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UMCP's Emergency Department Tops in Patient Satisfaction

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UMCP's Emergency Department Tops in Patient Satisfaction for Efficient, Quality Care

With approximately 38,000 patient visits in 2008, UMCP's Emergency Department is a busy place – night and day. Keeping all the activities and services of an emergency department humming along and working seamlessly together is no easy task, but it is a task that UMCP does very well.

In fact, a recent report by Press Ganey – an independent organization that measures and reports patient satisfaction – indicated UMCP's Emergency Department has a 99th percentile rating for September 2008 in overall patient satisfaction among its peers. This recognition means that UMCP ranked in the top 1 percent of hospitals statewide.

Craig A. Gronczewski, MD, Chairman of University Medical Center at Princeton's Emergency Department, attributes this stellar rating to the hospital's continual efforts to improve the patient experience.

"We have upgraded and implemented many processes that speed our patients through the system, while providing the level of care that you need and expect in an emergency situation," explains Dr. Gronczewski, who was named chairman of the department in August 2008. "A new computerized medical record and tracking system has been an integral part of our patient management system."

Improved Response Means Less Waiting

Dramatic improvement in response times at all stages of the process enables the Emergency Department to deliver timely and efficient care in the most dignified manner. Over the past year, admission, triage, treatment and discharge activities were streamlined to reduce waiting during each step. Coordinated care with laboratory services, radiology and nursing management adds to the rapid response time that has served to increase the patient satisfaction rating.

"Since the nature of emergency medicine is its unpredictability, we have to quickly assess patient situations as they arise," says Dr. Gronczewski. "Triage can place non-urgent cases – such as ankle sprains and lacerations – in our 'Fast Track Suite' so that they are seen, treated and discharged as efficiently as possible."

Dr. Gronczewski says the Fast Track Suite, which accounts for 30 percent of the Emergency Department's patients, maintains a consistent and impressive arrival-to-discharge time of less than 90 minutes. The Emergency Department's average turnaround time for all patients – whether they are discharged or admitted – is just three hours.

"That's pretty remarkable considering all the steps that go into turnaround time in an Emergency Department," notes Dr. Gronczewski. "Just as remarkable is that most of our patients are seen by a doctor within 30 minutes of walking through the door."

Additionally, the department has considered the unique needs of children when it comes to patient-centered care. With donor funding, a newly redecorated, child-friendly Pediatric Care Area features a light, bright room with colorful murals where the youngest, sometimes most frightened patients can feel as comfortable as possible. With about 5,000 pediatric visits per year, the Emergency Department recognizes the importance of a special focus on children's care.

Advanced Techniques for Saving Lives When Every Minute Counts

UMCP's streamlined processes and reduced waiting time are not only important for keeping patients happy, they are critical components of urgent care when the clock is ticking.

While the ED is well prepared to deal with wide fluctuations in patient volume, should that volume fluctuate beyond what can be comfortably handled, an on call emergency medicine physician is readily available to step in. UMCP is one of the only hospitals in the region that has an emergency medicine physician on call 24 hours a day.

In addition, UMCP is a state-designated Primary Stroke Center, because of its expertise in stroke care, including the ED's administration of a



sophisticated stroke protocol. This protocol uses CT imaging along with medicines that must be administered within three hours of stroke symptom onset to, potentially, reverse the damage. Neurologists and neurosurgeons are always on call should their services be needed at a moment's notice.

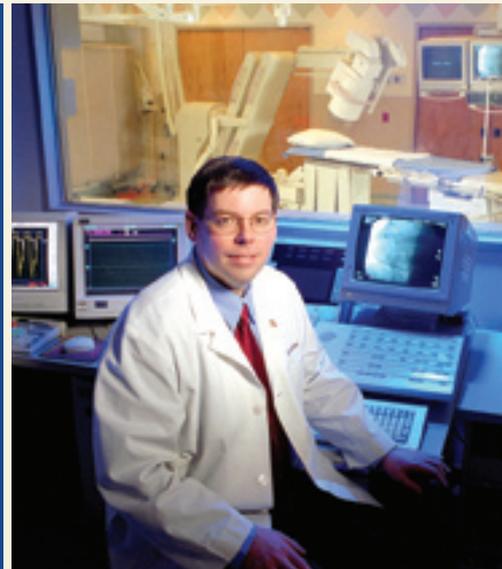
Another life-saving measure offered by the department is emergency angioplasty for patients suffering certain acute myocardial infarctions (heart attacks). Only state-licensed facilities, like UMCP, can offer this procedure, which has been proven to reduce the mortality rates in heart attack patients.

From state-of-the-art, life-saving techniques to basic TLC for sprained ankles, UMCP's Emergency Department delivers the kind of care, service and rapid response that make us a leader in patient satisfaction.

Top image: Lori Sletta, RN, (left) uses a Dell Motion C5 Tablet PC bedside as part of the Emergency Department's recent available technological upgrades to improve processes and service. Also pictured: Craig Gronczewski, MD, UMCP's Chairman of Emergency Medicine; Neal Paletz; and Georgia Carmichael, PCT.

Right image: Andrew J. Shanahan, MD, FACC, Medical Director, Emergency Angioplasty, is pictured in UMCP's fully digital Cardiac Catheterization lab. Dr. Shanahan is multi-board certified in cardiovascular disease, interventional cardiology, nuclear cardiology and internal medicine.

On the cover: The Emergency Department plays a critical role in stroke care at UMCP, which features a multidisciplinary team of experts trained in caring for people who have had strokes. Pictured are (l-r): Paul K. Kaiser, MD, board certified neurologist and Medical Director of UMCP's Stroke Center; Georgia Carmichael, PCT, patient care technician; Craig A. Gronczewski, MD, UMCP's Chairman of Emergency Medicine, board certified in emergency medicine; Gerard Compito, MD, UMCP's Co-director of MRI, board certified in neuroradiology and radiology; Lori Sletta, RN; and Elliot A. Krauss, MD, board certified pathologist and UMCP's Chairman of Pathology.



For more information about the Emergency Department at University Medical Center at Princeton, contact **609.497.4431** or visit **www.princetonhcs.org**. If you are experiencing an emergency, call 9-1-1.

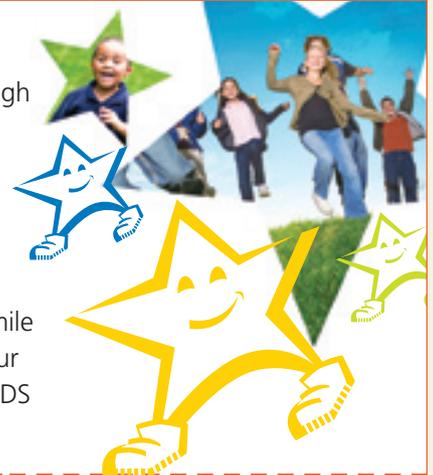
LOOK FOR MORE DETAILS ABOUT THIS EXCITING PROGRAM IN THE NEXT ISSUE OF HEALTH FOCUS:

PRINCETON HEALTHCARE KIDS MARATHON

Presented by The Auxiliary of University Medical Center at Princeton

Kids of all fitness levels and abilities, from kindergarten through 8th grade, walk or run a full marathon (26.2 miles) at their own pace over a 10-week "training period."

Register online after January 1, 2009, at www.Active.com (entry fee \$25). On **Race Day (Sunday, June 7, 2009)** kids will run the last mile of the marathon together with other participants. For help organizing a team at your school, or for sponsorship and volunteer opportunities, call Princeton HealthCare KIDS MARATHON at **609.497.4069**.





Is It Angina or a Heart Attack? Never Take Chances with Chest Pain

If you think you are having a heart attack, call for emergency help right away. Signs of a heart attack include:

- Chest discomfort. Most heart attacks bring about discomfort in the center of the chest that can feel like pressure, squeezing, fullness or pain.
- Discomfort in other parts of the upper body such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest pain.
- Nausea, vomiting and a feeling similar to indigestion (heartburn). Sweating, lightheadedness, dizziness or weakness may also occur.

Note: Women are more likely than men to experience some of the other common symptoms of a heart attack, including chest burning, shortness of breath, nausea/vomiting and upset stomach.

Source:
American Heart Association.

Chest pain caused by coronary artery disease, known as angina, is a common and treatable problem. But if you are suffering chest discomfort, how do you know whether it is a bout of stable angina or a heart attack?

“You don’t know, because the symptoms can be exactly the same,” says Lisa Motavalli, MD, a cardiologist who is a member of the Medical Staff of Princeton HealthCare System. “If you’re having chest pain for the first time, or if you have been previously diagnosed with stable angina and your symptoms change, you need medical attention right away.”

Angina occurs when a portion of the heart muscle doesn’t receive as much oxygen-rich blood as it needs. This brings on symptoms that can mimic a heart attack – uncomfortable pressure, chest heaviness, or a squeezing sensation or pain in the center of the chest, neck, jaw, arms, shoulder or back. Other common symptoms include sweating, shortness of breath, nausea, vomiting, upset stomach and a feeling of indigestion.

Angina is a major warning sign of heart disease, because it is usually caused by narrowed or blocked heart arteries. Unlike a heart attack, during which blood supply is cut off and heart tissue begins to die, angina usually does not cause irreversible damage. In many cases, treatment can lessen or even eliminate angina.

Stable vs. Unstable

Angina, which affects an estimated 7 million Americans, is considered “stable” when symptoms predictably occur during times of physical exertion or emotional stress. The heart demands more oxygenated blood and doesn’t receive it.

“Unstable” angina is when symptoms occur for the first time; occur at rest; or are more frequent, prolonged or intense than usual. Unstable angina is a very dangerous condition. It may be a precursor to a heart attack and it should be treated as a medical emergency, Dr. Motavalli says.

Multiple studies show there is a 12-hour window after the onset of a heart attack during which reopening the blocked heart artery greatly improves a patient’s chances of a successful outcome.

“The sooner you reopen a blocked blood vessel during an acute heart attack, the more heart muscle you save,” Dr. Motavalli says.

Emergency Heart Care at UMCP

University Medical Center at Princeton is among the select hospitals that provide around-the-clock access to emergency angioplasty for heart attacks – a procedure to open clogged arteries and restore blood flow to the heart. Under the leadership of the program’s Medical Director, Andrew J. Shanahan, MD, FACC, board certified interventional cardiologist, treatment is provided by a special team of board certified interventional cardiologists and nurses.

If the diagnosis is angina, patients have a number of treatment options depending on the severity of their condition, their overall health and other factors, according to Dr. Motavalli:

- Lifestyle changes such as quitting smoking, eating a heart-healthy diet, and participating in a safe exercise plan approved by your doctor can help control symptoms of angina. It is also important to treat coexistent conditions such as diabetes, high cholesterol and high blood pressure.

(continued on page 5)

UMCP Named 2008 Top Hospital in Patient Safety



University Medical Center at Princeton has been designated a Top Hospital – one of only 26 in the country – based on results of the latest Leapfrog Hospital Survey. The survey is the nation’s leading hospital patient safety evaluation tool and provides consumers and healthcare purchasers with accurate assessments of 1,220 participating hospitals’ quality of service related to patient safety.

The Leapfrog survey provides the most complete picture of hospital quality and safety available in the United States and focuses on each hospital’s performance in four crucial areas:

- Whether prescriptions and other physician orders are entered into computers linked to medication error prevention software and whether those systems are properly tested.
- How well the hospital performs high-risk deliveries and seven complex high-risk procedures, including coronary artery bypass graft, percutaneous coronary intervention, abdominal aortic aneurysm repair, aortic valve replacement, pancreatic resection, esophagectomy and bariatric surgery.
- The qualifications of specialists in the hospital’s intensive care units.
- Whether the hospital implements safety practices and policies established by the National Quality Forum to reduce harm and errors.

“Top Hospitals demonstrate an exceptional level of performance and serve as a model for other hospitals,”

notes The Leapfrog Group CEO Leah Binder, pointing out that the survey continually adds new measures that fairly demonstrate a hospital’s capacity to provide safe, high-quality care.

“Patient safety and quality of care are our highest priorities, so we are extremely pleased that University Medical Center at Princeton has been recognized as a Top Hospital by Leapfrog,” says Barry S. Rabner, President and CEO, Princeton HealthCare System.

In addition to recognition as a Top Hospital by Leapfrog, UMCP has received five-star ratings from HealthGrades® for overall joint replacement and knee replacement surgery three years in a row and has ranked in the top five percent of hospitals nationwide for maternity care three years in a row, recently receiving HealthGrades’ 2008/2009 Maternity Care Excellence Award™.

For more information about University Medical Center at Princeton or for assistance finding a physician on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Is It Angina or a Heart Attack? Never Take Chances with Chest Pain *(continued from page 4)*

- Medications such as nitrates (nitroglycerin), beta blockers and calcium channel blockers can help relax blood vessels, slow the heart rate and calm angina.
- An elective angioplasty procedure or heart-bypass surgery may be an option for some patients with more severe blockages.

Another Option

If medicine and lifestyle modifications do not help relieve anginal symptoms and a person is not a candidate for angioplasty or bypass surgery, UMCP offers a safe and effective treatment called enhanced external counterpulsation, or EECF.

During EECF, inflatable cuffs are wrapped around the calves, lower thighs and upper thighs. An air compressor inflates

and deflates the cuffs gently, but firmly, to compress the blood vessels. One session lasts one to two hours, and patients typically undergo 35 sessions over several weeks.

“The procedure increases blood flow to the heart, reducing chest pain and other anginal symptoms,” Dr. Motavalli says. “It can be life-changing for some patients, as they find that they are able to increase their level of exertion free of chest pain.”

For more information about University Medical Center at Princeton’s cardiac-related services, or for assistance finding a cardiologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Women & Epilepsy: Stay Vigilant During Times of Hormonal Change

Maureen Plaisted never had a clue she had epilepsy until she woke up on the floor between the pews at church, staring up at a sea of frightened faces at the age of 13.

“During puberty, pregnancy and menopause, frequent shifts in hormonal balance can make epilepsy and other seizure disorders come to the surface.”

► **Rajesh C. Sachdeo, MD, board certified neurologist/psychiatrist**



“We were having a Mass, and Confirmation practice,” recalls Plaisted, of Clinton. “It was my first *grand mal* seizure. I don’t remember noticing anything leading up to it, and I was totally confused and scared when I woke up on the floor. I’ve been under a doctor’s care and on medications for epilepsy ever since.”

According to the Epilepsy Foundation, more than a million women and girls in the United States are living with seizure disorders, and like many of those women, Plaisted experienced her first defining epileptic seizure during a time of hormonal changes.

time can cause neural tube defects. When I started with menopause, we were on alert because they say it can be the toughest time to control epilepsy.”

While epilepsy is serious, the condition does not prevent people from leading normal lives, Plaisted stresses.

“My parents never held me back. They let me ride my bike, and in high school I played field hockey and ran the mile for track,” she recalls.

Until she became pregnant with her first child, Plaisted’s condition was monitored by her family doctor, but on his recommendation she turned to a specialist after learning she was expecting.

“My doctor said he wanted me to see someone who specialized,” she explains. “He gave me two names and I asked him who he would choose if he had a daughter with epilepsy. He said he would definitely want Dr. Sachdeo, and I’ve been seeing him ever since. It’s been 24 years, and I totally trust Dr. Sachdeo; he has seen me through pregnancy, menopause and beyond.”

Team Approach, Individual Treatment

Dr. Sachdeo and staff members at University Medical Center at Princeton’s Epilepsy Program focus on a team approach to diagnose adults and children over the age of 8 with seizure disorders, and develop individualized treatment plans for each patient. Specially trained technologists use advanced digital and video EEG, MRI and CT scans to evaluate patients in UMCP’s state-of-the-art Neurophysiology Lab, and long-term inpatient monitoring is available for more comprehensive care if necessary.

Once a diagnosis is determined, anti-seizure medications often provide relief. There are other options, including surgery, for patients whose seizures do not respond to medication.

For more information on UMCP’s Epilepsy Program and Neurophysiology Laboratory, or for assistance finding a neurologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)**.

While hormonal changes do not actually cause seizures, estrogen does excite brain cells in the temporal lobe, which can make seizures more likely to occur, explains Rajesh C. Sachdeo, MD, who is board certified in neurology and psychiatry and on staff at University Medical Center at Princeton.

Watching for Times of Susceptibility

During puberty, pregnancy and menopause, frequent shifts in hormonal balance can make epilepsy and other seizure disorders come to the surface, notes Dr. Sachdeo, who is fellowship trained in neurophysiology and epilepsy.

“Because your hormones don’t know if they’re coming or going during these times, I recommend that anyone with a seizure disorder follow their doctor’s orders carefully, and be sure to stay on top of any changes,” says Plaisted. “About two days before I would get my period, I would end up having absence seizures (previously known as *petit mal*), where I would suddenly zone out, so we had to work on controlling that. When I was pregnant with my sons, there were changes that had to be made in my medication because of health concerns to the fetus, since the medication I was on at the

Follow-up Care Critical for Colon Cancer Patients

While more and more people are heeding the advice of their doctors and scheduling colonoscopies when they turn 50 – or earlier if they are at high risk of developing colorectal cancer – many patients who have been treated for the disease are not taking their follow-up care as seriously as they should.

In a recent study funded by the American Cancer Society, only 40 percent of the patients followed through with the doctor visits, colonoscopies and blood tests recommended to detect new cancers or other related health concerns.

“I cannot emphasize enough how important it is for colon cancer patients to be diligent with their follow-up testing and doctor visits in the months and years after treatment,” says David B. Sokol, MD, board certified in hematology, internal medicine and medical oncology and a member of the Princeton HealthCare System Medical Staff.

“The misconception is that once you have undergone colon cancer treatment you cannot get it again, but that is absolutely false,” Dr. Sokol says. “Even if you have had a partial removal of the large intestine, that does not mean you are safe. The rest of your intestine has been exposed to the same environmental and genetic factors that predispose to colon cancer. You are still vulnerable. In fact, there is a good chance that a precancerous or cancerous growth could develop.”

Understanding Different Follow-up Guidelines

Exactly why colon cancer patients often become lax in their follow-up care is not clear from the study, but Dr. Sokol says both the patients and their doctors may be responsible.

“Certainly in some cases the patients just don’t follow through with what their doctors are recommending,” he admits. “But there are several different guidelines for follow-up care, and each case must be looked at individually. In some cases a doctor may not realize the importance of certain follow-up care.”

General guidelines for colon cancer patients require several blood tests each year and a colonoscopy in at least the first year after treatment, as well as periodic checkups with a physician. In some cases, additional testing may also be necessary.



“The misconception is that once you have undergone colon cancer treatment you cannot get it again, but that is absolutely false.”

David B. Sokol, MD
Board certified hematologist/oncologist

Ensuring Early Detection

“The key, whether it is a first-time colon cancer diagnosis or a second one, is early detection and treatment,” says Dr. Sokol. “With colon cancer, if we find the small growths known as polyps early, and remove them, we can stop the cancer before it begins.”

An average of 150,000 Americans are diagnosed with colorectal cancer each year, according to the American Cancer Society, and the survival rate is 90 percent for those whose cancer is caught and treated early and has not spread to other areas of the body.

UMCP’s Cancer Program is an accredited oncology teaching program of the American College of Surgeons’ Commission on Cancer. It is also a Clinical Research Affiliate of The Cancer Institute of New Jersey, New Jersey’s only National Cancer Institute-designated Comprehensive Cancer Center. UMCP offers state-of-the-art diagnostic technologies and advanced treatment for cancer.

For more information about the UMCP Cancer Program, or for assistance finding an oncologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)**.



Food and Mood: What You Eat Can Affect How You Feel

Dr. Wilson suggests focusing on eating a healthy, balanced diet if you want to enjoy the mood-lifting benefits of food. A healthy mix of foods rich in protein, complex carbohydrates, fats, vitamins and nutrients such as omega-3 fatty acids help regulate chemicals in the brain that improve mood.

Treats such as a dish of ice cream or a slice of cake are called “comfort food,” and for good reason. Because they are high in fat and refined sugar, they temporarily raise blood-sugar levels and release chemicals in the brain that lift your mood.

The problem? The body tries to restore normal order after this “sugar high.” Your blood-sugar level plummets, and you may feel worse than you felt before you ate. What’s more, foods high in fat and sugar are high in calories, over time increasing your chances of obesity, a known risk factor for depression.

“So-called ‘comfort food’ will help you feel better because sugar will give you a boost, but it’s not worth the consequences of bad eating,” says George F. Wilson, MD, a board certified psychiatrist at Princeton House Behavioral Health. “These foods should be seen as an occasional treat, not something you seek comfort in at the end of the day.”

Dr. Wilson instead suggests focusing on eating a healthy, balanced diet if you want to enjoy the mood-lifting benefits of food. A healthy mix of foods rich in protein, complex carbohydrates, fats, vitamins and nutrients such as omega-3 fatty acids help regulate chemicals in the brain that improve mood.

Food for Thought

Chemicals called neurotransmitters carry messages across cells in the brain. When mood-altering neurotransmitters such as serotonin, norepinephrine (also called adrenaline) and dopamine are out of balance, it can result in mental health problems ranging from headaches to feelings of depression.

“Think of the brain as a fine piece of machinery,” says Leslie O’Malley, MA, RD, a nutritionist at Princeton House Behavioral Health. “In order for the brain to work properly, we need to give it the right nutrients.”

Neurotransmitters are built from proteins, which are nutrients found in foods such as fish, poultry and skim milk. Carbohydrates, found in foods such as whole-grain breads, cereals, fruit and vegetables, help with the production of serotonin. Fats, such as omega-3 fatty acids from nuts or fish, help fortify cell walls in the brain, O’Malley says.

A Time to Eat

When and how you eat can also affect your mood, according to Dr. Wilson and O’Malley:

- **Always eat breakfast.** A breakfast with a balance of protein and carbohydrates and low in refined sugar can help improve mood and concentration, as well as help you deal with the stress of the day.
- **Try eating five or six smaller meals.** Eating every few hours helps stabilize blood sugar levels, helping avoid high and low feelings.
- **Never skip meals.** The resulting binge from eating when very hungry can cause us to overeat, leading to feelings of guilt and depression.
- **Eat everything in moderation.** “We don’t need to totally deprive ourselves,” O’Malley says. “There’s no ‘good’ food or ‘bad’ food; every food has its place in our lives.”

(continued on page 9)

UMCP Surgical Center Reaches the ‘Summit’ of Patient Satisfaction



University Medical Center at Princeton Surgical Center is the recipient of patient satisfaction organization Press Ganey’s most prestigious honor: the 2008 Summit Award.

The Summit Award, which Press Ganey notes is its most challenging to attain, recognizes organizations that have ranked in the 95th percentile or better overall for at least three consecutive years.

James Demetriades, Executive Director – Surgical Services, attributes the high patient satisfaction scores to the patient-focused care that has become ingrained in UMCP Surgical Center staff and physicians.

“We have created a culture where patient satisfaction is a major driver of overall performance and a tool for evaluating individual employee performance, and the staff has rallied around that,” Demetriades explains.

“University Medical Center at Princeton Surgical Center is dedicated to making the outpatient surgery experience pleasant for patients and their families,” he adds, noting that this exceptional service and patient satisfaction sets UMCP Surgical Center apart.

The Surgical Center, which features four operating rooms and one minor procedures room, is staffed by an experienced team of professionals selected for their expertise in caring for patients undergoing outpatient surgery. The team includes board certified anesthesiologists, board certified pediatric anesthesiologists and nurses who hold special certification in such key areas as cardiac

life support, pediatric advance life support, post-anesthesia and ambulatory peri-anesthesia. UMCP Surgical Center also maintains a high nurse-to-patient ratio, and all staff members are skilled in the latest surgical procedures and state-of-the-art medical equipment.

The patient experience is reinforced with routine follow-up calls after surgery to assess patients’ continued recovery and satisfaction with their experience, Demetriades says.

UMCP Surgical Center was honored along with other 2008 Summit Award recipients at Press Ganey’s national conference in November in Texas.

“We have created a culture where patient satisfaction is a major driver of overall performance.”

**James Demetriades,
Executive Director,
Surgical Services**

For more information about the UMCP Surgical Center or for assistance finding a surgeon on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Food and Mood: What You Eat Can Affect How You Feel *(continued from page 8)*

- **Eat a variety of foods.** This variety helps ensure you get all of the nutrients you need.

What We Know

While the relationship between mood and specific foods is still the subject of extensive research, studies have shown that compounds found in certain groups of foods may have mood-changing effects, Dr. Wilson says. Tryptophan, an amino acid found in milk and turkey, can relax the body. Countries in which people consume foods rich in omega-3 fatty acids, including salmon and other coldwater fish, have been shown to have lower rates of depression, Dr. Wilson says.

Obesity is perhaps the clearest link between food and mood, Dr. Wilson and O’Malley say. Being overweight robs you of

mental and physical energy, and it can lead to depression. On the other hand, daily aerobic exercise has been shown to have an effect on the body similar to taking anti-depressants, Dr. Wilson says.

“If people are having a bad day, I would recommend they go to the gym rather than the refrigerator,” he says. “It’s a much better way to deal with stress.”

For more information about what comprises a healthy diet, visit **www.mypyramid.gov**.

Longtime Patrons Make Leadership Gift

The George H. Sands and Estelle M. Sands Foundation has given \$7 million to support the new University Medical Center of Princeton at Plainsboro (UMCPP).

The gift, which is the second largest received by the PHCS Foundation in support of its ongoing campaign, will fund The George and Estelle Sands Center for Cardiac and Pulmonary Care. The cardiology and pulmonary program within the new UMCPP will dedicate more than 9,300 square feet of space and new equipment to enhance UMCP's current capabilities. The program will include diagnostic cardiology, pulmonary procedures and testing, a cardiac catheterization laboratory, as well as cardiac and pulmonary rehabilitation.



The couple, residents of Princeton for more than 60 years, were motivated to make this gift by their profound love of the town and their commitment to support quality healthcare. Mr. Sands, who was a real estate investor, since passed away in November of 2007.

The George and Estelle Sands Foundation has a long track record of philanthropy. In addition to numerous smaller contributions to local

charities, the Foundation made a large contribution to the Princeton Public Library, an integral part of the fabric of the Princeton community. The building was named after George and Estelle Sands. They also established the Sands Scholars Program, which provides scholarships for eight nursing students each year at the University of Pennsylvania in exchange for their commitment to work at the University Medical Center at Princeton after they graduate for each year they receive support. The George and Estelle Sands Foundation is also a generous supporter of the Arts Council of Princeton and made a significant contribution to its campaign for a new building.

"I am pleased to be able to continue the tradition of support to this community, which has meant so much to me, my family, and late husband," Mrs. Sands says. "The new University Medical Center of Princeton at Plainsboro will be a significant and much needed improvement for everyone in our community and area."

In 2007, Mr. and Mrs. Sands received the Honorary Alumni Award from the University of Pennsylvania. Mrs. Sands is also a member of the Academy of the University of Pennsylvania. Estelle Sands has been very private throughout her life and only makes gifts to pre-selected charitable organizations.

"We thank the George H. Sands and Estelle M. Sands Foundation for recognizing the importance of the capital campaign to our community's future with their considerable gift. On behalf of both the System Board of Trustees and the Foundation Board of Directors, we thank the Sands family for their generosity," says JoAnn Heffernan Heisen, co-chair of the *Design for Healing* campaign, and member of the PHCS Board of Trustees.

The replacement hospital is scheduled to open in 2011.

"When we started planning the replacement hospital, I was fortunate to have spent many hours with George and his son, Jeffrey, discussing project details and management issues," says Barry S. Rabner, President and CEO of Princeton HealthCare System. "We benefited greatly from their experiences and integrity. Estelle Sands has been a long-time supporter of our nursing staff through a special scholarship program she established with the University of Pennsylvania School of Nursing and our nursing department. Through this wonderful gift, the Sands family is helping redefine how care is delivered in central New Jersey."

A \$5 million portion of the gift will support the construction of the new hospital, specifically the area designated for The George and Estelle Sands Center for Cardiac and Pulmonary Care. The remaining \$2 million will be reserved in a restricted endowment designated as The George and Estelle Sands Fund for Cardiac and Pulmonary Care. These funds will support various programs within the Sands Center for education, physician training, the training of nurses and staff, and other needs of the Center.

"We are very grateful to the George H. Sands and Estelle M. Sands Foundation for this tremendous gift," says Bob Doll, co-chair of the *Design for Healing* capital campaign in support of the new hospital. "George and Estelle have a long history of leadership within our community and have demonstrated once again how fortunate we are to have the Sands Family as our neighbors and friends. Their gift to the campaign raises our sights; I believe that their generosity will encourage others within our community to give to the new hospital so that we can leave a legacy for our children and our grandchildren. My thanks go out to them, as well as to all the individuals and organizations who have already supported us."

For information about how you can become involved in the *Design for Healing* campaign, call 609.497.4190, or visit www.princetonhcs.org/designforhealing.

For more details about the new **University Medical Center of Princeton at Plainsboro**, visit www.newhospitalproject.org.

community focus

JANUARY – FEBRUARY 2009

Programs are free and registration is required unless otherwise noted. Membership at Princeton Fitness & Wellness Center is not required to attend these programs. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

American Heart Month

Cardiovascular Risk Factors: What Women Need to Know to Stay Heart Healthy

TUE. February 10 (7 – 8:30 p.m.)

UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

It is important for women to know their risk for heart attack or stroke and the importance of maintaining a healthy heart. Lisa S. Motavalli, MD, a cardiologist on staff with Princeton HealthCare System, will discuss the latest in cardiovascular health and risk factors. This program is part of the Meredith Maher Peterson Memorial Lecture Service.

Celebrate Heart Health & Cardiovascular Professionals Week

WED. February 11 (10 a.m. – 2 p.m.)
University Medical Center at Princeton
Main Lobby

No registration required.

Join us in celebrating Cardiovascular Professionals Week by having your blood pressure checked by one of the cardiovascular professionals from University Medical Center at Princeton. The event also will feature:

- Facts about how to reduce your risk for heart disease
- Information on cardiac services available at UMCP
- Door prizes

Annual Cardiac & Pulmonary Rehabilitation Pot-Luck Dinner

WED. February 11 (6 – 8 p.m.)

University Medical Center at Princeton
Conference Rooms A & B

Please call 609.497.4285 to register.

Join us in celebrating 26 years of Cardiac Rehabilitation at University Medical Center at Princeton. All current and former participants in UMCP's Cardiac & Pulmonary Rehabilitation Program are invited to celebrate heart health at this annual dinner. Bring your favorite heart-healthy dish to share. Guests are welcome.

Baby Boomers & Heart Disease

TUE. February 24 (6:30 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road

Baby Boomers (considered to be anyone born between the years 1946 and 1964), are fast becoming the older generation. Baby Boomers share a risk of heart disease and related conditions such as: diabetes, obesity, high cholesterol and high blood pressure. Join Ronald G. Ryder, DO, board certified in cardiovascular disease, to discuss your risk factors and lifestyle changes you can make to help reduce your risk. Dr. Ryder is a member of the Medical Staff of Princeton HealthCare System.



How to Eat a Heart-Healthy & Delicious Diet

THU. February 26 (7 – 8:30 p.m.)

UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

If you want to have a healthy heart, you have to learn how to eat a heart-healthy diet. All of the food you eat affects the health of your heart. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss which foods are heart-smart and delicious and how you can include them as a regular part of your diet. Heart-healthy and delicious recipes will be handed out.



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

LOCATIONS:

- **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
 - **Princeton Fitness & Wellness Center**
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540
 - **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- Directions are available at www.princetonhcs.org

CURRENT PROGRAMS

**Kids Can Cook:
Healthy School Lunches**

MON. January 5 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$10 per child

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. This session will focus on healthy school lunches and will feature a hands-on demonstration by Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program.



**Prevention & Early
Detection of Gynecological
Cancers: For Every Woman**

TUE. January 13 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Most women are concerned about reproductive cancers, but are not aware of the symptoms or risk factors. Eugene S. Gamburg, MD, board certified OB/GYN, will discuss six types of gynecological cancers: cervical, ovarian, uterine, vaginal, vulvar, and cancer of the fallopian tubes. This discussion will



focus on the prevention, warning signs and early detection of these cancers. A question-and-answer session will follow. Dr. Gamburg is a member of the Medical Staff of Princeton HealthCare System.

Optimal Meals for Optimal Fitness

WED. January 14 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$10 per person

Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss how to maximize your diet and your workout. Topics include:

- Strategic eating plans
- How to make balanced meals a priority
- Healthy eating on a busy schedule
- Adequate hydration for optimal performance

**Nutrition for Older
Women: Reassessing
Your Needs**

THU. January 15
(7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical
Commons 2

300B Princeton-Hightstown Road, East Windsor
As children, we all heard our parents say, "Eat your fruits and vegetables; they'll make you healthy and strong." It was good advice then and could be life-saving today – especially for women. Poor nutrition can be a contributing factor in five of the 10 leading causes of death in women: coronary heart disease, cancer, stroke, diabetes and diseases of the liver and kidneys. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss a number of issues that emerge as we age that require changes in the nutrients our bodies need.



Mindful Eating

THU. January 15 (7 – 8 p.m.)
Mercer County Library System-Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

Do you find yourself eating more than you intended? Would you like to make better food choices? Have you been unsuccessful in developing healthy eating habits? When you become more mindful of your relationship with food, you can begin to break free from unhealthy eating patterns and find a new freedom with food and eating. In this session, participants will learn about mindfulness and how it may facilitate conscious food choices, as well as practice mindful eating. Karen Davison, RN, a Health Educator with Princeton HealthCare System, will lead this discussion.

**Achieving a Balance: Diabetes
& Weight Management**

FRI. January 16 – February 27
(11 a.m. – 12 p.m.)
University Medical Center at Princeton
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton

\$160 per person. Please call 609.497.4372 to register. Registration is limited.

This eight-week program is designed to help you improve your glucose control and achieve a healthy weight loss. This program includes:

- One individual session for a nutritional evaluation and personalized plan
- Seven group sessions, which include lifestyle and behavioral approach methods
- Guest speakers on stress management and exercise
- Healthy eating for diabetes, recipes, carbohydrate- and calorie-counting books
- Raffles

This program will be facilitated by Sandra Byer-Lubin, RD, CDE, a registered dietitian and certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program.



Glaucoma: Diagnosis & Treatment

WED. January 21 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Joseph P. Shovlin, MD, board certified ophthalmologist, will present this informative discussion on glaucoma, including: types of glaucoma, who is at risk, symptoms, diagnosis and treatment options. Dr. Shovlin is a member of the Medical Staff of Princeton HealthCare System.

**Get Motivated!
Get Ready, Get Set...Get Moving!**

WED. January 21 (6:30 – 8 p.m.)
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Hamilton

Starting a fitness program may be one of the best things you can do for your health in 2009. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, and help you lose weight. Topics of discussion include: muscle and nerve physiology, the principles and frequency of stretching, and the benefits of resistance and aerobic training. If you have not been physically active in a long time, don't worry; it's never too late to start. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology, and Krissi Zigenfus, Senior Director of Health, Wellness & Aquatics and Exercise Physiologist with Hamilton Area YMCA, will get you motivated and let you know how you can start exercising safely and effectively.

CURRENT PROGRAMS

**Portion Control:
Essential to Good Nutrition**

THU. January 22 (7:30 – 8:30 p.m.)
Mercer County Library System –
Robbinsville Branch
42 Allentown-Robbinsville Road,
Robbinsville

Most people consume far more calories than they realize because of an unclear sense of portion size and control. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will help you understand the concept of standard serving sizes and show you how essential portion control is to good nutrition and your weight management goals.

**New Year, New You:
Achieving Optimal Weight Loss**

WED. January 28 (6:30 – 8 p.m.)
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Hamilton

If healthier habits and weight loss are among your New Year's resolutions, give yourself a pat on the back for making health a top priority. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will teach you how to balance your carbs, protein and fat for optimal weight loss. Learn about the most up-to-date information on weight-loss drugs, herbs and supplements.

**Diabetes, High Blood Pressure & Kidney
Disease: What You Need to Know!**

WED. January 28 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
Are you at risk for kidney disease? Uncontrolled blood pressure and diabetes are the two most common causes of kidney failure in the United States. Millions of Americans have impaired kidney function but do not need dialysis – yet. Learn more about how high blood sugar and high blood pressure affect kidney function and ways you can help protect your kidneys. Proper care can help reduce the progression of kidney disease. This lecture will be presented by Aparna Sahoo, DO, board certified nephrologist and member of the Medical Staff of Princeton HealthCare System.

**Camps, Kids & Sports Expo**

SAT. January 31 (10 a.m. – 3 p.m.)
The Westin Princeton at
Forrestal Village Ballroom
201 Village Boulevard, Princeton

No registration required.

Princeton HealthCare System is proud to be the title sponsor of this annual kids' sports expo, which has been expanded to include sports camps. Learn more about summer camps for your child and visit with vendors who specialize in products and services for kids of all ages. Health professionals from Princeton HealthCare System will be available to answer your health-related questions. Bring the whole family for a fun-filled day of games, arts and crafts!

**Kids Can Cook:
Healthy, Tasty Dessert**

MON. February 2 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$10 per child

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. The session will focus on healthy, tasty dessert treats and will feature a hands-on demonstration by Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program.

**Women's Genitourinary
Health**

TUE. February 10 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Karen M. Latzko, DO, board certified urologist and member of the Medical Staff of Princeton HealthCare System, will discuss the different genitourinary disorders and diseases that can affect the genital area and urinary system. Dr. Latzko will also discuss symptoms and treatment options associated with genitourinary disorders and diseases.

**R.A.D. Women™**

FRI. February 13 – March 6 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$25 per person. Registration is limited.

R.A.D. (Rape Aggression Defense) is a national self-defense course for women that combines classroom learning with physical self-defense tactics. The four-evening course is open to women of any age. Dress in sneakers and comfortable clothing that would be suitable for exercising. No prior experience is necessary.

**Meals for Two**

MON. February 23 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$10 per person

Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss the following topics:

- Healthy, easy meals for two
- Surprising your significant other with a balanced, tasty breakfast in bed
- Romantic desserts high in antioxidants

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.

CHILDBIRTH & FAMILY

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 to register for childbirth and family classes.

Postpartum Adjustment Support Group

Thursdays (11 a.m. – 12 p.m.) *No group on January 1.*
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.

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.



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. January 7 – February 11
(6:30 – 9 p.m.)
No class on January 28.
Community Education & Outreach at
731 Alexander Road

\$180 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

THU. January 8 – 29 (7 – 9 p.m.)
Princeton Fitness & Wellness Center

WED. January 28 – February 18
(7 – 9 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

TUE. February 10 – March 3
(7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

THU. February 26 – March 19
(7 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$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. January 17 (9 a.m. – 5 p.m.)
SAT. February 7 (9 a.m. – 5 p.m.)
SAT. February 28 (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. January 30
(7 – 9:30 p.m.)
University Medical
Center at Princeton
Lambert House
Classroom 3

\$55 per couple

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

Lamaze Class

THU. February 5 – 26 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$120 per couple

This four-week class teaches expectant parents about the Lamaze philosophy of childbirth – that women can trust their body to birth their baby naturally and without intervention. Couples will learn a variety of Lamaze techniques that support the natural birthing process. This class will be taught by a certified Lamaze childbirth educator.

Private childbirth & 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

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 to register for childbirth and family classes.

Prenatal Breastfeeding Class

TUE. January 6 (7 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. February 9 (7 – 9:30 p.m.)
Princeton Fitness & Wellness Center

\$40 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.



Postpartum Exercise

TUE. & THU. January 6 – February 12 (10:30 – 11:30 a.m.)
No class January 15. Class will be held on January 16.
Community Education & Outreach at 731 Alexander Road

\$120 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.



Introduction to Daddy Boot Camp™

WED. January 7 (7 – 8 p.m.)
Babies “R” Us – Princeton
Nassau Park Boulevard
Princeton
Parents are invited to learn more about this fun and popular class just for dads with Dan Shine, Daddy Boot Camp™ Instructor.

Daddy Boot Camp™

SAT. January 10 (9 a.m. – 12 p.m.)
SAT. February 21 (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.

Maternity Tour

SAT. January 10 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. January 24 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. February 7 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. February 21 (1 – 2 p.m. or 2:30 – 3:30 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.



Sibling Class

SAT. January 10
SAT. January 24
SAT. February 7
SAT. February 21
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 6 and older (10:15 - 11:15 a.m.), and 3 to 5 years (11:30 a.m. - 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

Prenatal Exercise

MON. January 12 – February 16 (7 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

\$90 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.

Baby Sign

WED. January 14 (9:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$25 per family

Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old. The entire family is encouraged to attend.

CHILDBIRTH & FAMILY

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 to register for childbirth and family classes.



Baby Care

TUE. January 20
(7 – 9:30 p.m.)
THU. February 12
(7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$40 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.

Pumping Breast Milk & Returning to Work

WED. January 21 (7 – 8 p.m.)
Babies "R" Us – Princeton
Nassau Park Boulevard, Princeton
Karen Davison, RN, a Health Educator with Princeton HealthCare System, will discuss ways to ease the transition of returning to work and how to pump and store breast milk.

Prenatal Infant Massage

THU. February 5 (7 – 9 p.m.)
Princeton Fitness & Wellness Center

\$25 per couple

This class is the perfect time to learn the principles of infant massage before the arrival of your baby. The benefits of infant massage are numerous. It stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles, promotes growth, strengthens the immune system and increases circulation. Massage techniques are practiced on a doll. The class is designed for expectant couples.

Postpartum Infant Massage

MON. February 9 (9:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$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 parents 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.

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

\$5 per session, payable at the door.
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 the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.



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.

CPR & FIRST AID

Call **1.888.897.8979** or visit 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.

BLS for Healthcare Providers

MON. January 5 (6 – 10:30 p.m.)
WED. February 11 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road
WED. January 14 (9 a.m. – 1:30 p.m.)
MON. February 2 (6 – 10:30 p.m.)
University Medical Center at Princeton
THU. January 22 (9 a.m. – 1:30 p.m.)
THU. February 26 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center

\$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.



CPR & FIRST AID

Call **1.888.897.8979** or visit 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.

Heartsaver AED

FRI. January 16 (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. January 24
(9:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

SAT. February 14
(9:30 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

\$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. January 24 (12:30 – 3 p.m.)
Princeton Fitness & Wellness Center

\$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.



Pet First Aid

FRI. January 30
(6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$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.

Family & Friends CPR – Adult, Child & Infant

SAT. February 7
(9:30 a.m. – 12:30 p.m.)
University Medical Center at Princeton

\$30 per person

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, Niños y en Lactantes
SÁBADO,
7 de Febrero

(9:30 a.m. – 12:30 p.m.)
University Medical Center at Princeton

\$30 por persona

¡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.

Family & Friends CPR – Adult & Child

SAT. February 14 (12:30 – 2:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$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.



BLS for Healthcare Providers – Renewal Challenge

MON. February 23
(10 – 11 a.m.)

Community Education & Outreach at
731 Alexander Road

\$25 per person

The Renewal Challenge is designed for healthcare providers who are currently certified and require renewal. The registrant MUST:

- Present an original, valid and current AHA BLS for Healthcare Providers CPR certification card.
- Arrive on time. Your appointment and deposit will be forfeited if you are more than 15 minutes late.
- Be able to perform ALL skills on the first attempt. No pre-skills demonstration or remediation will be permitted.
- Receive a score of 85 percent or better on the first attempt at the AHA BLS for Healthcare Providers exam. No second attempt is permitted.

If a participant fails the skills and/or exam, he/she will be required to take the full AHA BLS for Healthcare Providers course. Fees may apply. No second attempt at a challenge course will be permitted.

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.

Cancer Support Group

TUE. January 20 (1:30 – 3 p.m.)

TUE. February 17 (1:30 – 3 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

WED. January 28 (6 – 7:30 p.m.)

WED. February 25 (6 – 7:30 p.m.)

Princeton Fitness & Wellness Center

No registration required.

University Medical Center at Princeton is pleased to partner with Cancer Care 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, Cancer Care of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.



Breast Cancer Support Group

TUE. January 20 (6 – 7:30 p.m.)

TUE. February 17 (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, Cancer Care of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

Laryngectomy Support Group: A Support Group for Laryngeal Cancer Patients & Their Loved Ones

WED. January 21 (11 a.m. – 12 p.m.)

WED. February 18 (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 *Laryngectomy Support Group of Central Jersey*. This support group will meet the third Wednesday of the month and will provide:

- 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. January 28 (12 – 1:30 p.m.)

WED. February 25 (12 – 1:30 p.m.)

Princeton Fitness & Wellness Center

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. On January 28 join us for an "Update on Conventional and Alternative Therapies for Prevention and Treatment of Prostate Cancer," presented by Connie Pfeiffer, PharmD, BCPS, BCOP, Clinical Pharmacist of Oncology & Internal Medicine with University Medical Center at Princeton and Clinical Associate Professor at the Ernest School of Pharmacy at Rutgers University. On February 25 please join us for an open discussion co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

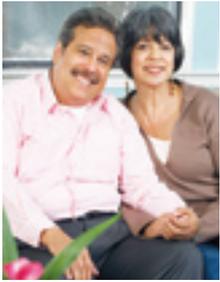
Other seminars of interest include:

Prevention & Early Detection of Gynecological Cancers: For Every Woman (pg. 12)

Nutrition for Older Women: Reassessing Your Needs (pg. 12)

Super Foods and Cancer Prevention (pg. 19)

SUPPORT GROUPS



Diabetes Support Group

WED. January 21 (2:30 – 4 p.m.)
 WED. February 18 (2:30 – 4 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township

MON. January 26 (6:30 – 8 p.m.)
 MON. February 23 (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.

**SOUTH BRUNSWICK TOWNSHIP
EVENT FOR SENIORS**

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

**EAST WINDSOR TOWNSHIP
EVENT FOR SENIORS**

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

Keys to a Healthy Woman's Heart

MON. February 9 (12:15 – 1:15 p.m.)
 South Brunswick Senior Center - Auditorium 1
 540 Ridge Road, Monmouth Junction

For more information, please call 732.329.4000. This event is free and open to South Brunswick residents age 55 and older and their guests.

Mary P. Ricci, MSN, RN, BC, Nurse Manager of University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will present an overview on women's heart health, including:

- What's new & what's old?
- What I need to know for my family & myself

Super Foods & Cancer Prevention

WED. February 11
 (7:45 – 8:15 p.m.)
 Riviera at East Windsor
 114 Einstein Way, East Windsor
 Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss foods that help promote optimal health by lowering your risk for chronic diseases and cancer. Recipes including these healthful foods will be available.



SAVE THESE DATES

Look for even more details about these exciting programs in the next issue of Community Focus.



National Sleep Awareness Week: Sleep & Your Health (March 4)



R.A.D. Senior (March 4 – April 3)



Free Community CPR Week! (April 18 – 26)



Mark Jones Named to Senior Leadership Positions at UMCP, PHCS

Mark Jones has joined Princeton HealthCare System as the President of University Medical Center at Princeton and Senior Vice President to PHCS.

Serving as the senior-most executive of UMCP, Jones will work with the other members of the senior management team and the leaders of the Medical Staff to ensure outstanding patient satisfaction, maintain fiscally sound operations, and continue to develop and grow services at the hospital.

Among his responsibilities will be activities focused on UMCP's transition to its new location off of Route 1 in Plainsboro. For example, Jones will work on cultivating the necessary partnerships with staff and physicians to facilitate a successful move, as well as lead the development of enhanced operating systems that will be implemented in the replacement hospital.

"I am very excited to be joining UMCP and PHCS at this point in its history," says Jones. "The opportunity to be part of the team that transforms the way healthcare is delivered in this region is like few others."

Jones will provide leadership and direction for the operations of UMCP in keeping with the mission, vision and values of Princeton HealthCare System – all designed with UMCP's ultimate goal of becoming a Solucient Top 100 hospital. He also will develop strong relationships with physicians on staff by working closely with physician leaders and medical staff to achieve physician goals relating to the care of patients.

Jones reports to PHCS President and CEO Barry Rabner.

A Wealth of Experience

Jones has more than 27 years' experience in the healthcare field. Most recently, he served in senior leadership roles at Holy Redeemer Health System, an integrated health system

that includes a 303-bed acute care hospital; two senior housing facilities totaling 421 skilled beds, 118 assisted living units, 250 independent living units, and a 200-unit, HUD-funded housing development; home health agencies in two states; transitional housing; an age-restricted living community; and a physician services organization. Jones worked at Holy Redeemer for approximately 15 years, the past nine of which he served as Executive Vice President and Chief Operating Officer of the Holy Redeemer system.

Prior to joining Holy Redeemer, Jones was Vice President of Operations at Greater Baltimore Medical Center (GBMC) in Baltimore, Md., from 1989 through 1993. His early professional experience includes Vice President of Presbyterian-University Hospital of the University of Pittsburgh Medical Center (1984-1989) – now UPMC Presbyterian – where he had completed his administrative residency three years earlier; and Administrative Director of Operations at Geisinger Medical Center (1981-1984), where he began his career.

Jones earned his first Master's degree at Duquesne University, Pittsburgh, where he received a Master of Science in Biology. His second Master's degree is from Columbia University, New York, where he specialized in Hospital Administration. Jones graduated from Edinboro University of Pennsylvania, where he earned a Bachelor of Science degree in Biology.

Jones is a Fellow of the American College of Healthcare Executives. Since 2000, he has been the Chairperson of the American Red Cross of Southeastern Pennsylvania's Montgomery County Branch Board and a member of the Southeastern Pennsylvania Chapter Board.

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



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