

Princeton Health

THE LATEST IN HEALTH NEWS & INFORMATION — MARCH/APRIL 2019

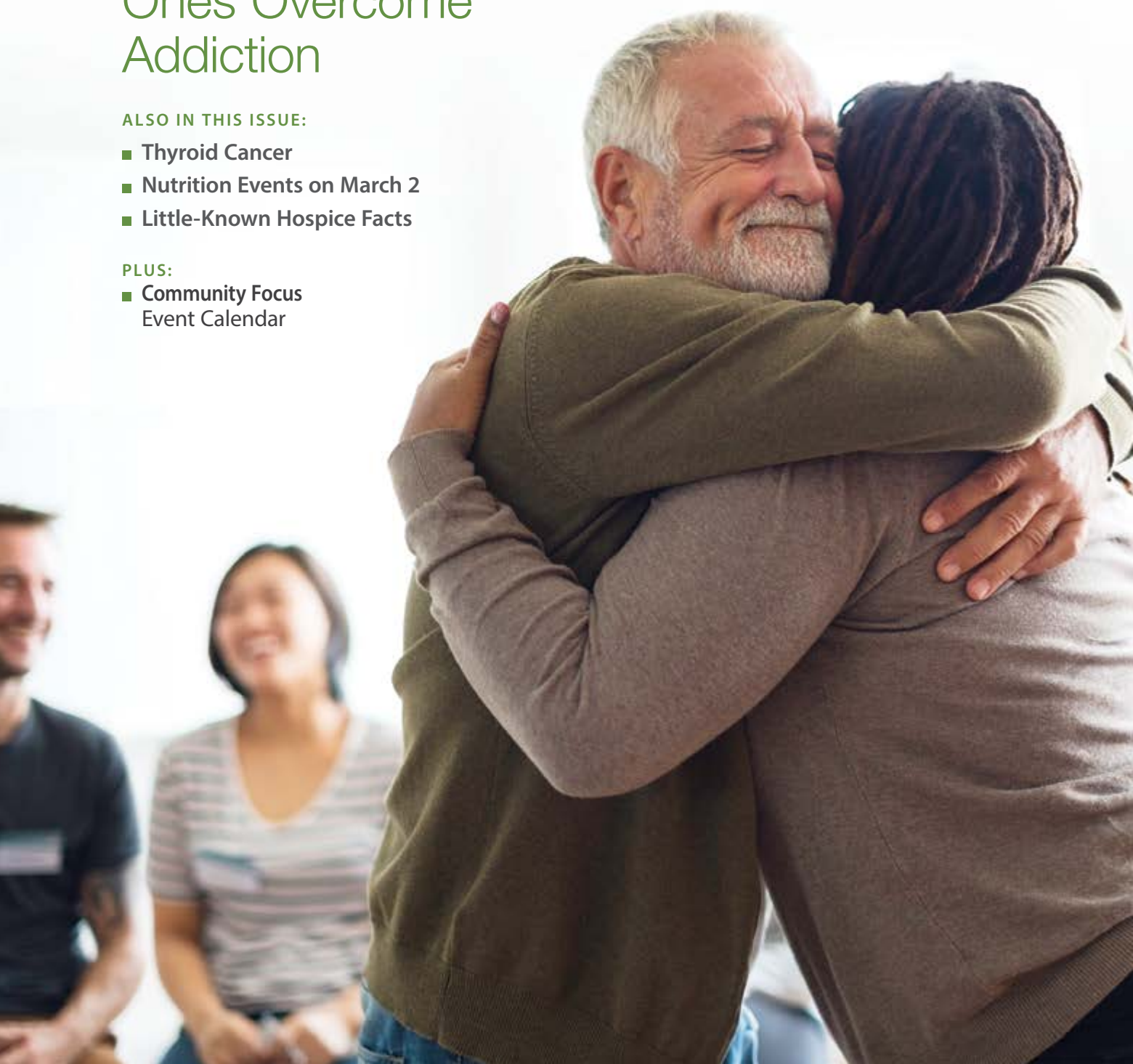
Helping Loved Ones Overcome Addiction

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Princeton Health

MARCH/APRIL 2019



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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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Helping Loved Ones Overcome Addiction



Realizing a loved one is experiencing a substance abuse problem — whether drugs, alcohol or a combination of both — can be a heartbreaking discovery, bringing with it a wide range of emotions, including intense worry and fear for their safety. Accompanying those overwhelming emotions is often a deep desire to help them seek treatment.

“Honest feedback from family, friends and coworkers can be powerful in moving someone from a stage of pre-contemplation (doing nothing) to action (making changes),” says Mark Schwartz, MD, FAAFP, DFASAM, Medical Director of Inpatient Detox Services at Penn Medicine Princeton House Behavioral Health. “But little can be accomplished until that person is ready to begin the work of recovery.”

Focus on Communicating

In most cases, convincing a loved one that they have a substance abuse problem and need help will be challenging. They may not believe they have a problem, may be too afraid or embarrassed to admit they have a problem, or may be using drugs or alcohol as a response to other mental health issues.

“It is common for people to minimize the consequences of their substance use,” says Dr. Schwartz. “Often they are fearful of living without their substance of choice, and can be adept at rationalizing their behaviors. Not enabling them to continue in this cycle can be challenging for anyone trying to help.”

Although you may want to bluntly confront your loved one about their addiction, focus on a non-threatening approach, voicing your concern for them in a caring tone. Avoid lecturing, yelling, name-calling and strong criticism. Instead, explain that you are worried about them and why, and that you want to work with them toward a solution. Trust from both sides is a key to moving forward.

A Team Approach

Once your loved one has entered a treatment program, remember the process will take time, and the challenges may be considerable. Princeton House provides a multidisciplinary approach to care, offering an intensive, short-term (usually two to three weeks) inpatient recovery/rehabilitation program as well as intensive outpatient programs designed to meet the needs of individuals who are suffering from substance abuse. Treatment programs tailored to the needs of men, women, young adults, and adolescents are located at various Princeton House locations: Eatontown, Hamilton, North Brunswick, Moorestown and Princeton.

“Substance use disorders are chronic diseases and need to be treated long term, just like hypertension or diabetes,” says Dr. Schwartz. “These are brain diseases not character defects, although behaviors stemming from the compulsion to use can be difficult to watch. Not all people with the same diagnosis will need the same treatment plan so it is important to carefully evaluate the individual and personalize care.”

For more information about Princeton House Behavioral Health programs, call 609.497.3355 or visit princetonhouse.org.



Liver and Kidney Transplant Evaluations Available Close to Home

Penn Medicine's Liver and Kidney Transplant Programs now offer transplant evaluations at the Penn Medicine Princeton Health Campus, providing patients with expert services close to home. Penn performs the most liver and kidney transplants in the region, with outcomes that consistently meet or exceed national averages, and Penn's living donor program is the most experienced in the greater Philadelphia region.

Services available on the Princeton Health campus include appointments with clinicians who specialize in transplant care and are familiar with the unique needs of transplant patients, transplant evaluations for new patients and pre-transplant appointments for established patients.

For more information or to make an appointment with the Liver Transplant Program, please call 215.662.4554, or visit PennMedicine.org/Liver-Transplant. For more information or to make an appointment with the Kidney Transplant Program, please call 215.662.6200 or visit PennMedicine.org/Kidney-Transplant.



PENN MEDICINE PRINCETON HEALTH CELEBRATING 100 YEARS OF CARING FOR RESIDENTS OF CENTRAL JERSEY

Penn Medicine Princeton Health will celebrate 100 years of caring for the residents of central New Jersey throughout 2019, culminating with a weekend of special centennial activities in November to mark the historic milestone.

To kick off its 100th anniversary year, Princeton Health launched a new website dedicated to the centennial. Celebratory events for employees and volunteers, EMTs, physicians, patients, donors and the community are being planned. Additional details will be announced and shared on social media (#PrincetonHealth100) and the website, at www.princetonhcs.org/100years.

"As we celebrate our centennial year, we look back at our beginning with a sense of admiration for our founders who had the foresight to recognize the need for a community hospital and for the generous and committed community members who helped them to turn an idea into a reality," said Princeton Health President and CEO Barry Rabner. "We also look ahead to our future with a sense of excitement about the advancements and innovations still to come and gratitude to all those who have worked so hard and given so much to support the health system over the past 100 years."

Princeton Medical Center, then Princeton Hospital, first opened its doors on Nov. 24, 1919, after the great flu epidemic of 1918 made the need for a full-time hospital apparent.

Today, Princeton Health provides a wide range of inpatient and outpatient care, behavioral health and addiction services, rehabilitation, homecare and hospice, and fitness and wellness services to people in central New Jersey and beyond.

#PrincetonHealth100 | www.princetonhcs.org/100years

A Multidisciplinary Approach to Thyroid Cancer Diagnosis and Treatment

The thyroid is a butterfly-shaped endocrine gland that's located in the lower front of the neck. Its job is to secrete hormones, which are carried to every tissue in the body through the blood. Thyroid hormone helps regulate your metabolism, helping your body use energy; stay warm and keep the brain, heart, muscles and other organs working as they should.

While most people never think about their thyroid, it is very common for patients to be diagnosed with thyroid nodules, an abnormal growth of cells that forms a lump in the gland. In fact, according to the American Thyroid Association, by age 60 about half of all people have a thyroid nodule that can be found either through physical exam or with imaging, such as MRI or ultrasound. Fortunately, over 90 percent of those nodules are benign, or noncancerous.

Physicians aren't sure exactly what causes most thyroid nodules. Many patients don't have symptoms, so nodules are only discovered through a routine physical or while being tested for another health concern, notes Tomer Davidov, MD, FACS, a surgeon with Princeton Medical Center.

When a nodule is discovered, patients typically have a thyroid function blood test to make sure the nodule is not making too much thyroid hormone. Also, a neck ultrasound is done to better evaluate the nodule and nearby lymph nodes. If the thyroid nodule is large, a biopsy is usually performed to see if it's cancerous.

SURGICAL INTERVENTION

For patients whose biopsy shows thyroid cancer, or whose nodules are so large they're causing other health problems, surgery is necessary. The procedure, thyroidectomy, removes either part of or the entire thyroid gland with all the nodules inside. If cancer is detected in the lymph nodes, the surgery will include removal of those as well.



In most cases, the hospital stay, if any, is less than 24 hours. Typically, surgery is the primary treatment for thyroid cancer; however, after the procedure patients are required to take lifelong medication to replace the hormones no longer being produced by the thyroid.

At Penn Medicine Princeton Medical Center (PMC), patients with cancerous thyroid nodules are treated by a comprehensive, multidisciplinary team.



"Our medical team includes an endocrine surgeon, multiple endocrinologists, a pathologist that specializes in thyroid cells, radiologists and medical oncologists," says Dr. Davidov. "We meet regularly to discuss patient cases to be sure we're tailoring each patient's treatment in a way that leads to the best possible outcome."

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

LOOK FOR THESE SYMPTOMS

SIGNS OF THYROID NODULES:

- Neck pain or pressure
- Difficulty swallowing
- Visible lump on the neck

SIGNS OF TOO MUCH THYROID HORMONE:

- Rapid or irregular heartbeat
- Unexplained weight loss
- Tremors
- Unexplained nervousness & anxiety
- Feeling hot or sweaty
- Bulging eyes

SIGNS OF TOO LITTLE THYROID HORMONE:

- Severe tiredness, energy loss
- Unexplained weight gain
- Feeling cold
- Hair loss
- Dry skin

Getting a Grip on Hand and Wrist Problems

Using your hands is something you do thousands of times each day, usually without giving it a second thought, whether you are grabbing that first cup of coffee in the morning or reaching for your phone to check your email. And because your hands are always busy, they are high on the list when it comes to repetitive motion injuries.

Two of the most common repetitive motion injuries related to the use of your hands are carpal tunnel syndrome, which causes numbness, tingling and weakness in the hand and wrist, and trigger finger, which causes your finger or thumb to stiffen or lock in place. Both conditions can strike anyone at any time — particularly today, since so much time is spent using smartphones, tablets and computers starting at a young age — and can make everyday activities painful and challenging.

An additional problem seen frequently is synovitis, or arthritis of the thumb. As you text with your thumb, pinch or grasp, additional stress placed on the base of the thumb may result in vague pain associated with use.



Early Intervention Helps

“The first step anytime someone is experiencing unexplained pain, numbness, swelling or mobility problems is to see a doctor to diagnose what is going on,” says **Jon Ark, MD**, Chair of Orthopaedics at Penn Medicine Princeton Medical Center. “The sooner you start treating the condition the better.”

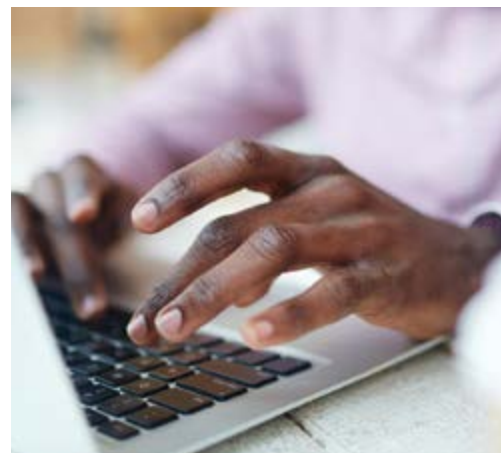
If the problem turns out to be a repetitive motion injury, treatment begins conservatively, with warm soaks, anti-inflammatory medication and rest if trigger finger is diagnosed, and splinting and anti-inflammatories if carpal tunnel syndrome is likely. In some instances, education regarding posture and wrist position, manual therapy, custom orthotic fabrication, activity modification, and proper workplace ergonomics can help as well, according to Sangita Verma, PT, DPT, MBA, Director of Princeton Rehabilitation.

“When these treatments don’t resolve the problem, then we generally try treating with cortisone shots,” says Dr. Ark, who is board certified in surgery of the hand and orthopaedic surgery. “For some people a single shot will provide the relief they need. For others, it may not. We can perform cortisone injections up to three times and then we need to move on to surgical options.”

Working Toward Recovery

Recovery from trigger finger surgery takes several weeks. Carpal tunnel surgery recovery can extend to several months, in some cases. Physical therapy after surgery can speed recovery and improve outcomes.

“Our goal is to help the patients who will benefit from physical therapy work within the restrictions of their condition and then help them with range of motion and building strength to improve function,” says Verma.



Watch for These Signs

Carpal tunnel symptoms include:

- Tingling or numbness in fingers or hand
- Weakness in hand and wrist and a tendency to drop things
- Sensation like an electric shock in the fingers

Trigger finger symptoms include:

- Finger stiffness, particularly in the morning
- Popping or clicking sensation during movement
- Finger catching or locking in bent position
- Tenderness or a bump in the palm at the base of the finger

Thumb synovitis or arthritis symptoms include:

- Pain with thumb use, such as pinching or grasping objects
- Weakness in pinching or opening jars

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

Community Focus

NUTRITION FOR A BETTER LIFE featuring **Joy Bauer** from the *Today Show*

Saturday, March 2
8 a.m. – 1:30 p.m.

Hyatt Regency Princeton
102 Carnegie Center Drive, Princeton

Registration \$50 per person. Cost includes a copy of
Bauer's new book, continental breakfast and lunch.

Visit www.princetonhcs.org/calendar and search
keywords **Joy Bauer** to register and choose your
breakout session topics.



Join us in welcoming Joy Bauer, MS, RDN, the health and nutrition expert for NBC's *TODAY* show and the host of NBC's *Health + Happiness*, as the keynote speaker for our nutrition conference. Her latest book, *Joy's Simple Food Remedies*, explores the healing power of food and features natural, holistic remedies for common, everyday ailments such as belly fat, headaches, low energy, high blood pressure and anxiety and stress.

Health professionals from Princeton Health will lead breakout sessions throughout the morning focused on topics such as mindful eating, plant-based diets, nutrition, exercise and weight loss.

This conference is provided with support from **Novo Nordisk**.

8 a.m.	Registration & continental breakfast
9 a.m.	Opening remarks
9:30 a.m.	Breakout session 1
10:45 a.m.	Breakout session 2
12 p.m.	Lunch and keynote speaker Joy Bauer
1:30 p.m.	Closing remarks

REGISTER: www.princetonhcs.org/calendar or 1.888.897.8979

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.

Weight-Loss Surgery: Is It Right for Me?

THU. March 7 (6 – 6:30 p.m.)
THU. April 4 (6 – 6:30 p.m.)
Princeton Medicine Physicians
2 Centre Drive, Suite 200
Monroe Township

WED. March 20 (6 – 6:30 p.m.)
WED. April 17 (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 surgical weight-loss options, to help you make the choice that's right for you.

Making Medical Decisions for Others

MON. March 4 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center

WED. April 3 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

Are you prepared to make medical decisions for an elderly parent or someone with cognitive impairment or dementia? Join David Barile, MD, board certified in geriatric medicine, hospice and palliative medicine and internal medicine, to learn what you need to know in order to make informed decisions for your loved ones. Dr. Barile is a member of the Medical Staff of Princeton Health.

Sepsis: When an Infection Becomes Life Threatening

MON. March 4 (1 – 2 p.m.)
Princeton Sr. Resource Center
45 Stockton Street, Princeton

Although it is most common in older adults or those with weakened immune systems, anyone can develop sepsis — a potentially life-threatening infection complication that can damage multiple organ systems, causing them to fail. Join Craig Gronczewski, MD, MBA, Chairman of the Department of Emergency Medicine at Princeton Medical Center, for a discussion on the signs and symptoms of sepsis, who is at risk, and ways to prevent and treat sepsis. Dr. Gronczewski is a member of the Medical Staff of Princeton Health.



Memory, Aging & the Brain

THU. March 7 (11 a.m. – 12 p.m.)
Stonebridge
100 Hollinshead Spring Road, Skillman

MON. April 1 (10:15 – 11:15 a.m.)
Meadow Lakes

300 Meadow Lakes, East Windsor
To register, please call Meadow Lakes at 609.426.6842.

Memory loss is often dismissed as a normal part of aging, but it is not something to ignore. 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 differences between mild cognitive impairment, dementia and Alzheimer's, as well as the steps you should take if you or a loved one have started to notice a decline in memory. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future. Dr. Apter is a member of the Medical Staff of Princeton Health.

Dealing with Depression

MON. March 11 (6 – 7 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

THU. April 11 (6:30 – 7:30 p.m.)
Community Wellness at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Depression is a common mental health disorder that affects millions of Americans. Join Alex Garino, Clinical Research Coordinator at Princeton Medical Institute, to learn about the neurobiology of depression, including why certain people are predisposed to it, new treatment options and clinical research trials, and the reality of current antidepressants and how patient's needs are still unmet.

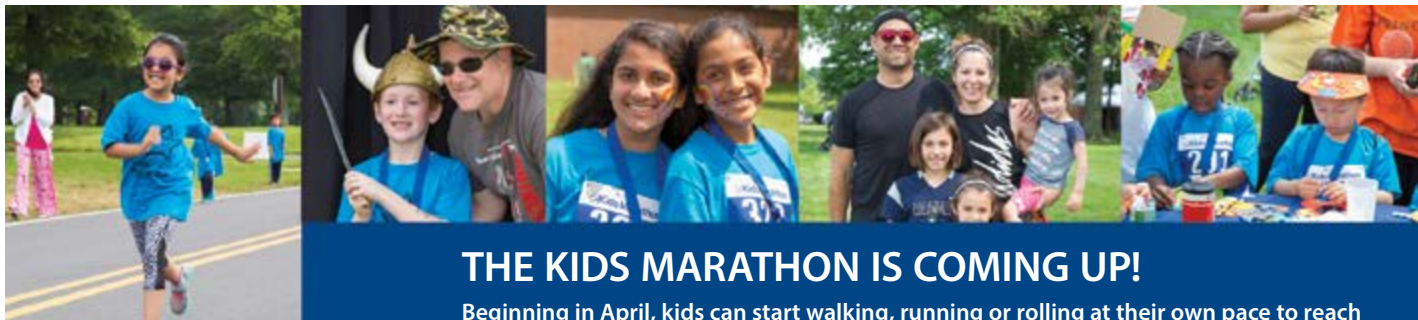


Managing Your Seasonal Allergies

TUE. March 12 (7 – 8 p.m.)
Robbinsville Library
42 Robbinsville-Allentown Road Robbinsville

If you suffer from chronic nasal stuffiness; headaches; coughs or other sinus, allergy or asthma symptoms, join us for this informative program and learn about the symptoms, causes and treatments of common allergy disorders. This session will be led by Neeti Gupta, MD, board certified in allergy and immunology, and a member of the Medical Staff of Princeton Health.

Join health professionals with Community Wellness for your **Free Blood Pressure Check** on
March 19 and April 16, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



Kids Marathon

THE KIDS MARATHON IS COMING UP!

Beginning in April, kids can start walking, running or rolling at their own pace to reach 25 miles. Then everyone gathers on June 23 at the Kids Marathon to finish the last 1.2 miles together. Each kids program below also counts towards the miles. Earn 1 mile per class! To sign up or learn more, visit www.princetonhealthinmotion.com. Parents must accompany their children at all the classes listed below.

Build a Better Breakfast: Nutrition for Kids

TUE. March 5 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

WED. March 6 (6:30 – 7:30 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

WED. April 10 (6 – 7 p.m.)

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

For ages 5 – 10.

Breakfast is the most important meal of the day, jumpstarting you to get through your day. The Build a Better Breakfast program helps kids learn to make simple breakfasts packed with nutrition and flavor. At the end of each class participants will sample their creations.

- **March 5 & 6** – Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, to learn how to make simple, healthy breakfasts.
- **April 10** – Join Meredith Hesselein, MS, RDN, Registered Dietitian Nutritionist, and learn how to make a simple, healthy, yogurt parfait.

Grow Your Own Veggie Garden

THU. April 25 (4:30 – 5:30 p.m.)

Belle Mead Co-Op, 100 Township Line Road, Hillsborough

SUN. April 28 (1:30 – 2:30 p.m.)

Green Haven Garden Center, 1181 Hughes Drive, Hamilton

For ages 6 – 10.

Expert gardeners will instruct parents and children in planting seeds in containers, which they can take home and watch grow.

RAD Kids

MON. – FRI. March 18, 19, 20, 21 & 22 (3:30 – 5 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

For ages 7 – 12.

\$25 per child

Princeton Health is pleased to present radKIDS, a national program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. radKIDS is a five-session, activity-based program that includes lectures, safety drills, muscle memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
 - Out-and-about safety
 - Realistic defense against abduction
 - Good/bad/uncomfortable touch
 - Stranger tricks
 - Self-realization of personal power
- Dress in sneakers and comfortable clothing suitable for exercising. Completed consent forms must be submitted for each child prior to the class.

Yikes! What is Happening to My Body?

A Puberty Talk for Girls

TUE. March 12 (6 – 7:30 p.m.)

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

MON. April 8 (6 – 7:30 p.m.)

South Brunswick Wellness Center
Designed for girls ages 9 through 12, this program will address the physical, intellectual and emotional changes your child will experience as she enters her teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a Health Educator with Princeton Health Community Wellness.

A Puberty Talk for Boys

TUE. March 19 (6 – 7:30 p.m.)

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

Designed for boys ages 9 through 12, this program will address the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a Health Educator with Princeton Health Community Wellness.

Fall Prevention

THU. March 14

(10:30 – 11:30 a.m.)

South Brunswick Wellness Center

Each year, one in three people over the age of 60 experiences a fall. Many of these accidents can be prevented with the right exercises and some simple changes in your habits and environment. Join Vaani Pillai, PT, DPT, physical therapist with Princeton Medical Center Princeton Rehabilitation, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention.



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

Could It Be Poison?

WED. March 20 (1 – 2 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

THU. March 28 (10:30 – 11:30 a.m.)

West Windsor Senior Center
271 Clarksville Road, West Windsor

To register, please call the senior center at 609.799.9068.

Every year, between 2 to 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. Learn to identify poisons, how poisons can enter the body, the dos and don'ts of using medications and household cleaners, and what to do if you suspect poisoning.

- **March 20** will be led by Barbara Vaning, MHA, EMT instructor with Princeton Health's Community Wellness.
- **March 28** will be led by Anne Frankel, instructor with Princeton Health's Community Wellness.



Cheerleading Injury, Body Mechanics and Physical Therapy

WED. March 20 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Cheerleading is a team sport that involves high physical demands and athleticism, and proper form and posture can help prevent injury. Join Megan Advani, PT, DPT, Director of Outpatient Rehab and Physical Therapist with Princeton Medical Center Princeton Rehabilitation, to learn about proper body mechanics and posture, cheerleading injuries and physical therapy and treatment options should an injury occur.

AARP Smart Driver

SAT. March 23 (9 a.m. – 3 p.m.)
South Brunswick Wellness Center

WED. & THU. April 24 & 25 (5 – 8 p.m.)

Princeton Medical Center

First Floor, Education Center – Conference Rooms 1 & 2

\$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 6-hour 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.

How to Handle Children's Fevers

MON. March 25 (7 – 8 p.m.)

Hickory Corner Library
138 Hickory Corner Rd, East Windsor

To register, please call the library at 609.448.1330.

What steps should you take when your child has a fever? Join Julianne Prasto, MD, pediatrician with Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at Princeton Medical Center, to learn the proper steps to take when your child has a fever and when to call the doctor. Dr. Prasto is a member of the Medical Staff of Princeton Health.



Varicose Veins: Now You See Them, Now You Don't

TUE. March 26 (7 – 8 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton Health, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Vascular Care at Princeton Medical Center.

Recent Advances in Treatment for Sleep Disorders

WED. March 27 (6:30 – 7:30 p.m.)

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

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect their health and mood. Join Robert G. Mignone, DO, board certified in otolaryngology, for a discussion on new advances in the treatment of common sleep disorders, such as sleep apnea. Dr. Mignone is a member of the Medical Staff of Princeton Health.

Self-Defense for Women: Personal Empowerment Safety Program

TUE. April 2, 9, 16 & 23 (6 – 9 p.m.)

Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

\$25 per person

Empower yourself with a new sense of awareness and confidence through RAD Women®, a national self-defense course for women. The FBI estimates that 1 of every 3 women in the United States will be assaulted in their lifetimes. Learn to be more aware of potential danger and how to protect yourself. RAD Women® is a multi-session, activity-based program that includes lectures, safety drills, muscle memory and physical defense techniques. This course is designed for every woman, regardless of physical fitness and age. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

The Latest in Laser Vision Correction and Cataract Surgery

WED. April 3 (7 – 8 p.m.)

West Windsor Library
333 North Post Road, West Windsor

To register, please call the library at 609.275.8901.

Suzanne Jadico, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton Health, will discuss corrective eye surgery and answer your questions, including:

- What is Lasik?
- Am I a good candidate for the procedure?
- Is Lasik safer than contact lenses?
- Can multifocal lenses and cataract surgery eliminate my need for reading glasses?



Mindfulness to Reduce Stress

WED. April 3 (6:30 – 7:30 p.m.)

Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road, Pennington

Practicing mindfulness can help you manage stress and improve your quality of life. Attend this informative session led by Carolyn Schindewolf, Health Educator with Princeton Health Community Wellness, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life.

Protecting Your Face from Sun Damage

FRI. April 5 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Many of us will soon be spending more time outdoors, increasing our risk of sun damage and skin cancer. Robyn B. Notterman, MD, a board certified dermatologist and a member of the Medical Staff of Princeton Health, will cover ways to protect yourself, particularly your face and head, from exposure to the sun. Join us to learn more about:

- Summer skin care and the latest sunscreen products and applications
- Detection and prevention of skin cancer
- Newest treatments for skin cancer



All You Need to Know About Glaucoma

TUE. April 9 (7 – 8 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Glaucoma — a leading cause of blindness in the United States — usually has no symptoms and can easily go undetected without regular screening. And early detection and treatment can help save your vision. Join Sarah Kuchar, MD, board certified in ophthalmology, to learn about the importance of taking care of your vision and getting screened. Dr. Kuchar is a member of the Medical Staff of Princeton Health.

Managing Pre-Diabetes and Diabetes

MON. April 15 (1 – 2 p.m.)

Princeton Sr. Resource Center
45 Stockton Street, Princeton

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 Louise Gross, RN, BSN, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators with Princeton Medical Center's Diabetes Management Program.

Testicular Cancer: What You Need to Know

TUE. April 16 (7 – 8 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

Treatment options for testicular cancer are based on the individual's specific needs. Join Edward M. Soffen, MD, board certified radiation oncologist, to learn about the different options available for treatment. Dr. Soffen is a member of the Medical Staff of Princeton Health.

Kick the Sugar Habit

WED. April 17 (7 – 8 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

The American Heart Association recommends we get no more than 10% of our daily calories from added sugar, but cutting back on your 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.

Cooking for One or Two

WED. April 17 (1 – 2 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton

Sometimes cooking for one or two may seem like it's not worth the trouble, and that eating out is a better choice, but good health hinges on healthy eating, which begins at home. Join Alyssa Luning, RD, LDN, CSOWM, Registered Dietitian with Princeton Medical Center, for this informative session and learn how to make nutritious, tasty and inexpensive meals for your small household.



Gynecological Issues: What Could It Be?

TUE. April 23 (6:30 – 7:30 p.m.)

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

Many women suffer in silence from painful periods, fibroids, endometriosis and other pelvic health problems when they don't have to. Join Bruce Pierce, MD, board certified in obstetrics and gynecology and a member of the Medical Staff of Princeton Health, to learn about various pelvic disorders and how to treat them.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. April 9 – May 23 (1:30 – 2:45 p.m.)

Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro

\$99 per person

Improve your pelvic floor health and quality of life through this seven-week Total Control® program. Participants report improvement in: urinary leakage and bladder control; frequency or overactive bladder; pelvic strength and support; post-partum core strength and better posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

Vision Screenings

THU. March 21 (4 – 7 p.m.)

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

THU. April 18 (10 a.m. – 1 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

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.

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.

Ask the Neonatologist

WED. March 6 (7 – 9 p.m.)

Princeton Medical Center

First Floor, Education Center, Conference Rooms A & B

Join Marilyn Giorgi, MD, Director of Neonatology for CHOP Pediatric & Newborn Care at Princeton Medical Center (PMC), to learn about our state-of-the-art Center for Maternal & Newborn Care and what you can expect in the hospital after your baby's birth. Allison Goldschlag-Reinking, MA, CHHC, Central Jersey Family Health Consortium, will discuss tips on preventing cytomegalovirus, a leading viral cause of birth defects.

Sibling Class

SAT. March 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

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

MON. March 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. April 6 (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.)

WED. April 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

Penn Medicine Princeton Medical Center – Atrium

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

Baby Care

WED. March 13 (7 – 9:30 p.m.)

WED. April 17 (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.

SAVE!
When you register for
multiple prenatal classes:

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, call
1.888.897.8979 to register.



Prenatal Breastfeeding Class

TUE. March 12 (7 – 9:30 p.m.)

MON. April 15 (7 – 9:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center

\$50 per couple

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.

Nutrition During Pregnancy

THU. March 14 (7 – 8 p.m.)

West Windsor Library
333 North Post Road, West Windsor

To register, please call the library at 609.275.8901.

Proper nutrition during pregnancy can help you maintain a steady, healthy weight gain and help your baby get what he or she needs for a healthy start in life. Join Beth Young, MS, RDN, CSOWM, a registered dietitian nutritionist, to learn the importance of good nutrition in a healthy pregnancy and what you can do to safeguard you and your baby during this special time.

Daddy Boot Camp™

SAT. April 27 (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. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate how to hold, comfort, diaper and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

OPTIONS FOR BIRTHING

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

Birthing Basics

THU. March 7 – 28 (7 – 9 p.m.)
WED. March 20 – April 10 (7 – 9 p.m.)
TUE. April 9 – 30 (7 – 9 p.m.)
MON. April 29 – May 20 (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. March 16 (9 a.m. – 5 p.m.)
SAT. April 13 (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.

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 Center

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. March 13 (1 – 2 p.m.)
WED. March 27 (1 – 2 p.m.)
WED. April 10 (1 – 2 p.m.)
WED. April 24 (1 – 2 p.m.)
Princeton Fitness & Wellness Center, 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

THU. March 7 (6 – 8 p.m.)
SAT. March 9 (10 a.m. – 12 p.m.)
MON. March 19 (6 – 8 p.m.)
SAT. April 6 (10 a.m. – 12 p.m.)
MON. April 15 (6 – 8 p.m.)
THU. April 18 (6 – 8 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

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.



Postpartum Power: Fitness & Education for New Moms

TUE. & THU. March 5 – April 11 (10 – 11 a.m.)

Community Wellness at 731 Alexander Road, Suite 103

\$75 per person

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

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

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.



Caring for Patients with Hearing Loss

WED. March 13 (6 – 8 p.m.)
Princeton Fitness & Wellness
1225 State Road, Princeton

This program is geared toward EMTs and first responders.

This class has been awarded 2 CEUs.

Learn about caring for patients with hearing loss at this workshop hosted by Princeton Health Community Wellness, including:

- Different types of hearing loss
- How to recognize hearing loss in a patient
- Communicating with a patient who has experienced hearing loss
- Resources available through the Division of the Deaf and Hard of Hearing

The workshop will be led by Baylie Sappir and Jaclyne Brown, Field Representatives, New Jersey Department of Human Services, Division of Deaf and Hard of Hearing.

EMT Integrated Refresher: Section A – Airway Assessment and Management

SUN. April 14 (8 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

\$60 per person

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

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

CPR & FIRST AID

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

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

Register at www.princetonhcs.org/calendar or 1.888.897.8979.

ACLS Full Certification Course

FRI. & SAT. March 22 & 23 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

ACLS Recertification Course

FRI. March 15 (9 a.m. – 5 p.m.)
WED. April 24 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

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

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

PALS Recertification Course

MON. March 25 (9 a.m. – 5 p.m.)
Community Wellness at
731 Alexander Road, Suite 103

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.



Learn lifesaving techniques at Penn Medicine Princeton Health's **FREE CPR TRAINING**

Registration is required for all classes. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR classes, unless otherwise noted. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Penn Medicine Princeton Health. The Family & Friends CPR program teaches you how to perform CPR on adults, children or infants, and how to help an adult, child or infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.



South Brunswick Wellness Center

540 Ridge Rd., Monmouth Junction

MON. April 1
(12:30 – 1:15 p.m.) [Adult/Child](#)

SAT. April 6
(9 – 10 a.m.) [Adult/Child](#)
(10:30 – 11:30 a.m.) [Infant](#)

Lawrence Library
2751 Brunswick Pike
Lawrence

MON. April 1
(7 – 8 p.m.) [Adult/Child](#)
To register call 609.883.8292.

Robbinsville Library
42 Robbinsville–Allentown Rd.
Robbinsville

MON. April 1
(6:30 – 7:30 p.m.) [Adult/Child](#)
TUE. April 2
(6:30 – 7:30 p.m.) [Infant](#)
To register call 609.259.2150.

Plainsboro Recreation Center
641 Plainsboro Rd. Plainsboro

TUE. April 2
(7 – 8 p.m.) [Adult/Child](#)

Princeton Fitness & Wellness
1225 State Rd., Princeton

WED. April 3
(6 – 6:45 p.m.) [Infant](#)
(7 – 8 p.m.) [Adult/Child](#)

Hamilton Area YMCA

John K. Rafferty Branch
1315 Whitehorse–Mercerville Rd. Suite 100, Hamilton

WED. April 3
(6 – 7 p.m.) [Adult/Child](#)

THU. April 4
(10:30 – 11:30 a.m.) [Adult/Child](#)

MON. April 8
(6:30 – 7:30 p.m.) [Infant](#)

Highstown Library
114 Franklin St., Hightstown

THU. April 4
(6 – 7 p.m.) [Infant](#)

SAT. April 13
(2 – 3 p.m.) [Adult/Child](#)
(3 – 4 p.m.) [Adult/Child](#)
To register call 609.448.1474.

Crosswicks Library
483 Main St., Chesterfield

THU. April 4
(7 – 8 p.m.) [Adult/Child](#)

Montgomery Senior Center
356 Skillman Rd., Skillman

FRI. April 5
(12:30 – 1:30 p.m.) [Adult/Child](#)

West Windsor Senior Center
271 Clarksville Rd., West Windsor

FRI. April 5
(2 – 3 p.m.) [Adult/Child](#)
To register call 609.799.9068.

Montgomery Evangelical Church

246 Belle Mead–Griggstown Rd.
Belle Mead

SAT. April 6
(10 – 11 a.m.) [Adult/Child](#)

Snap Fitness
2025 Old Trenton Rd.
Princeton Junction

SAT. April 6
(10 – 11 a.m.) [Adult/Child/Infant](#)
To register call 908.307.8441.

West Windsor Library
333 North Post Rd., Princeton Junction

SAT. April 6
(11 a.m. – 12 p.m.) [Adult/Child](#)

WED. April 10
(7 – 8 p.m.) [Infant](#)
To register, visit the library's website.

Community Wellness at
731 Alexander Rd., Suite 103
Princeton

SUN. April 7
(9 – 10 a.m.) [Infant](#)
(10:15 – 11:15 a.m.) [Adult/Child](#)

Brookshire Senior Living Apartments
100 Forest Ridge Dr., Lawrenceville

MON. April 8
(1 – 2 p.m.) [Adult/Child](#)

Princeton Senior Resource Center
45 Stockton St., Princeton

MON. April 8
(1 – 2 p.m.) [Adult/Child](#)

PMC Breast Health Center

East Windsor Medical Commons 2
300B Princeton–Hightstown Rd.
East Windsor

MON. April 8
(7 – 8 p.m.) [Adult/Child](#)

Gardens at Monroe
189 Applegarth Rd., Monroe

TUE. April 9
(10 – 11 a.m.) [Adult/Child](#)

Hickory Corner Library
138 Hickory Corner Rd.
East Windsor

TUE. April 9
(10 – 11 a.m.) [Adult/Child](#)
To register call 609.448.1330.

Plainsboro Library
9 Van Doren St., Plainsboro

TUE. April 9
(6 – 7 p.m.) [Adult/Child](#)

TUE. April 11
(6 – 7 p.m.) [Infant](#)
To register call 609.275.2898.

East Brunswick Library
2 Jean Walling Civic Center Dr.
East Brunswick

FRI. April 12
(11 – 11:45 a.m.) [Adult/Child](#)
(11:45 – 12:30 p.m.) [Infant](#)

BLS Provider

FRI. March 8 (9 a.m. – 1:30 p.m.)

MON. April 29 (6 – 10:30 p.m.)
Community Wellness at 731 Alexander Road, Suite 103

WED. March 27 (6 p.m. – 10:30 p.m.)
Princeton Fitness & Wellness, 1225 State Road, Princeton

MON. April 15 (9 a.m. – 1:30 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.*

BLS Renewal*

MON. March 11 (6 – 10 p.m.)

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

WED. March 20 (9 a.m. – 1 p.m.)

THU. April 25 (6 – 10 p.m.)
Community Wellness
at 731 Alexander Road, Suite 103



Heartsaver CPR AED

WED. April 17 (6 – 9 p.m.)

Princeton Fitness & Wellness, 1225 State Road, 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.

Neonatal Resuscitation Program

WED. March 13 (8 a.m. – 12 p.m.)

MON. April 8 (6 – 10 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.

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.

Nutrition Tips for Breast Cancer Patients

FRI. March 1 (11:30 a.m. – 1 p.m.)

FRI. April 5 (11:30 a.m. – 1 p.m.)

Penn Medicine Princeton Medical Center

Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred. To register, call 609.853.6788.

Women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, 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 after treatment and physical activity, as well as answers to your nutrition questions.

Art Therapy for Cancer

WED. March 13 & 27, April 10 & 24 (6 – 7 p.m.)

Princeton Medical Center – Cancer Center Conference Room

Registration required. Space is limited. To register for this series, call 609.853.6787.

Relaxation is an important yet often overlooked aspect of healing. Join Kristina Baktis, ATR-BC, ATCS, board certified art therapist, for this creative and rejuvenating program, and create artwork that emphasizes relaxation in a supportive, comfortable environment. Each session focuses on a different theme and no art experience is necessary.

Restorative Yoga

WED. March 6, 20, April 3 & 17 (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 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.

Breast Cancer Support Group

TUE. March 12 (6 – 7:30 p.m.)

TUE. April 9 (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.

Prostate Cancer Support Group

WED. March 13 (12 – 1:30 p.m.)

WED. April 10 (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. March 19 (1:30 – 3 p.m.)

TUE. April 16 (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.



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

WED. March 20 (12 – 1:30 p.m.)

WED. April 17 (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. March 28 (12:30 – 2 p.m.)

THU. April 25 (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.



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. March 4 (7 – 9 p.m.)

MON. April 1 (7 – 9 p.m.)

Community Wellness at 731 Alexander Road,
Suite 103

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 unless the date falls on a holiday.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. March 4 (6 – 7:30 p.m.)

MON. April 1 (6 – 7:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Room D

MON. March 18 (1 – 2:30 p.m.)

MON. April 15 (1 – 2:30 p.m.)

Princeton Senior Resource Center
Corner House Room 19
45 Stockton Street, Princeton

No registration required. Walk-ins welcome.

Please call 609.819.1226 for more information.

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

Weight-loss Surgery Support Group

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, 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. These groups are offered in three different convenient locations listed below.

TUE. March 5 (7 – 8:30 p.m.)

TUE. April 2 (7 – 8:30 p.m.)

Penn Medicine Princeton Medical Center
First Floor, Education Center, Conference Rooms C & D

THU. March 7 (6:30 – 7:30 p.m.)

THU. April 4 (6:30 – 7:30 p.m.)

Princeton Medicine Physicians, 2 Centre Drive
Monroe Township

WED. March 20 (6:30 – 7:30 p.m.)

WED. April 17 (6:30 – 7:30 p.m.)

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



ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators

WED. March 13 (6:30 – 8 p.m.)

Community Wellness at 731 Alexander Road, Suite 103

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of Penn Medicine Princeton Medical Center's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Diabetes Support Group

WED. March 20 (2:30 – 4 p.m.)

WED. April 17 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. March 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 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. March 13 (6:30 – 7:30 p.m.)

WED. April 10 (6:30 – 7:30 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.



Join us for our bimonthly focus group Sensitive, Supportive Care for All,

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, April 24 (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.

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



A Multidisciplinary Approach to Thyroid Nodules and Thyroid Cancer

WED. March 13 (12 p.m.)

Tomer Davidov, MD, FACS, surgeon at Penn Medicine Princeton Medical Center



Getting a Grip on Hand and Wrist Problems

WED. April 10 (12 p.m.)

Jon Ark, MD, Chair of Orthopaedics at Penn Medicine Princeton Medical Center

Featuring Sangita Verma, PT, DPT, Director of Princeton Rehabilitation



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.

March is Colon Cancer Awareness Month

A Simple Screening Can Help Prevent Colorectal Cancer

One in 22 men and one in 24 women will be diagnosed with colorectal cancer in their lifetimes, according to the American Cancer Society, making it the third leading cause of cancer death in the United States. The good news is the disease is actually claiming fewer lives than it did in the past. The bad news is the mortality rate has actually increased for people 55 and under.

The reason behind these numbers is more than likely due to procrastination in getting a routine colonoscopy. The outpatient screening procedure generally takes 15 or 20 minutes under sedation, and can prevent most colorectal cancers.



"The most common reason people put off getting a colonoscopy is because they need to fully cleanse the colon before the procedure," says **Kevin Skole, MD**, a board certified gastroenterologist on the Medical Staff of Penn Medicine Princeton Health. "While it may not be the most pleasant thing to do, the prep has become much easier in the last few years. We now have the choice of several safe, low-volume bowel preps. The taste is much more tolerable, and by splitting the prep into two separate phases, the chance of overwhelming diarrhea, abdominal pain and dehydration is very low. In fact, some people actually feel good after the prep."

The Magic Number

The age of 50 is when men and women with an average risk of developing colorectal cancer should be screened. Anyone with a family history of the disease should be screened earlier.


The procedure is used to detect polyps — small clumps of precancerous cells on the lining of the colon — as well as diverticulosis — pockets in the colon wall that can become inflamed and infected. By removing any small polyps during the screening, they are prevented from developing into cancer.

To make the screening process easier, Penn Medicine Princeton Medical Center's Center for Digestive Health offers the Direct Access Colonoscopy Program, allowing those who meet certain criteria to call 609.750.3040 and schedule a colonoscopy within days, rather than first having an in-person meeting with a doctor.

To be eligible to participate in the program, patients must be 50 or over, not have a family history of colon cancer, not be on blood thinners or have a history of bleeding disorders, not have a history of chronic obstructive pulmonary disease, have never been diagnosed with congestive heart failure, and not have experienced chest pains or a heart attack within the past 12 months.

"Colonoscopy saves lives, and is now, with the Direct Access Program, easier and more convenient to do than ever," says Dr. Skole.

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



"One of our representatives will help the patient go through the registration process, review the patient's medical history, and schedule the exam," says Dr. Skole. "No additional visit is needed, unless the scheduler believes the patient and doctor should meet first. This process saves patients time and money."

Recognizing and Treating Hernias

Many people will develop a hernia — a localized bulge in the abdomen or groin area where intestines and tissue protrude — at some point in their lives, particularly if they have had prior abdominal surgery or as they age. Many may be unaware of the condition, but when it is discovered they should seek a medical evaluation.



"Generally, as we get older hernias become more common because of a thinning in the muscles in the abdominal and groin area," says **Lawrence Jordan III, MD, FACS**, a surgeon with Princeton Medical Center.

"Having had a previous surgery is the most common cause, but pregnancy, straining when using the bathroom, obesity and regularly lifting heavy objects also frequently lead to hernias. Since they are common, identifying and seeking medical attention for a hernia is very important."



Diagnoses is Important

The telltale sign of a hernia is a visible bulge, or one that can be detected through touch. In many cases the bulge will disappear if you lie down. But there may be other indications of a hernia as well, including pain that increases when standing, straining or lifting. Seeking a medical evaluation is important in order to rule out other conditions and to keep a watchful eye on the problem.

"It is a fallacy that you only need to have a hernia fixed if it hurts," says Dr. Jordan, who is board certified in general surgery and Chief of General Surgery. "Because organs and tissue push through the weakened muscle to form a hernia, there is always a risk of it causing an obstruction or becoming twisted and strangulated. As a result, simply ignoring a hernia can be risky."

Signs of an obstruction or strangulation can include sudden or intense pain, nausea and/or vomiting, and require immediate emergency medical attention.

Most Procedures are Outpatient

"There was a time when patients spent a week or so restricted to bed in the hospital when having a hernia repaired, and the recovery process was quite painful," says Dr. Jordan. "Today, the procedure only takes about an hour and in most cases is done on an outpatient basis. Patients are up and walking right away and go home the same day, can drive in a week and are back to most athletic activity in just a few weeks. Also, we now have an injectable pain medication that is given at the time of surgery that works well to minimize pain throughout the recovery process."

Hernias can be repaired with an open, laparoscopic, or robotic technique, and are generally handled laparoscopically or robotically when complex or multiple hernias are involved. Mesh made of a common suture material is typically used to reduce the incidence of hernia recurrence, and is considered the gold standard for hernia repair.

"It is a very effective operation," says Dr. Jordan, "that can safely correct hernias, prevent complications that can result when they are left untreated, and allow patients to resume their active lifestyles."

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

Hospice:

Little-known Facts that May Surprise You

People often think of hospice as a service to turn to when they have given up hope, but the fact is, hospice offers patients and their loved ones a treatment option that will allow them to understand what is happening. Instead of seeking a cure, hospice patients are seeking comfort and support for themselves and their family during their end-of-life journey.

“We do not take away hope; we bring comfort and knowledge to the patients and their loved ones. A common response from families during and after the hospice experience is ‘I wish we were told about your services earlier,’ says Mary Winters, RN, MSN, Director of The Hospice Program of Penn Medicine Princeton HomeCare. “Hospice is designed to support the patient and their family by providing a healthcare team to help manage the patient’s physical, social and spiritual needs that accompany an end-of-life illness. Together we develop a plan that works for the patient and family as one.”

The Hospice Program includes physicians, nurses, certified home health aides, social workers, chaplains and a team of volunteers. On-call nursing is available 24/7 and regular home visits are provided, as well as other support services.

“This allows the patient dealing with a chronic illness to stay in their home instead of travelling back and forth to the hospital when pain, shortness of breath and other symptoms occur,” says Winters. “It provides the comfort and convenience of staying in their home being cared for by loved ones and a dedicated hospice team.”



Hospice provides the comfort and convenience of staying in their home being cared for by loved ones and a dedicated hospice team.

Other significant facts about hospice include:

Hospice can improve quality of life. Because hospice helps patients manage pain and other symptoms of their illness, and helps ease the burden on family members caring for the patient, the service can help patients and families spend more quality time together.

Hospice usually takes place in the home. “Hospice isn’t a place,” says Winters, “it’s a service that takes place in a patient’s home, nursing home or the home of a family member.”

Hospice isn’t just for cancer patients. To qualify for hospice services, a physician must determine that the patient has a life expectancy of less than six months and is seeking no further treatment to cure their illness.

Hospice doesn’t take away control, it emphasizes control. The hospice team helps patients and families develop a treatment plan and provides support and education to implement the plan.

Hospice is a covered benefit. Medicare/Medicaid and most insurance providers cover the cost of hospice care. Medications, supplies and medical equipment are covered under the benefit.

Hospice helps the family after their loved one is gone. The support network offered by hospice doesn’t have to end when your loved one has passed. The Hospice Program Bereavement Team is available for support through calls, mailings or support groups.

For more information on the Hospice Program, call 1.609.497.4900 or visit www.princetonhcs.org.

Understanding and Treating Self-Harming Behavior

Although it is rarely talked about, nonsuicidal self-injury, or NSSI — a behavior where a person purposefully harms themselves physically to inflict pain but without the intention of committing suicide — is a somewhat common behavior and is rapidly increasing, particularly among tweens and teens.

“Some adolescents try it once and never do it again,” says Kristy Champignon, LPC, LMHC, ACS, Adolescent and Child Clinical Manager at Penn Medicine Princeton House Behavioral Health’s Hamilton location. “But there are others who adopt and then begin to rely on this unhealthy coping strategy as a way of dealing with stress and their emotions. For them it can become a more ongoing unhealthy pattern of behavior that needs intervention.”

Why Self-Harm?

NSSI, including (but not limited to) cutting, burning, scratching and blunt force injury, is sometimes used to inflict physical pain in response to emotional pain. In other words, an individual may self-harm to escape painful emotions, punish themselves, arouse feelings when they are feeling emotionally numb or communicate need to others.

“Onset is generally between the ages of 10 and 14, but the most common time when self-harming begins is freshman year of high school. That’s when adolescent pressures tend to reach a point where self-harming becomes more prevalent,” says Champignon.

Though NSSI can be co-occurring with a range of mental health disorders, including major depression, anxiety, and post-traumatic stress disorder, this behavior can impact any child or teen. Someone who self-harms may have:

- A hard time regulating their emotions
- Trouble tolerating distress in a healthy way
- Difficulty expressing feelings

Treatment and Coping

“If you discover your child is self-harming, it’s important to keep communication open through validation and approaching their emotional pain with compassion,” says Champignon.

“Simply telling them to stop the behavior is not the answer. Instead, you need to show an interest in understanding what it is that is causing them to resort to the behavior. Open communication and validating their emotional pain can help encourage them to develop healthier coping strategies.”

If self-harming persists, Princeton House Behavioral Health can provide professional help through its group-based Adolescent Dialectical Behavior Therapy (DBT) Program, offered in Princeton, Hamilton, New Brunswick and Moorestown. Treatment focuses on teaching emotional regulation, mindfulness, distress tolerance skills, and communication effectiveness to help reduce unhealthy coping such as NSSI. A family support component is also included to help family members provide support in developing and maintaining healthy coping skills.

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



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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>.

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January 2018



Penn Medicine
Princeton Health

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Fashion Retailer

J. McLaughlin

Hosted Fundraiser for Princeton Health

Fashion retailer J. McLaughlin hosted a Sip & Shop fundraising event at its Witherspoon Street location in December. With over 100 stores nationwide, the franchise carries clothing and accessories for women, men and children. The Princeton location donated 15 percent of its sales for the day to the Princeton Medical Center Foundation.

The Princeton Medical Center Foundation is grateful to have philanthropically minded community partners such as J. McLaughlin.

Picture left: J. McLaughlin store representatives Cindy Laskin (left) and Lorie Zangrilli.



Join us for the 24th Annual Penn Medicine Princeton Health Golf Outing

For complete event information,
please visit www.pmcgolf.org or contact
Kelly Madsen at 609.712.0731 or
kelly.madsen@pennmedicine.upenn.edu.

Tuesday, June 4, 2019

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