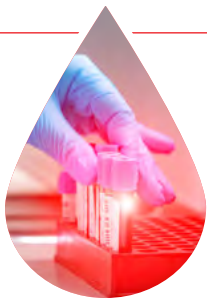
Diagnostic testing ranges from routine mammograms and bone density tests to minimally invasive interventional radiology procedures used to diagnose and treat a variety of conditions without surgery. By inserting catheters or other instruments through small incisions, tumors, blocked arteries, and other conditions can be treated at the source, reducing the amount of anesthesia needed, decreasing or eliminating the need for a hospital stay, and resulting in less pain and quicker recoveries.



Using interventional radiology procedures, Princeton Health was one of the first hospitals in the state to perform the advanced angioplasty procedure known as cryoplasty, which freezes plaque in blocked arteries so the body can eliminate it.

PMC is accredited by the American College of Radiology in mammography, MRI, ultrasound, CT, PET/CT, and nuclear medicine, and accredited by The Joint Commission for patient safety and quality care.

For more information about the Penn Medicine Princeton Health Radiology Department, call 1.888.742.7496 or visit www.princetonhcs.org.



Today's Lab Offers **Same-Day Results**

Laboratory testing such as blood and urinalysis workups have always been an important part of medical care at Princeton Medical Center. In the early days, a single staff member handled both lab and radiology testing and,

based on the technology at the time, lab results could take days to reach a physician. Today, our laboratory team includes board certified pathologists, technologists, and support personnel. Access to our lab services is expanded through our four locations within our community — Plainsboro, East Windsor, Princeton, and South Brunswick — and same-day results are available for many routine tests.

"Comprehensive diagnostic test results are available quicker and easier to access than ever before at our state-of-the-art facilities," says Elliot Krauss, MD, Chairman, Department of Pathology and Laboratory Services. "And we maintain a web-based reporting system so both patients and doctors can easily access the information they need."

For information about Princeton Medical Center Laboratory Services, call 609.853.6800 or visit www.princetonhcs.org.

THE MEDICAL STAFF

Serving the Community's Needs

When Princeton Hospital opened its doors in 1919, five physicians were on staff to treat patients. A little more than a decade later, that number had increased to eight, and included the medical center's first female physician.

"While in the 1930s it was unusual to have a woman on staff at a hospital, today the Medical Staff is comprised of an extremely diverse group of practitioners," says Steven Bergmann, MD, PhD, Chair, Department of Medicine and Senior Vice President for Medical Affairs, Penn Medicine Princeton Health. "We are proud to serve a diverse patient population."

The Medical Staff at Penn Medicine Princeton Health has over 1,300 members. It includes board certified physicians, dentists, podiatrists, physician assistants, practice practitioners, and certified nurse midwives.



Departmental Chairs at Princeton Health meet monthly to discuss best practices for delivering high-quality patient care.

MEDICAL DEPARTMENTS

The Medical Staff includes chairs of the following departments, and section chiefs within those departments.

- Anesthesiology
- Dentistry
- Emergency Medicine
- Family Medicine
- Medicine
- Obstetrics and Gynecology
- Orthopaedic Surgery
- Pathology
- Pediatrics
- Physical Medicine
- Psychiatry
- Radiology
- Surgery

Training the Professionals of Tomorrow

Penn Medicine Princeton Health has thriving residency programs for physicians, nurses, and pharmacists, as well as clinical practice rotations for technologists and therapists, and a doctoral psychology internship program at Penn Medicine Princeton House Behavioral Health. The hospital is a university hospital affiliate of Rutgers Robert Wood Johnson Medical School, and has training relationships with more than 70 educational institutions.

Educating Future Physicians

“Since 1972, for over four decades, we have been involved in educating future physicians,” says John Heim, MD, Chairman of the Department of Surgery. “We have bright students who are in the top of their class and are top candidates around the country.”

The physician residency program includes tracks for residents training to be internists, surgeons, and urologists. At any given time, Princeton Health has seven surgical residents and 20 medical residents, as well as eight medical students who are in their third-year clerkships and a few physician assistant students.

All residents are directly supervised by attending physicians and surgeons. They go on rounds with doctors, work overnight shifts in the hospital, and care for patients before, during, and after procedures.

“We find that it is very important for residents to experience working in a community hospital, since the vast majority will go on to practice in a community hospital,” says Kathryn Robison, MD, Vice Chairman of the Department of Medicine and Site Director for Internal Medicine Residency at Princeton Health.

Residents gain experience working with the latest medical technology, including working with simulation programs so they can practice performing surgical techniques before they ever touch a patient, giving them a better education and making sure patients are safe at every step. Medical residents also gain valuable experience working with electronic medical records and learn how to perform ultrasound-guided procedures that result in better patient outcomes.



Comprehensive Training for Nurses, Pharmacists, and More

The nursing residency program at Princeton Health is a certified comprehensive program for graduate nurses interested in starting their nursing career with a well-rounded, evidence-based foundation. Nursing residents have the opportunity to rotate through three different units during a 15-week session. In addition, every Thursday they attend a full day of presentations from other disciplines within the hospital. RN residents also had the opportunity to shadow in the lab, pharmacy, physical therapy, speech therapy, and respiratory therapy, as well as with nurse managers and clinical nurse leaders. In 2018, 16 new graduates had the opportunity to see the hospital from all angles.

The general practice and internal medicine pharmacy residency programs prepare graduated pharmacists to work in the continually advancing field of pharmacy. They do this through interdisciplinary rounds, clinical drug monitoring, committee involvement, research projects, and other administrative responsibilities. Residents are also involved with clinical services, including antimicrobial stewardship, medication reconciliation, medication safety, and emergency code response.

Princeton Health also offers clinical practice rotations for technologists and therapists, including radiologic technologists, ultrasound technologists, medical laboratory technicians, phlebotomists, exercise physiologists, physical therapists, occupational therapists, physical therapist assistants, and speech and language pathologists.

As a part of its ongoing commitment to training and professional development, Princeton House Behavioral Health offers a doctoral psychology internship program to qualified candidates from clinical and counseling doctoral programs. The program is accredited by the Commission on Accreditation of the American Psychological Association, and provides training in women's issues, dialectical behavior therapy (DBT), motivational interviewing and more.

Princeton Medicine Physicians: A Growing Network of Primary and Specialty Care Providers



For a number of years, Penn Medicine Princeton Health has been growing a network of physician offices dedicated to excellence in primary and specialty medical care. Princeton Medicine Physicians presently employs more than 170 practitioners with offices throughout central New Jersey, and that number continues to grow.

“Having an integrated network of physicians and nurse practitioners, all on the same electronic medical record platform, helps ensure outstanding care for patients by having a comprehensive and complete medical record,” says Steven Bergmann, MD, PhD, Chair, Department of Medicine and Senior Vice President for Medical Affairs, Penn Medicine Princeton Health.

Backed by the strength of Penn Medicine Princeton Health, Princeton Medicine Physicians offers a network of practitioners working together to provide comprehensive and coordinated care throughout central New Jersey. Providers with Princeton Medicine Physicians include board certified, surgeons, internists, family medicine practitioners, geriatricians, hospitalists, and nurse practitioners who specialize in preventive, routine, and acute care for adults and children.

The team of hospitalists (physicians who dedicate their career to providing high-quality care to patients while they are hospitalized) stay in close communication with a patient’s primary care physician and specialists, implement the patient’s treatment plan while in the hospital, and carefully review medications during admissions and at discharge. Hospitalists do not have outpatient practices, which means they can devote 100 percent of their time to caring for hospitalized patients.

To find a physician with Princeton Medicine Physicians, visit www.princetonhcs.org or call 1.800.FINDADR (1.800.346.3237).

PRINCETON MEDICINE PHYSICIANS INCLUDE:

Primary Care
Providers

Family Medicine

Geriatric Medicine

Internal Medicine

Specialists

Behavioral Health

Cardiology

Epilepsy

Gastroenterology

Hematology/
Oncology

Obstetrics and
Gynecology

Pulmonary Medicine

Sleep Medicine

Surgeons

Bariatric and
Metabolic
Surgery

Plastic Surgery

Thoracic Surgery

Princeton House Behavioral Health: Serving the Needs of Adults, Adolescents, and Children

When it all began in 1971, Princeton House Behavioral Health treated about 20 patients a day for psychiatric and substance use disorders at its single inpatient location in Princeton.

Today, 48 years later, Princeton House has expanded significantly to provide services for up to 116 inpatients each day in Princeton and to operate outpatient sites in Princeton, North Brunswick, Hamilton, Moorestown, and Eatontown. On average, 9,400 people are treated for psychiatric disorders, addiction, and co-occurring disorders at the combined locations each year.

“Our board certified psychiatrists and skilled professionals work together to provide the best possible care in specialized programs for women, men, children, adolescents, young adults, and first responders,” says Neal B. Schofield, MD, FASM, DLFAPA, Chair, Department of Psychiatry, Penn Medicine Princeton Health.

“And our affiliation with a full-service medical center provides a distinct advantage to our patients should they require other, related medical care,” says Marguerite Pedley, PhD, Senior Vice President, Penn Medicine Princeton House Behavioral Health.



An Area Innovator

Throughout its history, Princeton House has been characterized by innovation and expansion. In 1991, it opened a co-occurring/dual diagnosis program for individuals

struggling with both mental health issues and substance abuse. Later, an Inpatient Medical Detoxification Program

was added, and Princeton House helped establish the Princeton Center for Eating Disorders at Princeton Medical Center, one of the very few medical center-based programs in the United States for children (ages 8+), teens, and adults with severe eating disorders and comorbid medical conditions.

In 2012, Princeton House created a state-of-the-art Behavioral Health Emergency Room located within the new Princeton Medical Center, one of the first purpose-built facilities in the region to be psych safe and accommodate the increasing number of behavioral health patients seeking emergency services.



More recent programming additions include First Responder Treatment Services and a cutting-edge collaboration with infectious disease specialists to screen for and follow inpatients who are IV drug users

receiving treatment for Hepatitis C. Princeton House’s outpatient program is especially known for its Women’s Program, an Emotional Eating Track, and Animal-Assisted Therapy. Outpatient sites treat children as young as 6 through older adults, while inpatient hospitalization is available for adults.

“Also in development is a Medication Assisted Treatment Program for patients with Opiate Use Disorder, a natural extension of our Substance Abuse and Mental Health Services Administration-adherent addiction treatment services,” says Peter Thomas, PhD, Vice President, Penn Medicine Princeton House Behavioral Health.

For more information about Princeton House Behavioral Health’s specialized programs, call 888.437.1610 or visit www.princetonhouse.org.



PRINCETON HEALTH FOCUSES ON RECRUITMENT AND RETENTION

In 1919, five doctors, five nurses, an orderly, a cook, and a utilities worker made up the entire staff of the hospital. Today, Penn Medicine Princeton Health employs 3,400 people across the entire system, reflecting the diversity found within the community.

“We’re in a growth mode,” says Christiane Schmidt, Vice President of Human Resources and CHRO. “And we are committed to creating a pipeline for future workforce needs and providing the flexibility and benefit structure that speaks to people of various generations.”

The PMPH recruitment and hiring process works so well that in 2018, the hospital won a CandE Award from the Talent Board, an honor given to companies who rank high in job candidate experience.

For employees who want to expand their professional horizons, tuition assistance up to \$8,000 per year is available. Princeton Health also offers up to \$600 a year to any employee who wants to pursue professional development.

“We also partner with a local university to bring college courses onto our campus each semester,” Schmidt says. “This allows our nurses who may still be working to earn their BSN to finish that degree more easily.”

The Employee Assistance Program offers free confidential counseling services to employees and their family members, and the Employee Benevolence Fund can distribute up to \$500 to employees who find themselves in a time of crisis.

This dedication to employee care has resulted in a turnover rate of just 12.5 percent, almost three percent lower than the average for New Jersey.

For more information or to contact the Human Resources Department at Penn Medicine Princeton Health, call 1.866.460.4776 or visit www.princetonhcs.org.

TRUSTEE BOARD HELPS FORGE OUR FUTURE

A century ago, seven trustees — all professional members of the community — were selected to help the hospital navigate through its early years and plan for the future.

Today, 21 trustees — community members selected for their expertise in a diverse range of professions and commitment to help us understand and meet the needs of the community — work directly with Penn Medicine Princeton Health’s leadership to ensure a strong future with the region’s residents in mind.

When it came time to consider constructing a state-of-the-art healthcare complex and relocating to a new community, the Penn Medicine Princeton Health Board of Trustees played a vital part in the process. The volunteer group was also instrumental in the process of Princeton HealthCare System becoming part of Penn Medicine last year.



Board members include financial experts, legal professionals, corporate CEOs, doctors, and other professionals.

“Being a member of the board allows me to help a wonderful community asset continue to grow and improve in its ability to meet the needs of local residents,” says Conrad Druker, a certified public accountant who has served on the board for several years. “It’s a way for me to give back to the community. It also allows me to work with a group of committed, talented people and to learn something new in the process.”

PennChart Assures Easy Access to Patient Records



my **PENN
MEDICINE**



In the early days of medical care at Princeton Health, patient records were written by hand and stored in paper files that had to be retrieved any time treatment was needed. That all began to change in the late 1990s, when we became one of the first hospitals in the region to introduce electronic medical records (EMRs). While the system was rudimentary by today's standards, it made access to records far more accessible to medical providers.

Today, physicians, nurses and other care providers throughout Princeton Health can easily document the care they provide and seamlessly coordinate care with other providers, including those at other Penn Medicine facilities, using the PennChart electronic health record system.

"PennChart gives us a window into the continuum of care of our patients across all of Penn Medicine," says Tobe Fisch, MD, Chief Medical Information Officer, Penn Medicine Princeton Health. "We also have access to records from any of the numerous other health systems. Having this breadth of readily available information, integrated with powerful analytics and clinical decision support, is an invaluable asset to our goal of providing comprehensive, high-quality care for our patients."

The system includes the myPennMedicine portal, offering you the ability to view medical records and track lab results, as well as monitor upcoming appointments, any time day or night from your computer, or through the myChart app on your smartphone.

myPennMedicine can help you:

- Schedule and manage appointments
- Request prescription renewals, physician referrals and pre-certifications
- View test results, medication lists and health summaries
- Communicate with your care team and review details of previous appointments
- Share medical records with other healthcare providers

To register for myPennMedicine, visit www.myPennMedicine.org, click "Activate An Account" on the right side of the page and then select "Signup Online" to request an activation code.

Penn Medicine Princeton Health Non-Discrimination Notice

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

Penn Medicine Princeton Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
Qualified sign language interpreters
Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
Qualified interpreters
Information written in other languages

If you need these services, contact Director Patient Relations and Customer Service.

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

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

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

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

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

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

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

ATENÇÃO: Se você fala português, serviços gratuitos de assistência linguística estão à sua disposição. Ligue para 1-609-853-7490.

ધ્યાન આપો: જો તમે ગુજરાતી બોલો છો તો તમને ભાષા સહાય સેવાઓ મફતમાં ઉપલબ્ધ છે. કૌલ કરો 1-609-853-7490

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ATTENZIONE – Se lei parla italiano, potrà disporre del servizio di interpretariato gratuito per assisterla. Chiami il numero 1-609-853-7490.

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PAUNAWA: Kung nagsasalita ka ng Tagalog, may makakatulong sa iyo sa wikang ito; ito'y libreng serbisyo. Tumawag sa 1-609-853-7490.

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LU'U Ý: Nếu quý vị nói tiếng Việt, các dịch vụ trợ giúp ngôn ngữ, miễn phí, sẽ có sẵn cho quý vị. Gọi số 1-609-853-7490.

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

توجه دیں: اگر آپ اردو بولتے ہیں تو، آپ کے لیے زبان سے متعلق مدد کی خدمات، بالکل مفت دستیاب ہیں۔ 1-609-853-7490 پر کال کریں۔

January 2018



Penn Medicine

Princeton Health

One Plainsboro Road, Plainsboro, NJ 08536

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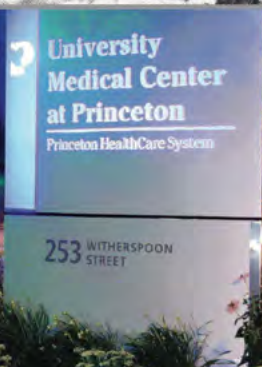
1919



1956



2004



2012



2019

