

# health focus

THE LATEST IN HEALTH NEWS & INFORMATION | MARCH/APRIL 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

## Oh... My Aching Thumb!

*BlackBerry® & Other Handheld  
Devices Can Stress Out Thumbs*

**breakingnewground**

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

**communityfocus**

HEALTH EDUCATION CALENDAR

■ Vince Joseph Appointed  
President of UMCP &  
Senior Vice President of PHCS ..... 4

■ **ArtFirst!** Returns ..... 5

■ Exercising for New Moms  
and Moms-to-be ..... 6

■ Community Focus ..... 7

■ Former Dreamgirl  
Jennifer Holliday Speaks  
at Soul to Soul Conference ..... 19

■ Breaking New Ground ..... 20

# Oh... My Aching Thumb!

Your thumbs may be the newest casualty of working with keyboards, especially those tiny ones on cell phones or personal digital assistants (PDAs) such as a BlackBerry®. The ailment even has a name: **BlackBerry thumb.**

It adds to the growing list of repetitive stress injuries today's workers may develop in their hands or arms from working on computers and handheld electronic devices.

"BlackBerry thumb refers to thumb pain, swelling, or numbness, from overusing PDAs such as a BlackBerry," says Howard Lu, MD, MPH, Medical Director of Princeton HealthCare System Occupational Medicine Services. "It refers to any number of conditions, such as tendonitis, or aggravation of underlying arthritis. Generally it is caused by overuse of the thumbs."

## Thumb Therapy

The condition is one of many that Lynette Terhune, MPT, Physical Therapist for the University Medical Center at Princeton's Outpatient Rehabilitation Network, has treated. "We treat a lot of people with wrist, upper extremity and neck problems related to poor ergonomics at the computer and workplace," Terhune says.

The problem causing BlackBerry thumb is that the keyboard on a PDA is so small, and people use their thumbs to type on it. "This can be very stressful to the thumb, which is ordinarily used for gripping and pinching. Thumbs are not accustomed to the repetitive typing motion required with a BlackBerry," Terhune says.

Dr. Lu and Terhune stress that if you begin to notice pain in your thumb or hand, pay attention to it.

"At the first signs of pain, cut back on use of the BlackBerry and text messaging," Terhune says. "Save longer messages for the computer keyboard where you will be using all of your fingers to type and not just your thumbs."

Dr. Lu, who is board certified in internal medicine and occupational medicine, suggests that rest and the application of ice and anti-inflammatory medications, like ibuprofen, may provide relief. Splints may be helpful to rest the thumb. Physical and occupational therapy also are options to relieve pain and improve thumb function.

## Tips to Prevent BlackBerry Thumb & Other Repetitive Stress Injuries

- If you feel pain during the activity, stop.
- Hold the device with the wrist straight, not bent in either direction.
- Take frequent breaks.
- Switch hands frequently and vary the fingers you use.

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

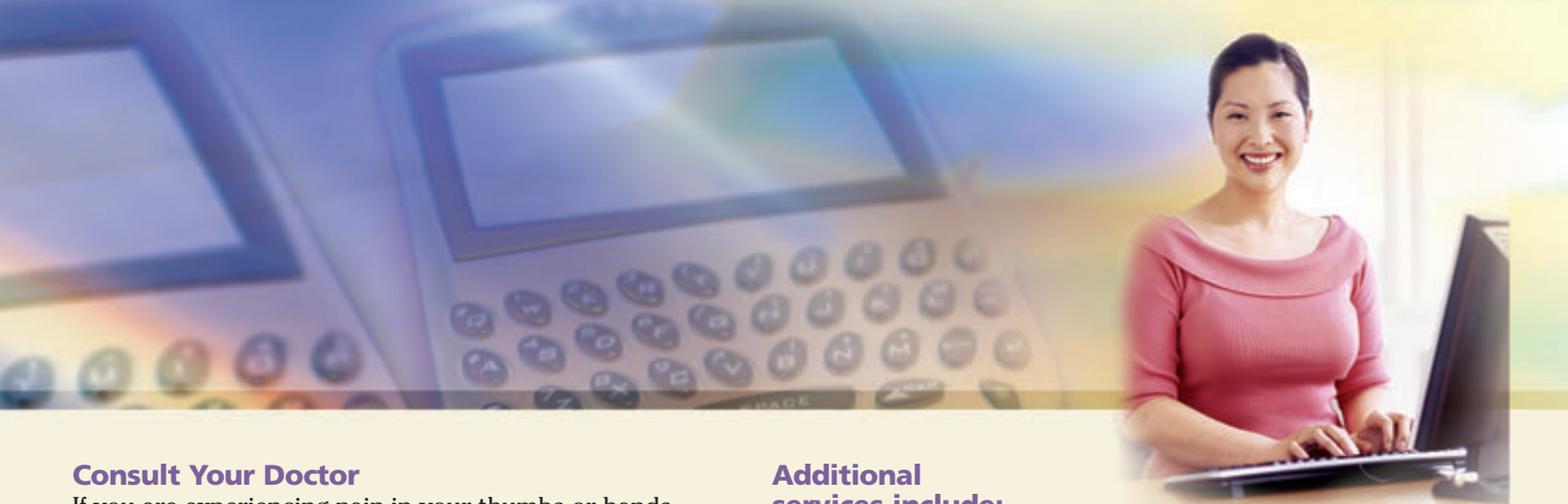
Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

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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### Consult Your Doctor

If you are experiencing pain in your thumbs or hands, consult your physician to determine the best ways to treat it. A referral for physical therapy could be tremendously beneficial. The University Medical Center at Princeton's Outpatient Rehabilitation Network offers many therapeutic and rehabilitative services designed to reduce discomfort or pain caused by injuries at work, home or in sports. Hand rehabilitation is an area of specialty at the network.

### Try Therapy & Rehabilitation

To help minimize pain and restore function of your arms and hands, the University Medical Center at Princeton Outpatient Rehabilitation Network offers specialized exercises and activities for hand rehabilitation.

### Additional services include:

- Ergonomic assessment of your work site to help you better prevent injury or reduce pain at work
- Massage therapy
- Pain management
- Fitness assessments
- Rehabilitation from sports injuries, strokes and hip or knee surgery
- Personal training

The Network offers five convenient locations in the Princeton area: Princeton, Montgomery Township, Cranbury, Lawrenceville and Hightstown. Evening appointments are available at the Montgomery, Lawrenceville and Cranbury locations. The Montgomery location also offers Saturday appointments.

For more information about the University Medical Center at Princeton Outpatient Rehabilitation Network, call **1.888.PHCS4YOU (1.888.742.9496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.

Source: American Society of Hand Therapists ([www.asht.org](http://www.asht.org))  
BlackBerry is a registered trademark of Research In Motion, Limited.

## THE JUNE FETE

**Fete Dinner/Dance**  
Friday, June 8, 2007

**June Fete – Affair of the Heart**  
Saturday, June 9, 2007  
Princeton University Stadium

**Fete hours extended for 2007!**  
9 a.m. - 6:30 p.m.

Visit [www.princetonhcs.org/auxiliary](http://www.princetonhcs.org/auxiliary) or call 609.497.4069 for the latest information on the June Fete – a festival of fun with great food, activities and shopping.

Sponsored by The Auxiliary of University Medical Center at Princeton.



# Vince Joseph Appointed President of UMCP & Senior Vice President of PHCS

Vince Joseph has joined Princeton HealthCare System (PHCS) as the President of University Medical Center at Princeton and Senior Vice President of PHCS. He began his work on January 8, 2007. Serving as the senior-most executive of UMCP, Vince will work with the other members of the senior management team and the leaders of the Medical and Dental Staff to: ensure outstanding patient satisfaction; maintain fiscally sound operations; and continue to develop and grow services at the hospital. He will be responsible for cultivating the necessary partnerships with staff and physicians to facilitate a successful move to our new facility and lead the development of enhanced operating systems to be employed in the replacement hospital.

Most recently, Vince was Executive Vice President and Chief Operating Officer of Greater Baltimore Medical Center (GBMC) in Baltimore, MD. He was responsible for the operations of GBMC, Hospice of Baltimore (the largest hospice in Maryland) and GBMC Healthcare Realty. The combined facilities of GBMC have 300 licensed beds and 3,080 employees.

GBMC has the most active Breast Center in the state and has been repeatedly selected as a "Top 50 Hospital" for digestive and cancer services by *U.S. News and World*



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

*Report.* Before that, Vince held the position of Executive Vice President and Chief Operating Officer of Saint Luke's Health Network in Bethlehem, PA. Between 1987 and 2000 he served in various senior administrative roles in the Saint Barnabas Health Care System, the last as President of the Saint Barnabas Medical Center. His career also includes management positions at Jersey Shore Medical Center and John F. Kennedy Medical Center in New Jersey.

Vince received his undergraduate degree at Bryant College in Smithfield, RI and earned a Master of Health Administration degree at The George Washington University in Washington, DC. He is a Fellow of the American College of Healthcare Executives and is an Assistant Professor in the MBA Program at St. Elizabeth College in New Jersey.

Barry Rabner will continue to serve as President & CEO of Princeton HealthCare System and will oversee the operations of all PHCS units, including UMCP, Princeton House Behavioral Health, Diversified Services and various joint ventures. In addition, he will continue to oversee strategic planning, the replacement of the hospital and Merwick Care Center, the development of a Continuing Care Retirement Community and all fundraising activities.

*A November Night*

**THANK YOU**

THE A NOVEMBER NIGHT COMMITTEE WISHES TO THANK THE FOLLOWING MAJOR SPONSORS FOR THEIR GENEROUS SUPPORT OF THIS YEAR'S GALA EVENING:

BLACKROCK \* BRISTOL-MYERS SQUIBB \* JOHNSON & JOHNSON \* MERRILL LYNCH GLOBAL PRIVATE CLIENT

HOK/HILLIER \* COMMUNITY LIQUORS/SHEPHERD FOUNDATION \* ACS HEALTHCARE SOLUTIONS \* PEPPER HAMILTON

# ArtFirst! Returns



Mark your calendars. The Auxiliary of the University Medical Center at Princeton is sponsoring the fifth annual **ArtFirst!** event, an international juried exhibition of original art and fine crafts by artists with disabilities. Proceeds will benefit the artists as well as maternal-child health at UMCP.

UMCP is expecting another year of tremendous success with **ArtFirst!**. This year's exhibit features pieces by more than 90 artists from 23 states and four foreign countries. The diverse collection includes paintings, sculptures, fiberarts and more.

## A Preview With Perks

The event kicks off with the Patron's Preview Party on Saturday, April 14. This festive reception offers guests the opportunity to meet the artists and to purchase art before it is showcased to the public.

"It is always a pleasure to meet the artists," says Co-Chair Susan Burton. "One then realizes that the art truly transcends any physical or mental disability."

"Every year we bring in new artists with such outstanding talent to join the returning artists who have inspired us in years past," explains Co-Chair Barbara Curtis. One returning favorite is Sal Panasci, whose impressionistic oil paintings have been coveted pieces in past exhibitions.

A resident of Devon, PA, Panasci learned to paint after suffering a traumatic brain injury in 1995. Although he had never picked up a paintbrush before the accident, his works are now highly regarded in upscale Manhattan and Philadelphia galleries.

All pieces will be displayed in the public corridors of the hospital from April 15 – May 18 (11 a.m. to 8 p.m.). There, the public can view the art, free of charge, and many pieces will be available for purchase.

*Featured artwork from top to bottom: Azelea Walk, painting by Sal Panasci; Prairie Smoke, painting by Ken Smith; Simplicity, bracelet by Cynthia Herbst*



To learn more about **ArtFirst!** or to purchase tickets for the Preview Party, call **609.497.4069** or email [artfirstumcp@gmail.com](mailto:artfirstumcp@gmail.com). Information is also available at [www.princetonhcs.org/auxiliary](http://www.princetonhcs.org/auxiliary).



*University Medical Center at Princeton welcomed Anne Atkinson, the first baby born in 2007 in Mercer County on January 1 at 12:03 a.m.*

*Weighing 7lbs, 15oz., Anne is accompanied (from right) by her 4-year-old brother, Luke Atkinson, who also was born at UMCP; mother, Shelly Atkinson; the physician who delivered Anne, Dr. Elizabeth Scheff; and Princeton HealthCare System President & CEO, Barry S. Rabner.*

# Exercising for New Moms and Moms-to-be

## Pre- & Postnatal Programs Available

Regular exercise is important for everyone, but both mothers-to-be and new mothers need a safe exercise environment where they can feel comfortable and confident that they are exercising in a way that benefits their bodies and their babies.

Prenatal and postnatal exercise programs are among the newest maternal and child health classes that are available through Princeton HealthCare System's Community Education & Outreach Program. The classes are taught by Lisa Stout, RN, CCE, a labor and delivery nurse and a certified prenatal/postpartum fitness instructor.

### Prenatal Exercise

During pregnancy your body experiences dramatic physiological changes that require a carefully designed exercise program. These naturally occurring changes are not permanent, and there are many benefits to regular exercise. Always consult with your physician before starting any exercise program and to discuss possible limitations.

If both you and your physician agree that a prenatal exercise program is good for you and your developing baby, it can offer many benefits, including:

- Helping (or decreasing) the physical discomforts of pregnancy such as low back pain, urinary incontinence and fatigue
- Improving mood and fighting stress, anxiety and depression
- Toning and strengthening muscles affected by pregnancy
- Treating or preventing gestational diabetes
- Reducing the risk of pre-eclampsia or pregnancy-induced hypertension

In addition, exercising while pregnant may ease and shorten labor and speed up postpartum recovery.

It is important to participate in a program where the instructor is knowledgeable of the special needs of pregnancy and can adjust the exercise accordingly.



**“The women in my class say that they feel energized and that they enjoy the support they receive from the friends they make in class”**

**~ Lisa Stout, RN, CCE**

“The women in my class say that they feel energized and that they enjoy the support they receive from the friends they make in class,” says Stout. “The class helps them enjoy their pregnancies by helping them stay in tune with their bodies.”

### Postpartum Exercise

In the postpartum classes, moms can bring their babies aged 6 weeks to crawling. Mothers are instructed on how to perform special exercises to include their baby, encouraging not only a healthier body, but also important bonding time with baby.

“The class is designed for all fitness levels. It provides a fun, energetic way for moms to build back muscle strength, especially to those muscles affected by pregnancy,” Stout says. “It also offers moms a chance to relax and recharge.”

### How to Participate

Both classes include a warm-up and stretch, followed by aerobics, strength work with light weights and a cool-down. Classes are held twice weekly for six weeks at the Princeton HealthCare

System's Community Education & Outreach location at 731 Alexander Road in Princeton.

The prenatal classes meet two evenings a week for a fee of \$160. The postpartum classes meet two mornings a week for a fee of \$120. Pre-registration and medical clearance from a physician are required to take either class.

In addition to pre- and postnatal exercise, the Princeton HealthCare System Community Education & Outreach Program offers a full range of maternal and child health programs that include maternity tours, sibling classes, first aid and CPR training and yoga. For more information or to register, call **1.888.897.8979** or visit **[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)**.

HEALTH EDUCATION CALENDAR

# community focus

MARCH – APRIL 2007

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](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

## *The Meredith Maher Peterson Memorial Lecture Series*

Princeton HealthCare System is pleased to introduce the Meredith Maher Peterson Memorial Lecture Series. This new series will provide women with critical information about breast healthcare while building awareness of the importance of prevention and early detection.

The series is named in honor of Meredith Maher Peterson, a passionate supporter of breast cancer research and women's health education. As a member of The Auxiliary of University Medical Center at Princeton and by serving as co-chair of A November Night in 2005, Meredith helped raise more than \$300,000 toward the establishment of University Medical Center at Princeton's Breast Health Center. She also served as co-chair of the Breast Health Center Community Advisory Committee and supported the Young Survival Coalition. In addition, Meredith was the largest individual and team fundraiser for the 13th annual Susan G. Komen Breast Cancer Foundation Race for the Cure in 2006, raising more than \$60,000.

Tragically, in 2006 at the age of 36, Meredith lost her personal battle with breast cancer. However, she has left behind a legacy of community activism to ensure that women are better educated about and have greater access to critical breast healthcare resources.

This lecture series will take place six times per year and will be held at University Medical Center at Princeton's newly opened Breast Health Center.

For more information about the UMCP Breast Health Center, or to schedule a mammogram, please call 609.688.2700.



### **Breast Health: What Every Woman Should Know**

TUE. March 13 (7 – 8:30 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Please call 1.888.897.8979 to register.

This program, the first in the *Meredith Maher Peterson Memorial Lecture Series*, will focus on breast health and self-awareness. Susan Straszynski, RN, Certified Breast Health Navigator, will discuss breast cancer statistics, risk factors and the anatomy and physiology of the breast. The importance of early detection through screening methods and self breast exams also will be covered. Women of all ages are welcome to attend.

 **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](http://www.princetonhcs.org)

## CURRENT PROGRAMS

### When Eating Concerns Become Eating Disorders

THU. March 1 (6:30 – 8 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B

Please call Cathy at 609.497.4000, ext. 6078, to register. In recognition of National Eating Disorders Awareness Week (February 25 – March 3), University Medical Center at Princeton's Eating Disorders Program is pleased to offer this informative program. In our food- and fitness-obsessed culture, how do we know when typical eating concerns become more serious and potentially life-threatening problems? Elizabeth Frenkel, PhD, licensed psychologist and Senior Clinician with UMCP's Eating Disorders Program, and Kristen Sugarman, RD, registered dietitian and Nutrition Coordinator with UMCP's Eating Disorders Program, will discuss the warning signs of eating disorders, risk factors for developing an eating disorder, and steps to take in seeking help.

### All About Gender-Smart Knee Replacement

TUE. March 6 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
Men's and women's knees are different, and for the first time, women considering knee replacement have the option of receiving an innovative, gender-smart implant made just for them. Join us as Harvey E. Smires, MD, board certified orthopedic surgeon, discusses this new technology being offered to women at University Medical Center at Princeton and answers your questions. Dr. Smires is a member of the Medical & Dental Staff of Princeton HealthCare System.

### Sleep & Your Health

TUE. March 6 (6:30 – 8:30 p.m.)  
University Medical Center at Princeton, Ground Floor  
Conference Rooms A & B

In celebration of National Sleep Awareness Week, University Medical Center at Princeton's Sleep Center is pleased to offer an informative discussion of a variety of sleep disorders, including snoring, sleep-disordered breathing and insomnia, with a panel of Princeton HealthCare System physicians. Long- and short-term health consequences and treatment options also will be discussed. Participating PHCS physicians include:

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

A question-and-answer session will follow.



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

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

THU. March 22 (7 – 8:30 p.m.)  
Mercer County Library System  
– Hickory Corner Branch  
138 Hickory Corner Road,  
East Windsor



### A Puberty Talk for Boys

THU. March 15 (7 – 8:30 p.m.)  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

THU. March 29 (7 – 8:30 p.m.)  
Mercer County Library System – Hickory Corner Branch  
138 Hickory Corner Road, East Windsor

This program will discuss the physical, intellectual and emotional changes your child will experience during his or her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The program is designed for children 9 to 12 years old. Children should be accompanied by their parent/guardian. Lisa Stout, RN, will lead the talk for girls; Lori Hartley, RN, will lead the talk for boys.

### Is It Eating Breakfast or What You Eat for Breakfast That Counts?

TUE. March 13 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

We've all heard that breakfast is the most important meal of the day, but is it eating breakfast or what you eat for breakfast that counts? Sabina Beesley, MS, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will discuss the importance of breakfast and healthy options to optimize its impact on your weight and overall health.

### Women's Wellness: Diabetes – What's My Risk?

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

Diabetes is the sixth-leading threat to women's health, and with the growing epidemic of new-onset diabetes among all ages, it is important to know what you can do to reduce your risk of developing diabetes. Nancy L. Rhodes, RN, MA, CDE, University Medical Center at Princeton's Diabetes Management Program, will discuss risk factors for diabetes in women, and how to prevent it, as well as the associated complications for women with known diabetes.

## Health Screenings

WED. March 14 (11 a.m. – 1 p.m.)

Mercer County Library System – Hopewell Branch  
245 Pennington-Titusville Road, Pennington  
Health professionals from Princeton HealthCare System will provide free cholesterol and blood pressure screenings to area residents. Registration requested. Participants will be screened on a first come, first served basis.

## FREE Vision Screenings

THU. March 15

THU. April 12

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.

## Healthy Living Panel: Chronic Kidney Disease

TUE. March 20 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

One in nine people with chronic kidney disease don't know they have it. Learning about the warning signs of the disease is key to early detection and treatment. For instance, many people are surprised to learn that infrequent urination is a symptom. Grace B. Bialy, MD, and Seema Basi, MD, board certified nephrologists, will discuss prevention, detection and treatment options for this disease. Drs. Bialy and Basi are both members of the Medical & Dental Staff of Princeton HealthCare System.



## Poison Prevention Workshop: What Every Parent Needs to Know

TUE. March 20 (7 – 8:30 p.m.)

Community Education & Outreach at  
731 Alexander Road

Join us for this interactive workshop, led by Madhavi Kasinadhuni, BS, a health educator from the New Jersey Poison Information & Education System (NPDES). The discussion will focus on:

- How to poison-proof your home
- Avoiding unintentional poisonings
- Tips on medication safety, outdoor safety and food safety

## High-risk Cardiovascular Diseases: Diagnosis & Treatment

WED. March 21 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Not all cardiovascular diseases are created equal. Join us as Bradford C. Sodowick, MD, board certified in cardiovascular disease, clinical cardiac electrophysiology and internal medicine, discusses the most serious of cardiovascular diseases, including heart failure and sudden cardiac arrest. Dr. Sodowick will focus his discussion on testing and diagnosis, as well as treatment options. Dr. Sodowick is a member of the Medical & Dental Staff of Princeton HealthCare System.

## Community Action Service Center, Inc.'s 8th Annual Community Health Fair

SAT. March 24 (9 a.m. – 1 p.m.)

Hightstown High School  
24 Leshin Lane, Hightstown

No registration required.

Princeton HealthCare System is proud to join other area health organizations to provide free screenings and information at this annual event. Screenings include blood pressure, glucose and cholesterol. For more information, please contact CASC at 609.443.4464 or www.cascmercer.org.

## Identity Theft: How to Protect Yourself From Fraud

WED. March 28 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

The impact of identity theft can be devastating. Learn how to protect yourself and those you love by becoming savvy about the variety of ways that thieves can access your personal information and how they use it. Officer Sam Dyson, West Windsor Police Department, will discuss effective steps you can take to protect yourself from identity theft and what to do if you suspect that you may be a victim of this fast-growing crime.

## Diabetes Health Fair

FRI. March 30

Health fair:  
9 a.m. – 1:30 p.m.

Lunch & learn:  
12:30 – 1:30 p.m.  
UCMP's Cardiac &  
Pulmonary Rehabilitation  
Program, Monroe Unit,  
11 Centre Drive, Suite C, Monroe Township

Registration required for eye exam and lunch & learn seminar only. Please call 1.888.897.8979.

University Medical Center at Princeton's Diabetes Management Program is pleased to offer free screenings and health information to individuals with diabetes, their families and loved ones. PHCS physicians and health professionals will be on hand with information about managing your diabetes and new products. Eye exams will be available by appointment for those with diabetes (9 a.m. – 1 p.m.). Join us for a light lunch and informative session with Henry Howard Goldstein, MD, FACC, board certified endocrinologist and Medical Director of UMCP's Diabetes Management Program, who will discuss the latest trends in the management of diabetes. Special thanks to the New Jersey Commission for the Blind & Visually Impaired for providing free eye exams.



## Keeping Your Feet Happy & Healthy

TUE. April 10 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road  
Approximately 75 percent of Americans will experience foot health problems at some point in their lifetime. Join us as Josh B. Ottenheimer, DPM, board certified podiatrist, discusses the importance of foot health and raises awareness that foot pain is not normal. Free foot screenings will follow. Dr. Ottenheimer is a member of the Medical & Dental Staff of Princeton HealthCare System.

## CURRENT PROGRAMS



### **ArtFirst!**

SUN. April 15 – TUE. May 8  
(11 a.m. – 8 p.m.)  
University Medical Center at  
Princeton

**ArtFirst!** is an annual international exhibition and sale of art and fine crafts featuring artists with disabilities. The

exhibition is free and open to the public daily between April 15 and May 8. The **ArtFirst!** Patron's Preview Party will take place April 14 from 6 – 9 p.m. For an invitation please call 609.497.4069. **ArtFirst!** is presented annually by The Auxiliary of University Medical Center at Princeton.

### **If the Shoe Fits**

TUE. April 17 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Statistics indicate that nine out of 10 women are wearing shoes that are not the right size for their feet. While women are more likely to develop a foot problem because of poorly fitted shoes than men, it's important for everyone to take good care of their feet. Join us as John F. Stanoch, DPM, FACFAS, a physician with board certification in podiatric orthopedics, discusses ways to help you safeguard your foot health and offers tips for selecting shoes to fit your feet. Dr. Stanoch is a member of the Medical & Dental Staff of Princeton HealthCare System.

### **Women's Wellness: Stress Incontinence**

WED. April 18 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Stress incontinence is an involuntary release of urine that occurs when pressure is put on the abdomen during activities such as sneezing, laughing or exercising. Jeffrey Hofman, MD, FACOG, board certified OB/GYN and a member of the Medical & Dental Staff of Princeton HealthCare System, will discuss treatment options for this often embarrassing, but common problem.

### **Optimal Nutrition for Women**

THU. April 19 (7 – 8:30 p.m.)

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

Join us as Sabina Beesley, MS, RD, Registered Dietitian from University Medical Center at Princeton's Nutrition Program, discusses how to balance carbs, proteins and fats in your diet for your optimal metabolic rate and achieve your ideal body weight.

### **Healthy Living Panel: All About Autism**

TUE. April 24 (6:30 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

If you or someone you love is affected by autism, join us for this informative panel discussion. Topics covered include symptoms and diagnosis, a parent's perspective, the latest in research and education, and what the future holds for autistic children and their families. Presenters include:

- Gina C. Del Giudice, board certified in rheumatology and internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System and parent of an autistic child
- Paul K. Kaiser, MD, board certified in neurology and a member of the Medical & Dental Staff of Princeton HealthCare System
- Alisha Halliday, Associate Director of Research & Programs, Autism Speaks
- Carol Markowitz, Director of Educational Services, Eden Institute

### **Nutrition Labels: What Are They Really Telling Us?**

WED. April 25 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Nutrition labels are full of important information about the food we eat, but how do we make sense of it all? Sabina Beesley, MS, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, will discuss what to look for on food labels and what to avoid.

## CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### **Prenatal Infant Massage**

SAT. March 3 (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.

### **Postpartum Exercise**

MON. March 5 – April 16 (10:30 – 11:30 a.m.)  
No class April 2.  
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](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Prenatal Exercise

MON. & WED. March 5 – April 11  
Community Education & Outreach at 731 Alexander Road  
\$160 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.

### Childbirth Preparation

TUE. March 6 - 27 (7 – 9 p.m.)  
THU. March 15 – April 5 (7 – 9 p.m.)  
WED. March 28 – April 18 (7 – 9 p.m.)  
TUE. April 10 – May 1 (7 – 9 p.m.)  
MON. April 16 – May 7 (7 – 9 p.m.)  
THU. April 26 – May 17 (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.

### Bright Beginnings 1 (birth to 6 months)

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

### Bright Beginnings 2 (6 to 12 months)

TUE. March 6  
(10:30 - 11:30 a.m.)  
TUE. March 20  
(10:30 – 11:30 a.m.)  
TUE. April 3 (10:30 – 11:30 a.m.)  
TUE. April 17 (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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.



### Breastfeeding Support Group

WED. March 7 (11 a.m. – 12 p.m.)  
FRI. March 16 (11 a.m. – 12 p.m.)  
WED. March 21 (11 a.m. – 12 p.m.)  
FRI. March 30 (7 – 8 p.m.)  
FRI. April 6 (11 a.m. – 12 p.m.)  
WED. April 11 (11 a.m. – 12 p.m.)  
FRI. April 20 (11 a.m. – 12 p.m.)  
WED. April 25 (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

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.

### Maternity Tour

SAT. March 10 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. March 24 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. April 14 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. April 28 (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.

### Sibling Class

SAT. March 10  
SAT. March 24  
SAT. April 14  
SAT. April 28  
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. Classes are designed for children ages 2 and under (9 – 10 a.m.), 3 to 4 (10:15 – 11:15 a.m.) and 5 and older (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.

### Gadgets & Gear Showcase

SAT. March 10 (11 a.m. – 3 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

No registration required.

Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us* – West Windsor. New and expectant parents will receive valuable information on the latest baby products.

## CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Prenatal Breastfeeding Class

MON. March 12 (7 – 9:30 p.m.)  
TUE. April 3 (7 – 9:30 p.m.)  
WED. April 25 (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.

### Baby Sign

TUE. March 13 (6:30 – 8 p.m.)  
Community Education & Outreach at 731 Alexander Road  
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.

### Terrific Toddlers (1 to 3 years)

TUE. March 13 (10:30 – 11:30 a.m.)  
TUE. March 27 (10:30 – 11:30 a.m.)  
TUE. April 10 (10:30 – 11:30 a.m.)  
TUE. April 24 (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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.



### Breastfeeding Basics

WED. March 14 (7 – 8 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

This program will discuss the benefits of breastfeeding and will provide you with an opportunity to have all of your breastfeeding questions answered by a certified lactation consultant.

### Childbirth Preparation Review

FRI. March 16 (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.

### Home Safety & Childproofing

WED. March 21 (7 – 8 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

This program will provide important safety tips on how to protect your baby from potential hazards in the home.

### Baby Care

WED. March 21 (7 – 9:30 p.m.)  
THU. April 12 (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.



### Car Seat Safety Checks

WED. March 28 (11:30 a.m. – 1:30 p.m.)  
WED. April 25 (11:30 a.m. – 1:30 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

**No registration required.**

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Join us at *Babies R Us* to have a certified child passenger safety technician check your child's car seat! First come, first served.

### Prenatal Yoga

THU. March 29 – May 17 (7 – 8:15 p.m.)  
Princeton Fitness & Wellness Center

**\$160 per person**

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



### Accelerated Childbirth Preparation

SAT. March 31 (9 a.m. – 5 p.m.)  
SAT. April 21 (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.

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Safe Sitter

WED. April 4 –  
THU. April 5  
(9 a.m. – 3 p.m.)  
Community  
Education &  
Outreach at 731  
Alexander Road  
\$55 per person



This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. Instruction focuses on handling crises, safe and nurturing childcare techniques, rescue skills and basic first aid. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. Their instructors thrive on making a difference in the lives of adolescents and children in their care.

Instruction includes:

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

Sitters should bring their own lunch.



### Sibling & New Baby

WED. April 11 (10 – 11 a.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

This introductory class, for children ages 2 to 5, is designed to help your child welcome the new baby. Children will design a welcome card.

### Breastfeeding & Maternity Fair

SAT. April 14 (11 a.m. – 3 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

No registration required.

Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us* – West Windsor. New and expectant parents will receive valuable prenatal and breastfeeding information.

### Childhood Immunizations

WED. April 18 (7 – 8 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton

Join us to learn about standard childhood immunizations, including information about their safety and effectiveness.

### Postpartum Infant Massage

THU. April 19 (10 – 11:30 a.m.)  
Community Education & Outreach at 731 Alexander Road  
\$25 per couple

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! Learn about the principles of infant massage with your baby. This class is designed for moms and babies, and involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. To test, place a small amount of the oil on your baby's wrist or ankle and leave it on for 20-30 minutes. Check that there is no sensitivity to the oil, as indicated by a rash or redness. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a physician is required.

### Prenatal Nutrition

MON. April 23 (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 Partner Yoga Workshop

SAT. April 28 (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. Please bring a yoga mat or large towel, two pillows or cushions and a yoga tie or regular tie for stretching. 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](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

**PHCS' FREE CPR WEEK**

Learn how to save lives through CPR at a free CPR class during PHCS' Free CPR Week, April 15 – 21. Registration is required for all classes.

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

These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. Participants will learn how to perform CPR on adults and children, and how to help an adult or child who is choking.

**SUN. April 15 (9 – 11 a.m.)**  
Princeton Fitness & Wellness Center  
Princeton North Shopping Center  
1225 State Road, Princeton

**SUN. April 15 (12:30 – 2:30 p.m.)**  
Community Education & Outreach at Alexander Road  
731 Alexander Road, Suite 103, Princeton

**MON. April 16 (6:30 – 8:30 p.m.)**  
Mercer County Library System – Hopewell Branch  
245 Pennington-Titusville Road, Pennington

**TUE. April 17 (7 – 9 p.m.)**  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

**WED. April 18 (9 – 11 a.m.)**  
Christian Nurturing Center  
715 Amwell Road, Hillsborough

**THU. April 19 (7 – 9 p.m.)**  
St. John the Evangelist Roman Catholic Church  
44 Bridge Street, Lambertville

**FRI. April 20 (10 a.m. – 12 p.m.)**  
Hopewell Train Station  
2 Railroad Place, Hopewell

**SAT. April 21 (10 a.m. – 12 p.m.)**  
Community Education & Outreach at Alexander Road  
731 Alexander Road, Suite 103, Princeton

**SAT. April 21 (1 – 3 p.m.)**  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville



**Family & Friends CPR – Infant**

These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. Participants will learn how to perform CPR in infants, and how to help an infant who is choking.

**SUN. April 15 (9 a.m. – 12 p.m.)**  
Community Education & Outreach at Alexander Road  
731 Alexander Road, Suite 103, Princeton

**SUN. April 15 (12:30 – 3:30 p.m.)**  
Princeton Fitness & Wellness Center  
Princeton North Shopping Center  
1225 State Road, Princeton

**WED. April 18 (12:30 – 3:30 p.m.)**  
Christian Nurturing Center  
715 Amwell Road, Hillsborough

**WED. April 18 (7 – 10 p.m.)**  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

**FRI. April 20 (7 – 10 p.m.)**  
St. John the Evangelist Roman Catholic Church  
44 Bridge Street, Lambertville

**SAT. April 21 (10 a.m. – 1 p.m.)**  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

**SAT. April 21 (1 – 4 p.m.)**  
Community Education & Outreach at Alexander Road  
731 Alexander Road, Suite 103, Princeton

**BLS for Healthcare Providers**

**THU. March 8 (6 – 10:30 p.m.)**  
**TUE. April 17 (9 a.m. – 1:30 p.m.)**  
Princeton Fitness & Wellness Center  
**MON. March 19 (9 a.m. – 1:30 p.m.)**  
**THU. April 19 (6 – 10:30 p.m.)**  
Community Education & Outreach at 731 Alexander Road  
**\$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.

**Pet First Aid**

**MON. March 19 (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.

## CPR &amp; FIRST AID

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

**Family & Friends CPR - Infant**

SAT. March 3 (12:30 – 3:30 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.

**Heartsaver First Aid – Pediatric**

SAT. March 17 (10 a.m. – 1 p.m.)

Community Education & Outreach at 731 Alexander Road  
\$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**

FRI. March 23 (7 – 9 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**

SAT. April 28 (10 a.m. – 2 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.

**Heartsaver CPR**

SAT. April 14 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

\$50 per person

The Heartsaver CPR course teaches CPR and relief of choking in adults and children; infant CPR and relief of choking; and use of barrier devices for all ages. Heartsaver CPR 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.

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 &amp; 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](http://www.princetonhcs.org/calendar).

**Supporting Your Healing Journey**

MON. March 19 (6:30 – 8 p.m.)

MON. April 16 (6:30 – 8 p.m.)

Community Education & Outreach at  
731 Alexander Road

University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and an oncology outreach coordinator from University Medical Center at Princeton's Cancer Program will co-facilitate.

**Prostate Cancer Support Group**

WED. March 28 (12 – 1:30 p.m.)

WED. April 25 (12 – 1:30 p.m.)

Princeton Fitness & Wellness Center

No registration required.

This support group, which has been in existence for over 13 years, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. The format for January and February will be open discussion.

## 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](http://www.princetonhcs.org/calendar).



### Improving the Chemotherapy Experience

WED. April 4 (10 a.m. – 12 p.m.)

University Medical Center at Princeton, Lambert House Classroom 4

No registration required.

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

### Better Breathers Club

TUE. March 13 (10 – 11 a.m.)

TUE. April 9 (10 – 11 a.m.)

University Medical Center at Princeton  
Lambert House, Classrooms 1 & 2

THU. March 22 (3 – 4 p.m.)

THU. April 26 (3 – 4 p.m.)

University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program:  
Monroe Unit, 11 Centre Drive, Suite C

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



### UNITE – Perinatal Loss Bereavement Group

MON. March 5 (7 – 9 p.m.)

MON. April 9 (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.

### Bereavement Support Group

MON. March 19  
(1 – 2:30 p.m.)

Topic: Holidays –  
Looking Back &  
Looking Forward

MON. April 16  
(1 – 2:30 p.m.)

Topic: Spring –  
A Time of Renewal

Princeton Senior Resource Center  
45 Stockton Street, Princeton

Please call Jo Ann or Cheryl at 609.497.4900 to register.

This monthly support group provides participants the opportunity to receive information about what to expect during the grieving process and to meet and speak with hospice staff who are experienced in helping people understand bereavement. Enjoy the comfort of being with others who are experiencing the loss of a loved one and receive information regarding additional bereavement resources.



### Diabetes Support Group

WED. March 21 (2:30 – 4 p.m.)

WED. April 18 (2:30 – 4 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. March 26 (6:30 – 8 p.m.)

MON. April 23 (6:30 – 8 p.m.)

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.

**EAST WINDSOR TOWNSHIP  
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in East Windsor Township. To register, please contact the East Windsor Senior Center at **609.371.7192**.

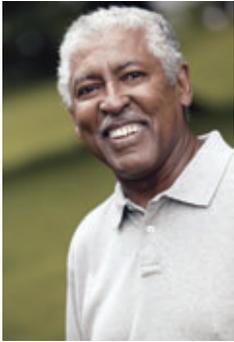
**Health Fair**

WED. March 14 (10 a.m. – 12 p.m.)

East Windsor Senior Center, 40 Lanning Boulevard, East Windsor

No registration required.

Health professionals from Princeton HealthCare System will be on hand with health information and free screenings for East Windsor seniors. Screenings include blood pressure, glucose and cholesterol.



**HOPEWELL TOWNSHIP  
EVENTS FOR SENIORS**

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

**Health Fair**

THU. April 17 (9 a.m. – 12 p.m.)

Hopewell Gardens, 725 Denow Road, Pennington

No registration required.

Health professionals from Princeton HealthCare System will be on hand with health information and free screenings for Hopewell area seniors. Screenings include blood pressure, glucose and cholesterol.

**LAWRENCE TOWNSHIP  
EVENTS FOR SENIORS**

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

**Calling 9-1-1: What Happens Next?**

WED. April 4 (11 – 11:45 a.m.)

Lawrence Senior Center, 30 East Darrah Lane, Lawrenceville

No registration required.

Do you know when to call 9-1-1? Nancy Panarella, BSN, MBA, Clinical Instructor, University Medical Center at Princeton, and Barbara Vaning, EMT, Montgomery EMS, will discuss when it is appropriate to call 9-1-1 and what happens after you call, from the moment you hang up the phone through your visit to the Emergency Department. Plus, learn what health information is helpful to have on hand in emergency situations. Question and answer session will follow.

**MONROE TOWNSHIP  
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. To register, please contact the Monroe Township Office on Aging – Senior Center at **732.521.6111**.

**Osteoporosis Information Session**

TUE. March 13 (10:30 – 11:30 a.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

Please call to register.

Xiaomei Chen, MD, board certified in internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss osteoporosis among aging adults. Topics include screening information, prevention and treatment.

**Maintaining Strength for Function**

MON. April 23 (1:30 – 3 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

Please call 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

## PLAINSBORO TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Plainsboro. To register, please contact the Plainsboro Recreation Department's Senior Drop In at **609.799.0909, ext. 350**.

### Osteoporosis Information Session

FRI. March 2 (1 – 2 p.m.)  
Plainsboro Recreation Department  
Senior Drop In, 641 Plainsboro Road,  
Plainsboro

Please call to register.  
Xiaomei Chen, MD, board certified in internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss osteoporosis among aging adults. Topics include screening information, prevention and treatment.

### Maintaining Strength for Function

FRI. March 16 (1 – 2 p.m.)  
Plainsboro Recreation Department  
Senior Drop In, 641 Plainsboro Road,  
Plainsboro

Please call 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



## WEST WINDSOR TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in West Windsor Township. To register, please contact the West Windsor Senior Center at **609.799.9068**.

### I'm Getting Older... Do I Still Need Annual Mammograms?

FRI. March 30 (1 – 2:30 p.m.)  
West Windsor Senior Center, 271 Clarksville Road, Princeton Junction

Please call to register.

A health professional from University Medical Center at Princeton's Cancer Program, will help you understand the importance of annual mammograms in the prevention and early detection of breast cancer. Eligible participants also will have the opportunity to schedule a free mammogram after the lecture.

## SAVE THESE DATES

Look for these exciting programs in the next issue of **Community Focus**.

- ➔ **Soul to Soul: Taking Care of Our Community**, featuring keynote speaker Jennifer Holliday of Broadway's *Dreamgirls*. (SAT. May 19)
- ➔ **4th Annual Community Health Fair**, to celebrate the 4th anniversary of Princeton Fitness & Wellness Center. Receive free health screenings and information, tour the center and more! All are welcome to attend. (SAT. May 5)

- ➔ **r.a.d.KIDS**, a national safety program designed to provide children ages 8 to 12 with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. (MON. June 25 – FRI. June 29)



# Former Dreamgirl Jennifer Holliday Speaks at Soul to Soul Conference

Even in the absence of Broadway's bright lights, former *Dreamgirls* star Jennifer Holliday is guaranteed to shine as the keynote speaker at Princeton HealthCare System's fifth annual Soul to Soul conference on Saturday, May 19.

Soul to Soul, Princeton HealthCare System's annual conference dedicated to the health of African-Americans, is designed to join together people of all races to share an enjoyable evening of fellowship, personal enrichment and delicious food. The theme of this year's conference, *Taking Care of Our Community*, stresses the importance of early detection and prevention of health problems.

## An Event Dedicated to Good Health Through Prevention

Holliday has talked publicly about her personal struggles with depression. The message expressed by Holliday helps communicate the focus of this year's conference – that prevention and regular checkups are vital to catch health problems early so that they can be treated. She also will delight attendees with a special performance of *And I Am Telling You I'm Not Going* from the *Dreamgirls* Broadway show soundtrack.

The evening also will include a panel discussion by physicians and health professionals from PHCS who will examine significant health threats among the African-American community.

Conference co-chairpersons this year are Karen Baylor, CCT, CPFT, a cardiopulmonary technician in the Cardiopulmonary Department at the University Medical Center at Princeton, and Robbi Alexander, RN, a program coordinator with PHCS' Community Education & Outreach Program. They head a committee of dedicated PHCS physicians and staff, as well as individuals from the Princeton community.

"Over the years, the Soul to Soul Committee has formed a special bond with one another and with the community members who attend this event," says Baylor. "This is very much a labor of love for all the staff and volunteers involved. We enjoy seeing the community return year after year for this enjoyable evening, and meeting new people and partners for future outreach."

"We are so proud of this conference and what it has become over the last few years," adds Alexander. "Oftentimes, fear deters people from seeking medical treatment. We provide up-to-date health information and emphasize that with early detection, treatment outcomes are favorable. It's a rewarding way to empower the African-American community with the latest health news, screenings and ways to improve health."

Princeton HealthCare System's annual African-American health conference began in 2003, when it was launched as *Taking Care of Sisters*, an event that focused on the health needs of African-American women. The original conference was supported by seed money from the Princeton HealthCare System Foundation. Since its inception, the conference has been expanded to include both men and women, and has welcomed nearly 1,000 participants.



## Soul to Soul: Taking Care of Our Community

Saturday, May 19, 2007

Check-in & Poster Session: 3:30 p.m.  
Dinner & Program: 5:30 p.m. – 9:30 p.m.

Hyatt Regency – Princeton  
102 Carnegie Center, Princeton

\$40 per person

Registration is required and limited.  
To register, call 1.888.897.8979 or  
visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

**Jennifer Holliday** is best known for playing the role of Effie Melody White in the Broadway musical *Dreamgirls*. In 1982, she won the Tony Award for Best Leading Actress in a Musical for her performance. She also won a Grammy Award for Best Rhythm and Blues Performance, Female, for her recording of the powerfully moving song *And I'm Telling You I'm Not Going*, which appears on the show's soundtrack.

Holliday also appeared on Broadway in *Your Arms Are Too Short to Box With God* in 1981. She has recorded multiple R&B and gospel albums with Geffen Records and Arista Records and has appeared on television shows including *Touched by An Angel* and *Ally McBeal*.

# New Hospital Will Strengthen Clinic Care



Each year, the Outpatient Clinic at University Medical Center at Princeton provides healthcare services for more than 5,000 uninsured and underinsured adults and children who otherwise might have nowhere else to turn for care. In 2006, the number of clinic visits (each patient on average visits the clinic four times per year) amounted to 17,000. The clinic is a vital service at our Princeton campus, and it will remain an important part of the new hospital campus in Plainsboro.

When trustees voted in early 2005 to build the new hospital, one issue being debated in the Princeton Borough and Township communities was whether a standalone clinic should remain on Witherspoon Street to serve patients who currently walk to the clinic and have no other means of transportation to the facility. In June 2006, the mayor of Princeton Borough convened a task force composed of UMCP representatives, Princeton Borough and Township elected officials, members of the Princeton Regional Health Commission, neighborhood residents and community members involved in Princeton's social services organizations. Last fall, the task force released a report that found the number of clinic users who walked and had no other way to get to the clinic was far too low to support a freestanding clinic.

The task force determined that the best way to serve patients would be to provide reliable and convenient transportation from Witherspoon Street to the new hospital. UMCP is committed to ensuring that such a transportation service is available 24 hours per day, seven days per week. The hospital also committed to

establishing a Neighborhood Healthcare Information Center where residents would obtain information about transportation options to the hospital, general health and wellbeing, as well as healthcare and health education outreach services provided by UMCP in the community.

A standalone health services facility in the Witherspoon neighborhood could only treat minor medical conditions, and many patients would need to be transferred to the main facility to meet their healthcare needs. Moving the clinic with the hospital will allow direct access to the state-of-the-art services of UMCP. Patients will be able to continue to receive timely care for urgent issues such as appendicitis and heart disease, as well as chronic conditions such as cancer, diabetes and orthopedic problems.

UMCP has always provided a single, high standard of care for all patients, regardless of their ability to pay. The Outpatient Clinic in the new hospital will continue to set new standards of care for medically underserved members of our community.

## 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](mailto:comments@princetonhcs.org). Visit [www.princetonhcs.org/breakingnewground](http://www.princetonhcs.org/breakingnewground) for information about the relocation.



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

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