

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | MAY/JUNE 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

Improve Your Life Through Cardiac Rehab

Available in Monroe and Princeton

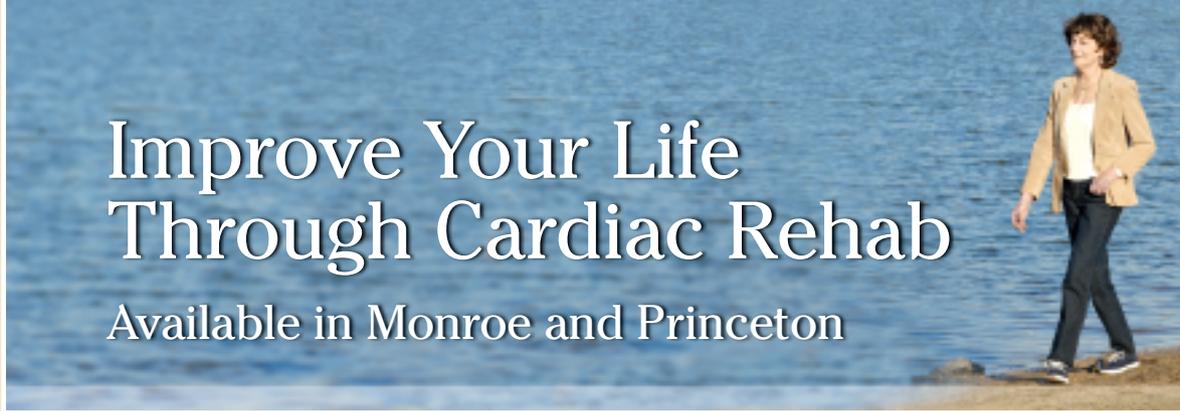
breakingnewground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

HEALTH EDUCATION CALENDAR

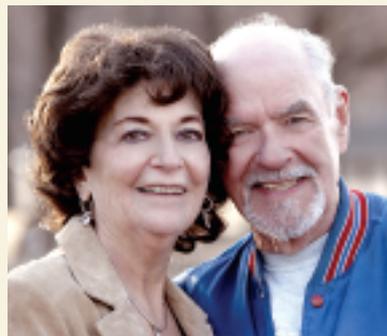
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Improve Your Life Through Cardiac Rehab

Available in Monroe and Princeton

When it comes to heart health, diet and exercise are the keys to success. Both are the focus of treatment at the University Medical Center at Princeton Cardiac Rehabilitation Program, a supervised exercise and education program for individuals with cardiovascular disease and those recovering from heart-related surgery.



"Today there's no wheelchair... The Cardiac Rehab Program has made a remarkable difference in my health."

~ Joan Healy, Monroe Township

"Our program of cardiac rehab is designed for patients who have experienced a heart attack, cardiac bypass surgery, angina, angioplasty, heart valve repair or replacement and a range of other heart-related conditions," says Manuel Amendo, MD, Medical Director, Cardiac Rehabilitation at UMCP's Monroe Unit. "Each patient is carefully evaluated, and an individualized treatment program is then developed to help optimize the patient's heart health. Studies have shown that this type of program is very successful at reducing symptoms by strengthening the peripheral muscles, which then allows the heart to beat more efficiently and reduces heart stress."

Remarkable Rehab Experience

Joan Healy, 71, who underwent heart valve replacement surgery in September and recently completed cardiac rehab, has witnessed a dramatic improvement in her health since beginning the program.

"When I started rehab I was in a wheelchair, and almost totally incapacitated," Healy recalls. "Today there's no wheelchair. I kept challenging the other people in the program to races on the

treadmill or boxing matches... The Cardiac Rehab Program has made a remarkable difference in my health. It has even stabilized my blood pressure, which was very, very high before my surgery."

Using a variety of exercise machinery and hand weights, and working with staff dietitians, exercise physiologists and specialized cardiac nurses, Healy and other program participants generally work out for an hour three times a week, for up to 12 weeks.

"We also offer a carefully monitored maintenance program, which works well for many people following their 12-week rehab work," explains Dr. Amendo, who is board certified in cardiology. "It's a way for them to remain committed to an exercise routine that will not only extend their lives, but also will enhance the quality of their lives."

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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Welcome to Horizon Members

Medicare Expands Coverage for Cardiac Rehabilitation

More individuals may now receive the benefits of cardiac rehab. Medicare recently expanded its coverage for cardiac rehab to include three additional diagnoses:

- Heart valve repair/replacement
- Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting
- Heart or heart-lung transplant

These diagnoses are already covered:

- Acute MI
- Coronary bypass surgery
- Stable angina pectoris

In addition, congestive heart failure, while not covered by Medicare, is covered by many commercial insurance companies.

Certified for cardiac rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation following rigorous review, the UMCP Cardiac Rehabilitation Program helps patients:

- Improve heart efficiency
- Lower blood pressure and heart rate
- Increase strength and stamina
- Control weight
- Improve physical and mental wellbeing

Cardiac Rehabilitation Is Offered at:

- **University Medical Center at Princeton**
253 Witherspoon Street
- **Monroe Township**
11 Centre Drive
Transportation to the facility on 11 Centre Drive provided in some cases. Please call 609.395.2440 for more information.

Admission to the Cardiac Rehabilitation Program at University Medical Center at Princeton is by physician referral only. University Medical Center at Princeton accepts Medicare, Medicaid and most insurance plans.

For more information about the UMCP Cardiac Rehabilitation Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Princeton HealthCare System is pleased to announce that several hundred physicians on our staff have signed on to accept Horizon's family of insurance products.

This means more members of our community can utilize our physicians for many of their primary and specialty care needs while remaining in network.

Princeton HealthCare System and our clinical units, including University Medical Center at Princeton, Princeton House Behavioral Health, Merwick Care Center, Princeton HomeCare Services and Princeton Rehabilitation are all already in-network providers with Horizon's family of insurance products.



Horizon Blue Cross Blue Shield of New Jersey



If you would like assistance with finding a physician on staff at Princeton HealthCare System who participates in your Horizon insurance plan, please call our 24-hour call center for assistance at **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

On the cover: Joan Healy is seen at Middlesex County Department of Parks and Recreation's Thompson Park in Monroe Township. Pictured on page 2: Joan with Larry Fenlon.



Happy 50th Birthday!

Celebrate Your Life & Your Health

“For the average person, getting a colonoscopy at age 50 should be as automatic as getting a mammogram is for a woman,” says Dr. Segal.



If you are among the million Americans celebrating your 50th birthday this year, you’ve reached an important milestone in your life and your health.

For both men and women, taking the time to have a colonoscopy should be at the top of the healthcare list beginning at age 50. An outpatient procedure that takes, on average, between 10 and 30 minutes, it is the best screening test for colon cancer, according to gastroenterologist William Segal, MD, a member of the Medical & Dental Staff of Princeton HealthCare System.

“The colonoscopy is the best way we have of detecting colon cancer and diminishing the risk of developing colon cancer,” says Dr. Segal, who is board certified in gastroenterology and internal medicine. “While it doesn’t guarantee that you won’t develop colon cancer at some time, it significantly reduces the likelihood that you will.”

More than 50,000 Americans die each year from colon cancer, even though it is preventable and curable when detected early, according to the American Gastroenterological Association.

Polyps Common at 50

A colonoscopy is an internal examination of the entire large intestine using a small camera attached to a flexible tube. Patients undergoing the test receive a sedative to help them relax and pain medication to reduce any discomfort. The majority of the testing time is spent gradually withdrawing the camera, a process that allows for the most detailed views of the intestine.

“What we’re looking for are any abnormalities and small growths known as polyps,” explains Dr. Segal. “The general belief is that most colon cancer develops from these growths, so during the procedure we remove any pre-cancerous or cancerous polyps. The reason we choose 50 as the generally recommended age for a colonoscopy is that studies show polyps tend to become more common at that age.”

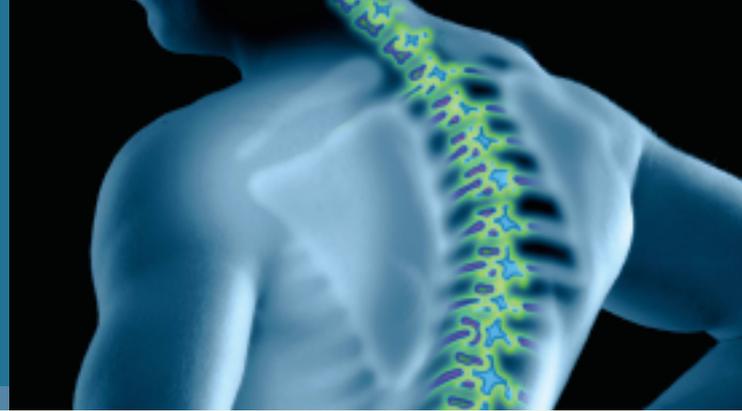
While colonoscopies are generally recommended beginning at age 50, individuals with a family history of colon cancer, polyps that are pre-cancerous, inflammatory bowel disease or similar conditions should speak with their physician about earlier testing.

“For the average person, getting a colonoscopy at age 50 should be as automatic as getting a mammogram is for a woman,” says Dr. Segal. “Just like breast cancer, with the colonoscopy we have a procedure that can provide early cancer detection, and even prevent the disease from developing.”

If you are turning 50 this year, it is important that you schedule a colonoscopy to reduce your risk of developing colon cancer. UMCP offers state-of-the-art endoscopy services. University Medical Center at Princeton accepts Medicare, Medicaid and most insurance programs.

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

UMCP Unveils Online Access to Spine Services



Chronic spine pain can make enjoying life and its activities a constant challenge; that's why finding the right treatment is so important. The proper diagnosis, surgical and non-surgical treatment, pain management, and rehabilitation and wellness services can help you overcome a spinal disorder and maximize your quality of life.

University Medical Center at Princeton's recently launched Spine Services web section makes finding the individualized care you need easy. Now comprehensive information about UMCP's multidisciplinary spine care is just a mouse click away.

From easily locating a specialist for your condition to exploring the wide range of spine care and treatment available at UMCP, this new online resource helps you understand and evaluate your treatment options.

UMCP's highly trained orthopedic surgeons, neurosurgeons, physiatrists, pain management specialists, radiologists, interventional radiologists and professional staff all strive to provide patients suffering from spinal conditions with exceptional outcomes.

UMCP's comprehensive spine services provide personalized care for individuals experiencing back or neck pain due to nerve disorders; herniated disks; spinal cord injuries; compression fractures and stenosis due to osteoporosis, osteoarthritis and other conditions; congenital disorders such as scoliosis; spinal tumors and vascular malformations.

To access the Spine Services web page, visit www.princetonhcs.org/spineservices where you can easily explore the latest treatment options for chronic back pain and locate specialists and services suited to meet your individual needs. For assistance with finding a spine specialist, call **1.888.PHCS4YOU (1.888.742.9496)** or visit www.princetonhcs.org.

CN Approved by Commissioner of Health



In early February, Princeton HealthCare System received a letter from Commissioner of Health and Senior Services Fred Jacobs, MD, relaying his approval of Princeton HealthCare System's Certificate of Need (CN) for relocation of University Medical Center at Princeton from Princeton to Plainsboro.

Even though the Commissioner had until May 4 to grant this approval, he acted on PHCS' application just a few weeks after State Health Planning Board members unanimously endorsed PHCS' plans to relocate UMCP.

"As PHCS moves forward with the next phase of the relocation effort – obtaining the necessary planning approvals from Plainsboro to allow the project to be built – we remain committed to the principle of community communications and collaboration that guided us during the Certificate of Need process and for which we received much praise from the state health officials," said Barry S. Rabner, President & CEO, Princeton HealthCare System.

UMCP will continue comprehensive outreach to local residents, civic leaders, and emergency service personnel to make sure that the project serves the healthcare and community needs of the residents living within the new host town of Plainsboro, as well as the healthcare needs of the residents living in all the Central Jersey towns served by the hospital.

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.

Bill and Joan Schreyer Make Landmark Gift to Support Education Center at the New University Medical Center at Princeton

William and Joan Schreyer of Princeton have given Princeton HealthCare System Foundation its largest single gift from private individuals to date. The Schreyers made the \$5 million gift to support a state-of-the-art education center that will be included in construction plans for the new University Medical Center at Princeton (UMCP) that is scheduled to open in 2011.

Current plans for the Community and Professional Education Center include an 80-seat interactive lecture room, two 20-seat video conference rooms and one small video conference room, along with a library, foyer, office space and a large lecture hall that can be subdivided into four smaller classrooms. The Education Center also will have:

- Patient and family resource center providing education and practical information for patients and families
- Simulation laboratory that models clinical surroundings and provides realistic clinical training without risk to actual patients
- Virtual education center using the latest technology to bring educational seminars throughout the hospital

“Joan and I are thrilled to be among the first to support the vision of the new University Medical Center at Princeton, and we are extremely pleased to support a community and professional education center,” says Mr. Schreyer. “We feel that our gift to the hospital is a gift to this great community. We are honored to be part of such an exciting and meaningful project.”

Transforming Health Education

“The William and Joan Schreyer Center for Community and Professional Education will transform healthcare education in our region by establishing a state-of-the-art facility that will promote awareness and learning by encouraging engaged discussions about health and wellness among members of the community, physicians and healthcare professionals,” says Barry S. Rabner, President & CEO of Princeton HealthCare System. “We are exceedingly grateful to Bill and Joan for this extraordinary gift and to Bill for his guidance as a key leader in our organization over the past three decades.”

The Schreyers’ gift will propel PHCS’ continued advancements in health education. Over the past five years, Princeton HealthCare System has promoted community education through an award-winning Community Education & Outreach Program

that annually provides 1,200 free or low-cost health seminars, screening programs, health fairs, and support groups to 36,000 area residents. PHCS is also committed to providing an enriching environment for clinical learning and discovery. As a teaching hospital for more than 30 years

and a University Hospital Affiliate of UMDNJ – Robert Wood Johnson Medical School, UMCP is a vital educational resource for resident physicians and other healthcare professionals.

Mr. Schreyer joined the Board of UMCP, then called The Medical Center at Princeton, in 1973 and served as Chair from 1975-1981. He later accepted a seat on the Foundation’s Board and served as its Chair from 1995-2003. During his tenure, the Foundation achieved unprecedented growth.

Mr. Schreyer started his career at Merrill Lynch in 1948 as a management trainee and rose through the ranks in a succession of sales, trading, investment banking and management positions. During his tenure as Chairman of the Board, 1985 -1993, and Chief Executive Officer, 1984 -1992, Merrill Lynch ascended to its position as the world’s largest and most profitable financial services institution.

Joan Schreyer has been involved with the Princeton community for many years and has worked as a volunteer and benefactor with several community philanthropies. She is very involved in the Schreyer Honors College at Penn State University, which was endowed by the Schreyers and continues to be one of their principal philanthropies.

Groundbreaking for the new University Medical Center at Princeton is slated for early 2008.



For more information about making a charitable gift, call the Foundation at **609.497.4190** or visit www.princetonhcs.org/foundation.

HEALTH EDUCATION CALENDAR

community focus

MAY - JUNE 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 or call **1.888.897.8979** (unless another number is indicated).

Soul to Soul Taking Care of Our Community SAT. May 19

Check-in & Poster Session: 4 p.m.
Dinner & Program: 5:30 – 9:30 p.m.

Hyatt Regency – Princeton
102 Carnegie Center Boulevard, Princeton

\$40 per person

To register, please visit us online at
www.princetonhcs.org/calendar or call **1.888.897.8979**.

Soul to Soul is Princeton HealthCare System's annual conference dedicated to addressing health issues of importance to African Americans. A dynamic celebration, *Soul to Soul* is designed to provide participants with an enjoyable evening of fellowship, personal enrichment and delicious food. This year's event features:

- Keynote speaker **Jennifer Holliday**, former star of Broadway's *Dreamgirls*
- Physicians and other health experts from Princeton HealthCare System
- Conference and poster session covering the latest health issues for the African American community
- Special performance of *And I Am Telling You I'm Not Going* by Jennifer Holliday
- Dinner included



Registration is limited and available on a first-come, first-served basis. While the conference is targeted to the health needs of African American men and women ages 16 and over, all are invited 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

CURRENT PROGRAMS



Mindful Eating

TUE. May 1 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Mindfulness can increase self-awareness and facilitate conscious and healthy food choices.

Robin Boudette, PhD, licensed psychologist, University Medical Center at Princeton's Eating Disorders Program, will discuss ways to bring

the practice of mindfulness into your relationship with food and eating by listening to your body's signals of hunger and fullness.

4th Annual Community Health Fair

SAT. May 5 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

No registration required.

Join us in celebrating the 4th anniversary of Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free screenings and information. Tours of Princeton Fitness & Wellness Center and free introductory fitness classes will be available.

Screenings include:

- Blood pressure
- Bone density
- Glaucoma
- Pulmonary function
- Body fat
- Cholesterol
- Glucose

Weight Management for Women

TUE. May 8 (7 – 8:30 p.m.)

UMCP Breast Health Center

300B Princeton-Hightstown Road

East Windsor Medical Commons 2

East Windsor

Successful weight loss and healthy weight management depend on sensible goals and expectations. Gabriela Bowers, MD, board certified in internal medicine, will provide women with valuable information on fad diets, how to compare diet books and cut through the hype, exercise for women, calculating daily calorie needs and dietary supplements. Dr. Bowers is a member of the Medical & Dental Staff of Princeton HealthCare System.

Is It Allergies or Sinusitis?

TUE. May 8 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Allergies and sinusitis present themselves with similar symptoms, making it difficult to differentiate between the two. An accurate diagnosis is vitally important in treating the symptoms that afflict millions of Americans, as allergies and sinusitis respond best to different treatments. Kristen M. Sikorski, MD, board certified in allergy and immunology and internal medicine, and Scott Kay, MD, board certified in otolaryngology, will lead this discussion about the signs and symptoms of allergies and sinusitis, diagnosis, treatment options, associated diseases and expectations. Drs. Sikorski and Kay are members of the Medical & Dental Staff of Princeton HealthCare System.



Health Screenings

WED. May 9 (11 a.m. – 1 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 and cholesterol screenings. Results will be given on-the-spot. Screenings will be given on a first-come, first-served basis.

Women's Wellness: Osteoporosis Information Session

WED. May 9 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Osteoporosis affects over 8 million American women, and 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, board certified rheumatologist, will discuss the prevention, symptoms and treatment of osteoporosis in women. Dr. Del Giudice is a member of the Medical & Dental Staff of Princeton HealthCare System.

Head-to-Toe Women's Expo

SAT. May 12

(8 a.m. – 3 p.m.)

Robbinsville High School

155 Robbinsville-

Edinburg Road

Robbinsville



Free. No registration required.

The UMCP Breast Health Center is a proud partner of this event. Women will enjoy a day filled with fun, pampering and entertainment while learning about good health, food, fashion, finance, home, family and emotional wellness. Breakout sessions and demonstrations will take place throughout the day. Women will have the opportunity to learn more about local businesses and organizations that recognize the importance of women, including the UMCP Breast Health Center and Princeton HealthCare System's Community Education & Outreach Program.

New Advances in Cosmetic & Plastic Surgery

TUE. May 15 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us for this interactive session, led by Thomas A. Leach, MD, board certified in plastic and reconstructive surgery. Learn more about common cosmetic procedures, including liposuction, abdominoplasty, breast augmentation and breast reduction for body contouring. Ways to achieve facial rejuvenation, both surgically and nonsurgically, also will be discussed. Participants will have the opportunity to view before and after photos, learn what qualifications to look for in a plastic surgeon, and have their questions answered. Dr. Leach is a member of the Medical & Dental Staff of Princeton HealthCare System.

For Every Woman: Prevention & Early Detection of Gynecological Cancers

TUE. May 15 (7 – 8:30 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Most women are concerned about reproductive cancers, but are not aware of the symptoms or risk factors. Eugene S. Gamborg, MD, board certified OB/GYN, will discuss the six forms of gynecological cancers: cervical, ovarian, uterine, vaginal, vulvar and cancer of the fallopian tubes. The prevention, warning signs and early detection of these cancers will be the focus. A question and answer session will follow. Dr. Gamborg is a member of the Medical & Dental Staff of Princeton HealthCare System.

What You Need to Know About Food Allergies

WED. May 16 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

The number of Americans with food allergies has doubled in the past decade, making it more important than ever to be aware of food allergies. Helen S. Skolnick, MD, board certified in allergy and immunology, will define food allergies, discuss the eight most common food allergies, the symptoms of a food allergy and substitutions in cooking. Dr. Skolnick is a member of the Medical & Dental Staff of Princeton HealthCare System.

FREE Vision Screenings

THURS. May 17
THURS. June 21
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.*

Skin Cancer: Prevention & Detection

TUE. May 22 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

In recognition of Melanoma/Skin Cancer Detection & Prevention Month (May), Robyn B. Notterman, MD, board certified dermatologist, will discuss the importance of daily protection for your skin and ways to prevent and detect skin cancer. Dr. Notterman is a member of the Medical & Dental Staff of Princeton HealthCare System.

What You Need to Know About Colorectal Cancer

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

Colorectal cancer is the third leading cause of death in the United States. Education and regular screenings are a vital part of the efforts to prevent this disease. Join us as Stacey L. McKelvey, MD, board certified gastroenterologist, and member of the Medical & Dental Staff of Princeton HealthCare System, discusses the signs, symptoms, risk factors and treatment options for colorectal cancer.

Your Mammography Experience

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

- How should I prepare for a mammogram?
- What can I expect?
- How is digital mammography different from traditional film mammography?

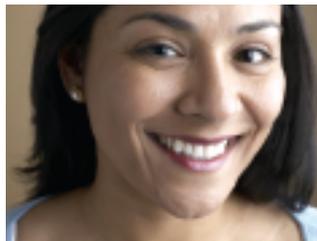
Rachel P. Dultz, MD, FACS, Medical Director, University Medical Center at Princeton's Breast Health Center, will address your questions and concerns regarding your mammography visit. A tour of the newly opened UMCP Breast Health Center will follow. This program is part of the *Meredith Maher Peterson Memorial Lecture Series*.



Senior Health & Fitness Day: Chair Exercise

WED. May 30 (2 – 3:30 p.m.)
Princeton Fitness & Wellness Center

In recognition of Senior Health & Fitness Day, Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton, will lead you in a variety of exercises that can be done while seated. Exercises include the use of resistance bands and household weights to get your heart pumping and keep you fit. Bands and weights are provided.



Improving Your Smile: Keeping Your Teeth for a Lifetime

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

Richard C. Staller, DMD, board certified periodontist, and Steven C. Isaacson, DMD, board certified prosthodontist, will offer tips for maintaining your dental health and what to do if you require cosmetic or implant dentistry. Topics include:

- Bleaching
- Porcelain laminates
- Periodontal treatment
- Implant strategies

This interactive session will shed light on the latest techniques in modern dentistry to brighten your smile and keep it bright. Drs. Staller and Isaacson are members of the Medical & Dental Staff of Princeton HealthCare System.

CURRENT PROGRAMS

Asthma Fair: The Latest Trends in Asthma Management

THURS. May 31

Lecture: 6 – 6:30 p.m.

Fair: 6:30 – 8 p.m.

Princeton Fitness & Wellness Center

Registration required for the lecture only.

Anthony T. Scardella, MD, board certified in pulmonary disease medicine, critical care medicine and internal medicine, will discuss the latest information about asthma treatment. A question-and-answer session will follow. Dr. Scardella is a member of the Medical & Dental Staff of Princeton HealthCare System.

The Asthma Fair will feature physicians and health professionals from University Medical Center at Princeton's Cardiopulmonary Services. Attractions include:

- Blood pressure screenings
- Equipment demonstrations
- Ask the Pharmacist
- Pulmonary function screenings
- Pharmaceutical and medical equipment vendors
- Refreshments
- Door prizes

New Advances in Headache Management

TUE. June 5 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

John W. Vester, MD, board certified in neurology and electrodiagnostic medicine, will discuss the biological and lifestyle factors that can trigger headaches, plus ways to prevent and treat headaches. Dr. Vester is Chief of Neurology and a member of the Medical & Dental Staff of Princeton HealthCare System.

**Vitamins & Supplements: What Every Woman Should Know**

TUE. June 6 (7 – 8:30 p.m.)

UMCP Breast Health Center

300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, registered pharmacist, University Medical Center at Princeton, will discuss the most current information regarding the use of vitamins and herbs for general wellness, cardiovascular health, osteoporosis prevention and menopause. Product selection, dosing, cautions, drug interactions and current data supporting (or not supporting) the use of various supplements will be reviewed. A special emphasis will be placed on the use of supplements by women.

Conventionally Grown vs. Organic: Does It Make a Difference?

WED. June 6 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

There's a lot of buzz about organic foods, but are they really better for you? Sabina Beesley, MS, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will discuss the differences between organic and conventionally grown foods, including nutritional benefits and tips for selecting the best produce.

Sleep as We Age

TUE. June 12 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us as Michael S. Nollo, MD, Medical Director, University Medical Center at Princeton's Sleep Center, board certified in sleep medicine, pulmonary medicine, critical care medicine and internal medicine, discusses sleep disorders in aging adults. Dr. Nollo will review symptoms and treatment options for common sleep disorders, including sleep apnea, snoring and insomnia. A question-and-answer session will follow. Dr. Nollo is a member of the Medical & Dental Staff of Princeton HealthCare System.

Summertime Safety: Keeping Your Kids Safe All Summer Long

TUE. June 12 (7 – 8:30 p.m.)

UMCP Breast Health Center

300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Summertime is almost here. For children, this means more outdoor activities like swimming, camping and bike riding. For parents, this means being extra careful in keeping our children safe and healthy. Helen

M. Rose, MD, FAAP, board certified pediatrician, will share valuable information about how to avoid common mistakes parents make in protecting their kids. Topics include water safety, sun protection, summer sports safety and insect bites. Dr. Rose is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Women's Wellness: Scleroderma**

WED. June 13 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Scleroderma is a chronic skin disease that affects 300,000 people in the United States, most of them women between the ages of 25 and 55. Leroy H. Hunninghake, MD, FACP, board certified rheumatologist, will discuss the signs, symptoms and treatment of scleroderma. Dr. Hunninghake is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Healthy Living Panel: All About Arthritis**

TUE. June 19 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us for this interactive panel discussion all about arthritis. Topics include signs and symptoms, medication and surgery, therapy and other treatment options.

Panelists include:

- Michael J. Froncek, MD, MS, FACR, board certified rheumatologist, member of the Medical & Dental Staff of Princeton HealthCare System
- Jim McCracken, PT, CEES, Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Network
- Kathy Geller, Community Manager, Arthritis Foundation – NJ Chapter

CURRENT PROGRAMS

**Nutrition for Men**

WED. June 20 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Simple diet changes can make a big difference in men's risk for heart disease, cancer, diabetes, blood pressure and unwanted weight gain. Sabina Beesley, MS, RD, Registered Dietitian, University Medical Center

at Princeton's Nutrition Program, will share the current research on diet, nutrition and men's health. She also will teach you easy-to-follow guidelines on diet and supplements.

Are Your Feet Ready for Summer?

THURS. June 21 (7 – 8:30 p.m.)

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

Prepare yourself for a healthy summer with comfortable, happy feet. Donna M. Barrese, DPM, board certified podiatrist, will offer tips to prevent and care for common summer foot complaints, such as cracked heels, fungi of skin and nails, painful calluses, warts, blisters and arch and heel pain. Dr. Barrese also will provide helpful information on shoe gear choices for summer and answer all your foot care questions. Dr. Barrese is a member of the Medical & Dental Staff of Princeton HealthCare System.

r.a.d.KIDS™

MON. – FRI. June 25 – 29
6 – 8 years: 9:30 – 11:30 a.m.
8 – 12 years: 1 – 3 p.m.

Community Education & Outreach at 731 Alexander Road 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.

CHILD BIRTH & 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, no class on June 6
(10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

Bright Beginnings 2 (6 to 12 months)

TUE. May 15 (10:30 - 11:30 a.m.)
TUE. June 5 (10:30 – 11:30 a.m.)
TUE. June 19 (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 Sign

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

\$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.

Baby Care

WED. May 2 (7 – 9:30 p.m.)
MON. May 21 (7 – 9:30 p.m.)
MON. June 11 (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.

**Maternity Tour**

SAT. May 5 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. May 19 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. June 9 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. June 23 (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.

CHILDBIRTH & FAMILY

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

Sibling Class

SAT. May 5 SAT. May 19
SAT. June 9 SAT. June 23
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.

Prenatal Exercise

MON. & WED. May 7 – June 20 (7 – 8 p.m.)
No class May 28 & 30.
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.

Postpartum Exercise

MON. May 7 – June 18 (10:30 – 11:30 a.m.)
No class May 28.
Community Education & Outreach at 731 Alexander Road

\$90 per person

This 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.

Grandparenting 101

TUE. May 8 (7 – 8:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$20 per couple

This grandparenting class is a fun, interactive session designed to bring new grandparents and grandparents-to-be up to date on the latest information on baby care. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS prevention
- Role transitioning
- Newborn characteristics



Terrific Toddlers (1 to 3 years)

TUE. May 8 (10:30 – 11:30 a.m.)
TUE. May 22 (10:30 – 11:30 a.m.)
TUE. June 12 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

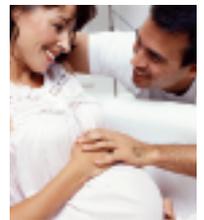
\$5 per session, payable at door

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

WED. May 9 – 30 (7 – 9 p.m.)
TUE. May 22 – June 12 (7 – 9 p.m.)
THURS. May 31 – June 21 (7 – 9 p.m.)
WED. June 6 – 27 (7 – 9 p.m.)
MON. June 18 – July 9 (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.

Breastfeeding Support Group

WED. May 9 (11 a.m. – 12 p.m.)
FRI. May 18 (11 a.m. – 12 p.m.)
WED. May 23 (11 a.m. – 12 p.m.)
FRI. June 1 (7 – 8 p.m.)
WED. June 6 (11 a.m. – 12 p.m.)
FRI. June 15 (11 a.m. – 12 p.m.)
WED. June 20 (11 a.m. – 12 p.m.)
FRI. June 29 (7 – 8 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 enable you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

Caring for Your Baby's Skin

WED. May 9 (7 – 8 p.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
Your baby's skin is delicate and requires special attention and care. Join us as a health professional from Princeton HealthCare System discusses some of the common minor skin conditions your baby may experience, such as infant acne, cradle cap and heat rash.

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

Childbirth Preparation Review

FRI. May 11 (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 Infant Massage

SAT. May 12 (10 – 11:30 a.m.)
Princeton Fitness & Wellness Center

\$25 per couple

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

Accelerated Childbirth Preparation

SAT. May 12 (9 a.m. – 5 p.m.)
SAT. June 2 (9 a.m. – 5 p.m.)
SAT. June 30 (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.



Healthy Baby Day

SAT. May 12 (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 ways to keep baby healthy.

Prenatal Breastfeeding Class

TUE. May 15 (7 – 9:30 p.m.)
MON. June 4 (7 – 9:30 p.m.)
THURS. June 28 (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.

Car Seat Safety Checks

WED. May 16 (11 a.m. – 1 p.m.)
Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road, Pennington

THURS. May 17 (11 a.m. – 1 p.m.)
Mercer County Library System – Ewing Branch
61 Scotch Road, Ewing

WED. May 23 (11:30 a.m. – 1:30 p.m.)
WED. June 27 (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 installed incorrectly or misused. Is yours one of them? Join us at a car seat safety check to have a certified child passenger safety technician check your child's car seat! First come, first served.

Prenatal Nutrition: Eating Healthy for You and Baby

WED. May 16 (7 – 8 p.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
A health professional from Princeton HealthCare System will provide information on the special nutritional needs of mothers during pregnancy.



Fall In Love When You Bring Your Baby Home

THURS. June 7 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road
Princeton HealthCare System is pleased to welcome Sharon H. Press, PhD, Gottman-trained couples counselor and family, child and adolescent psychologist, and Phyllis P. Marganoff, EdD, a family psychologist and Certified Gottman Educator, to lead this two-hour program. Drs. Press and Marganoff will introduce couples to research-based techniques that can be used to strengthen their relationship as they make the transition to parenthood. Based on the techniques in John and Julie Gottman's *And Baby Makes Three*, these techniques are designed for pregnant and parenting couples with children up to 3 years of age.



Early Learning Expo

SAT. June 9 (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 about ways to inspire the learning process in your baby long before he or she steps foot inside a classroom.

CHILDBIRTH & FAMILYCall **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.**Baby Care Basics:
Tips for Caring for Your Newborn**

WED. June 13 (7 – 8 p.m.)

Babies R Us – West Windsor
Nassau Park Boulevard, Princeton

You've survived nine months of pregnancy. You've made it through the excitement of labor and delivery. And now you're ready to head home and begin life with your baby. However, once home you suddenly realize you have countless questions regarding the basic care of your baby. Join us at this informative session, which addresses the concerns of new parents, such as crying, bathing and sleep issues.

Introduction to Postpartum Infant Massage

WED. June 19 (10:30 – 11:30 a.m.)

Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

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.

Baby Summer Safety

WED. June 20 (7 – 8 p.m.)

Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
A health professional from Princeton HealthCare System will share tips for keeping your baby safe and healthy through the summer season including sun safety, water safety, insect bites and heat exposure.

**Safe Sitter**

THURS. – FRI. June 21 – 22 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness Center

\$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.

Prenatal Yoga

THURS. June 21 – August 16 (7 – 8:15 p.m.)

No class on July 5.

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, and pillow. This class is taught by a certified prenatal yoga instructor.

Postpartum Yoga

FRI. June 22 – August 17 (10 – 11:15 a.m.)

No class on July 5.

Princeton Fitness & Wellness Center

\$160 per person

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies (ages six weeks to crawling). Breathing, relaxation and meditation techniques will be integrated into this yoga practice. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or towel and a pillow. This class is taught by a yoga instructor who is certified in mom/baby yoga for two and the Barnes Method.

Prenatal Partner Yoga Workshop

SAT. June 23 (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 ChecksCall **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 AIDCall **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for CPR and first aid classes.

Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

BLS for Healthcare Providers

MON. May 14 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center

THURS. May 24 (9 a.m. – 1:30 p.m.)

FRI. June 8 (6 – 10:30 p.m.)

TUE. June 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.

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.

Pet First Aid

FRI. May 18 (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.

Family & Friends CPR – Infant

SAT. June 9 (10 a.m. – 1 p.m.)
Community Education & Outreach at 731 Alexander Road

SAT. May 12 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center

\$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

FRI. May 4 (6 – 9 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

TUE. May 8 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

SAT. June 9 (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**

SAT. June 16 (10 a.m. – 2 p.m.)
Community Education & Outreach at 731 Alexander Road

\$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.

Prostate Cancer Support Group

WED. May 23 (12 – 1:30 p.m.)
WED. June 27 (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.

**Improving the Chemotherapy Experience**

WED. June 6 (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, 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. May 7 (7 – 9 p.m.)

MON. June 4 (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. May 16 (2:30 – 4 p.m.)

WED. June 20 (2:30 – 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

MON. May 28 (6:30 – 8 p.m.)

MON. June 25 (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.

Better Breathers Club

WED. May 23 (2 – 3 p.m.)

WED. June 27 (2 – 3 p.m.)

Stonebridge at Montgomery, **NEW LOCATION**
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

EAST WINDSOR TOWNSHIP EVENT 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**.

Personal Safety for Seniors

THURS. June 7 (10:30 – 11:30 a.m.)

East Windsor Senior Center

40 Lanning Boulevard, East Windsor

Registration required. Please call to register.

Princeton HealthCare System and the Mercer County Sheriff's Office are pleased to provide this informational seminar for East Windsor seniors. Ed DiNatale, Program Director, Mercer County Sheriff's Office, will illustrate criminal situations and offer tips for preventing them. This program focuses on preventing crime with basic instruction about keeping safe in public, in a car, and at home.



HOPEWELL TOWNSHIP EVENT FOR SENIORS

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



Taking Care of You: A Focus on Caregiver Wellbeing

TUE. May 22 (7 p.m.)

Hopewell Valley Senior Center

395 Reading Ave., Pennington

Registration required. Please call 609.737.0605, ext. 692.

Lucille Esralew, PhD, Consulting Psychologist, Princeton House Behavioral Health, will lead this discussion focusing on ways caregivers can meet their own physical and mental health needs while providing care for a loved one. This program is part of Hopewell Valley Senior Services 2007 Caregivers Series.

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**.

Balance Screening

FRI. May 11 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza,
Monroe Township

Please call to register
after April 23.

Jim McCracken, PT, CEES,
Coordinator, University
Medical Center at Princeton's
Outpatient Rehabilitation
Network, will provide balance
screenings to seniors residing
in Monroe Township.

Ask the Doctor Day

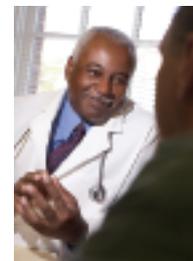
WED. June 20 (10 a.m. – 12 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

An appointment is required for the following screenings: blood pressure, cholesterol, glucose, glaucoma, hearing, cataract and diabetic eye exams. Please call after May 21 for an appointment.

Is memory loss a normal part of aging? What does total cholesterol actually mean? Am I a candidate for cardiac rehab? What is GERD? Am I using my medications correctly? If you have medical questions like these, join us for Ask the Doctor Day. Participating Princeton HealthCare System physicians include:

- Manuel Amendo, MD, FACC, board certified cardiologist
- Seema Basi, MD, board certified nephrologist
- Ronald H. Gonzalez, MD, Chairman, Department of Physical Medicine & Rehabilitation, board certified in physical medicine and rehabilitation
- Michael Z. Lupovici, MD, board certified gastroenterologist
- Josh B. Ottenheimer, DPM, board eligible podiatrist
- Connie Pfeiffer, PharmD, BCPS, BCOP, registered pharmacist
- Jennifer Tang, MD, board certified internist
- And more!

Free blood pressure, glucose and cholesterol screenings will be available. Refreshments and door prizes will be provided.



WEST WINDSOR TOWNSHIP EVENT 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**.

Personal Safety for Seniors

WED. June 13 (1 – 2 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call to register.

Princeton HealthCare System and the Mercer County Sheriff's Office are pleased to provide this informational seminar for West Windsor seniors. Ed DiNatale, Program Director, Mercer County Sheriff's Office, will illustrate criminal situations and offer tips for preventing them. This program focuses on preventing crime with basic instruction about keeping safe in public, in a car, and at home.

SAVE THESE DATES

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

- ➔ **AARP Driver Safety**, a class focused on teaching components of safe driving. Participants are eligible for a discount on their car insurance premiums. (July 2007)



- ➔ **r.a.d.KIDS**, a national safety program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. (July 2007)

- ➔ **Kids Can Cook**, an interactive cooking series designed to teach your kids how to cook simple recipes (July-August 2007)

Asthma Testing Can Help You Gain Control



Today, some 30,000 people across the country will experience asthma attacks and 5,000 will seek medical attention in emergency rooms, according to the Asthma and Allergy Foundation of America. But while there is no cure for this common condition that affects an estimated 20 million Americans, there are ways to manage the disease.

“Asthma is the type of disease that is usually addressed reactively rather than proactively,” explains Ted Gonzalez, Manager, University Medical Center at Princeton Respiratory Services. “You have an asthma attack, and then you take steps to stop it. What people often fail to realize is that they can take steps to prevent an attack, and gain a better understanding of when an attack is likely to occur.”

Understanding Asthma

University Medical Center at Princeton’s sophisticated cardiopulmonary services focus on helping patients understand asthma – a lung disease characterized by sensitive airways, wheezing, coughing and breathing difficulty. Under the direction of a board certified physician, the services are designed to identify lung parameters and conditions. Once testing is complete, patient results are sent to their primary physicians for interpretation and diagnosis.

“We help people understand asthma,” says Gonzalez. “Rather than address the disease when the person is in distress, we offer a relaxed atmosphere for them to discuss the disease, its treatment and its prevention.”

Multidisciplinary education helps patients understand the causes of their asthma attacks, which can be allergy-

Asthma Fair: The Latest Trends in Asthma Management

THURS. May 31
Lecture: 6 – 6:30 p.m.
Fair: 6:30 – 8 p.m.
Princeton Fitness
& Wellness Center

- Latest information about asthma treatment followed by Q&A session from **Anthony T. Scardella, MD**, board certified in pulmonary disease medicine, critical care medicine and internal medicine
- Blood pressure screenings
- Equipment demonstrations
- Ask the Pharmacist
- Pulmonary function screenings
- Pharmaceutical and medical equipment vendors
- Refreshments
- Door prizes

See page 10 of Community Focus for more information.

Registration required for the lecture only. Call 888.897.8979 or visit www.princetonhcs.org/calendar.

related, caused by stress or environmentally induced. An important part of therapy is to help patients learn how to control an attack before it becomes severe enough for medical intervention by replicating an attack in a relaxed, controlled environment while under the close supervision of a team of specialized clinicians. Patients are thoroughly educated on the testing process and treatment procedures.

Prepare Yourself for an Attack

Experiencing shortness of breath, wheezing and coughing are some of the symptoms that may lead a physician to recommend studies at UMCP. Evaluations are conducted using a range of pulmonary function tests, pulmonary stress tests and a specialized test called the methacholine challenge. The painless diagnostic test assesses the effect of potential asthma triggers on the bronchial tubes leading to the lungs.

“Preparing for an asthma attack is an important part of winning the fight,” says Gonzalez. “Our Cardiopulmonary Services offer patients suffering with asthma

an opportunity to gain the confidence they need to manage their condition and live better lives.”

For more information about cardiopulmonary services at University Medical Center at Princeton, please call **1.888.PHCS4YOU (1.888.742.7496)** during regular business hours. A physician referral is required.

How to Select a Home Care Provider

Checklist of Questions for Home Care Providers

- ✓ How long has this provider been serving the community?
- ✓ Does this provider supply literature explaining its services, eligibility requirements, fees and funding sources?
- ✓ How does this provider select and train its employees?
- ✓ Are nurses or therapists required to evaluate the patient's home care needs?
- ✓ Does this provider include the patient and his or her family members in developing the plan of care?
- ✓ Is the patient's course of treatment documented, detailing the specific tasks to be carried out by each professional caregiver?
- ✓ Does this provider assign supervisors to oversee the quality of care patients are receiving in their homes?
- ✓ What are the financial procedures of this provider?
- ✓ What procedures does this provider have in place to handle emergencies?
- ✓ How does this provider ensure patient confidentiality?
- ✓ In addition, ask the home care provider to supply you with a list of references, such as doctors, discharge planners, patients or their family members, and community leaders who are familiar with the provider's quality of service.

Source: National Association for Home Care

When specialized care and support is required for you or your loved one, choosing a home care provider is a major decision that must be made carefully. The National Association for Home Care recommends that you ask providers several important questions about their history, services and business practices.

Princeton HomeCare Services

Princeton HomeCare Services, a unit of Princeton HealthCare System, offers comprehensive and compassionate care and support for individuals recovering from surgery or coping with a chronic condition or illness. Skilled nursing, rehabilitation services, wound care, nutritional counseling and disease management are just a few of the many services available to patients.

Other personalized programs include a Hospice Program, Princeton Caregivers extended care, Lifeline personal emergency response system, Home Care Planner services and Home Infusion Therapy.

For more information about Princeton HomeCare Services, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Fete Offers a 'Hearty' Good Time on June 9 *(continued from page 20)*

a Saturday afternoon," says Fete Co-chair Elva Martin of Plainsboro. "The Gin Blossoms is a current, popular band that appeals to both the teenagers and their parents."

If you would like to donate flea market and/or auction items to the June Fete, the Auxiliary is accepting donations at its storage facility at 905 Herrontown Road, next to Princeton House Behavioral Health in Princeton, on Tuesdays and Saturdays, 9 a.m. until noon.

Proceeds from the June Fete will help to support Maternal Child Health at UMCP including potentially life-saving equipment for mothers and newborn babies.

For donation suggestions, information about the June Fete, raffle, dinner dance, or how you can help support Maternal Child Health at UMCP, please call **609.497.4069**, or visit **www.princetonhcs.org/auxiliary**.

Fete Offers a 'Hearty' Good Time on June 9

Gin Blossoms to Perform

Visitors to the annual June Fete, *Affair of the Heart 2007*, will have more time for food and fun when the festival returns to Princeton University Stadium for one day only on Saturday, June 9. Organizers have extended the 54th annual Fete's hours from 9 a.m. to 6:30 p.m. from the traditional 5 p.m. close. The hours were extended to allow visitors to enjoy a free, action-packed, one-day festival that can culminate with dinner for the entire family.

"If families have sporting events or other activities during the afternoon, they can still come to the Fete for dinner," says Fete Co-chair Cheri Vogel of Lawrenceville. "Better yet, they can come in the morning and return."

2007 Fete Highlights

The Fete, which is The Auxiliary of University Medical Center at Princeton's largest fundraising event of the year, kicks off at 8 a.m. with a 10K race and 1-mile fun race. This year, the 10K is a USA Track & Field (USATF) New Jersey Grand Prix event. Competitive racers can earn points toward a statewide championship.

The Fete venues open at 9 a.m. with a flea market, pony rides, roving children's entertainers, an expanded food concourse and a beer garden. Items for auction can be previewed from 9 to 10:30 a.m., with the live auction to follow. Performers will entertain the crowds on three stages throughout the day.

The Gin Blossoms will take the main stage at 2 p.m. for a free concert. Nominated for a Grammy in the category of "Best Performance by a Duo or Group" in 1997, the alternative pop/rock band is best known for Top 10 hits including *Til I Hear It From You* and *Hey Jealousy*.

"We came up with 'Affair of the Heart' because the Fete brings to mind a heart-warming picture of families spending time together on

(continued on page 19)



A Mercedes SLK 280, courtesy of Princeton Mercedes-Benz, and a backyard child playhouse, donated by Andrew Sheldon Architect, Glen Doyle, Holeman Construction, Hamilton Supply and Mershon Concrete, will be raffled during the Fete.

Tickets for the car are \$100 and tickets for the playhouse are \$25.

June Fete Dinner Dance – Ballo Del Pranzo –

will be held at the Trenton Country Club, from 7 -11 p.m., on June 8, 2007. The casual evening will feature the Jump City Jazz Orchestra and auctions. Reservations must be made in advance.

For donation suggestions, information about the June Fete, raffle, dinner dance, or how you can help support Maternal Child Health at UMCP, please call **609.497.4069**, or visit www.princetonhcs.org/auxiliary.

Visit us at www.princetonhcs.org



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