

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | MARCH/APRIL 2009



## Princeton HealthCare System

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Return to Stage

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

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# Back on Tour: Princeton HomeCare Therapist Helps Noted R&B Artist Return to Stage

When GRAMMY-nominated R&B singer Will Downing first started experiencing fatigue and muscle weakness in 2006, he naturally assumed he was working too hard.

“When you are out on the road, you only get a few hours sleep here and there,” says Downing, who was in his early 40s at the time. “You fly or drive into a city, catch a few hours of sleep, perform, and you’re off to the next city. Working like that is bound to wear you down, so I naturally figured what I was experiencing was related to the antics on the road.”

Although his fatigue was increasing, he seemed to be dragging a bit when he walked, and he could no longer lift things over his head, Downing never considered seeking medical attention until the day he dropped his wife and 10-year-old daughter off in front of a movie theater and headed off in search of a parking space.

“I spotted one off in the distance and headed toward it, but when I got there I couldn’t turn the wheel. I could only go straight. I couldn’t turn the steering wheel at all,” he recalls, a trace of disbelief returning to his rich baritone voice. “My brain was telling my arms to turn the wheel, and nothing was happening. That was when I knew something was wrong. That was when I told my wife I needed to see a doctor.”

## Battling a Rare Disease

After undergoing a battery of tests, the Somerset resident learned that he had the inflammatory muscle disease polymyositis. Following nearly six months of hospitalization, he was sent home to try to gain some strength through home-based physical therapy. As he fought the disease, which can, and did, lead to breathing difficulties and pneumonia, the powerful



**“It turned out Rod was the one who made the difference for me... With his help, I’m back today.”**

*Pictured: Will Downing (right) and his physical therapist Roderick Lu of Princeton HomeCare Services.*

performer who once weighed in at 220 lbs. withered away to 110 lbs. and could hardly lift his head from the pillow.

“Once I got home, I had several different physical therapists [from other organizations] in to work with me, but I was getting nowhere,” recalls Downing. “When I finally met Rod, I was in a hospital bed in my downstairs den, basically a vegetable. But I told him I was a real hard worker; that whatever he needed me to do, I would do, and more. It turned out Rod was the one who made the difference for me. He pushed me in all the right ways and he supported me every step of the way. With his help, I’m back today.”

The man Downing believes made a difference in his recovery is Roderick Lu, a physical therapist with Princeton HomeCare Services,

a unit of Princeton HealthCare System that provides in-home rehabilitation, nursing and hospice care, and support services. Lu spent close to three months working with the singer three or four times a week in the winter and spring of 2008. By the end of their time together, Downing was up and walking. Today, he is back performing in concert, and estimates he has regained about 80 percent of his mobility and strength.

“People tell me you can’t tell I was sick, but while I’ve come a long, long way, I think they might just be being nice to go that far,” says Downing. “Although when you consider that I could hardly move my head and now I only need a cane when I have to walk a long distance, like to the far side of an airport, it is amazing.”



### Hard Work Pays Off

Turning his near-paralysis around required stubbornness on the part of both the singer and his physical therapist. From Downing's standpoint, giving up was not an option, and anything was possible if he believed and worked hard enough. In fact, while confined to his hospital bed and wheelchair he painstakingly recorded his highly acclaimed 13th album, *After Tonight*, one line at a time.

For Lu, the key to Downing's successful rehabilitation also included considerable innovation and patience.

"I had to experiment as we went along," says Lu. "We would try something and if it worked, great. If it didn't, we tried something else. But while we experimented, we took our time too. I might tell him that today we were going to stand for a minute, or take one step, and he would accomplish it with my help. He never complained and he never gave up. He's stubborn in the best possible way; we both are, really. Together we built him up one step and one minute at a time. It was exhausting for both of us – I had to bring an extra shirt with me every time I went there, I would sweat so much – but as you can see, it was worth it."

Rewards came every step of the way, Downing recalls, from the simple pleasure of being able to stand in front of the bathroom sink and see himself in the mirror again to the overwhelming joy of climbing the stairs to the master bedroom that had been inaccessible to him for a year and leaving his wife a carefully worded note before Lu helped him back to his first-floor hospital bed.

"In the end, it's those little things that really matter," Downing says. "We take so much for granted, and then something like what happened to me happens. It makes you appreciate life, so in a way it's a gift. I'd say it was the worst and the best thing that ever happened to me, and I attribute my ability to get through it to Rod and God."

Princeton HomeCare Services provides comprehensive in-home nursing and rehabilitation, hospice care, and support services.

For more information on Princeton HomeCare Services, call **1.888.PHCS4YOU (1.888.742.7496)**, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## Princeton HealthCare System Offers Second Location for Digital Mammography

As part of its commitment to providing advanced diagnostic imaging services, Princeton HealthCare System has expanded its digital mammography services to a second site.

In addition to existing capabilities at UMCP's Breast Health Center in East Windsor, digital mammography is now available at University Medical Center at Princeton's location at 253 Witherspoon Street. UMCP is a Clinical Research Affiliate of The Cancer Institute of New Jersey, as well as an approved program of the American College of Surgeons' Commission on Cancer – a designation achieved by only one in four hospitals nationwide.

A National Cancer Institute-sponsored study has found that digital mammography has distinct advantages in detecting breast cancer for women who are younger than 50, have dense breasts, or are premenopausal or perimenopausal.

In addition to digital mammography, UMCP also has advanced MRI breast imaging capabilities with its new high-definition 3.0T MRI. This new technology offers exceptional images, improved patient comfort, and the ability to image both breasts at once. UMCP is a full-service breast imaging facility with the capability of imaging and treating breast cancers, meeting the American College of Radiology's recommendations for breast imaging facilities.

### Benefits of digital mammography when compared with traditional film mammography include:

- shorter exam times – no waiting for film to develop
- ability to manipulate images
- reduced need for "re-takes"
- improved image storage and transmission – images can be sent/stored electronically

To schedule your mammography, call **609.497.4310**.

For more information about University Medical Center at Princeton's breast imaging services, call **1.888.PHCS4YOU (1.888.742.7496)** or visit [www.princetonhcs.org](http://www.princetonhcs.org).



# Princeton House's Advanced Solutions for Kids: Hamilton-based Program Targets Early Mental Health Issues

Princeton House Behavioral Health's Hamilton site is offering a new, daytime program for children who are having trouble functioning in school or at home because of serious emotional, behavioral or social difficulties.

The *Advanced Solutions for Kids* program provides children ages 5 to 12 with intensive, short-term therapy with the goal of helping them return to a normal school setting. The program includes family therapy sessions to help parents learn how to reinforce a child's newly acquired behavioral skills at home.

"Parents of children with severe behavioral issues very often don't know where to turn for help when weekly or monthly therapy sessions aren't making a difference," says Madhurani Khare, MD, board certified child psychiatrist and Medical Director of PHBH – Hamilton. "We launched this program to meet the large need in Mercer County for acute, child-focused mental health services."

One of the few programs in Central New Jersey serving this young age group, *Advanced Solutions* is modeled after successful programs at Princeton House's sites in North Brunswick and Cherry Hill.

## A High Level of Care

*Advanced Solutions* offers a high level of care for children with mental health conditions such as oppositional defiance disorder, bipolar disorder, depression, anxiety disorder, attention deficit hyperactivity disorder and obsessive-compulsive disorder. It may also be appropriate for children who are struggling with severe emotional issues, but have not been diagnosed with a disorder, Dr. Khare says.

One in 10 children and adolescents in the United States suffer from mental illness severe enough to cause some impairment, according to the U.S. Department of Health and Human Services. Fewer than one in five of those children receive the appropriate care.

## Two Options for Treatment

Each child entering the program receives a comprehensive psychiatric and psychosocial assessment from a board certified child psychiatrist and licensed child therapist.



### In a crisis

If your child shows any of the following behaviors, you should seek immediate help (call 911; take your child to the nearest Emergency Room; or call New Jersey's Child Behavior Services hotline, 877.652.7624):

- Talks about wanting to die.
- Participates in or talks about activities that could result in serious harm.
- Makes statements about wanting to seriously hurt or kill someone.
- Engages in explosive, aggressive behavior that cannot be controlled.

The multidisciplinary treatment team then chooses one of two care options:

### ■ Partial Hospital Program (PHP):

This program is intended for children with severe symptoms who are no longer manageable at school or at home. Children attend five days a week, six hours a day. The length of the program varies, but on average, children are enrolled for one to two weeks.

### ■ Intensive Outpatient Program (IOP):

This program serves as either a "step-down" for children who have made progress in the PHP or as initial treatment for children whose behavioral and emotional problems are less severe. Children typically attend three to five afternoons per week, after they have attended their own schools in the morning.

### Advanced Solutions

*Advanced Solutions for Kids* focuses on creating an environment in which students can constantly learn and practice new behaviors, Dr. Khare says. From lining up to walk down the hallway to chatting

at lunchtime, students are encouraged to work on positive attitudes and skills.

"We want each child to begin to discover and believe in their own abilities, to value themselves and to respect others," says Dorothy Muller, LSW, the program's primary therapist. "We promote an atmosphere of safety, both physical and emotional, throughout our facility."

Each day, students participate in a series of individual and group activities on topics including social skills, self-esteem, anger management, behavior modification, symptom management and medication management. Each patient also receives one to two hours of daily classroom instruction from certified teachers.

Families interested in learning more about *Advanced Solutions for Kids* can call **609.688.2766**.

# A Preventable Cancer: Regular Exams Can Stop Cervical Disease

Each year, an estimated 12,000 women are diagnosed with cervical cancer and the disease claims 3,800 lives, according to the U.S. Centers for Disease Control and Prevention.

Yet, those numbers could head toward zero if every woman was regularly screened for cervical disease with a Pap test, says Kyra Williams, MD, FACOG, a member of the Princeton HealthCare System Medical Staff who is board certified in obstetrics and gynecology.

“Women who follow a regular schedule of Pap tests almost never develop cervical cancer,” says Dr. Williams. “Routine screenings can catch cervical disease in its earliest stages, and we can treat it before it ever progresses to cancer.”

What’s more, a new vaccine that protects women against the virus responsible for most cases of cervical cancer also has the potential to dramatically reduce the incidence of the disease, Dr. Williams says.

## HPV and Cervical Cancer

Cancer of the cervix, the narrow opening at the lower end of the uterus, is almost always caused by strains of the human papillomavirus, or HPV. HPV is passed from one person to another during sex.

While it may not cause any symptoms in women, HPV can, over time, alter the cells lining the cervix and create a precancerous condition known as cervical dysplasia. During a Pap test, cervical cells are collected and analyzed for abnormalities.

Women should get a Pap test within three years of becoming sexually active or when they turn 21, whichever comes first, Dr. Williams says. The test should be repeated annually until the age of 30. After 30, women should check with their doctor to see how frequently they should be tested, depending on factors such as past medical history.

If the Pap test shows abnormalities, further testing determines the extent of the condition.

## Preventing Cancer

An abnormal section of cervical cells can be removed surgically or through a technique known as cryotherapy, in which liquid nitrogen is used to freeze and destroy abnormal tissue. If disease is more widespread, complete



removal of the uterus, known as a hysterectomy, may be necessary.

“These treatments are extremely effective at stopping abnormal cell growth before it becomes cancerous,” Dr. Williams says. “Studies show that the majority of women who develop cervical cancer have either never had a Pap test or have not had one during the past five years.”

In addition to early screening, preventing the spread of HPV has the potential to significantly reduce the number of new cases of cervical

cancer. Condoms and other safe-sex practices lower a person’s risk, Dr. Williams says.

A vaccine also was recently developed to protect women against the two types of HPV responsible for 70 percent of cervical cancer cases. Since 2006, the vaccine has been approved for girls and women ages 9 to 26.

## Fighting Cervical Cancer

If cancer is detected, small lesions may be removed surgically. Depending on the extent of the disease, treatment may also include a combination of chemotherapy and radiation treatment. Radiation uses an invisible and painless high-energy beam to stop the growth of cancer cells.

The J. Seward Johnson Sr. Radiation Oncology Center at University Medical Center at Princeton offers state-of-the-art technology for the treatment of cancer close to home. It is staffed by a compassionate and skillful team of board certified radiation oncologists, physicists, nurses and technologists.

UMCP is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an approved program of the American College of Surgeons’ Commission on Cancer – a designation achieved by only one in four hospitals nationwide.

For more information about cancer care at UMCP or for assistance finding an OB/GYN affiliated with Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



# Physicians Rally to Support New Hospital

Twenty-six physicians on staff with Princeton HealthCare System (PHCS) have joined the newly created Physicians' Development Committee. The Committee, co-chaired by board certified physicians Peter Yi, MD, and Donald Denny, MD, encourages physicians' support as donors to the current hospital's annual fund and to the campaign for the new University Medical Center of Princeton at Plainsboro. Both active and retired physicians are involved.

"The participation of physicians and other medical staff is essential to the success of the campaign for the new hospital," says Joe Stampe, Vice President, PHCS Foundation. "The committee has raised over \$500,000 to date and has worked tirelessly. And when patients ask our physicians what they can do to express their gratitude, many physicians encourage patients to consider a gift to the hospital. A recent seven-figure gift was received, for example, as the result of the good work of Dr. Tom Gutowski."

Retired obstetrician Fraser Lewis, MD, is rallying his fellow retired physicians to help deliver a new hospital to the

central New Jersey area. "The hospital needs to grow. We all knew that, before long, we were going to run into space limitations on the hospital's current site," Dr. Lewis says.

Several physicians practice groups have hosted presentations by PHCS President and CEO Barry Rabner. In addition, group practices, along with individual physicians, are considering gifts.

"The medical staff has added incentive to consider giving," notes Linda Bonnell, Director of the Foundation's Annual Fund. "Gifts to the campaign are matched 1:1 thanks to the generosity of Pat and David Atkinson."

*Pictured are members of the Physicians Development Committee: (back row, L to R) Harvey Rothberg, MD; Fraser Lewis, MD; Robert Pickens, MD; Bill Burks, MD; Michael Ruddy, MD; Rao Andavolu, MD; Art Fein, MD; (front row, L to R) Prathibha Potharlanka, MD; Committee Co-Chair Donald Denny, MD; Committee Co-Chair Peter Yi, MD; Margaret Lancefield, MD; and David Barile, MD. Not pictured: John Baumann, MD; Chris Belardi, MD; J.T. Davidson, MD, FACS; Rachel Dultz, MD, FACS; Kenneth Goldman, MD, FACS; Kenneth Goldblatt, MD; W. Thomas Gutowski, MD, FAAOS; Elliott Krauss, MD; Mark McLaughlin, MD; Jacqueline Mislaw, MD; Ronald Nahass, MD, FACP; Barry Perlman, MD; Anne Swedlund, MD; and Jose Vazquez, MD.*

For information about the **Design for Healing** campaign, call **609.497.4190**, or visit **[www.princetonhcs.org/designforhealing](http://www.princetonhcs.org/designforhealing)**. For details about the new **University Medical Center of Princeton at Plainsboro**, visit **[www.newhospitalproject.org](http://www.newhospitalproject.org)**.

## PHCS Names Ronald G. Nahass, MD, FACP, FIDSA, 2008 Distinguished Physician Humanitarian

Ronald G. Nahass, MD, FACP, FIDSA, received Princeton HealthCare System's 2008 Distinguished Physician Humanitarian Award in November, in honor of his work on behalf of HIV/AIDS-related issues.

PHCS' Distinguished Physician Humanitarian Award honors physicians who extend their caring beyond the hospital or medical office – leading them to help people in disadvantaged communities, countries in crises and areas in dire need of healthcare across the globe and locally.

Nominated by Tobe Fisch, MD, and UMCP Clinic Manager Terri Nachtman, Dr. Nahass is described as "truly an exceptional physician who has gone well beyond the requirements of his private practice in his efforts to improve healthcare in the community."

Since 1991, Dr. Nahass has given an afternoon per week to UMCP's Outpatient Clinic, providing care for indigent patients with HIV and other infectious diseases. He and the members of his practice are also very generous in donating their services to the care of indigent hospitalized patients.

For the past six years, Dr. Nahass has been at the forefront of a regional program to improve HIV care

for underserved patient populations in the Central New Jersey area. He directs the Central New Jersey activities of the AIDS Education and Training Committee (AETC), through which he provides training and expertise in the care of patients with HIV/AIDS to front-line providers in health centers and indigent care clinics in Trenton, Princeton, New Brunswick and Plainfield. He regularly provides care for patients and trains other healthcare providers at the New Jersey State Prison for Women in Clinton, N.J.

Dr. Nahass was selected by a committee of business and community leaders. John S. Chamberlin, Chair Emeritus, Princeton HealthCare System Board of Trustees, served as Chairman of the 2008 Distinguished Physician Humanitarian Award Committee.

PHCS also honored the following physicians who were nominated for the award: Jeffrey S. Abrams, MD; Alexander S. Carney, MD; Donald F. Denny, Jr., MD; Rachel P. Dultz, MD, FACS; Scott E. Eder, MD, FACOG; Rameck R. Hunt, MD; Victor D. Iturbides, MD; Philippe John Khouri, MD; Richard Levandowski, MD; Mark B. Levin, MD (nominated posthumously); Robert Mandel, MD; Mark R. McLaughlin, MD; and Neal B. Schofield, MD.



# The Auxiliary Sponsors State's First Kids Marathon

With warm weather just around the corner, there is no better time to get the kids outdoors enjoying the fresh air. But how do you convince them to switch off the TV, get off the Internet or stop playing videogames and get outside?

The Auxiliary of University Medical Center at Princeton has the answer – sign them up for the Princeton HealthCare Kids Marathon, a great new way to promote health, fitness and community spirit.

“The Kids Marathon is an exciting event children from kindergarten through eighth grade can participate in over a 10-week period, and it concludes with them completing the final marathon mile on Race Day, June 7, crossing the finish line to the cheering crowds at Princeton University Stadium before the adult 10K run takes place,” explains Amy Rabner, event Co-chair. “Each child receives a medal when they cross the finish line in honor of their accomplishment. It’s a wonderful way to help them improve their health and fitness level, while also, hopefully, leading them to develop a physical activity they can do throughout their lives.”

In all, each young participant will complete 26.2 miles at his or her own pace over the course of 10 weeks. Everything from walking and running to a wide range of sports and physical activities can be counted toward the mileage total, and special incentives are mailed to encourage each child as he or she progresses throughout the marathon process.

## Encouraging Concern for Environment, Community

In addition, participants are asked to complete 26 Green Deeds along the way, selected from among 40 suggestions, including something as simple as turning off their bedroom light when they leave the room.

“Each child is also asked to get 10 sponsors to contribute \$1 a mile, helping each of them raise \$260,” says Rabner. “The money will be used to create a children’s play area at the new hospital, and the name of each child who raised money will be placed on a plaque at the site.”

“The idea for our event came about after my daughter, who was 9 at the time, participated in the Virginia Beach kids marathon last year. It was such a wonderful, inspiring experience, I thought it would be great if we could recreate it here,” says Jennifer Mimnaugh, event Co-chair.



“It helped make physical fitness fun and helped build self-esteem as she completed mile after mile in the marathon, and at the end it seemed like the whole town came out to cheer the kids on to the finish line. It was an amazing feeling watching her finish, and everyone was a winner because they all made it that final mile.”

Children can participate as individuals or form a team through their school, community organization or neighborhood. Prizes will be awarded to individual children who raise the most money and the school group with the highest percentage of student participation. The final one-mile leg of the marathon will be run at 8 a.m. on Sunday, June 7, at Princeton University Stadium. Participants are welcome to stay and enjoy pre- and post-race entertainment and the 10K race for adults immediately after the kids marathon.

## PRINCETON HEALTHCARE KIDS MARATHON

Presented by The Auxiliary of University Medical Center at Princeton

To register your child individually for the Princeton HealthCare Kids Marathon, visit [www.Active.com](http://www.Active.com). For information on organizing a team, call **609.497.4069** or visit [www.princetonkidsmarathon.org](http://www.princetonkidsmarathon.org). Mileage tracking forms, training tips, Green Deeds trackers and additional information on health and fitness for children are also available through this website.



# PHCS Joins Forces with the Hamilton Area YMCA for the Health of the Community

A new working partnership with the Hamilton Area YMCA brings the community education programs and physical rehabilitation services of Princeton HealthCare System (PHCS) to the people of Hamilton and the surrounding communities.

A new, state-of-the-art addition to the existing Hamilton Area YMCA John K. Rafferty Branch houses University Medical Center at Princeton's Outpatient Rehabilitation services and PHCS' community education programs.

"We are delighted to work with the families of the Hamilton area, bringing our established programs, as well as new ones, to the new Wellness Center," says Alan Axelrod, PHCS' Director of Community Education and Outreach. "This new facility allows us to complement the vast offering of classes and programs that PHCS already brings to the surrounding communities at our three other locations."

Local residents, who may or may not be YMCA members, will have the opportunity to enjoy complimentary education lectures, as well as participate in learning programs such as childbirth education classes, CPR instruction and personal empowerment programs. All presenters are either physicians or other qualified healthcare professionals from PHCS.

Debbie Millar, RN, Site Director, Community Education and Outreach, explains that the educational component of this partnership "extends across the lifespan," offering something for everyone.

"From pregnancy through senior services, our classes reach across the spectrum of ages," says Millar. "New families, children, young adults, senior citizens – we've designed our programs to meet the needs of the entire community."

## Comprehensive Services for Optimum Results

UMCP's full-service physical therapy program will be offered on-site, as well. Staffed by specially trained and certified physical therapists, this new outpatient rehab facility provides a full spectrum of services, from injury prevention and sports conditioning to neurological and orthopedic therapies. From pediatric to geriatric patients, there will be services available to all ages and to address just about any type of physical rehabilitative need.

"Our outpatient rehabilitation program is designed to not only focus on injury recovery, but also to build physical well-being as a way to prevent injury," says Rich Aspenleider, Manager, Outpatient Rehabilitation. "Advanced equipment, highly trained therapists and targeted therapies work together to build balance, flexibility, strength and endurance."

Sports-specific training will be available for individuals who want to build and condition their bodies for physically demanding activities. Balance and weight strength training, coupled with state-of-the-art equipment, assist with conditioning. They are also key to helping with recovery from strokes and other neurologically related issues.

"All our services are performed under the guidance of physical therapists, specially trained in specific areas of rehab like ergonomics or pediatrics. Our goal is to help our patients become as fully functional as possible, through an individualized therapy program," explains Aspenleider.

This new location will further expand UMCP's outpatient rehab network already operating in Princeton, Cranbury and Lawrenceville. Housing both the rehab and community education programs at the Hamilton Area YMCA is a natural complement to the health and wellness services offered there.

UMCP's outpatient rehabilitation program will be open Tuesdays, Thursdays and Fridays from 8 a.m. to 5 p.m.; and Mondays and Wednesdays from 8 a.m. to 8 p.m. Medicare and most insurance plans are accepted.

Community education programs and physical therapy services are scheduled to begin in February 2009. **To schedule an outpatient rehab appointment, call 609.581.5910.**

For more information or to register for a class, please call **1.888.897.8979** or visit **[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)**.



Princeton HealthCare System is committed to providing our community members with information that can make a difference in their lives. This year, we are "going green" with our latest update, the **2008 Progress Report to the Community**. The report is available online at **[www.princetonhcs.org/progressreport](http://www.princetonhcs.org/progressreport)**.

# community focus

MARCH – APRIL 2009

Programs are free and registration is required unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).



## CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach 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 Princeton HealthCare System.

### Sleep & Your Health: Sleep Tight. Sleep Right.

WED. March 4 (6:30 – 8:30 p.m.)

University Medical Center at Princeton  
Conference Rooms A & B

Sleep disorders affect about one of every six people in the United States. In celebration of National Sleep Awareness Week (March 1 – 8), University Medical Center at Princeton's Sleep Center will host this interactive discussion. This program will feature a discussion of sleep disorders, including snoring, sleep-disordered breathing and insomnia. Princeton HealthCare System participating physicians include:

- Michael Nolleto, MD, Medical Director of University Medical Center at Princeton's Sleep Center, board certified in sleep medicine, pulmonary medicine, critical care medicine and internal medicine
- Jagadeeshan Sunderram, MD, board certified in sleep medicine, pulmonary medicine, critical care medicine and internal medicine
- Elaine Wilson, PhD, CBSM, a licensed clinical psychologist certified in behavioral sleep medicine

### R.A.D Seniors

WED. & FRI. March 4 – April 3  
(9:30 – 11 a.m.)

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

\$25 per person

R.A.D. (Resisting Aggression Defensively) is a nationally recognized educational and self-defense program focused on awareness information and defensive strategies. The goal of this program is to improve personal safety through proactive strategies and physical techniques that will address safety issues specific to older adults. This five-week course meets twice a week and is designed for men and women ages 60 and older. Dress in sneakers and comfortable clothing. No prior experience is necessary. Registration is limited.

### Living Well with Lung Disease: Is There Something More You Could be Doing?

TUE. March 10 (10 – 11:30 a.m.)

Community Education & Outreach at  
731 Alexander Road

WED. March 18 (1 – 2:30 p.m.)

UMCP's Pulmonary Rehabilitation Program  
Monroe Unit

11 Centre Drive, Suite C  
Monroe Township

Does nutrition have an impact on the management of Chronic Obstructive Pulmonary Disease (COPD) and other chronic lung diseases? YES! Join us in honor of National Pulmonary Awareness Week (March 10 – 17) for this informative lecture to learn more about the connection between nutrition and lung disease and how you can reduce your symptoms and improve the quality of your life. This discussion will be led by Karen Jurcisin, RD, registered dietitian with University Medical Center at Princeton's Nutrition Program, and an instructor with UMCP's Pulmonary Rehabilitation Program.



**Princeton HealthCare System**  
**Community Education & Outreach**

Redefining Care.

#### LOCATIONS:

- ➔ **University Medical Center at Princeton**  
253 Witherspoon St., Princeton, NJ 08540
- ➔ **Community Education & Outreach Program**  
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- ➔ **Hamilton Area YMCA John K. Rafferty Branch**  
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619

Directions are available at [www.princetonhcs.org](http://www.princetonhcs.org)

**CURRENT PROGRAMS**

**Essential Fatty Acids:  
The “Good Fat” We All Need**

TUE. March 10 (7 – 8:30 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2, East Windsor  
Essential fatty acids (EFAs) can help support our cardiovascular, reproductive, immune and nervous systems. EFAs are necessary fats that humans cannot synthesize, and must be obtained through diet. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton’s Nutrition Program, will discuss the facts and myths about Omega 3 and Omega 6 fatty acids and how we can balance and incorporate them into our diets.



**Yikes! What Is Happening to My Body?  
A Puberty Talk for Girls**

THU. March 12 (7 – 8:30 p.m.)  
Mercer County Library System Robbinsville Branch  
42 Allentown-Robbinsville Road, Robbinsville

THU. March 12 (6:30 – 8 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road

**Yikes! What Is Happening to My Body?  
A Puberty Talk for Boys**

THU. March 19 (6:30 – 8 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton  
These programs will discuss the physical, intellectual and emotional changes your child will experience during his or her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The programs are designed for children 9 to 12 years old and will be led by a health educator with Princeton HealthCare System. Children should be accompanied by their parent/guardian.

**American Cancer Society’s Look Good,  
Feel Better**

MON. March 23 (1 – 3 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2, East Windsor

Free. Registration required.  
Please call 1.800.227.2345.  
Cancer can rob you of your energy, your appetite and your strength, but it doesn’t have to rob you of your self-confidence. A certified cosmetologist from the American Cancer Society will provide free one-time makeovers to women who are currently undergoing cancer treatment. Beauty techniques will be demonstrated.

**Women & Epilepsy:  
What You Should Know**

TUE. March 24 (7 – 8:30 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2  
East Windsor



According to the Epilepsy Foundation, more than a million women and girls in the United States are living with seizure disorders. Whether you are newly diagnosed or have been living with epilepsy for years, there is a lot to learn. In many ways, epilepsy affects women differently that it does men, both biologically and socially. Rajesh C. Sachdeo, MD, board certified in neurology and psychiatry, will give you a basic foundation of knowledge about the disease, its treatments, and the ways it can affect your life. This program is part of the Meredith Maher Peterson Memorial Lecture Series. Dr. Sachdeo is a member of the Medical Staff of Princeton HealthCare System.

**Diabetes Alert Day:  
What Is Your Diabetes IQ?**

TUE. March 24 (11:30 a.m. – 1:30 p.m.)  
UMCP’s Cardiac Rehabilitation Program – Monroe  
11 Centre Drive – Suite C  
Monroe Township

Please call Diabetes Management to register at 609.497.4372.

Join us for an interactive, informative discussion to test your diabetes IQ with Ned Weiss, MD, Medical Director of UMCP’s Diabetes Management Program, board certified in endocrinology and internal medicine, and members of our Diabetes Management Program. A diabetes-friendly lunch will be served. Dr. Weiss is a member of the Medical Staff of Princeton HealthCare System.

**Cooking Quick &  
Healthy Meals at Home**

WED. March 25 (6:30 – 8 p.m.)  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton



With the cost of food going up, it makes more sense than ever to eat at home. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton’s Nutrition Program, will teach you easy, healthy and nutritious cooking techniques to ensure a delicious, well-balanced diet with home cooking that won’t stress your budget or your time. Learn more about:

- Menu planning and stocking your pantry with the right foods
  - Tips and shortcuts to help you make a balanced meal without a lot of fuss
  - How to shop smart at the supermarket
- Plus, bring home some delicious and nutritious recipes!

**Please Give Blood**

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering “A Pint for A Pint,” and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream.  
**For hours, or to schedule your appointment, call 609.497.4366.**

**Understanding and Improving an Overactive Bladder and Incontinence**

THU. March 26 (7 – 8:30 p.m.)

Community Education &amp; Outreach at 731 Alexander Road

Urinary incontinence and overactive bladder conditions are common problems affecting nearly 50 percent of women in their lifetime. While bladder problems are common, they are not normal and often can be treated with relatively simple measures. Heather van Raalte, MD, fellowship trained in urogynecology, will discuss bladder conditions, including:

- How to know whether you have an overactive bladder
- The different types of incontinence
- What treatment options are available, including things that can be done at home and when it may be time to see a doctor

Dr. van Raalte is a member of the Medical Staff at Princeton HealthCare System.

**April Is Alcohol Awareness Month: Does Something Need to Change?**

TUE. April 14 (6:30 – 8 p.m.)

University Medical Center at Princeton  
Conference Room A

WED. April 22 (6:30 – 8 p.m.)

Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton**Registration requested. Walk-ins are welcome.**

When does alcohol use become a concern? How can you gauge when you or a loved one is ready to make a change? Join us for this interactive program and learn more about the answers to these questions and what kind of support is available for individuals who choose to change their relationship with alcohol. Cheryl Gesregan, LCSW, Social Work Coordinator, Detox Unit, Princeton House Behavioral Health, will lead the April 14 discussion and Jeffrey Weisslitz, PsyD, LPC, Adult Clinical Coordinator, Princeton House Behavioral Health, will lead the April 22 discussion.

**Understanding & Managing Your Child's Food Allergies**

WED. April 15 (6:30 – 8 p.m.)

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

More than 12 million Americans, more than 3 million of whom are children, have food allergies. That amounts to almost one out of every 25 kids. Although most food allergies cause relatively mild and minor symptoms, some allergies can cause severe reactions. Neeti Gupta, MD, board certified in allergy and immunology, will discuss some of the most important steps in preventing serious health consequences, including:

- Early recognition and management of allergic reactions to food
- Recognizing emergency situations
- Getting the most out of your visit with your allergist
- Understanding your child's allergy test results
- How you can protect your child at home, school and camp

**Safe Sitter**

THU. &amp; FRI. April 16 &amp; 17 (9 a.m. – 3 p.m.)

Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton**\$65 per child**

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults.

The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including:

- Safe and nurturing childcare techniques
- Rescue skills
- Basic first aid

Sitters should bring their own lunch.

**A Parents' Guide to Understanding Their Teen**

TUE. April 21 (7 – 8:30 p.m.)

Community Education & Outreach  
at 731 Alexander Road

Madhurani Khare, MD, board certified in child and adolescent psychiatry, will discuss the normal physical, social, emotional and behavioral aspects of a teenager's life and how parents can better understand and deal with these developments. Plus, learn some early warning signs that may indicate a problem your teen is having and ways you can intervene to help. Dr. Khare is a member of the Medical Staff of Princeton HealthCare System.

**Food Allergies: Finding Healthy Alternatives to Feed Your Child**

THU. April 23 (6:30 – 8 p.m.)

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

Finding something to feed your child after he or she has been diagnosed with food allergies can often be an overwhelming task for any parent. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss some of the most common allergenic foods, what to look for when reading food labels, tips for shopping, and how to substitute foods and still maintain the important vitamins and nutrients your child needs. Recipes and demonstrations are included as part of this program.

**Overcoming Obesity: Surgical Options for Weight Loss**

THU. April 23 (6:30 – 8 p.m.)

University Medical Center at Princeton

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, such as: diabetes, high blood pressure, sleep apnea, and infertility. Robert E. Brolin, MD, FACS, board certified bariatric surgeon and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified bariatric surgeon, will answer your questions about the surgery and will also discuss the laparoscopic banding procedure. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence.

**CHILDBIRTH & FAMILY**

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

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**OPTIONS FOR BIRTHING**

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

**HypnoBirthing®**

WED. March 4 – April 1 (6:30 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$195 per couple**

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

**Birthing Basics**

WED. March 11 – April 1 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

TUE. April 7 – 28 (7 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road

THU. April 30 – May 21 (7 – 9 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton

**\$120 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.

**Accelerated Birthing Basics**

SAT. March 21 (9 a.m. – 5 p.m.)  
SAT. April 4 (9 a.m. – 5 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$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.

**Review of Birthing Basics**

FRI. March 27 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$60 per couple**

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

**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.



**Prenatal Breastfeeding Class**

WED. March 4 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

THU. April 2 (7 – 9:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$45 per couple**

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.



**Maternity Tour**

SAT. March 7  
(12 – 1 p.m. or 1:30 – 2:30 p.m.)  
SAT. March 21  
(10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)  
SAT. April 4  
(12 – 1 p.m. or 1:30 – 2:30 p.m.)  
University Medical Center at Princeton  
Main Lobby

University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-

art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

**CHILDBIRTH & FAMILY**

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

**Sibling Class**

SAT. March 7 (10 – 11:30 a.m.)  
SAT. April 4 (10 – 11:30 a.m.)  
University Medical Center at Princeton  
Main Lobby

**\$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, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.



**Baby Care**

TUE. March 10 (7 – 9:30 p.m.)  
WED. April 15 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$45 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. Topics include infant care, feeding choices, choosing a pediatrician and more.



**Daddy Boot Camp™**

SAT. March 14 (9 a.m. – 12 p.m.)  
SAT. April 4 (9 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$25 per person**

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills such as diapering, swaddling and feeding, and to develop hands-on skills for caring for their newborns. Taught by a certified male instructor, Daddy Boot Camp™ offers a fun environment for fathers-to-be and new dads to develop parenting skills. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

**Car Seat Safety Checks**

Call 1.888.897.8979 for an appointment and locations  
Approximately 90 percent of car seats are not installed correctly or are 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.

**Prenatal Exercise**

MON. March 9 – April 13 (7 – 8 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$95 per person**

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.



**CHILDBIRTH & FAMILY**

**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**Breastfeeding Support Group**

Fridays (11 a.m. – 12 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2  
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 a certified lactation consultant.



**Postpartum Adjustment Support Group**

Thursdays (11 a.m. – 12 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2  
East Windsor

**No registration required.**

Having a new baby is a time of great joy, but also one that can bring about uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help you explore the challenges of becoming a new parent, in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

**CHILDBIRTH & FAMILY**

**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

**Picky Eaters & Problem Feeders**

TUE. March 10 (7 – 8:30 p.m.)  
Mercer County Library System  
Robbinsville Branch  
42 Allentown-Robbinsville Road  
Robbinsville



This informational discussion is designed to help parents with picky eaters ages 3 – 15 years old, including children with mild to moderate neurological impairments, Autism Spectrum Disorders, behavioral problems and children with sensory, oral and/or motor skills problems. Learn more about how to manage these food issues and provide a well-balanced diet for your child. This discussion will be led by Alexis Ciani, MOT, OTR/L, University Medical Center at Princeton's Pediatric Rehabilitation Program.

**Postpartum Exercise**

TUE. & THU. March 17 – April 30  
(10:30 – 11:30 a.m.)  
*No class on April 7 & 9.*  
Community Education & Outreach at  
731 Alexander Road



**\$140 per person**

This six-week class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth.

Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

**Infant Massage**

MON. April 27 (9:30 – 11:30 a.m.)  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road Hamilton

**\$30 per family**

The benefits of infant massage are numerous – it stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles and promotes growth, strengthens the immune system, increases circulation and more! Learn about the principles of infant massage with your baby. This class is designed for moms and babies, and involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.



**EVENTS FOR EMERGENCY MEDICAL TECHNICIANS**

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register.



**Diabetes-related Emergencies**

TUE. March 10 (6 – 9 p.m.)  
Princeton House Behavioral Health - Conference Center  
905 Herrontown Road, Princeton

Registration required. \$10 per person. \*FREE for EMTs with a training fund certificate. Checks should be made payable to Princeton HealthCare System.

PHCS physicians who are board certified in emergency services will discuss how to assess a diabetic patient, including: intervention, communication, complications, and associated problems such as seizures, alcoholism, airway management and altered mental states. Other topics include:

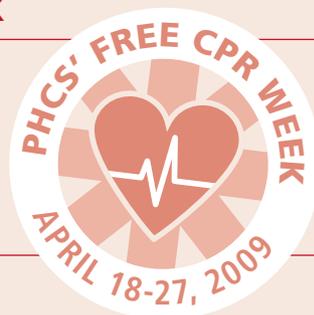
- A definition of diabetes
- The role of glucose and insulin
- Hyperglycemia and hypoglycemia
- Scenarios: Medical & Insulin Shock: RMA

CPR & FIRST AID

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

**PHCS' FREE CPR WEEK**

Learn how to save lives through cardiopulmonary resuscitation at a free CPR class during **PHCS' Free CPR Week, April 18 – 27**. Registration is required for all classes. To register, visit us online at [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.897.8979 unless otherwise noted. *Se habla español.*



**Family & Friends CPR – Adult & Child**

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. Participants will learn how to perform CPR on adults and children, and how to help an adult or child who is choking.

**SAT. April 18 (12:30 – 2:30 p.m.)**  
Community Education & Outreach at  
731 Alexander Road

**SAT. April 18 (10 a.m. – 12 p.m.)**  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton

**SAT. April 18 (1 – 3 p.m.)**  
Please call 609.259.3490 to register.  
Mercer County Library System  
Robbinsville Branch  
42 Allentown-Robbinsville Road  
Robbinsville

**SAT. April 18 (1 – 4 p.m.)**  
Please call 609.448.1330 to register.  
Mercer County Library System  
Hickory Corner Branch  
138 Hickory Corner Road  
East Windsor

**SAT. April 18 (12:30 – 2:30 p.m.)**  
The Christian Nurturing Center  
715 Amwell Road, Hillsborough



**SUN. April 19 (9:30 – 11:30 a.m.)**  
Community Education & Outreach at 731  
Alexander Road

**SUN. April 19 (2:30 – 4:30 p.m.)**  
Please call 609.275.2897 to register.

Plainsboro Library  
641 Plainsboro Road, Plainsboro

**MON. April 20 (9:30 – 11:30 a.m.)**  
Please call 609.371.7192 to register.  
East Windsor Senior Center  
40 Lanning Boulevard, East Windsor

**TUE. April 21 (6:30 – 8:30 p.m.)**  
Please call 609.882.3130 to register.  
Mercer County Library System  
Ewing Branch  
61 Scotch Road, Ewing

**TUE. April 21 (6:30 – 8:30 p.m.)**  
Please call 609.737.2610 to register.  
Mercer County Library System  
Hopewell Branch  
245 Pennington-Titusville Road  
Pennington

**WED. April 22 (1 – 3 p.m.)**  
Please call 609.737.0605 ext. 692 to register.  
Hopewell Valley Senior Center  
395 Reading Avenue, Pennington

**WED. April 22 (6:30 – 8:30 p.m.)**  
Please call 732.329.4000 ext. 7637 to register.  
South Brunswick Public Library  
110 Kingston Lane  
Monmouth Junction

**THU. April 23 (10 a.m. – 12 p.m.)**  
Please call 609.466.0846 to register. *This class will be offered in English & Mandarin.*

Montgomery Township Senior Center  
356 Skillman Road, Skillman

**THU. April 23 (6:30 – 8:30 p.m.)**  
Please call 609.989.6915 to register.  
Mercer County Library System  
Lawrence Branch  
2751 Brunswick Pike, Lawrenceville

**THU. April 23 (6:30 – 8:30 p.m.)**  
Please call 609.799.0462 to register.  
West Windsor Public Library  
333 North Post Road  
Princeton Junction

**FRI. April 24 (10 a.m. – 12 p.m.)**  
Please call 609.924.9529 ext. 228 to register.  
Princeton Public Library  
65 Witherspoon Street, Princeton

**FRI. April 24 (1 – 3 p.m.)**  
Please call 609.799.9068 to register.  
West Windsor Senior Center  
271 Clarksville Road  
Princeton Junction

**SAT. April 25 (12:30 – 2:30 p.m.)**  
Community Education & Outreach at  
731 Alexander Road

**SAT. April 25 (9 – 11 a.m.)**  
St. John the Evangelist Roman Catholic Church  
44 Bridge Street, Lambertville

**SUN. April 26 (12:30 – 2:30 p.m.)**  
Community Education & Outreach at  
731 Alexander

**SUN. April 26 (10 a.m. – 12 p.m.)**  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton



**CPR & FIRST AID**

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

**Family & Friends CPR – Infant**

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. Participants will learn how to perform CPR on infants and how to help an infant who is choking.



**SAT. April 18 (9:30 – 11:30 a.m.)**  
Community Education & Outreach at  
731 Alexander Road

**SAT. April 18 (10 a.m. – 12 p.m.)**  
Please call 609.259.3490 to register.  
Mercer County Library System  
Robbinsville Branch  
42 Allentown-Robbinsville Road  
Robbinsville

**SAT. April 18 (9:30 – 11:30 a.m.)**  
The Christian Nurturing Center  
715 Amwell Road, Hillsborough

**SUN. April 19 (12:30 – 2:30 p.m.)**  
Community Education & Outreach at  
731 Alexander Road

**SUN. April 19 (10 a.m. – 12 p.m.)**  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton

**MON. April 20 (10 a.m. – 12 p.m.)**  
Please call 609.924.9529 ext. 243  
to register.  
Princeton Public Library  
65 Witherspoon Street, Princeton

**MON. April 20 (10 a.m. – 12 p.m.)**  
Please call 609.448.1330 to register.  
Mercer County Library System  
Hickory Corner Branch  
138 Hickory Corner Road  
East Windsor

**TUE. April 21 (12 – 2 p.m.)**  
Please call 732.329.4000 ext. 7637  
to register.  
South Brunswick Public Library  
110 Kingston Lane  
Monmouth Junction

**TUE. April 21 (12 – 2 p.m.)**  
Please call 609.737.2610 to register.  
Mercer County Library System  
Hopewell Branch  
245 Pennington-Titusville Road  
Pennington

**TUE. April 21 (6:30 – 8:30 p.m.)**  
Please call 609.989.6921 to register.  
Mercer County Library System  
Lawrence Branch  
2751 Brunswick Pike, Lawrenceville

**WED. April 22 (6:30 – 8:30 p.m.)**  
Please call  
609.882.3130 to register.  
Mercer County Library System  
Ewing Branch  
61 Scotch Road, Ewing

**SAT. April 25 (9:30 – 11:30 a.m.)**  
Community Education & Outreach at  
731 Alexander Road

**SAT. April 25 (10 a.m. – 12 p.m.)**  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton

**SUN. April 26 (9:30 – 11:30 a.m.)**  
Community Education & Outreach at  
731 Alexander Road

**Spanish ~ Family & Friends CPR – Infant**

**SAT. April 18 (1 – 3 p.m.)**  
University Medical Center at Princeton – Classroom 3  
*This class will be taught in Spanish.* The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant who is choking. 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.

**RCP para Familiares y Amigos – en Lactantes**

**SÁBADO, 18 de abril (1 – 3 p.m.)**  
University Medical Center at Princeton – Clase 3  
*¡Clases disponibles en español! En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar en lactantes que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.*



**Spanish ~ Family & Friends CPR – Adult & Child**

**SAT. April 25 (10 a.m. – 12 p.m.)**  
University Medical Center at Princeton – Classroom 3

**MON. April 27 (6:30 – 8:30 p.m.)**  
St. John the Evangelist Roman Catholic Church  
44 Bridge Street, Lambertville  
*This class will be taught in Spanish.* The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. 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.

**RCP para Familiares y Amigos – Adultos y Niños**

**SÁBADO, 25 de abril (10 a.m. – 12 p.m.)**  
University Medical Center at Princeton – Clase 3  
**LUNES, 27 de abril (6:30 – 8:30 p.m.)**  
St. John the Evangelist Roman Catholic Church  
44 Bridge Street, Lambertville  
*¡Clases disponibles en español! En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar a adultos y niños y cómo ayudar a un adulto o niño que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.*

**BLS for Healthcare Providers**

MON. March 2  
(9 a.m. – 1:30 p.m.)  
University Medical Center at Princeton  
Conference Room A



MON. March 9 (9 a.m. – 1:30 p.m.)  
THU. March 19 (6 – 10:30 p.m.)  
WED. April 1 (6 – 10:30 p.m.)  
WED. April 15 (6 – 10:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

MON. March 23 (9 a.m. – 1:30 p.m.)  
THU. April 2 (6 – 10:30 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton

TUE. April 28 (6 – 10:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$65 per person**  
The BLS for Healthcare Providers 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.

**Pet First Aid**

WED. March 4 (6 – 9 p.m.)  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton



TUE. March 24 (6 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$40 per person**  
The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs and cats; however, first aid applications for most pets are similar.

**Heartsaver First Aid**

SAT. March 7 (9:30 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

TUE. April 7 (6 – 9:30 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton

**\$55 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 involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

**Heartsaver AED**

TUE. March 10 (6 – 9 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton

TUE. March 10 (6 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$60 per person**  
The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices 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 written exam and skills test. Participants will receive a course completion card.

**Family & Friends CPR – Infant**

SAT. March 21 (9:30 – 11:30 a.m.)  
Community Education & Outreach at 731 Alexander Road

SAT. March 28 (9:30 – 11:30 a.m.)  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road  
Hamilton



**\$30 per person**  
The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant who is choking. 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.

**Heartsaver First Aid – Pediatric**

SAT. March 21 (12:30 – 3 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$55 per person**  
The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

**Family & Friends CPR – Adult & Child**

SAT. March 28 (12:30 – 2:30 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton

**\$30 per person**  
The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. 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.

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 PROGRAMS, SCREENINGS & SUPPORT GROUPS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an approved program of the American College of Surgeons' Commission on Cancer, is pleased to offer support groups, lectures and screenings. For further information, please contact the UMCP Cancer Program at **609.497.4475**. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Cancer Support Group

TUE. March 17 (1:30 – 3 p.m.)  
TUE. April 21 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza  
Monroe Township

WED. March 25 (6 – 7:30 p.m.)  
WED. April 22 (6 – 7:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classrooms 1 & 2

**No registration required. Walk-ins welcome.**  
University Medical Center at Princeton 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 both personally and professionally
- Managing concerns about recurrence

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

### Breast Cancer Support Group

TUE. March 17 (6 – 7:30 p.m.)  
TUE. April 21 (6 – 7:30 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

**No registration required.**  
This newly formed Breast Cancer Support Group will meet the third Tuesday of the month. We welcome 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 will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.



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

WED. March 18 (11 a.m. – 12 p.m.)  
WED. April 15 (11 a.m. – 12 p.m.)  
Medical Society of New Jersey  
2 Princess Road, Lawrenceville

**Registration preferred. Please call the American Cancer Society at 732.951.6303.**

Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the newly formed Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will offer:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after laryngeal cancer
- Education on laryngectomy issues
- A social outlet for laryngectomy patients, their families and loved ones

This support group will be co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist; Karen Sherman, Director of Patient Family Services, American Cancer Society; and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

### Prostate Cancer Support Group

WED. March 25 (12 – 1:30 p.m.)  
WED. April 22 (12 – 1:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

**No registration required.**  
This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

On **March 25** join us for "Innovations in Radiation Therapy for Prostate Cancer Treatment," presented by Edward M. Soffen, MD, board certified radiation oncologist with University Medical Center at Princeton.

On **April 22** please join us for an open discussion co-facilitated by Lois Glasser and Karen Rust.

## SUPPORT GROUPS

### Diabetes Support Group

WED. March 18 (2:30 – 4 p.m.)  
WED. April 15 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. March 23 (6:30 – 8 p.m.)  
MON. April 27 (6:30 – 8 p.m.)  
University Medical Center at Princeton  
Diabetes Management Program  
Medical Arts Building, Suite B

**No registration required. Please call 609.497.4372 for information.**  
This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.



**CRANBURY EVENT FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Cranbury.

**Hypertension & Kidney Problems**

THU. March 19 (6 – 8 p.m.)  
Four Seasons at Cranbury  
1 Lawbaw Drive, Cranbury

Registration required. Please call  
609.655.1241 or 609.655.1142 or  
e-mail: [the4seasonscranbury@comcast.net](mailto:the4seasonscranbury@comcast.net)

Hypertension, or high blood pressure, is a silent killer. Having high blood pressure puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Vadim A. Finkelstein, MD, board certified in internal medicine and nephrology, and a member of the Medical Staff of Princeton HealthCare System, will lead this discussion.

# ArtFirst! Returns to UMCP on May 2

For the seventh year, The Auxiliary of University Medical Center at Princeton will showcase the original art and fine crafts of professional artists with disabilities during *ArtFirst!*, an international juried exhibition and sale May 2 to June 12.

Building on the tremendous success of previous years, *ArtFirst!* cast a wider net in 2009, inviting more than 1,000 artists to submit entries. The final selection, consisting of more than 250 works, ranges from traditional paintings, sculpture and jewelry to translucent cloth tapestries made of bead and wire, and a video installation piece.

“This year we are enjoying a record number of new artists with outstanding talents,” says event Co-chair Betsy Rosen. “They will be joining returning artists who continue to inspire us with their latest works of art.”

The artists whose works will grace the public corridors of UMCP during the six-week exhibition are of varied and diverse backgrounds in terms of professional experience, artistic styles, cultural upbringing and physical and cognitive abilities. What they have in common is an intense desire and dedication to practice fine art.

Gregory Burns, an internationally recognized contemporary painter, three-time paralympian and first-time *ArtFirst!* exhibitor explains his decision to submit work to *ArtFirst!*: “As a professional artist who happens to have a disability, it has been my pleasure to take part in numerous exhibitions for people



© Gregory Burns



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with and without disabilities in Singapore, Japan and Washington, D.C. The *ArtFirst!* exhibition attracted me since the emphasis is on the art and not the physical capabilities of the creators. Like most good paintings where there is a dominant subject, this exhibit focuses on refined talent with physical circumstances relegated to the underpainting.”

*ArtFirst!* will open with a Patrons Preview Party on Saturday, May 2, from 6 p.m. to 9 p.m. at University Medical Center at Princeton. Guests attending this festive evening of art, music, delicious food and cocktails will be offered the benefit of purchasing art before it is released for sale to the public. Tickets to the Patrons Preview Party are \$75.

Co-chair Amy Schaeffer explains, “*The ArtFirst!* Exhibition and the Patrons Preview Party are a win/win for all — a chance to meet talented artists, purchase beautiful art and contribute to the hospital. We all look forward to this wonderful event each year!”

The exhibition is free and open to the public from Monday, May 4 through Friday, June 12, 2009.

To buy tickets to the Patrons Preview Party or inquire about purchasing artwork, please contact *ArtFirst!* at **609.497.4211** or by e-mail at [artfirst2009@gmail.com](mailto:artfirst2009@gmail.com). *ArtFirst!* also has many sponsorship opportunities available and volunteers are needed to help set up and take down artwork.

**UMCP to Enter New Era of Pediatric Care with CHOP** *(continued from page 20)*

In addition, CHOP will provide board certified neonatologists to provide care in the NICU and to attend high-risk deliveries as requested.

All PHCS physicians and employees who care for children will have access to the educational services, programs and resources of CHOP’s Education Programs, as well as educational programs offered by UMCP. CHOP will also provide PHCS with consultation on timely pediatric issues (i.e., the development of pediatric facilities, enhancing family-centered care, etc.) on an intermittent basis.

Updates on this exciting new partnership will be available over the next few months online at [www.princetonhcs.org/pediatrics](http://www.princetonhcs.org/pediatrics) or by calling **1.888.PHCS4YOU (1.888.742.7496)**.

# UMCP to Enter New Era of Pediatric Care with CHOP



University Medical Center at Princeton is enhancing its pediatric services at all levels — emergency, inpatient and neonatal intensive care — through an exciting new agreement with The Children's Hospital of Philadelphia (CHOP).

CHOP, one of the leading pediatric hospitals and research facilities in the world, is ranked first overall in the nation in *Parents* magazine's February 2009 *Best Children's Hospitals* issue, as well as tops in a number of specific areas in the study, including emergency medicine and neonatology. CHOP also was ranked first nationally among pediatric hospitals for the sixth consecutive year in 2008 by *U.S. News & World Report*.

Beginning this summer, physicians and other health professionals from CHOP will provide services for children at UMCP as part of *CHOP Pediatric Care at UMCP* (Pediatric Unit) and *CHOP Newborn Care at UMCP* (Neonatal Intensive Care Unit).

CHOP will provide pediatric hospitalists on-site 24/7 to care for children and adolescents who are admitted to UMCP's Pediatric Unit. The hospitalists also will provide pediatric consultation to the Emergency Department and the Well Baby Nursery, as well as administer sedation to children if needed.

"*CHOP Pediatric and Newborn Care at UMCP* is a very exciting development for us and the children and families we serve," says Barry S. Rabner, President and CEO, Princeton HealthCare System. "It is the result of a great deal of hard work by many physicians and administrators at both institutions. I would especially like to thank Dr. Louis Tesoro, Chairman of Pediatrics at Princeton HealthCare System, for his leadership and commitment throughout the process."

"We are grateful for the opportunity to work with UMCP to extend exceptional pediatric care to families closer to their homes, in their own communities," says Madeline Bell, Executive Vice President and COO, The Children's Hospital of Philadelphia. "We are looking forward to working closely with the pediatricians who care for children in the central New Jersey region."

The new pediatric hospitalist program is intended to support the work of pediatricians currently on staff at PHCS, who will have the option of either caring for their own patients in the Pediatric Unit, or transferring care of their patients to the CHOP pediatric hospitalist.

*continued on page 19*

For help with finding a physician, call 1.888.PHCS4YOU (1.888.742.7496)



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