

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JULY/AUGUST 2007



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton Home Care Services
- Princeton House Behavioral Health
- University Medical Center at Princeton Surgical Center
- Princeton Rehabilitation Services
- Princeton Fitness & Wellness Center
- Merwick Care Center
- Princeton HealthCare System Foundation

**Infant Massage
Relieves Stress,
Improves Sleep**

breakingnewground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

HEALTH EDUCATION CALENDAR

- Need a Mammogram?
Walk Right In 3
- The Retreat at Princeton:
Addiction Treatment for
Professionals & Executives 4
- Facial Pain: When Is Surgery
the Best Option? 5
- We Take Patient Safety Seriously ... 5
- Breaking New Ground:
Local Businesses Partner With
PHCS in Building for the Future..... 6
- Community Focus 7
- UMCP Honored by
American Cancer Society 15
- New UMCP Site Highly
Accessible & Convenient 16



Infant Massage Relieves Stress, Improves Sleep

Studies conducted by the International Association of Infant Massage have found that gentle massage on a regular basis can greatly benefit both babies and their parents by relieving stress, and, as a result, improving sleep.

“Having a new baby to care for is definitely a wonderful and joyous time of life, but it is also a great deal of work and feeling stress is common,” explains Carolyn Schindewolf, a health educator with Princeton HealthCare System who is certified in infant massage.

“Stress impacts the physical and emotional health of both baby and parents, but if a mother, father or another caregiver can stop, take some relaxing breaths, dim the lights and center themselves, then use proper infant massage techniques, infant massage can have a calming, healthy effect on both them and their baby,” Schindewolf says. “It’s a wonderful way for parents to really communicate with their babies.”

Infant massage courses are among the newest childbirth and family classes offered through the Community Education & Outreach Program of

The Benefits of Communicating Through Touch

In addition to relieving stress and promoting restful sleep, infant massage has been found to help:

- Relieve discomfort from gas, colic, teething and constipation
- Improve blood circulation and digestion
- Increase alertness
- Enhance the nervous system and neurological development
- Strengthen the immune system
- Deepen bonding and communication
- Tone muscles and promote growth

In babies who were born prematurely, infant massage has been found to increase weight gain by as much as 47 percent.

Princeton HealthCare System. The single-session class teaches the basic techniques of infant massage. Massage classes are held each month, and prenatal massage classes, where mothers practice their techniques on dolls, are available bimonthly.

“One thing people tend to forget is that the skin is the largest organ of the body,” Schindewolf says. “For infants, touch is their first method of communication, making it extremely important to overall development and good health.”

Regularly practicing infant massage techniques can help mothers reduce their stress and postpartum depression, as well as

increase their milk production if they are breastfeeding. Both parents also benefit from learning and using massage techniques, because it helps create a closer bond with their babies.

Participants in Princeton HealthCare System’s Infant Massage class include Anne Maloney and Emma (pictured above) and Julie Pantelick and Steven Pinneo (pictured on page 3).

Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
1.888.PHCS4YOU (1.888.742.7496)

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

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

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Infant massage requires little more than some basic training in technique; a warm, dimly lit location; and, if available, a small amount of plant-based oil, as opposed to traditional mineral-based baby oil. Massages can be beneficial at any time, providing stimulation in the morning, promoting relaxation at nap or bedtime and providing a little extra comfort following a bath.

For information on upcoming infant massage classes available through Princeton HealthCare System, call **1.888.897.8979** or visit **www.princetonhcs.org/calendar**.

For assistance with finding an OB/GYN on staff at Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Need a Mammogram? Walk Right In.



University Medical Center at Princeton Breast Health Center now offers walk-in screening mammograms.

“Our walk-in mammography service is just one more aspect of the Center’s commitment to providing outstanding, convenient care to the community,” says Beth Krefski, RN, MSN, Administrative Director, University Medical Center at Princeton Breast Health Center. “When you make an appointment for a mammogram in Central New Jersey, you can sometimes wait up to six to eight weeks to be seen. Our goal is to make getting an annual mammogram something you can do promptly and at your convenience.”

A walk-in mammogram requires a physician prescription, but not an appointment. Patients are encouraged to call ahead to find out how busy the Center is before deciding to come in for a mammogram. Checking with the Center in advance can make the walk-in service even more convenient.

Rapid results are a hallmark of the Breast Health Center’s service, with women who have scheduled appointments

prior to 3 p.m. receiving the results the same day. While we cannot provide same-day results on a walk-in basis, we encourage walk-in patients to bring their previous films with them for faster results.

The Breast Health Center provides exceptional preventive care and diagnostic services in a relaxing, spa-like setting. The state-of-the-art facility offers the latest in digital mammography, ultrasounds and breast biopsies, as well as genetic counseling services and personalized guidance – from diagnosis to recovery – by certified breast health nurse navigators, if cancer is diagnosed.

University Medical Center at Princeton Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2, East Windsor
For more information or directions, call **609.688.2700**
or visit **www.princetonhcs.org**.



The Retreat at Princeton: Addiction Treatment for Professionals & Executives

the Retreat at
Princeton

Busy professionals, who spend their days solving complex work challenges, often do not respond well to traditional “one size fits all” addiction treatment programs, says Arnold Washton, PhD, Clinical Director of The Retreat at Princeton.

The newly opened Retreat is one of the few programs nationwide that specializes in providing executives, professionals and other high-functioning adults with inpatient alcohol and drug treatment designed to meet their needs. Confidentiality is a high priority of the program, which is located in a private 14-bed wing of Princeton House Behavioral Health’s main treatment campus on Herrontown Road in Princeton. The unique program provides professionals with a more individualized, flexible approach to recovery.

“Professionals are often reluctant to enter standard, pre-formulated programs because they fear these programs will not be flexible enough to accommodate their needs,” says Dr. Washton, an internationally known addiction psychologist, researcher and author. “We offer a range of treatment options, because we believe the key to success is finding which combination works best for each individual.”

A Life-changing Process

The Retreat’s goal is to help patients overcome their addiction and identify and address core emotional and psychological issues intertwined with their addiction. This life-changing process uses a combination of various treatment strategies to help patients avoid relapses. These strategies include motivational, cognitive-behavioral, 12-step, interpersonal, emotion-focused and insight-oriented techniques.

Unlike many standard programs, The Retreat provides patients with frequent individual psychotherapy sessions in addition to group sessions. Patients also have access to unique services such as professional coaching and stress management. Retreat staff members are highly experienced in meeting the special needs of professionals with addictions, such as physicians and attorneys.

“When patients look beyond the surface, they often find their substance use has served as a coping tool to deal

with a variety of unresolved issues,” says Elliot Driscoll, MSSW, MBA, Administrative Director of Addictions Services at Princeton House. “When they are able to identify these issues and learn more adaptive coping strategies, they feel empowered and more optimistic about their recovery.”

Quality Treatment in a Respectful Environment

The program features a dedicated interdisciplinary staff of experienced addiction specialists. In addition to Dr. Washton, The Retreat is led by Medical Director Neal Schofield, MD, who is board certified in psychiatry, addiction psychiatry and addiction medicine. Dr. Schofield has three decades of experience in treating patients with addictions, psychiatric disorders or both.

The Retreat understands the demands of busy professionals, and patients are given Internet and cell phone access during designated portions of the day. Weekend family visits and participation of family members in a weekend education program are encouraged. Patients have access to the many cultural amenities of the Princeton area, including an off-site fitness facility.

The program is private pay, although some major insurance providers may cover a portion of the cost of medical detoxification. Professionals and executives may opt for other treatment programs at Princeton House that are covered by managed care and private insurance.

For more information about The Retreat or other Princeton House Behavioral Health services, please call **609.497.3355** or visit www.princetonhcs.org/princetonhouse.

Facial Pain: When Is Surgery the Best Option?



Trigeminal neuralgia, a disorder of the nerve that controls sensations in the face, is often described in medical literature as one of the most painful conditions a person can endure.

"I have had patients tell me it is like having a red-hot poker going in their eye," says Mark R. McLaughlin, MD, a board certified neurosurgeon and member of the Medical and Dental Staff at Princeton HealthCare System.

However, because facial pain is often the only symptom, trigeminal neuralgia can be challenging to diagnose and treat. University Medical Center at Princeton now offers an advanced surgical option for trigeminal neuralgia called microvascular decompression. In some cases, patients who took pain medication for years are able to end all drug therapy after surgery.

UMCP now offers an advanced surgical option for trigeminal neuralgia called microvascular decompression. In some cases, patients who took pain medication for years are able to end all drug therapy after surgery.

Pain-free in Days

During microvascular decompression surgery, the neurosurgeon uses state-of-the-art microscopes and surgical tools to move tiny blood vessels away from the nerve. Shredded felt padding, about half the size of a Q-Tip head, is inserted between the blood vessel and the nerve to prevent future irritation.

"I always try to be conservative and get patients better with medical therapy first, but if they have failed this then, in selected patients, surgery can be a good option," says Dr. McLaughlin.

What Is TN?

Trigeminal neuralgia, also known as tic douloureux, causes bouts of stabbing pain in the mouth, cheek, nose or other areas of the face. The pain usually comes on suddenly and most often affects people in their 50s and 60s. The disorder affects about 1 in 10,000 people. Most commonly, the pain results from a blood vessel irritating the nerve. In these cases, surgery is a good option if the patient has failed to find relief from pain management therapy or medication.

More than 75 percent of patients undergoing the procedure have significant pain relief and many no longer require pain medication, Dr. McLaughlin says. Most leave the hospital within three days.

"It is one of the most gratifying procedures," Dr. McLaughlin says. "When these patients first come in, they're literally miserable, and to see their pain disappear is truly remarkable."

For assistance with finding a surgeon on staff at Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

We Take Patient Safety Seriously

An individual who has a comment, question or concern about patient care and safety that was not resolved to his or her satisfaction at Princeton HealthCare System or any other Joint Commission-accredited institution, can contact the Joint Commission. Please call the Joint Commission Office of Quality Monitoring at **1.800.994.6610** or send an e-mail to **complaint@jointcommission.org**.

Local Businesses Partner With PHCS in Building for the Future

Last fall, Sam deTuro, President of Woodwinds Associates, a Princeton-based tree care firm, expressed interest in making a gift to the campaign for the new hospital in honor of Woodwinds' 40th anniversary in 2007. Generous donors, the deTuro family have consistently given monetary as well as in-kind gifts to UMCP over the past 40 years. "We thought financial, as well as personal support to the new hospital would be more fitting and longer lasting than a big party," says deTuro.

deTuro's offer was presented to PHCS' Corporate Committee (a volunteer committee of the Princeton HealthCare System Foundation), where the idea was developed to organize a group solicitation of community businesses to raise a collective gift for the new hospital with greater impact than could be accomplished as individual local business donors. The idea of a hall where businesses that contribute to the campaign would be collectively recognized was one of the ideas mentioned. Longtime friends deTuro and Janet Lasley, Principal, Lasley Brahaney Architecture + Construction, and Foundation Board member, and Sam deTuro, President of Woodwinds Associates, a Princeton-based tree care firm.



From left to right: **Barry S. Rabner**, President & CEO, Princeton HealthCare System, meets with **Janet Lasley**, Principal, Lasley Brahaney Architecture + Construction, and Foundation Board member, and **Sam deTuro**, President of Woodwinds Associates, a Princeton-based tree care firm.

Lasley and deTuro are spearheading an effort to solicit community businesses to raise a collective gift for the new hospital.

"Going forward, the most important goal is to broaden the base of awareness and support among the local residents and businesses," says deTuro.

Just two months into the effort, several businesses have made commitments to the campaign ranging

from smaller gifts to larger multi-year commitments to offers of gifts in-kind. There also is the possibility of a matching gift from a larger company or individual donor to double the total collected. The current goal is \$500,000, with a possible match raising that amount to \$1 million.

"As we set out to fulfill the promise of a new UMCP, we are inspired by an outpouring of support and exceptional

leadership on the part of our local business community. For that, we are most grateful," says Paula Linhares, Director, Corporate Relations & Outreach, Princeton HealthCare System Foundation.

You Can Help.

Let us know of businesses you believe would welcome the opportunity to be involved in the campaign. For information, call Paula Linhares at **609.497.4187**.

community focus

JULY - AUGUST 2007

Programs are free and registration is required unless otherwise noted. Membership 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). at Princeton Fitness & Wellness Center is www.princetonhcs.org/calendar indicated).

Fit Kids

Children, ages 8 through 12, are welcome to attend. Registration is limited. Parental consent is required for all classes. Children must be picked up promptly at the end of class.

Princeton HealthCare System and Princeton Fitness & Wellness Center are proud to provide fun classes to keep kids moving this summer with activities designed to improve flexibility, endurance and strength.



Exercise Ball Class

WED. July 25 (7 – 7:40 p.m.)
Princeton Fitness & Wellness Center

\$5 per child

This class will be led by Corina Simms, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Cardio and strength training
- Toning and balance
- Music to move to



Groove Class

WED. August 8 (7 – 7:40 p.m.)
Princeton Fitness & Wellness Center

\$5 per child

This class will be led by Jennifer Csontos, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Fun, energetic, dance-based class
- Includes urban, club and Latin dance
- Easy choreography, and tons of fun
- No dance experience necessary

Circuit Class

WED. August 8 (7:45 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$5 per child

This class will be led by Jennifer Csontos, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Improves overall fitness
- Combines cardio, strength conditioning and games for optimal results

Salsa Class

WED. August 15 (7 – 7:40 p.m.)
Princeton Fitness & Wellness Center

\$5 per child

This class will be led by Ellen Tattenbaum, Group Fitness Instructor, Princeton Fitness & Wellness Center. Activities include:

- Salsa steps and turns
- Partnered and non-partnered dancing
- Listening to music and finding the beat
- Latin rhythm

Toning Class

WED. August 15 (7:45 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$5 per child

This class will be led by Katie Foster, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Non-traditional resistance training
- Learn to use medicine balls, stability balls and the BOSU balance trainer
- Partner and individual exercises
- High-energy and fun fitness class



Aqua Class

WED. July 25 (7:45 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Hydrotherapy Pool

\$5 per child

Parents must be present for the duration of the aqua class. This class will be led by Corina Simms, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Fun water workout
- Learn to use aqua steps, water medicine balls, paddles, noodles and more



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

Health Screenings at West Windsor's Community Farmer's Market

Saturdays through October (9 a.m. – 1 p.m.)
Princeton Junction Train Station
Vaughn Drive Parking Lot
Alexander Road and Vaughn Drive, Princeton Junction

No registration required.
Princeton HealthCare System proudly sponsors the West Windsor Community Farmer's Market. Each week, health professionals from Princeton HealthCare System will be on hand to offer free health screenings and information to area residents. For more information, visit www.westwindsorfarmersmarket.org.

Kids Can Cook

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. Each session will focus on a different meal and feature a hands-on demonstration from Sabina Beesley, MS, RD, a registered dietitian from University Medical Center of Princeton. Children must be accompanied by a parent or guardian. Registration is limited and open to children ages 8 to 12.



Kids Can Cook... Breakfast & Snacks

TUE. July 10 (6:30 – 8:30 p.m.)

Kids Can Cook... Lunch

TUE. July 17 (6:30 – 8:30 p.m.)

Kids Can Cook... Dinner

TUE. July 24 (6:30 – 8:30 p.m.)

AARP Driver Safety Program

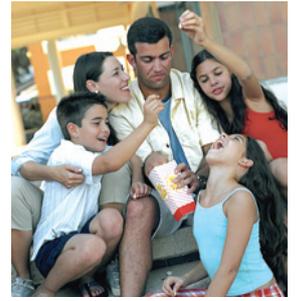
THU. July 12 & 19 (9 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center

\$10, payable at door (checks should be made payable to AARP). Registration required.
Upon completion of this two-part course, students will receive certificates of completion to send to their insurance companies. The certificate entitles students to a 5% discount on the major portion of their auto premiums for three consecutive years, and two points will be deducted from their motor vehicle records, if applicable. There is no age requirement, and you do not need to be a member of AARP.

Family Fun Fest

SAT. July 14
(9:30 a.m. – 12:30 p.m.)
Coldwell Banker –
South Brunswick
3228 Route 27
Kendall Park

No registration required.
Princeton HealthCare System is pleased to partner with Coldwell Banker to present this fun-filled and informative day for the whole family. Health professionals from Princeton HealthCare System will provide free health information and screenings for blood pressure, cholesterol and body mass index. Information on water, skin and bike safety will also be available. Certified car seat technicians will provide free car seat safety checks from 10 a.m. to 12 p.m. Enjoy kids' crafts and raffles.



Is Your Child Over-scheduled and Over-stressed? What to Look for and How to Help

TUE. July 17 (7 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Getting ready for the new school year includes the scramble to sign up for sports, cheerleading, music, dance lessons and many other after-school activities. As parents, we know how hectic this makes our schedules, but what about our kids? How can you tell when your child is over-stressed because he or she is over-scheduled? Madurani Khare, MD, board certified child and adolescent psychiatrist, will discuss warning signs for stress in children and steps you can take to help your child. Dr. Khare is a member of the Medical & Dental Staff of Princeton HealthCare System.

Health Screenings

WED. July 17 (10 a.m. – 12 p.m.)
Mercer County Library System –
Hopewell Branch
245 Pennington-Titusville Road
Pennington

No registration required.
Health professionals from Princeton HealthCare System will be on hand to provide free blood pressure, cholesterol and glucose screenings. Results will be given on the spot. Screenings will be given on a first-come, first-served basis.



FREE Vision Screenings

THU. July 19
THU. August 16
Community Education & Outreach at 731 Alexander Road

By appointment only. Space is limited.
Please call 1.888.897.8979.

Half of all blindness is preventable through regular screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer these free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. Se habla español.

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

THU. July 19 (2 – 4 p.m.)
Mercer County Library System - West Windsor Branch
This program, led by Lori Hartley, RN, will discuss the physical, intellectual and emotional changes your child will experience during his transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The program is designed for boys 9 to 12 years old. Children should be accompanied by their parent/guardian.



r.a.d.KIDS™

MON. – FRI. July 23 – 27
6 – 8 years: 9:30 – 11:30 a.m.
9 – 12 years: 1 – 3 p.m.
Community Education & Outreach
at 731 Alexander Road

\$25 per child
Princeton HealthCare System is pleased to present r.a.d.KIDS™, a national program designed to provide children with hope, options and practical skills

to recognize, avoid, and, if necessary, escape violence and abuse. r.a.d.KIDS™ is a five-session, activity-based program that includes lectures, safety drills, muscle memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good/bad/uncomfortable touch
- Stranger tricks
- Self-realization of personal power

This program is made possible thanks to a generous grant from the Princeton HealthCare System Foundation.

National Night Out

TUE. August 7 (5:30 – 8:30 p.m.)
West Windsor Community Park
Hightstown Road, West Windsor

No registration required.

Princeton HealthCare System is pleased to take part in West Windsor's celebration of National Night Out. National Night Out is an annual program to promote neighborhood spirit and police-community partnerships in an effort to create a safer nation. Staff from PHCS' Community Education & Outreach Program will provide valuable health information and crafts for the kids.

Public Safety Day

SUN. August 19 (12 – 4 p.m.)
Princeton MarketFair
Route One at Meadow Road, Princeton

No registration required.

Princeton HealthCare System is committed to promoting health and safety within the communities we serve. Join us at Princeton MarketFair for free blood pressure screenings, health information and more!

The Challenges of Dorm Life Nutrition

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

With college back in session, students are so busy with studies and campus life that they forget about healthy eating habits. Sabina Beesley, MS, RD, a registered dietitian from University Medical Center of Princeton, will discuss ways to include nutritious and easy-to-prepare meals in student life. Parents and students are welcome to attend.



Keeping Young Athletes Healthy On and Off the Field

THU. August 23 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Amateur sports used to mean varsity and junior varsity teams in high school and college, but today more kids participate in a wide range of recreational and competitive sports at much younger ages. As parents, we want to encourage safe sports for our children, both on and off the field. Whether your athlete is a 5-year-old beginner or the star of a varsity team, Richard Levandowski, MD, board certified in sports medicine and family



practice, will provide information and guidance on everything from working with the coach to preventing and treating sports-related injuries. Dr. Levandowski is a member of the Medical & Dental Staff of Princeton HealthCare System.

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Bright Beginnings 1 (birth to 6 months)

WEDNESDAYS (10:30 – 11:30 a.m.)
No class on July 4
Princeton Fitness & Wellness Center

Bright Beginnings 2 (6 to 12 months)

TUE. July 17 (10:30 – 11:30 a.m.)
TUE. August 7 (10:30 – 11:30 a.m.)
TUE. August 21 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$5 per session, payable at 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 moms, 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.



Baby Care

TUES. July 3 (7 – 9:30 p.m.)
MON. July 23 (7 – 9:30 p.m.)
THU. August 16 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$35 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.

Breastfeeding Support Group

FRI. July 6 (11 a.m. – 12 p.m.)
WED. July 11 (11 a.m. – 12 p.m.)
FRI. July 20 (11 a.m. – 12 p.m.)
WED. July 25 (11 a.m. – 12 p.m.)
FRI. August 3 (11 a.m. – 12 p.m.)
WED. August 8 (11 a.m. – 12 p.m.)
FRI. August 17 (11 a.m. – 12 p.m.)
WED. August 22 (11 a.m. – 12 p.m.)
FRI. August 31 (7 – 8 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.

Sibling Class

SAT. July 7
SAT. July 21
SAT. August 4
SAT. August 18

2 years and under: 9 – 10 a.m.
3 – 4 years: 10:15 – 11:15 a.m.
5 years and older: 11:30 a.m. – 12:30 p.m.

University Medical Center at Princeton
Main Lobby

\$25 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. Parents are expected to attend the course with their child and are not charged an additional fee.



Maternity Tour

SAT. July 7 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. July 21 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. August 4 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. August 18 (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 Maternity Department, which includes a look at the nursery and maternity suites. A tour is included in all Childbirth Preparation classes.

Baby Sign

MON. July 9 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

\$20 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 terms. The entire family is encouraged to attend. 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.

Postpartum Exercise

MON. July 9 – August 13 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$60 per person

This six-session 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 physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Terrific Toddlers (1 to 3 years)

TUE. July 10 (10:30 – 11:30 a.m.)
TUE. July 24 (10:30 – 11:30 a.m.)
TUE. August 14 (10:30 – 11:30 a.m.)
TUE. August 28 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road



\$5 per session, payable at door
No registration required.
This informative, relaxed group is for parents and caregivers of toddlers, ages 1 to 3 years. Each week focuses on a different topic of interest to those caring for a toddler, 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.

Childbirth Preparation

TUE. July 10 – 31 (7 – 9 p.m.)
THU. July 19 – August 9 (7 – 9 p.m.)
MON. July 30 – August 20 (7 – 9 p.m.)
WED. August 8 – 29 (7 – 9 p.m.)
TUE. August 14 – September 4 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$115 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.

Prenatal Exercise

WED. July 11 – August 15 (7 – 8 p.m.)
No class on August 1. Class will be held on Thursday, August 2, instead.
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 physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Breastfeeding Basics

WED. July 11 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, Princeton
Carolyn Schindewolf, IBCLC, a certified lactation consultant, will teach you the basics of breastfeeding and answer your breastfeeding questions to get you and your child off to a good start.

Prenatal Infant Massage

THU. July 12 (10 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

\$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. Please bring an exercise mat or large towel to class.



Childbirth Preparation Review

FRI. July 13 (6:30 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$50 per couple

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



Prenatal Nutrition

MON. July 16 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$20 per couple

Sabina Beesley, MS, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom, through all gestational

ages. Topics include minimizing weight gain during pregnancy, foods to avoid when pregnant, postpartum nutrition and special nutritional concerns for breastfeeding moms.

Prenatal Breastfeeding Class

WED. July 18 (7 – 9:30 p.m.)
TUE. August 7 (7 – 9:30 p.m.)
THU. August 30 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$35 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.

Early Pregnancy

WED. July 18 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, Princeton
Join us to learn about the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy. This class is designed for parents in the first five months of pregnancy and will be led by a health professional from Princeton HealthCare System.

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Accelerated Childbirth Preparation

SAT. July 28 (9 a.m. – 5 p.m.)
SAT. August 11 (9 a.m. – 5 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$150 per couple

This single-day 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.

Potty Training

WED. August 8 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, Princeton
Many parents struggle with potty training their child. Whether you're currently teaching your child toilet training, or just want to prepare yourself for what's to come, this class will teach you the basics of potty training and how it relates to the development of the toddler.



Intro to Infant Massage

WED. August 15 (10 - 11 a.m.)
Babies "R" Us - West Windsor
Nassau Park Boulevard, Princeton
This class introduces participants to some of the many benefits of infant massage, and involves in-class practice of massage techniques for caregivers and babies.

Prenatal Partner Yoga Workshop

SAT. August 18 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$35 per couple

This workshop is designed to help pregnant couples learn supportive positions that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice postures, breathing techniques and massage. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or large towel and a pillow. This class is taught by a certified prenatal yoga instructor.

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.

Family & Friends CPR – Infant

TUE. July 10 (7 – 9 p.m.)
SAT. August 4 (10 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 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.



Pet First Aid

THU. July 12 (6:30 – 9 p.m.)
Princeton Fitness & Wellness Center

\$35 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.

BLS for Healthcare Providers

FRI. July 13 (9 a.m. – 1:30 p.m.)
WED. August 1 (6 – 10:30 p.m.)
Community Education & Outreach at
731 Alexander Road

MON. July 16 (6 – 10:30 p.m.)
THU. August 23 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$60 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 First Aid – Pediatric

SAT. July 14 (10 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center

\$50 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

THU. July 19 (7 – 9 p.m.)
Princeton Fitness & Wellness Center

SAT. August 4 (12:30 – 2:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 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.

Heartsaver First Aid

FRI. August 10 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$50 per person

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

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

CANCER PROGRAMS & SCREENINGS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ), is pleased to offer support groups, lectures and screenings. For additional information about the Cancer Program, call 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.

American Cancer Society's Look Good, Feel Better

MON. July 30 (6:30 – 8:30 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Registration required. Please call Karen at 609.497.4475. 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.

Improving the Chemotherapy Experience™

WED. August 1 (10 a.m. – 12 p.m.)
University Medical Center at Princeton, Medical Oncology
Conference Room, Floor 2

Local oncology experts from UMCP's Cancer Program will offer timely information, motivation and encouragement that can make a significant difference in how you approach chemotherapy. Improving the Chemotherapy Experience™ is an educational program created by Amgen, in partnership with the Leukemia and Lymphoma Society and CancerCare, that is designed to help you understand, prepare for and learn to manage the side effects and emotional impact of chemotherapy in a supportive environment.

SUPPORT GROUPS



UNITE – Perinatal Loss Bereavement Group

MON. July 9 (7 – 9 p.m.)
MON. August 6 (7 – 9 p.m.)
Princeton Fitness & Wellness Center
This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death.

Diabetes Support Group

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

MON. July 23 (6:30 – 8 p.m.)
No meeting on August 27.
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B
This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.



Better Breathers Club

WED. July 25 (2 – 3 p.m.)
WED. August 22 (2 – 3 p.m.)
Stonebridge at Montgomery
Small Auditorium
100 Hollinshead Spring Road
Skillman
Princeton HealthCare System and the American Lung Association of New Jersey present the Better Breathers Support Club for individuals with chronic lung disease. Nancy Elson, MA, RRT, Respiratory Care Practitioner and Clinical Instructor, facilitates meetings.

- Learn about managing lung disease
- Discuss your questions and concerns with others who understand

HOPEWELL TOWNSHIP EVENT FOR SENIORS

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

Osteoporosis Information Session

MON. July 9 (1 – 2 p.m.)
Hopewell Township Municipal Building, Auditorium
201 Washington Crossing-Pennington Road, Titusville
Osteoporosis is responsible for 1.5 million fractures and accounts for \$18 billion in healthcare costs each year. Learn what you can do to prevent osteoporosis and bone loss. Gina C. Del Giudice, MD, FACR, FACP, board certified in rheumatology and internal medicine, will discuss the prevention, symptoms and treatment of osteoporosis in aging adults. Dr. Del Giudice is a member of the Medical & Dental Staff of Princeton HealthCare System.

PRINCETON TOWNSHIP EVENTS FOR SENIORS

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

Purposeful Eating: Nutrition Concerns for Older Adults

THU. July 12 (11 a.m. – 12 p.m.)
Princeton Windrows
2000 Windrow Drive, Princeton

Please call Eric Eichhorst at 1.800.708.7007 to register.
Sabina Beesley, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, will discuss how making simple changes in your diet can improve your overall health and lower your risk for cardiovascular disease. Lunch will be provided.



Maintaining Strength for Function

FRI. July 13 (2 – 3 p.m.)
The Pavilion at Forrestal
1000 Windrow Drive, Princeton

Please call 609.514.9111, ext. 414, to register.
As we get older, our muscles change in ways that impact our strength and daily functioning. James McCracken, PT, CEES, Physical Therapist and Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Network, will:

- Teach you how to maintain your strength and function as you age
- Demonstrate weight training and other strengthening exercises
- Offer tips for safe exercise

New UMCP Site Highly Accessible & Convenient *(continued from page 16)*

The new site is approximately one mile from Plainsboro's new Village Center mixed-use development that includes Plainsboro's new library, and minutes from Plainsboro's world-renowned corporate office and research facilities, including Merrill Lynch, Bristol-Myers Squibb, American Re-Insurance, Firmenich, GE Communications, Novo Nordisk Pharmaceuticals, and the Robert Wood Johnson Foundation. It is five minutes from the Princeton Junction Train Station and other locations in West Windsor, as well as 10 to 15 minutes from many of the residential communities in Monroe Township.

The location, 2.5 miles from Palmer Square in Princeton, is auto accessible via three Princeton/Route One intersections: Harrison Street, Washington Road and Alexander Road, whose overpass makes it the easiest to navigate at rush hour. UMCP and municipal officials in the area would like a turning lane at Harrison Street/Route One, thus relieving some of the peak-hour backups and enabling emergency vehicles to get around the traffic. We are working with Mercer County and NJ Department of Transportation officials to achieve this improvement in 2008, when DOT plans to replace the bridge over the Millstone River on Route One (located between Harrison Street and Mapleton Road). The emergency vehicles will have the ability to change traffic lights to allow them to pass through the intersection. Once on Route One, the emergency vehicles will access the hospital site by means of a Route One driveway exclusively for rescue vehicles.

The Penns Neck Bypass project, currently under design, would relieve all the Route One bottlenecks between Alexander Road and Harrison Street by means of a variety of design improvements, including an overpass in the Harrison Street vicinity, frontage roads and a Route One underpass at Washington Road. This project may be completed a few years after the hospital opens and would facilitate access to the hospital for all those individuals using Route One to access the hospital.

A great benefit of having an open field for a site is the ability to design the traffic flow and parking in a way that maximizes access to the hospital and physician offices. The campus will be laid out so that patients and visitors will park their cars adjacent to the hospital and their doctors' offices and reach their final destination with speed, efficiency and ease – thus cutting the door-to-door commute time significantly.

NJ Transit bus service along the Route One Corridor links the communities from Trenton to Plainsboro, including the Princeton Junction Train Station and MarketFair. In addition, the site will be served by several private and municipal shuttle systems for senior citizens and commuters. UMCP will provide on-demand shuttle transportation for those individuals who currently walk to the hospital on Witherspoon Street in Princeton and who would have no other means of getting to Plainsboro. At the urging of UMCP, NJ Transit may alter one of its Princeton bus routes so that it would serve the new hospital site several times a day, as well as initiate bus service between East Windsor and the new hospital site by linking with the Monroe Township system, which regularly serves the hospital.

The hospital campus will have shuttle connections to the Plainsboro Town Center and be designed to accommodate the possibility of a Bus Rapid Transit system transporting people throughout the Route One Corridor region via sleek, express bus vehicles traveling on dedicated rights of way.

We Welcome Your Questions & Comments.

If you have a question or comment about the relocation, please leave us a message by calling **609.430.7155** or send an e-mail to comments@princetonhcs.org. Visit www.princetonhcs.org/breakingnewground for information about the relocation.

UMCP Honored by American Cancer Society

The American Cancer Society, Mercer County, honored University Medical Center at Princeton at its "Celebration of Life" gala on March 24, 2007, at the Westin Princeton. UMCP was named the recipient of the Medical Honoree Award.

The Cancer Program at UMCP combines advanced diagnostic and treatment technologies with a dedicated multidisciplinary team of cancer experts. UMCP is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an accredited oncology teaching program of the American College of Surgeons' Commission on Cancer.

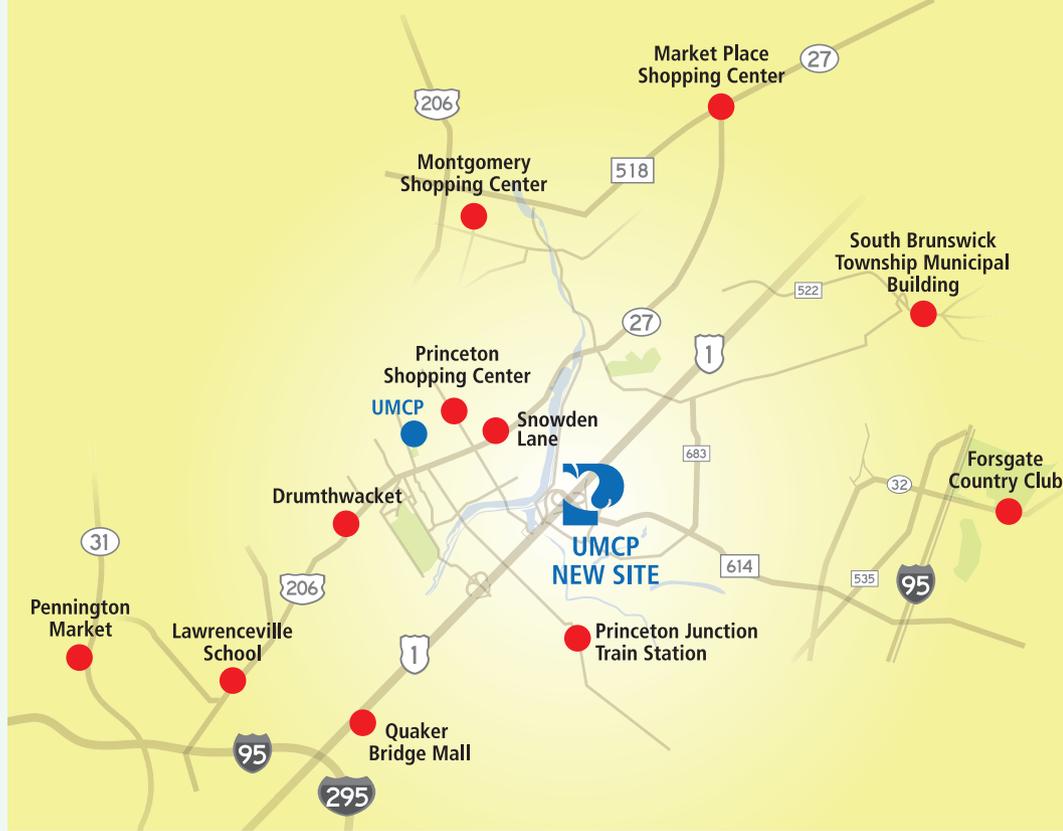
Pictured from the left are Ashley Farrell, ACS Director of Special Events; Melissa P. Schori, MD, PHCS Vice President of Medical Affairs; Barry S. Rabner, PHCS President & CEO; Vince Joseph, UMCP President and PHCS Senior Vice President; and Jim Young, ACS Regional Vice President, at the awards ceremony during the "Celebration of Life" gala. Photo by Escarpeta PhotoGraphics.



Travel Times to New UMCP Site

- **UMCP Current Site**
Chambers St > Nassau St
> Alexander Rd
> Route One 11 min.
- **Drumthwacket**
Stockton (Rte 206) > Library Pl
> Mercer > Alexander Rd
> Route One 12 min.
- **Forsgate Country Club**
CR-535 > Dey
> Scudders/Plainsboro Rd 16 min.
- **Lawrenceville School**
Route 206 > Franklin Corner Rd
> Route One 16 min.
- **Market Place Shopping Center**
Route 27 > Raymond Rd
> Route One 12 min.
- **Montgomery Shopping Center**
Route 206 > Alexander Rd
> Route One 19 min.
- **Pennington Market**
Route 31 > I-95
> Route One 22 min.
- **Princeton Junction Train Station**
Washington Rd
> Route One 8 min.
- **Princeton Shopping Center**
Harrison St > Route One 10 min.
- **Quaker Bridge Mall**
Route One 7 min.
- **Snowden Ln and Nassau St**
Route 27 > Mapleton
> College Rd East 12 min.
- **South Brunswick Township Municipal Building Complex**
Route 522 > Route One 12 min.

Travel times were tested during morning rush (7:45 a.m. to 8:45 a.m.) to the new UMCP site in Plainsboro on Route One between Scudders Mill Rd and Plainsboro Rd. Travel times can vary upon circumstances.



New UMCP Site Highly Accessible & Convenient

University Medical Center at Princeton (UMCP) is working to relocate the hospital to Route One frontage property on the banks of the Millstone River in Plainsboro, accessible from both Plainsboro Road and Scudders Mill Road. The site is convenient for patients, families and employees coming from all directions by automobile or by public transit and would move the hospital closer to 70 percent of its patients and employees. *(continued on page 15)*

Visit us at www.princetonhcs.org



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

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