

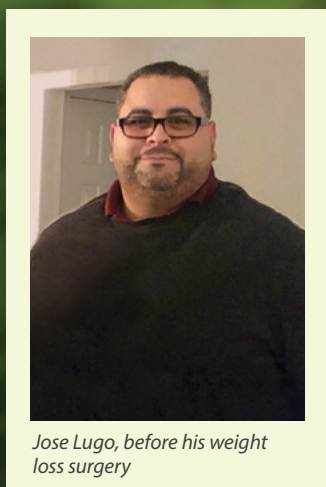


Penn Medicine

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — NOVEMBER/DECEMBER 2020

Bariatric Surgery Helped Him Plan for the Future



Jose Lugo, before his weight loss surgery

ALSO IN THIS ISSUE:

- Celebrate the Holidays Safely
- Restoring Sensation after Mastectomy
- Cultivating Resilience

PLUS:

- Community Focus Event Calendar



Princeton Health

NOVEMBER/DECEMBER 2020



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For the second year in a row, Penn Medicine Princeton Medical Center was designated an LGBTQ Healthcare Equality Leader by the Human Rights Campaign (HRC) Foundation.

For more information, please visit www.princetonhcs.org.



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



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

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

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Bariatric Surgery Helped Him Plan for the Future



When Jose Lugo played football in high school and college, being a big guy and chowing down on calorie-laden meals came with the territory. But while over the years his time on the gridiron faded into a distant memory, the Monroe Township resident's eating habits stuck with him.

"Like most people, I was a creature of habit. There were times when I would try to work out and lose some weight, but I wasn't really taking care of myself, and I would just gain back anything I lost, plus more," says Lugo, 43, a special education teacher.

At his heaviest, the father of three — two young sons and an adult daughter — weighed 350 pounds, and he admittedly was unhappy but seemingly stuck.

"I was watching my kids having so much energy, and I wanted to keep up with them but couldn't," he recalls. "And, I was starting to have health issues. I was prediabetic, had sleep apnea. The doctor said my heart couldn't take it; I needed to get serious about getting healthy."

When his father, who was diabetic and not following doctor's medical orders, passed away in 2018, Lugo was struck by what his future could hold. "It was a wakeup call," he says. "I didn't want to do that to my kids, and I was scared that I was headed that way."



A New Way of Life

In July 2019, Lugo had gastric sleeve surgery, one of several bariatric procedures available at the Center for Bariatric Surgery & Metabolic Medicine at Princeton Medical Center. To date, he has lost 114 pounds under the care of **Lisa Dobruskin, MD**, Medical Director of the center.



The Lugo family, 2018.

"Bariatric surgery is the most effective treatment we have for the disease that is obesity, as well as many obesity-related co-morbidities, including diabetes, hypertension, hyperlipidemia and obstructive sleep apnea," says Dr. Dobruskin, who is fellowship trained in bariatric surgery and board certified in general surgery.

"I'm very happy with my care and with the outcome. My sleep apnea is gone, my blood work — including my blood sugar — is good, and I'm feeling great," says Lugo. "I can even take on the kids in Just Dance. The surgery was the start of a new life. It's still a lot of work, but I was ready for it. I believe if you love your kids, it's something you have to do."

For more information or to find a physician with the Center for Bariatric Surgery & Metabolic Medicine, call 609.785.5870, or visit www.princetonhcs.org.

In response to the COVID-19 pandemic, the Center for Bariatric Surgery & Metabolic Medicine offers both new and existing patients telemedicine opportunities for certain consultation and follow up appointments.

Video Visits with Your Doctor: A Safe and Secure Option

While telemedicine — where clinical services like doctors' visits take place remotely using a phone, tablet or computer and video technology — was occasionally used before the COVID-19 pandemic struck in March, the practice has become far more popular with patients since spring. Many Penn Medicine Princeton Health physicians and specialists now offer in-person and on-line appointments, providing safe traditional office visits and a secure platform for on-line consultations.



"I have seen a lot of patients through telemedicine since March," says **Raul Valcarcel, MD**, a primary care physician with Princeton Medicine Physicians, Penn Medicine Princeton Health's network of primary and specialty care doctors. "When the pandemic began, telemedicine was the only way we really could see nonemergency patients. Now that people realize it is a safe and effective way for many of them to receive medical attention, I think it will continue to be something some patients will turn to in the future."

How it Works

Restrictions regarding telemedicine coverage were loosened in connection with the pandemic but may change in the future, so checking with your insurance company and physician's office is the first step in pursuing a virtual appointment. If you are not well versed in video conferencing, making sure a family member or friend more comfortable with technology is available to help you is an important part of preparing.

"The visit itself is very much like a regular office visit," says Dr. Valcarcel, who is board certified in internal medicine. "We go over the same things we do in the office. The difference is that the patient can remain in their home."

During the consultation, patients may be asked to take their temperature and weight, report the results of their at-home blood pressure or glucose testing if they have home monitoring equipment, and discuss any health changes they may be experiencing. Following the examination, the doctor may prescribe or renew medications or order testing, just like in an in-office visit.

"Patients who already have a medical relationship with the doctor are usually the most comfortable with a telemedicine visit," says Dr. Valcarcel. "But many new patients can easily be seen this way as well."

According to Dr. Valcarcel, telemedicine may be an option for:

- patients who need a routine checkup and are in stable condition; for example, someone with high blood pressure, well controlled with medication, who needs a regular six-month examination
- at-risk patients who need to avoid exposure to others; for example, older individuals, those with underlying health conditions, and patients recently released from the hospital who may be frail
- individuals in need of a consultation for test results and other types of follow-up care

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

PREPARE FOR YOUR TELEMEDICINE VISIT

Before your telemedicine appointment, make sure you have:

A computer, tablet or phone with a camera



A stable internet connection



A quiet room with good lighting



A list of your medications and dosages



A list of any blood pressure, glucose, temperature and weight readings you may have taken using equipment you already have at home



A list of questions you may wish to ask



Robotic Surgical Procedures: A Decade of Innovation



In the past decade, gynecologic surgical procedures have changed dramatically — helping patients heal more quickly, spend less time in the hospital, and get back to living their lives sooner. The key, according to **Bruce Pierce, MD, FACOG, FACS**,

Medical Director of Penn Medicine Princeton Medical Center's (PMC) Robotic Surgery Program, is the increasing use of robotics for the treatment of gynecologic conditions.

PMC is equipped with the da Vinci® Xi Surgical System, the newest and most advanced version of the equipment.

"We started with one robot about a decade ago and now we have three being used all day long," says Dr. Pierce, who is board certified in obstetrics and gynecology. "This growth allows more doctors to treat more patients with these advanced tools. It gives patients more access to robotic procedures, and it shows in the numbers. Today, for example, 90 percent of our gynecologic surgeries are done either robotically or with other minimally invasive procedures. Where recovery from a hysterectomy took six weeks with an open procedure, it takes two weeks or less using robotic surgery. And, with some gynecologic procedures there is not even a hospital stay — they can be done on a same-day, outpatient basis."

How It Works

Surgical robotic tools allow surgeons to view highly magnified, 3D, high-definition images of a surgical site in real-time and perform procedures through a series of small incisions. The technology enhances the surgeon's precision and control of surgical instruments, and provides patients with the following benefits:

- Significantly less pain
- Less blood loss
- Less scarring
- Shorter recovery time
- In many cases, better clinical outcomes
- Faster return to normal daily activities

"Robotics are used to treat a wide range of conditions, and the list continues to grow," says Dr. Pierce. "When it comes to gynecologic procedures, we focus on hysterectomy, fibroid removal, treating endometriosis, uterine prolapse, excessive bleeding, and removal of ovarian masses, as well as gynecologic cancer treatment. In fact, we have a gynecologic oncologist on staff."

PMC has one of the most comprehensive robotics surgery programs in the region, with specialists in colorectal, general, obstetrics/gynecologic, thoracic, urogynecologic and urologic surgery.

To learn more about PMC's Robotic Surgery Program, or to find a robotics trained surgeon, call 1.888.742.7496 or visit www.princetonhcs.org.

Robotic surgery may be an option for:

- ✓ Gynecologic conditions
- ✓ Lung and other pulmonary conditions
- ✓ Muscular or skeletal injuries and diseases
- ✓ Joint replacement
- ✓ Hernias, gallbladder conditions, intestinal disorders and urological issues
- ✓ Removal of cancerous and non-cancerous tumors
- ✓ Partial removal of the prostate, thyroid or colon
- ✓ Weight-loss procedures

Holidays

Celebrating the Holidays Safely During COVID-19

With the start of the holiday season just weeks away, there is no better time than the present to plan safe ways to celebrate and help continue to contain the spread of COVID-19.



"We need to keep in mind our mental health as well as our physical health, so we definitely want to treat the holidays as the special times they are," says **Ann Smelkinson, MD**, a primary care doctor with Princeton Medicine

Physicians, Penn Medicine Princeton Health's network of primary and specialty care doctors. "At the same time, developing ways to safely celebrate is important. The process will be a little different for every person, but keeping certain things in mind will help."

Be the Best You Can Be

Making sure you and those with whom you hope to celebrate are in the best health possible is a good first step, according to Dr. Smelkinson, who is board certified in internal medicine. That means eating well, exercising, getting fresh air regularly, and getting plenty of sleep. In addition, since the holiday season coincides with cold and flu season, getting a flu shot as soon as possible should be a priority for everyone, since it takes two weeks to reach full potency. Those who are 65 or older, or with chronic lung conditions, should also get a pneumonia shot.

It is also important to remember to wash your hands regularly, socially distance and wear a mask in public situations where you cannot maintain a six-foot distance with others, and sneeze or cough into the crook of your elbow to avoid spreading germs.

Tips for Safe Celebrations

Dr. Smelkinson suggests keeping the following pointers in mind this holiday season:

LIMIT CELEBRATIONS to family and friends who have followed the same level of exposure precautions as you. Consider having those planning to visit together spend two weeks practicing the same level of precautions so everyone is fairly confident they are virus free.

KEEP THE GUEST LIST SMALL, and be firm about who may attend a gathering. Out-of-state visitors who reside in locations where COVID-19 rates are high should quarantine for 14 days before socializing with others, and allowing someone to bring along a last-minute friend should be discouraged. Visit www.covid19.nj.gov for the latest information.

SET UP MORE THAN ONE TABLE, if possible, or space chairs farther apart than usual, to allow for some distance between guests. Also consider spending less time around the table, so there is more opportunity for social distancing during a gathering.

CONSIDER VIRTUAL CELEBRATIONS with some invitees, in order to limit the number of people gathering in one place.

HOLD CELEBRATIONS OUTDOORS, if weather permits, but still stick to a small number of attendees.

BE ALERT TO ANY CHANGES IN HEALTH as gatherings approach, and be sure not to attend any celebrations if you are feeling even slightly unwell.

KEEP IN MIND that loved ones who are older or medically compromised should be a priority when it comes to safety precautions. In some cases, it may be best to celebrate with them at a separate time, or simply deliver a meal to them and visit by phone or virtually on the holiday.

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

Restoring Sensation after Mastectomy

When Nancy Ursic learned she had cancer in the milk ducts of her right breast, she was reminded of the mastectomy and grueling reconstruction process her mother went through in the 1980s.

"I thought about what she went through and then I thought about how lucky I was to be spared that kind of experience when I had my procedure in May 2019. Things have changed so much over the years," says Ursic, 68, of Newtown, PA. "In fact, I can't say enough about my experience. I couldn't have asked for a better outcome."



According to **Margaret Crivello, MD**, a fellowship trained breast surgeon and member of the Medical Staff of Princeton Health, Ursic chose to have a bilateral mastectomy (removal of both breasts) because of her family history. While the risk of developing another breast cancer was low, she did not want to take that risk. At the same time, she chose to undergo

a reconstructive surgery procedure that not only recreates the breasts, but also helps restore sensation.



"Rebuilding the shape and look of the breast can help women regain their self-confidence and quality of life," says **Evan Katzel, MD**, a microvascular plastic surgeon and member of the Medical Staff of Penn Medicine Princeton Health, who performed Ursic's reconstructive surgery. "But until recently, breast reconstruction could not restore sensation, leaving

women with permanent numbness."

A Personal Decision

The reconstructive surgery, known as a Deep Inferior Epigastric Perforator Flap (DIEP) or free flap procedure, uses tissue from the abdomen, similar to the area removed for a tummy tuck, to replace the removed breast tissue. With the addition of nerve grafts between the flap and the chest there is the possibility of restoring sensation to the newly fashioned breast.

"With the free flap procedure we can perform a nerve graft to reconnect one of the nerves that supplies sensation to the chest to one of the sensory nerves in the free flap tissue," says Dr. Katzel. "In nine months to a year after the procedure, once the nerve has regenerated, a degree of sensation can develop in the new breast. And while this combined surgery takes more time and is more complex, a free flap procedure with a nerve graft leaves women with a natural looking and feeling breast that will change as the body changes."



Nancy Ursic

Ursic admits there was an added benefit to the procedure for her.

"Sometimes you have to be careful what you wish for," says the mother of five adult children. "After five kids, I always said I wanted a tummy tuck. When I realized that wish was going to come true as a result of this procedure, I actually did a little happy dance in the doctor's office."

An Option for Most Women

The free flap and nerve graft procedures can be completed at the same time as the mastectomy or at a later time, and are also options for women who have had prior breast implant-based reconstruction and are not fully satisfied with the results, says Dr. Katzel.

Both procedures are part of Penn Medicine Princeton Health's comprehensive breast reconstruction program, and are generally an option for any woman who is medically cleared to undergo anesthesia. They are federally mandated to be covered by insurance as post-mastectomy breast reconstruction.

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

Community Focus

VIRTUAL Senior Series



Stay connected and active by joining us for one or more of the following programs on Tuesday & Thursday in November at 10 a.m. Learn something new, ask questions and enjoy social time with other seniors. Register at www.princetonhcs.org/calendar. Registered participants will receive the link to join.

Demystifying Medications

TUE. November 3 (10 – 11 a.m.)

Roshni Shibad, PharmD, PGY-2 Pharmacy Resident, will discuss various classes of drugs that you or your loved ones may be prescribed, interpret and simplify their often-complex names, and help you understand what they do and how they should be used.

Mindfulness Practice for Healthy Aging

THU. November 5 (10 – 11 a.m.)

As we age, we face many challenges. Join Carolyn Schindewolf, Health Educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce worry, improve sleep, increase mental clarity, and deepen your enjoyment of life.

Chair Yoga

TUE. November 10 (10 – 11 a.m.)

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



Update on COVID-19 Protection

THU. November 12 (10 – 11 a.m.)

The coronavirus (COVID-19) pandemic has affected millions of individuals worldwide. Join Craig Gronczewski, MD, MBA, Chairman of Emergency Medicine at Penn Medicine Princeton Medical Center, for a discussion on the signs and symptoms of COVID-19, who is most at risk, and how it can be prevented and treated.

Satisfying Snacks to Optimize Your Health

TUE. November 17 (10 – 11 a.m.)

Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for a fun and informational demonstration on how to whip up quick and satisfying snacks to optimize your health and wellbeing. You'll leave with inspiration and knowledge of some delicious-tasting snacks that can improve blood pressure, immunity, bone health and more.

Flu Shot Facts

THU. November 19 (10 – 11 a.m.)

Seasonal influenza can cause serious health complications for many people. Join Katie Dajczak, RN, Manager of Occupational Health, Penn Medicine Princeton Health, to learn all about the important facts about the flu, including:

- Who is most at risk
- Who should get vaccinated
- How you can help prevent its spread
- Signs and symptoms
- Treatment options

Your Health is a Click Away – Part 1

TUE. November 24
(10 – 11 a.m.)

The myPennMedicine patient portal offers secure, convenient access to your medical records, test results, messages from your healthcare providers, and a calendar of upcoming appointments. Join Todd Kirkes, Senior Manager, myPennMedicine, Integrated Solutions, PhysicianLink, and Care Everywhere, at Penn Medicine, to learn how to use the portal to manage your healthcare needs.



Your Health is a Click Away – Part 2

FRI. November 27 (10 – 11 a.m.)

“The doctor will see you now” has taken on new meaning since the COVID-19 pandemic. Join Srinath Adusumalli, MD, MSc, FACC, Assistant Professor of Clinical Medicine, Division of Cardiovascular Medicine, Penn Medicine, for a discussion on how telemedicine can provide safe and convenient access to care and how you can access this useful service.

Keep the Lines of Communication Open

TUE. December 1 (10 – 11 a.m.)

Communication is extremely important, especially when it comes to your healthcare needs. Join Jean Anderson, RN, Business Development/Marketing Representative, Penn Medicine Home Health Princeton Health, for this informative session exploring matters you should discuss with family members before you need care, what to do when you need home care and how to access required care.

CURRENT PROGRAMS

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

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

Chair Yoga

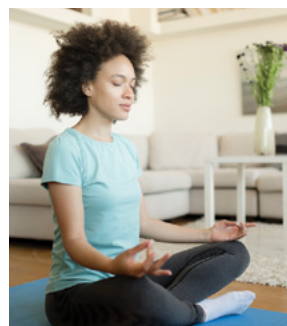
Tuesdays (8:30 – 9:25 a.m.)

Thursdays (11 – 11:55 a.m.)

 **VIRTUAL**

Drop-in sessions, registration for each date required.

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



Gentle Yoga

Mondays (6 – 6:55 p.m.)

Wednesdays (3 – 3:55 p.m.)

 **VIRTUAL**

Drop-in sessions, registration for each date required.

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

Weight-Loss Surgery: Is It Right for Me?

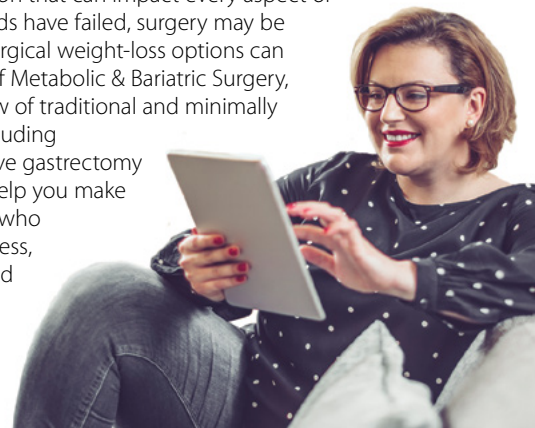
WED. November 18 (6 – 6:30 p.m.)

WED. December 16 (6 – 6:30 p.m.)

 **VIRTUAL**

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Those who are considering surgical weight-loss options can join Lisa Dobruskin, MD, FACS, Director of Metabolic & Bariatric Surgery, Princeton Medical Center, for an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you. For those who are actively engaged in the surgical process, please join one of our regularly scheduled support groups listed on page 15. This group is tentatively scheduled to be held virtually. Please check our website for the latest updates.



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

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

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

Is Your Bad Back Holding You Back?

MON. November 2 (1 – 2 p.m.)

 **VIRTUAL**

Persistent back pain affects millions of Americans each year, and is one of the most common reasons people visit their doctor and lose time at work. Join Sunita Mani, PT, DPT, MBA, CEAS, Director of Princeton Medical Center Princeton Rehabilitation, for this educational program on back pain prevention and rehabilitation. Topics to be discussed include:

- Causes of lower back pain
- Common back pain myths
- Choosing safe, effective exercises
- Abdominal and gluteal muscles and back health
- When surgery is appropriate

Diverticulosis and Other Colorectal Conditions

TUE. November 3 (7 – 8 p.m.)

Princeton Fitness & Wellness

1225 State Road, Princeton

Colorectal problems can impact your quality of life, placing restrictions on your diet and forcing you to stay close to home to avoid bathroom accidents. They also may indicate serious health problems. If you are experiencing colorectal problems, attend this program led by Liam Smith, MD, board certified in general surgery, and learn about common colon conditions; diagnostic procedures such as colonoscopy, which is a key to early detection of colon cancer and other abnormalities such as diverticulosis and internal hemorrhoids; and treatment options. Dr. Smith is a member of the Medical Staff of Penn Medicine Princeton Health.

Pre-Diabetes and Diabetes: What's My Risk?

TUE. November 3 (1 – 2 p.m.)

 **VIRTUAL**

Join us for an informative session presented by diabetes clinicians and certified diabetes educators Louise Gross, RN, and Sandra Byer-Lubin, MS, RD, CDE, from the Princeton Medical Center Diabetes Management Program, to learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications if you are diagnosed with diabetes, and how to incorporate low-glycemic index foods into your diet.



Keys to a Healthy Heart

FRI. November 6 (1 – 2 p.m.)

 **VIRTUAL**

Join Desiree M. Younes, MD, specializing in cardiovascular disease and internal medicine, for up-to-date information on heart disease. This discussion will focus on guidelines for modifying your lifestyle to prevent and treat cardiac and pulmonary diseases. Dr. Younes is a member of the Medical Staff of Penn Medicine Princeton Health.

Why Is It So Difficult to Lose Weight?

MON. November 9 (7 – 8 p.m.)

 **VIRTUAL**

Join Lisa Dobruskin, MD, Medical Director of The Center for Bariatric Surgery and Metabolic Medicine at Penn Medicine Princeton Health, for an informative discussion about obesity. This lecture will cover the reasons why obesity is such a difficult disease to treat and why losing weight and maintaining weight loss is a struggle for so many.

Get Moving: Why Activity is So Important

TUE. November 10 (7 – 8 p.m.)

 **VIRTUAL**

Faced with the constraints of the present guidelines on social distancing, it can be hard to get and stay motivated to exercise. Join Barb Kutch, PT, DPT, CSCS, physical therapist with Princeton Medical Center Princeton

Rehabilitation for this informative session focused on what you can do to keep active, activity guidelines and exercise resources.



Lung Cancer Prevention: What You Need to Know

WED. November 11 (12 – 1 p.m.)

 **VIRTUAL**

November is Lung Cancer Awareness Month. Join Karen Davison, RN, BSN, OCN, and Sharon Cavone, RN, BSN, OCN, with Edward & Marie Matthews Center for Cancer Care to learn about lung cancer risk factors and prevention, the types of available screenings, when you should see a doctor, and how diagnosing and treating lung cancer has changed.

The Importance of Immunizations

TUE. November 17 (12 – 1 p.m.)

 **VIRTUAL**

Vaccines are designed to prevent you from acquiring serious or potentially fatal diseases. In fact, many serious diseases that were previously common are now rare due to widespread vaccination. Join Mahmoud Aly, PharmD, pharmacy resident, at this informative program to learn about when vaccines should be given; who should receive them and who should not; what immunity means; and the different types of vaccines available for various diseases, including influenza, pneumonia and hepatitis. The discussion will also focus on the latest evidence for a potential vaccine against COVID-19.



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

Heart Attack & Stroke Prevention

THU. November 19 (1 – 2 p.m.)

 VIRTUAL

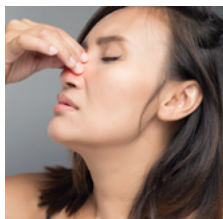
Discover what you can do to lower your risk for heart attack and stroke at this invaluable program led by Phil Tran, RN-BSN, Stroke Coordinator with Princeton Medical Center (PMC). Learn the early warning signs of a stroke, when to seek medical attention and prevention methods, as well as which heart conditions can lead to a stroke. PMC is a state-designated Primary Stroke Center.

Stuffed Up and Can't Breathe?

THU. November 19 (7 – 8 p.m.)

Community Wellness at
731 Alexander Road
Suite 103, Princeton

If you suffer from nasal congestion, sinus or allergy issues, or postnasal drip, join us for this informative session presented by Samir S. Undavia, MD, board certified in otolaryngology and a member of the Medical Staff of Penn Medicine Princeton Health, to learn more about common sinus problems, including nasal blockage, nasal polyps and sinus infections, as well as treatment options.



Healthy Eating All Year Long

FRI. November 20 (10:30 – 11:30 a.m.)

 VIRTUAL

Attend this informative session led by Heather Bainbridge, EdM, MA, RDN, Registered Dietitian Nutritionist with Princeton Medical Center, and learn tips on eating healthy throughout the year and what types of foods will help you feel healthier, including:

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

This program is co-sponsored by Women in Retirement.

Maintaining a Healthy Weight as You Age

TUE. December 1 (6:30 – 7:30 p.m.)

 VIRTUAL

Join Maya Mann, PA-C, specializing in internal medicine and a member of the Medical Staff of Penn Medicine Princeton Health for an informative discussion on why we tend to gain weight as we age, and learn sensible strategies to effectively manage your weight and improve your health.



Do Diets Work?

TUE. December 1 (12 – 1 p.m.)

 VIRTUAL

Fad diets draw us in with their promises of shedding pounds easily, but few people actually see positive long-term results. Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for this informative program and learn how to: modify your eating habits and expectations in a healthy way, no matter what diet you choose; recognize common dieting pitfalls and food triggers; and develop strategies to empower you to succeed.

Dealing with Dizziness and Vertigo

THU. December 10 (3 – 4 p.m.)

 VIRTUAL

Learn more about the anatomy and physiology of the inner ear; common causes of dizziness, vertigo and loss of balance; as well as how vestibular rehabilitation can help. This session will be presented by Lisa Baptis, PT, DPT, certified Vestibular Rehabilitation Specialist at Princeton Medical Center Princeton Rehabilitation.

Give Foot Problems the Boot

THU. December 17 (1 – 2 p.m.)

 VIRTUAL

Sore, aching feet can prevent you from living an active life, but there are treatment options available to help give foot pain the boot. Join Stuart E. Levine, MD, board certified in orthopaedic surgery, to learn what can be done to treat bunions, tendon problems, and ankle injuries. Dr. Levine is a member of the Medical Staff of Penn Medicine Princeton Health.

Safe Sitter

SAT. December 19 (9 a.m. – 3 p.m.)

South Brunswick Wellness Center

\$40 per child

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



For a full, up-to-date calendar, list of topics or to register, visit us online at www.princetonhcs.org/calendar.

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

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.

Maternity Tour

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



Prenatal Yoga

Tuesdays (9:30 a.m. – 10:30 a.m.)

 **VIRTUAL**

Drop-in sessions, registration for each date required.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation, and meditation to help keep fit and feel good during pregnancy. No previous yoga experience is necessary. Please have a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Pregnancy and Postpartum Support Group

Wednesdays (4:30 – 5:30 p.m.)

 **VIRTUAL**

During these uncertain times, anxiety can run high. This virtual support group offers parents-to-be and new parents an opportunity to safely connect and share experiences. This group will be moderated by a registered nurse and lactation consultant from Penn Medicine Princeton Health, who can answer any questions you have. Parents of babies up to six months old are welcome.

Baby Care

TUE. November 10 (7 – 9:30 p.m.)

Community Wellness at
731 Alexander Road, Suite 103
Princeton

MON. December 14 (7 – 9:30 p.m.)

 **VIRTUAL**

\$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.



SAVE!

Register for multiple
classes and save! Please call
1.888.897.8979 to receive
discount.

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

Prenatal Breastfeeding Class

THU. November 19 (7 – 9:30 p.m.)

THU. December 17 (7 – 9:30 p.m.)

 **VIRTUAL**

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.

Preparing for Cesarean Section

TUE. November 17 (7 – 9 p.m.)

 **VIRTUAL**

\$30 per couple. Registered participants will receive a link to join.

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

Daddy Boot Camp™

SAT. December 5 (9 a.m. – 12 p.m.)

 **VIRTUAL**

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

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

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



Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

OPTIONS FOR BIRTHING

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

Birthing Basics

WED. November 4 – 25 (7 – 9 p.m.)
MON. December 21 – January 11 (7 – 9 p.m.)

 **VIRTUAL**

TUE. November 24 – December 15 (7 – 9 p.m.)
Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$125 per couple.

This multi-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

Accelerated Birthing Basics

SAT. November 14 (9 a.m. – 5 p.m.)
SAT. December 12 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103
Princeton

\$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.

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.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

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.

Infant Massage

SAT. November 21 (10 a.m. – 12 p.m.)

 **VIRTUAL**

\$15 per family.

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

Grandparenting 101

THU. December 10
(6:30 – 8 p.m.)
Community Wellness at
731 Alexander Road, Suite
103, Princeton

\$10 per couple

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

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

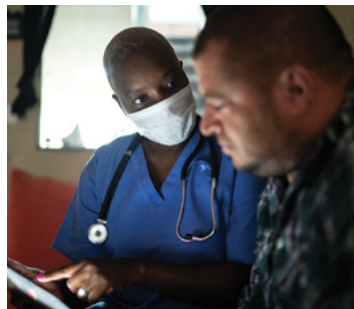


SAFETY GUIDELINES: In-person classes are limited in size. Masks and social distancing are required. Participants are screened for a fever and other symptoms before entering the class. To view the most up-to-date schedule, visit www.princetonhcs.org/calendar.

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.



Mental Health First Aid Training

WED. & FRI.
December 2, 4, 9 & 11
(10 a.m. – 12 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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

ACLS Full Certification Course

MON. & TUE. November 16 & 17 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

ACLS Recertification Course

FRI. November 13 (9 a.m. – 5 p.m.)
THU. December 10 (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. The 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

MON. & TUE. December 14 & 15 (9 a.m. – 5 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

PALS Recertification Course

MON. November 23 (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

THU. November 5 (9 a.m. – 1:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

MON. November 30 (6 – 10:30 p.m.)
TUE. December 29 (9 a.m. – 1:30 p.m.)
Community Wellness at
731 Alexander Road, Suite 103
Princeton

WED. December 2 (6 – 10:30 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

BLS Renewal*

WED. November 11 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. November 19 (9 a.m. – 1 p.m.)
MON. December 7 (9 a.m. – 1 p.m.)
Community Wellness at 731 Alexander Road, Suite 103, Princeton

THU. December 17 (6 – 10 p.m.)
Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Provider: \$65 per person

Renewal: \$40 per person

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



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

Heartsaver CPR AED

SUN. November 8 (9 a.m. – 12 p.m.)

Community Wellness at 731 Alexander Road, Suite 103
Princeton

\$45 per person

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

Heartsaver First Aid

WED. December 16 (6 – 9 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$40 per person

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

Family & Friends CPR

SUN. November 15

(10 – 11 a.m.) Adult/Child

(11:15 a.m. – 12:15 p.m.) Infant*

Community Wellness at

731 Alexander Road

Suite 103, Princeton

\$15 per person, per session

(\$25 for infant/child/adult)

Family & Friends CPR programs

teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card.

*An infant is defined as a child

1 year of age or younger.



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 Class Section B – Medical Assessment and Management

SUN. November 1 (8 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$60 per person

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

EMT Refresher Class Section C – Trauma Assessment and Management

SUN. December 6 (8 a.m. – 5 p.m.)

Community Wellness at
731 Alexander Road, Suite 103, Princeton

\$60 per person

Students will review immobilization techniques, splinting and wound care.

Virtual Dementia Tour: Insight into Life with Dementia for EMS Providers

WED. November 11 (5 – 6 p.m.) OR (6:30 – 7:30 p.m.)

Princeton Medical Center, 1 Plainsboro Road, Plainsboro

The Virtual Dementia Tour, or VDT®, is an evidence-based simulation developed by P.K. Beville, founder of Second Wind Dreams®, an Atlanta-based nonprofit organization working to change the perception of aging and provide education about dementia. Join Allison Healy, MSN, RN-BC, Clinical Nurse Leader at Penn Medicine Princeton Medical Center, for this informative session offering insight into living with dementia. No CEUs have been awarded for this course.

The Body Remembers: First Responders Living Through a Global Pandemic

TUE. December 15 (1:15 – 2:15 p.m.)

 **VIRTUAL**

First responders have always faced traumatic events; in fact, facing crisis situations head-on is a key part of the job. But the ongoing Covid-19 pandemic has added another layer of stress to the pressures they endure. This program will address secondary, or what is often called vicarious, traumatization. The focus will be on identifying symptoms of secondary trauma, effective self-care strategies, and treatment of post-traumatic stress disorder (PTSD). Iris Perlstein, LCADC, LPC, a therapist with Penn Medicine Princeton House Behavioral Health's First Responder Treatment Services, will lead the discussion. No CEUs have been awarded for this program.



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

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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Penn Medicine Princeton Health is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. **To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit www.princetonhcs.org/calendar.**



Nutrition for Breast Cancer Patients

FRI. November 6 (2 – 3:30 p.m.)
FRI. December 4 (2 – 3:30 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RD, CSO, CNSC, Registered Dietitian and Certified Nutrition

Support Clinician with Princeton Medical Center. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover:

- Your nutritional needs during treatment
- Planning a healthy diet
- Physical activity
- Your nutrition questions

Breast Cancer Support Group

TUE. November 10 (6 – 7:30 p.m.)
TUE. December 8 (6 – 7:30 p.m.)

 **VIRTUAL**

To register and for link to join, please call 609.853.6787. The Breast Cancer Support Group meets the second Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members, and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a breast health navigator from Penn Medicine Princeton Medical Center's Breast Health Center

Prostate Cancer Support Group

WED. November 11 (12 – 1:30 p.m.)
WED. December 9 (12 – 1:30 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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 17 (2:30 – 4 p.m.)
TUE. December 15 (2:30 – 4 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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

Head & Neck Cancer Support Group

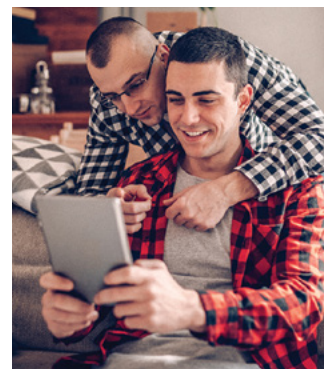
A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. November 18 (12 – 1:30 p.m.)
WED. December 16 (12 – 1:30 p.m.)

 **VIRTUAL**

Registered participants will receive a link to join.

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



Restorative Yoga

WED. November 18, December 2 & 16 (6 – 7 p.m.)

 **VIRTUAL**

To register and for link to join, please call 609.853.6787.

This class 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.



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.

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

Mindful Movement

Thursdays (10 – 11 a.m.)
(No meeting November 26,
December 24 & 31)

 VIRTUAL

To register and for link to join, please call 609.853.6787.

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



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

WED. November 4 (7 – 9 p.m.)

 VIRTUAL

Interfaith Candlelight Remembrance Ceremony
WED. December 2 (7 – 9 p.m.)

 VIRTUAL

Registered participants will receive a link to join.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth, and early infant death. Meetings are held the first Wednesday of every month, unless the date falls on a holiday. For the month of December, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story, photo, or memory of their beloved baby.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 16 (3 – 4:30 p.m.)

MON. December 21 (3 – 4:30 p.m.)

 VIRTUAL

For information to join, visit www.princetonhcs.org/calendar and search keywords “Bereavement Support”.

Please call 609.819.1226 with any questions.

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

Weight-loss Surgery Support Group

TUE. December 1 (7:15 – 8:15 p.m.)

THU. November 5 (6:30 – 7:30 p.m.)

THU. December 3 (6:30 – 7:30 p.m.)

WED. November 18 (6:30 – 7:30 p.m.)

WED. December 16 (6:30 – 7:30 p.m.)

 VIRTUAL

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

This supportive community welcomes individuals who have had weight-loss surgery, as well as those considering the surgery. Join us to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. Group sessions are facilitated by 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. This group will be tentatively held virtually. Please check our website for the latest updates.

Bariatric Support Group (for Alumni)

TUE. December 1 (6 – 7 p.m.)

 VIRTUAL

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

Bariatric patients who completed surgery two or more years ago and are seeking additional support are welcome to join our alumni group, which meets four times a year, in addition to the other weight-loss surgery support groups. In this support group, we will delve deeper into issues unique to patients who are beyond the two-year mark. This group will be tentatively held virtually. Please check our website for the latest updates.

Diabetes Support Group

TUE. November 17 (10:30 a.m. – 12 p.m.)

MON. November 23 (6:30 – 8 p.m.)

TUE. December 15 (10:30 a.m. – 12 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please call 609.853.7890.

This group provides resources and support for those living with diabetes, and their loved ones. A certified diabetes educator with Penn Medicine Princeton Medical Center's (PMC) Diabetes Management Program facilitates meetings. For more information on PMC's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring, and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

Journey Back: Stroke Support Group

WED. November 11 (2 – 3 p.m.)

 VIRTUAL

To register and receive the link to join virtually, please call Jenny Bestwick, LCSW, at 609.853.6359.

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

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

www.ustream.tv/princetonhealth

Princeton Health
OnDemand
Our experts. At your convenience.

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

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



Breaking the Cycle of Intergenerational Trauma

WED. November 11 (12 p.m.)

Peter Maclearie, MSW, LCSW, Clinical Manager for Adult Services, Eatontown, Penn Medicine Princeton House Behavioral Health



Advancements in Robotic Surgery

WED. December 9 (12 p.m.)

Bruce Pierce, MD, FACOG, FACS, Medical Director of Penn Medicine Princeton Medical Center's Robotic Surgery Program



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

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

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



Penn Medicine
Princeton Health

Community Wellness

Community Wellness
731 Alexander Road, Suite 103
Princeton, NJ

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

Princeton Medical Center
One Plainsboro Road
Plainsboro, NJ

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

South Brunswick Wellness Center
540 Ridge Road
Monmouth Junction, NJ

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

Registration is required unless otherwise noted.

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

My Child is Sick:

Is an Emergency Department Visit Needed?

When it comes to your child's health, even the slightest sign of illness can set your nerves on edge. While a watchful eye and reaching out to your pediatrician for guidance may be all that is needed in many cases, there are certain signs that warrant emergency attention.



"I always encourage parents to go with their instincts. Parents know what is normal behavior and activity for their child. If they have a concern and it is not a clear emergency, they should start by calling their pediatrician. If they cannot reach their doctor or they continue to have

concerns, they should come to the emergency department (ED)," says **Alicia Brennan, MD**, Medical Director of Children's Hospital of Philadelphia (CHOP) Center for Pediatric Care at Princeton Medical Center (PMC).

The most frequently seen conditions in the ED are high fever, a prolonged fever, abdominal or chest pain, injuries such as broken bones, migraines, respiratory symptoms with difficulty breathing and allergic reactions.

"In general, when it comes to fevers, if your child is lethargic, not improving with Tylenol or Motrin, or not drinking and not urinating, a trip to the ED may be wise," says Dr. Brennan, who is board certified in pediatrics and pediatric hospital medicine.

Specialized Pediatric Care

PMC treats over 8,000 children each year in the Center for Emergency Care. A pediatric hospitalist (a physician specifically trained to treat children at or in the hospital) from CHOP is available in the hospital 24/7 for consultation on pediatric matters, and onsite in the ED from 2 to 10 p.m. daily.

A specific area is designated in the ED for pediatric patients, and is equipped to accommodate accompanying family members for convenience. We are focused on patients' safety in this time of COVID-19. In the ER, patients are screened for COVID-19 symptoms and exposure immediately on arrival, and all rooms are private and are thoroughly sanitized after each patient visit.

For more information about Princeton Medical Center's Center for Emergency Care or pediatric services, call 1.888.742.7496, or visit www.princetonhcs.org.



HEAD TO THE EMERGENCY ROOM IF YOUR CHILD:

- Is having trouble breathing
- Has a seizure or is difficult to awaken or confused upon awakening
- Has a severe allergic reaction with swelling of the mouth or tongue or trouble breathing
- Has a prolonged fever of three or more days and is unable to see their pediatrician or is referred to the ED by their pediatrician
- Experiences an injury, such as a possible broken bone, fall with an injury, deep wound or heavy bleeding, or serious burn
- Has chest or abdominal pain that is severe
- Experiences vomiting or diarrhea with signs of dehydration



Princeton Health President and CEO Barry Rabner to Step Down at Year's End

After 18 years that have brought extraordinary change to Penn Medicine Princeton Health, Barry Rabner will step down as President and CEO on January 1, 2021. During his tenure, he guided Princeton Health through several major milestones, including the design, construction and 2012 opening of a new hospital, as well as a \$1.2 billion health campus which is now nearing completion; becoming part of the University of Pennsylvania Health System, an internationally recognized leader in clinical care, research and education; and establishing a partnership with Children's Hospital of Philadelphia, which has provided neonatal and pediatric care at Princeton Medical Center since 2009.

Under his leadership, Princeton Health has received national recognition for clinical quality from *U.S. News & World Report*, the Joint Commission and the Leapfrog group; has achieved Magnet status, the highest level of achievement for professional nursing; and has received national recognition for LGBTQ advocacy. Princeton Health has also expanded its clinical capabilities to include a robust robotic surgery program, CARF accreditation for acute rehabilitation, and designation as a provider of advanced neonatal services.

Since Rabner joined Princeton Health in 2002, the size of the medical staff has grown fivefold and the number of specialists on staff increased significantly. Penn Medicine Princeton House Behavioral Health has almost doubled its outpatient capacity and added significant new programs, including one focusing on the needs of first responders.

In addition, Rabner oversaw the establishment of Princeton Medicine Physicians, a 200-provider multispecialty group with 25 locations and spearheaded the establishment of Princeton Health's Community Wellness program, which provides over 2,000 free and low-cost screenings, programs and support groups servicing 50,000 area residents a year.

We wish him the best as he prepares for the next chapter in his exceptional career.

Princeton Medical Center Recognized Again as a **Best Regional Hospital**

For the sixth year in a row, Penn Medicine Princeton Medical Center (PMC) was recognized as a Best Regional Hospital in central New Jersey and ranked among the top hospitals statewide and across the New York metropolitan area by *U.S. News & World Report*.

The magazine's 2020-21 Best Hospitals ratings, published online, named PMC as the No. 9 hospital in New Jersey and No. 24 in the New York metropolitan region. PMC also was rated high-performing in one specialty — orthopaedics — and three common procedures or conditions: hip replacement, knee replacement, and heart failure.

The ratings are based largely on data related to clinical outcomes and patient safety, as well as patient satisfaction surveys and indicators such as whether a hospital holds Magnet® status, the highest institutional recognition available for nursing excellence.

"Ratings like this reflect the high-quality, compassionate care that our physicians and staff provide every day," said Barry S. Rabner, President and CEO of Penn Medicine Princeton Health. "We view this as a total team effort. Providers and employees throughout Princeton Health support the care provided at the hospital, and we all share in this recognition."



HIP REPLACEMENT



KNEE REPLACEMENT



HEART FAILURE



ORTHOPEDICS

Therapy Program Helps **Those with Parkinson's Move and Speak More Easily**

People living with Parkinson's disease often find their movements and speech becoming more restricted, smaller and slower.

An individualized physical therapy program called Lee Silverman Voice Treatment (LSVT) BIG, available at Penn Medicine Princeton Medical Center Princeton Rehabilitation, is designed to help people with Parkinson's walk faster and take larger steps, improve balance, increase trunk rotation and flexibility, and improve their ability to perform daily activities such as dressing and bathing. The outpatient program consists of 16 individual one-on-one physical therapy sessions led by therapists certified in the LSVT BIG method.

LSVT BIG is based on the principle that the brain can be retrained to direct the body to move more normally, as opposed to reacting to the signals received as a result of Parkinson's disease.

"LSVT BIG is an evidence-based program that has proven to be effective in addressing the everyday concerns of our Parkinson's disease patients, and can lead to increased functional independence," says Kelly Gray, PT, RN, DPT, CLT-LAN, Outpatient Rehabilitation Manager at Princeton Rehabilitation's Monroe location.

A speech component is available as well. Speak Out! helps people living with Parkinson's speak more loudly and clearly.



The LSVT BIG therapy program is available at Princeton Rehabilitation locations in Hamilton, Princeton, Plainsboro, Monroe and Monmouth Junction. The Speak Out! program is available in Plainsboro.

For more information about LSVT BIG therapy, call 609.853.7840, or visit www.princetonhcs.org.

Cultivating Resilience in the Wake of COVID-19

As we continue to live in the shadow of COVID-19 and deal with a wide range of changing health and safety mandates and recommendations, it can be challenging to stay focused and optimistic.

“We are all accustomed to being able to look toward the future with some amount of certainty, to plan certain aspects of our lives,” says Amy Hiraldo, MSW, LCSW, Director of Outpatient Services at Penn Medicine Princeton House Behavioral Health’s Princeton location. “But today it can be hard to plan for the future in a meaningful way, and that can impact your sense of hope and optimism, putting you at a greater risk for depression and anxiety.”

Navigating this new reality is all about finding balance and building resilience, according to Hiraldo.

Tips to Consider

Focus on what you can control. Rather than focus on things that are out of your control, build a strong foundation that will help you handle stressors by sticking to a regular household and work routine, eating well, getting enough sleep and including physical activity in your schedule.

Manage expectations. Rather than focus on what has changed in your life, and mourning those changes, actively work to create a new normal by establishing routines such as weekly virtual dinners or socially distanced gatherings with family members or friends.



Define your limits. Understand what you feel comfortable with as far as socializing is concerned and be attuned to when social distancing begins to impact your emotional wellbeing. Defining those parameters will make it easier to maintain healthy relationships and avoid anxiety-inducing situations.

Search for the silver lining. Take time to see the positive aspects of the situation. For example, establish a family game night or let family members take turns creating the dinner menu as a way to embrace

the amount of time you are spending at home.

Reach out to others for support. Share your feelings and concerns with a family member, friend or counselor. This can serve as a release valve for the pressure you may be feeling and can also help confirm that you are not alone in your concerns.


“Generally speaking, it is important to remember that we have all been through a lot, and there is no one right way to process the changes and pressures we face in today’s world,” says Hiraldo. “Give yourself permission to feel unsure, but pursue techniques to reduce your anxiety and ward off depression. And if you find you need help coping, reach out for professional help and guidance.”

To find out more about Princeton House Behavioral Health outpatient services, call 888.437.1610, or visit www.princetonhouse.org.

WATCH FOR THESE SIGNS

Signs of depression and anxiety include:

- Loss of interest
- Feeling hopeless
- Lack of energy, excessive tiredness
- Sleep changes
- Change in appetite or weight
- Difficulty concentrating
- Unusual irritability
- Unexplained physical problems, such as frequent headaches or stomachaches



Breaking the Cycle of Intergenerational Trauma

P psychological trauma — emotional damage that occurs as a result of a distressing event or series of events — can be caused by many things, from a sudden, unexpected incident such as the loss of a loved one to long-term exposure to abuse. Faced with an overwhelming amount of stress, someone experiencing trauma can lose their ability to cope in certain situations.

“Trauma can have a profound impact on our personality and the way we experience our emotions, from how we manage and tolerate anger to how we experience excitement. The link trauma has to our emotions is often why we see it go hand in hand with addictive behaviors,” says Peter Maclearie, MSW, LCSW, Clinical Manager for Adult Services at the Eatontown location of Penn Medicine Princeton House Behavioral Health.

Passing Trauma from Generation to Generation

While in some cases the origin of trauma may be obvious, in other instances the source may seem unclear. In fact, according to Maclearie, it may stem from something called intergenerational trauma, where a caregiver or parent experienced trauma, and behaviors related to that trauma were then passed down to the next generation.

“The jury is still out on exactly how and why this happens, but both nature (genetics) and nurture (environment) seem to play a part,” says Maclearie. “For example, parents model survival strategies to their children, especially in regard to how they handle stressful emotions. For some children, growing up in a household with parents who use substances can mal-adaptively model that as a way of managing life stress. Additionally, children who grow up in a home with caregivers who have active post-traumatic stress disorder symptoms can often develop anxiety as a way to mitigate setting off their caregiver’s trauma response.”

Anyone who seeks inpatient or outpatient treatment at Princeton House is screened for trauma as part of the admissions process. Through individual and group therapy, as well as medication if needed to help manage symptoms, individuals dealing with trauma learn to identify and understand its impact on their lives and develop new coping skills.

SIGNS OF PSYCHOLOGICAL TRAUMA

- Shock, denial, or disbelief
- Confusion, difficulty concentrating
- Anger, irritability, mood swings
- Anxiety, fear
- Guilt, shame, self-blame
- Withdrawal from others
- Sadness or hopelessness
- Disconnection or numbness

“The goal is to help them understand trauma’s impact on their behavior and stop its progression to the next generation,” says Maclearie. “It is a process that can be stopped once it is understood and treated.”

To find out more about Princeton House Behavioral Health mental health and addiction services, call 888.437.1610 or visit www.princetonhouse.org.



Penn Medicine
Princeton Health

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Remembering Philanthropist Betty Wold Johnson



In May, our community lost one of its most generous and beloved supporters.

Betty Wold Johnson passed away at the age of 99, leaving behind an unparalleled legacy of philanthropy, dedication, and vision. Raised in Minnesota, she called the greater Princeton area her home for many decades. Betty provided major support to many local civic, community, and arts organizations.

She was passionate about promoting the health of her community. For decades she eagerly supported Princeton Health during many milestone and capital events, helping to fund new programs and equipment upgrades. Her gifts were transformational and she was always there for us when we needed her most.



Betty was also a longstanding champion for the advancement of education and training for healthcare professionals. Her most recent gift to Penn Medicine Princeton Health was to our Training and Simulation Lab, which is currently under construction. Thanks to Betty and her progressive, forward-thinking nature, Princeton

Health nurses, medical students, and other healthcare providers will soon be able to participate in real-world, experiential learning and professional training in a highly advanced clinical simulation laboratory. This type of ongoing learning offers providers the opportunity to become highly skilled in medical techniques within the safety of clinical simulation. The risk-free environment will be an invaluable tool to help nurses and other key members of our medical

team practice their clinical and decision-making skills while receiving real-time feedback. We are tremendously grateful for her shared commitment to our goal of providing innovative learning opportunities for our nurses and other medical professionals.

Betty always set the bar high. When supporting capital and endowment campaigns, she frequently matched the gifts of others. In 2019, she created the Centennial Challenge Grant, in honor of Princeton Health's centennial anniversary. This \$1 million challenge grant for nursing excellence will support scholarships and continuing education, research and innovation, and the Nursing Residency Program. The Centennial Challenge Grant will be received when Princeton Health raises \$1 million from the community toward the endowment.

"Betty's loss will be felt in such profound ways, and our community may not know another philanthropist or humanitarian the likes of her for some time. She left a legacy of excellence at Princeton Health, and I feel privileged to have gotten to know her," said Barry Rabner, President and CEO, Princeton Health.