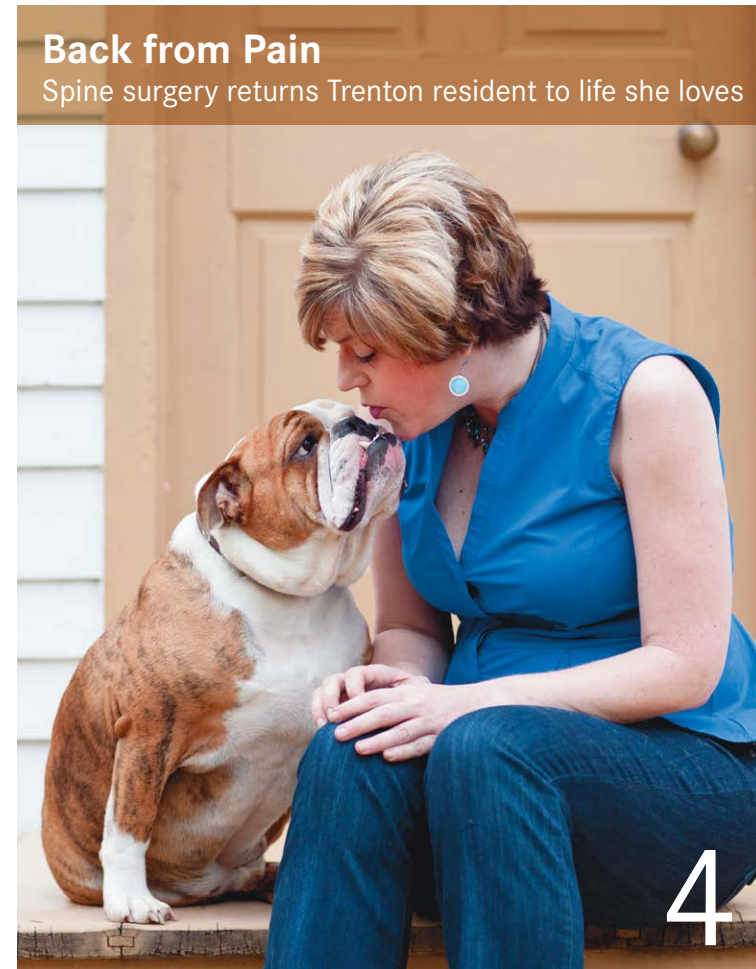


HealthCheck



BACK
ON HER FEET
After Spine
Surgery



Back from Pain

Spine surgery returns Trenton resident to life she loves

4



6 Steps to Success
Reaching goals after ankle replacement



8

DEPARTMENTS

Orthopedic Health..... 9	Seniors Programs..... 22
Class Calendar 10 – 15	Lakeview Child Centers..... 24
CPR Classes..... 16	Family Life Series
Weight Management 17	• Prenatal Education 25
Holistic Health 18	• New Babies & Infants 26
Health Screenings..... 20	• Children & Teens 27
Support Groups &	Foundation..... 28
Caregiving..... 21	Fitness & Wellness Center 29

REGISTRATION: 609.584.5900

REGISTRATION POLICY

Advance registration is required for all classes and screenings, unless noted. Payment for all programs is requested at time of registration.

BEDSIDE HARP: To register, call 609.273.0068 or visit bedsideharp.com.

CHILDBIRTH EDUCATION and HEALTHY COOKING:

Attendees must register at least 24 hours prior; no refunds without 24-hour notice.

CPR: Attendees who arrive more than 15 minutes after start time are not permitted to attend. Registration closes two weeks prior to allow for mailing of course material. Cancellation: \$ 10 fee; no refunds without 24-hour notice.



Thank you, Skip

Five years ago, Skip Cimino took the helm of Robert Wood Johnson University Hospital Hamilton. During this time of unprecedented change in the healthcare landscape, Skip has used his unique skills to advance RWJ Hamilton.

Skip has dedicated a lifetime of service to his community, as an elected official and business leader and a dedicated volunteer giving time and resources to so many local organizations.

Perhaps we at RWJ Hamilton are most fortunate because for 26 years, Skip has served as a Trustee or President & CEO and his contributions will have a lasting impact for years to come.

*J. Lynne Cannon
Chairman, Board of Trustees*

Editor: Stefanie Carter | Contributors: Michael Ashworth, Ryan Chamberlain, Rosemary Cunningham, Diann Mancuso. Photography: Jared Kramer, Gerald Paguio, Andrew Wilkinson. Vice President, Marketing & Communications: Diane Grillo

NURSING CONTACT HOURS* Robert Wood Johnson University Hospital Hamilton is an approved provider of continuing nursing education by the New Jersey Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P190-9/12-09/15. Provider Approval is valid through September 30, 2015.

Robert Wood Johnson University Hospital Hamilton, New Jersey's first recipient of the Malcolm Baldrige National Quality Award, is part of the Robert Wood Johnson Health System & Network and is affiliated with the Rutgers Robert Wood Johnson Medical School. HealthCheck contents are not medical advice. Consult a physician for specific health concerns. For a physician referral call 609.584.5900.

THE A-TEAM

Orthopedic team delivers highest quality care to get patients back on their feet

ON A DEDICATED UNIT in the hospital's modern Lakefront Tower, patients are taking their first steps on new knees and talking to their physicians about next steps following surgery.

Throughout their experience, leading up to and well after surgery, patients come in contact with various members of the orthopedic care team, including:

- Operating room staff
- Orthopedic coordinator
- Anesthesia and pharmacy specialists
- Specially trained nurses on the orthopedic unit
- Inpatient and outpatient physical and occupational therapists
- Patient management team: case management, social workers, patient relations

Working together and in coordination with our surgeons, this team creates an environment of care unlike any other in the area. In fact, RWJ Hamilton's orthopedic program is the only one in the capital region to have achieved Joint Commission certification in hip and knee replacement as well as spine surgery.

"Our orthopedic patients experience a seamless process beginning the moment they schedule surgery," says Denise Crespo, BSN, RN, clinical coordinator orthopedic nursing unit.

Patients are guided step-by-step on the road to recovery beginning with patient education outlining pain management and therapy following surgery. "Everything we do is to help our patients get home and back to their lives," says Denise.

Nursing unit clinical coordinator, Denise Crespo, and orthopedic nurse Melrose Tan are just two integral members of the orthopedic team.



GRADE "A" IN PATIENT SAFETY FOR THREE CONSECUTIVE TERMS

RWJ HAMILTON has been once, twice, three times honored to earn an "A" grade from Hospital Safety Score, which rates how well hospitals protect patients from accidents, errors, injuries and infections.

A review is conducted twice each year with updated standards. The Hospital Safety Score is compiled under the guidance of the nation's leading experts on patient safety and is administered by Leapfrog, an independent industry watchdog.

The first and only hospital safety rating to be analyzed in the peer-reviewed Journal of Patient Safety, the Score is designed to give the public information they can use to protect themselves and their families.

To see RWJ Hamilton's scores as they compare locally, visit hospitalsafetyscore.org, which provides information about patient safety and scores for hospitals across the country.



Ahmar Shakir, DO

ASK THE DOCTOR

Q How does splinting the wrist help carpal tunnel syndrome?

A Your carpal tunnel is a narrow passage in the wrist through which the median nerve and tendons run. If the median nerve is pressed or squeezed in the area of the wrist, it can cause numbness, tingling or pain in the hand, fingers and arm. This is carpal tunnel syndrome.

Particularly when we sleep, our hands are often naturally in a flexed position, where the palm of the hand is bent in toward the wrist. Splinting during sleep or other activities involving movement of the hand helps to keep the hand and wrist aligned. This alignment can also contribute to the prevention of carpal tunnel syndrome.

By keeping the hand, wrist and arm aligned, you can minimize the impingement of the median nerve. This is why it is essential, when you work with your hands or spend a lot of time on a computer, to try to maintain that alignment as much as possible.

Breast Program Earns National Accreditation



Read this survivor's story at rwjhamilton.org/Holly.

RWJ HAMILTON'S BREAST PROGRAM has been granted a three-year full accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Centers accredited by the NAPBC undergo a rigorous evaluation process and review of their performance. During its review, our center met or exceeded national standards in the areas of: center leadership, clinical management, research, community outreach, professional education and quality improvement.

"Our physicians and staff have always been committed to providing only the highest quality care for patients with breast disease. This accreditation reaffirms that commitment and ensures we are meeting those standards," says Pauline Lerma, MD, board certified medical oncologist and medical director of the breast consultation program at Rutgers Cancer Institute of New Jersey Hamilton.

For Dr. Lerma and her team of board certified physician colleagues, radiation oncologist Michael McKenna, MD, pathologist Richard Siderits, MD, breast surgeons Vijay Vaswani, MD and Thomas Kearney, MD, and radiologist William McGroarty, MD, the accreditation is the culmination of a more-than-two-year effort towards this goal.



Dr. Lerma

From day one, through the breast consultation program, this team provides information, support and coordination for patients newly diagnosed with breast cancer and those seeking a second opinion.

WANT TO LEARN MORE?
Visit rwjhamilton.org/breast for details on our breast consultation program.





BACK to LIVING

TRENTON RESIDENT
OVERCOMES HER
'WORST PAIN' WITH
SPINE SURGERY

Back and neck pain are among the most common pain complaint in the U.S. In fact, the Centers for Disease Control and Prevention reports back pain is the leading cause of disability in Americans 45 years old and younger.

Trenton-resident Lisa was on her way to being one of those people. At 45 years of age, suffering from excruciating pain, Lisa worried she would be on disability the rest of her life.

"Initially, I thought I'd done something to my shoulder because that's where the pain started," explains Lisa.

An MRI showed Lisa's problem was not in her shoulder, but in her neck.

"It was the worst pain of my life. I began losing my faculties," said Lisa.

Lisa's care was referred to Marc J. Levine, MD, board certified spine surgeon, with the spine program at RWJ Hamilton's Center for Orthopedic

& Spine Health. Several years prior, Dr. Levine performed spine surgery on Lisa for a degenerative disc in her lower back.

SPINAL ANATOMY 101

Sitting between the vertebrae bones that make up the spine are small rubbery discs that allow the spine flexibility while providing shock absorption for the spine.

Each disc is made up of a thick, dense outer layer, with an inner layer of gel-like material.

"The disc is almost like a slice of an orange, with an inside pulp and an outside rind. When the pulp gets out through the rind it is herniation," Dr. Levine explains.

While herniation can occur as a result of



Dr. Levine

traumatic injury, it can also be related to the condition of the disc itself. A healthy disc is well-hydrated and spongy. Over time, like a kitchen sponge, discs can dry out and become hard and brittle, contributing to disc degeneration.

TAKING THE SURGICAL LEAP

Due to persistent pain and loss of strength and function in her left arm, Lisa found herself back in the operating room with Dr. Levine, where he performed a cervical decompression and

fusion. This surgery takes pressure off the spinal cord and the affected nerve root.

Each year, hundreds of thousands of people like Lisa undergo spine surgery. As Dr. Levine notes, however, these surgeries are not gone into lightly.

"Different diagnoses have different timelines for surgery. Someone with low back pain who has no nerve involvement, should have at least six months of non-operative treatment before

considering surgery," says Dr. Levine.

"The timeline for surgery in someone with functional loss from nerve irritation may be much sooner, as it was with Lisa."

"A key component to successful surgery is having the right diagnosis."

SWEET RELIEF

"Before this surgery, on a good day I would go to work, come home and just get in bed. My quality of life was absolutely

nothing," says Lisa. Today, Lisa is back to feeling more like herself. She is able to walk her two beloved bulldogs, Fiona and Chumlee, and back to work and social outings with her husband, Eric.

"Two times now, Dr. Levine has really saved my life. If I had any pains – even those not in my spine – I would go to him for his guidance. I trust him and I trust his opinion," Lisa says.

STEPS toward SUCCESS

MEDICAL ADVANCES MAKE IT POSSIBLE FOR HAMILTON
RESIDENT TO REACH HER GOALS

Nancy is the goal-setting type. A few years ago, at a weight of 300 pounds, Nancy set a goal to lose weight, and achieved it with the help of bariatric surgery and exercise.

Nancy's next goal was to visit Walt Disney World with her grandson without pain in her knee. So she had knee replacement surgery and, once recovered, she was Florida-bound.

Next up, Nancy wanted to wear a set of matching shoes. Nancy had been wearing an orthopedic boot on her right leg for three years because of degenerative joint disease in her right ankle.

REACHING THE LIMIT
"I work in a medical practice. I'm on my feet most of the day. I couldn't be in that boot forever, and the pain was just awful," explains Nancy.

The orthopedic surgeon who performed Nancy's

knee replacement, Thomas Bills, MD, recommended Nancy speak with one of his colleagues, foot and ankle specialist Rudolf Zak, DPM.

"Degenerative joint disease, or osteoarthritis, is the wear and tear of the cartilage in the joint. This occurs with age, but lifestyle factors, like obesity and injury, can accelerate the development of this disease," Dr. Zak explains.

"In Nancy's case, we determined she was a candidate for total ankle replacement surgery." Ankle arthroplasty, or replacement surgery, is now becoming more common. "It has come a long way in recent years with the advancement of the technology of

the implant and the technique," explains Dr. Zak.

ANKLE REPLACEMENT JOURNEY

Dr. Zak's criteria for consideration for ankle replacement surgery includes:

- Exhausted non-surgical pain management
- Age 35 to 65
- No evidence of osteoporosis or bone infection

Prior to surgery, Dr. Zak prescribes a CT scan of the ankle joint to ensure there are no abnormalities which could lead to complications. If the patient's ankle joint is cleared, Dr. Zak works directly with the implant company to select the proper implant for the individual patient. Unlike other joint

replacement surgeries, the ankle recovery requires a much longer rest period for the new joint. For example, in knee replacement surgery the typical patient is out of bed within a day to begin rehabilitation. Full ankle arthroplasty recovery looks more like this:

- 6-8 weeks non-weight bearing
- 2-4 weeks weight bearing in a walking boot
- 4-8 weeks of physical therapy

"The reason for this longer recovery is the inherent instability of the ankle. The talus bone structure, which is the foot bone that connects to the implant, is 'softer' than the tibia or femur (in knee replacement). Thus, we have to make sure it sets right before the patient can begin to put weight on it," Dr. Zak explains.

After the non-weight bearing period of recovery, Nancy started physical therapy at home.

Since her surgery, Nancy is happy to report she has said 'bye-bye' to the boot.

"My ankle is so much better than it was. And I'm excited just to be wearing matching shoes again," says Nancy.

Nancy's new goal: a return trip to Walt Disney World on her new ankle, with her new granddaughter.

Nancy is pictured at Kessel Dermatology in Hamilton, where she has worked for more than 20 years.



IT HAS COME A LONG WAY
IN RECENT YEARS WITH
THE ADVANCEMENT OF THE
TECHNOLOGY OF THE IMPLANT
AND THE TECHNIQUE

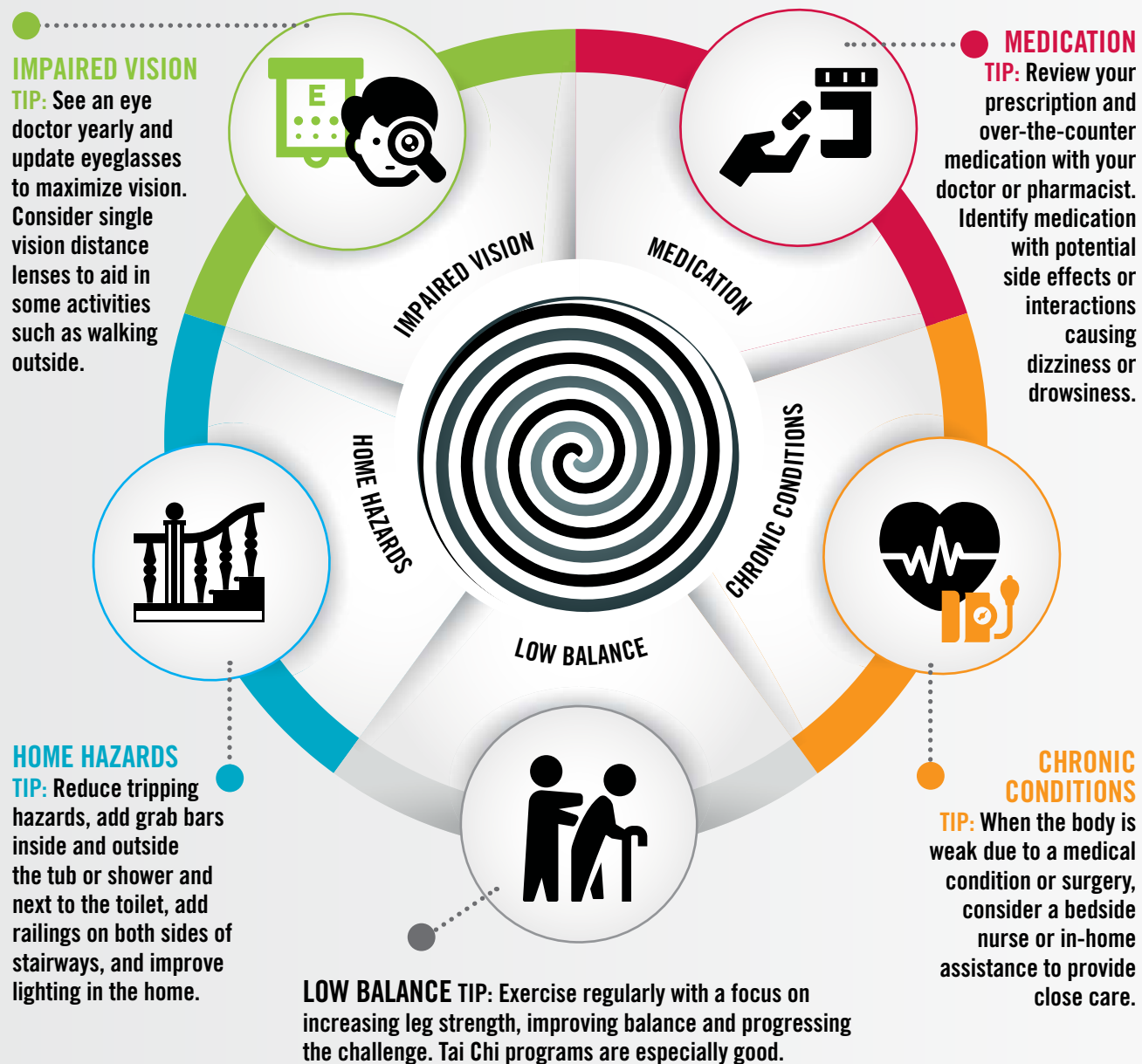
Dr. Zak

PRESERVE YOUR

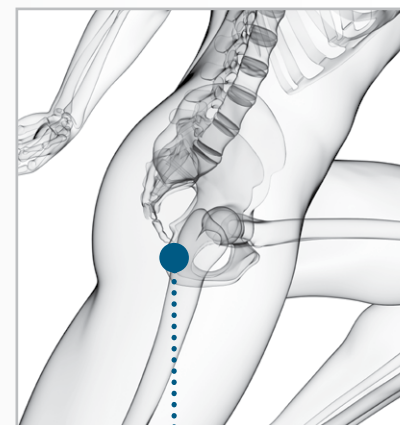
Get proactive about your orthopedic health—to stay active

5 COMMON CAUSES OF FALLS

There is a danger in falling, especially as our bodies age. Check out these five common causes of falls and learn tips on what you can do to prevent them.



BONES & JOINTS



90% of HIP fractures are caused by falls

A FALL IS RISKY BUSINESS

A hip fracture can have a substantial impact on a person's health. Nearly 30 percent of people with hip fracture die within one year. Many more experience significant functional loss as a result of the injury.

Begin taking steps today to protect yourself and your loved ones from a fall. Join us for our Falls Prevention Week activities, September 22 to 26. **See page 15 for details.**

Orthopedic Health

SCREENINGS

NEW! Orthopedic Screenings

RWJ Fitness & Wellness Center—Thu., August 21; 4 to 6 p.m.

RWJ Diagnostic & Treatment Center—Tue., September 30; 1 to 3 p.m.

Meet with an orthopedic physician and physical therapist who will:

- assess bone/joint pain,
- test strength and range of motion, and
- provide appropriate education and next steps.

Bone density screening included.

Foot Screening

Fri., September 19; 8 a.m. (FREE)

Phil Tutnauer, DPM.

EDUCATION

ORTHOPEDICS OPEN HOUSE

Total Joint Surgery—FREE DINNER PROGRAM

Tue., July 22; 6 to 8 p.m.

John Nolan, Jr., MD, board certified, fellowship-trained orthopedic surgeon

Thu., September 11; 6 to 8 p.m.

John R. Schnell, MD, board certified, fellowship-trained orthopedic surgeon

Find out if you're a candidate from top area surgeons. Learn how the Center for Orthopedic & Spine Health prepares you for a successful joint replacement and talk to our rehabilitation team.

- Sarah Faherty King, DPT
acute care physical therapist
- David Alexander, MPT
outpatient physical therapist



Dr. Nolan



Dr. Schnell

Stop Foot Pain in its Tracks

Tue., August 26; 6 to 8 p.m.

Andre Pagliaro, MD. **See page 13 for details.**

REACH OUT

Have questions or want to learn more about your orthopedic health today? We can help.

- Talk to an orthopedic coordinator with the Center for Orthopedic & Spine Health: **877.700.0531.**
- Visit **RWJOrtho.com** to access information and video interviews with local orthopedic surgeons.

JULY Community Health Education

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.



GRILLIN' & CHILLIN' WITH FRED

Wed., July 9; 6 p.m.

Fred Seitz, owner of Fred's Kitchen located at the RWJ Fitness & Wellness Center is firing up the grill and wants to share his recipes with you. Enjoy a meal and demonstration. Fee: \$12.

Grief & Loss Group for Older Adults (FREE)

Thu., July 3 & 17; 1:30 to 2:30 p.m.
If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others.

AARP Driving Course Mon., July 7; 9 a.m. to 3 p.m.

Be a safer, better driver. Most insurance companies will lower your premium with completion certificate. Bring NJ or PA driver's license; Fee: \$20; \$15 AARP members (cash or check only).

Women & Aging: A "Positive" Experience (FREE) Wed., July 9 & 23; 1:30 to 3 p.m.



As we age, the twists and turns of life challenge us to remain positive, stay engaged in life, and find new meaning. Various topics are presented and explored.

Time at Last— Navigating Retirement (FREE) Thu., July 10; 2 to 3 p.m.

So much of our lives and identities revolve around work. Discuss the joys, concerns and

challenges of having extra time and making decisions about using it to create fulfillment.

Healthy Hearts: Cardiac Support Group—Special Edition (FREE)

Thu., July 10; 6:30 to 8 p.m.
Relaxation for Heart Health. Pam Jones, RN, integrative therapy nurse, discusses ways stress can negatively impact your health, and teaches techniques for relaxation. Heart healthy snack provided.

Understanding Your Medication (FREE) Mon., July 14; 9 to 11 a.m.

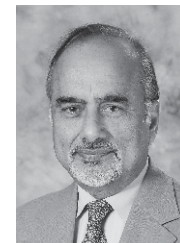
It is important to understand why you are taking prescribed medication. Our pharmacists will advise you about your medication and ensure you are taking it correctly. Bring prescription and over-the-counter medications for review.

Feeling Healthy and Happy in the Golden Years (FREE)

Tue., July 15; 1:30 to 3 p.m.
An upbeat and safe place for older adults to express concerns, talk openly about stressors and find inner peace in a discussion group format.

The Gift of Healing Amid Disaster Tue., July 15; 6 to 8 p.m.

Parvaiz Malik, MD, board certified plastic surgeon, shares his personal experiences providing healthcare to disaster survivors from the Indian Ocean tsunami to the earthquakes in Haiti and Pakistan.



Dr. Malik

Treatments and Trends in Cosmetic Surgery

Thu., July 17; 6:30 p.m.
Contemplating plastic surgery? Naveen Ahuja, MD, answers your questions and discusses the latest in trends and treatments.

Ready for Hurricane Season? (FREE)

Tue., July 22; 1:30 to 3 p.m.
Being ready means being properly prepared. Dean Raymond, Coordinator of the Mercer County Office of Emergency Management, gives you specifics for "shelter in place" must-haves.



BLOOD DRIVE
Mon., July 21;
9 a.m. to 2 p.m.
redcrossblood.org
Sponsor Code:
RWJ Hamilton

Orthopedics Open House (FREE)
Tue., July 22; 6 to 8 p.m.
Total Joint Surgery.
Find out if you're a candidate from one of the area's top surgeons.

- **John Nolan, Jr., MD**, board certified, fellowship-trained orthopedic surgeon
Learn how our joint replacement program prepares you for a successful joint replacement and talk to our rehabilitation team. Dinner included.

Can Hearing Aids Save Your Brain? (FREE)

Wed., July 23; 10 a.m.
Older adults with hearing loss are at an increased risk for developing Alzheimer's disease and dementia, compared to those with normal hearing. Prevention is key. Audiologist Lorraine Sgarlato.

Nutritious is Delicious: Adult Nutrition Education
Wed., July 30; 6:30 to 8 p.m.
Plant Based Eating. Review of the continuum: from reducing animal products in the diet to vegetarianism and finally veganism. Register three days prior. Fee: \$10.



WOMEN'S CORNER:

Abnormal Uterine Bleeding

Thu., July 10; 6 to 8 p.m. (FREE)

At this quarterly dinner program just for women, learn about causes, and diagnosis and treatment options – from medications to surgery – for this condition which can occur at any age. Lisa Tufankjian, DO, FACOOG, board certified in obstetrics and gynecology.

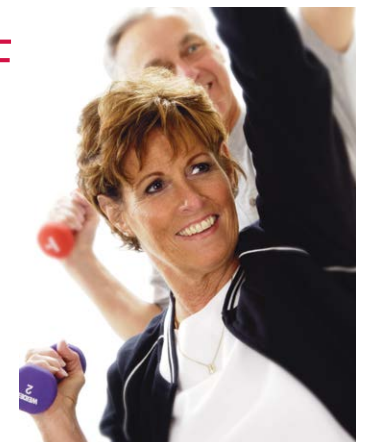


Dr. Tufankjian

TAKE CONTROL OF YOUR HEALTH

Fri., July 18 through August 22; 9:30 a.m. to noon (FREE)

Six-week interactive program designed by Stanford University teaches skills needed for the daily management of chronic conditions such as diabetes, arthritis, heart disease and back pain. Textbook included.



THE ARTERY-LEG CONNECTION

Tue., July 29; 7 to 8 p.m. (FREE)

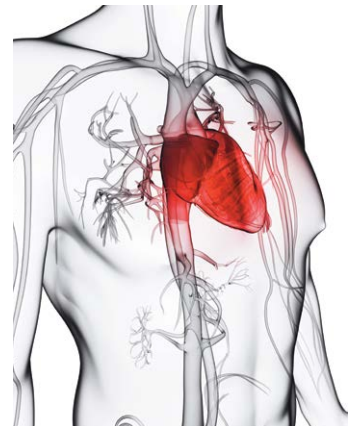
Peripheral artery disease (PAD) may be at the heart of your leg pain. Learn causes, risk factors, symptoms, prevention and the latest endovascular surgical procedures. Sto Poblete, MD, board certified general surgeon and fellowship-trained vascular surgeon.



Dr. Poblete

AUGUST Community Health Education

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.



CONGESTIVE HEART FAILURE – WHAT IS IT?

FREE DINNER PROGRAM

Tue., August 5; 6 to 8 p.m.

Approximately 5.7 million Americans live with heart failure. Learn signs and symptoms, possible causes, treatment, and recommendations for treating this condition. Oleg Chebotarev, MD, board certified, fellowship-trained cardiologist.



Dr. Chebotarev

AARP Driving Course Mon., August 4; 9 a.m. to 3 p.m.

Be a safer, better driver. Most insurance companies will lower your premium with completion certificate. Bring NJ or PA driver's license; Fee: \$20; \$15 AARP members (cash or check only).

Grief & Loss Group for Older Adults (FREE)

**Thu., August 7 & 21;
1:30 to 2:30 p.m.**

If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others.

Make That Noise Go Away!

A New Approach to Tinnitus Management (FREE)

**Thu., August 7;
6 p.m.**

While tinnitus is a fairly common problem, there are many effective methods to treat or at least reduce the impact of the sensation. Lorraine Sgarlato, audiologist.



Dr. Sgarlato

Healthy Hearts: Cardiac Support Group (FREE)

**Thu., August 7;
6:30 to 8 p.m.**

A cardiac event or heart disease diagnosis can have a deep emotional impact, and making therapeutic lifestyle changes can be stressful. Discuss these issues while enjoying a heart healthy snack.

Feeling Healthy and Happy in the Golden Years (FREE)

**Tue., August 12;
1:30 to 3 p.m.**

An upbeat and safe place for older adults to express concerns, talk openly about stressors and find inner peace in a discussion group format.

Women & Aging: A "Positive" Experience (FREE)

Wed., August 13 & 27; 1:30 to 3 p.m.

As we age, the twists and turns of life challenge us to remain positive, stay engaged in life, and find new meaning. Various topics will be presented and explored.



Protect Yourself Against Identity Theft and Consumer Fraud (FREE)

**Wed., August 13;
1:30 to 3 p.m.**

Donna Giovannetti, Chief of Mercer County Division of Consumer Affairs, discusses common complaints such as identity theft, telemarketing fraud, charity scams and others. Don't be a victim!

Time at Last – Navigating Retirement (FREE)

**Thu., August 14;
2 to 3 p.m.**

So much of our life and identity revolves around work. Discuss the joys, concerns and challenges of having extra time and making decisions about using it to create fulfillment.

Nutritious is Delicious: Adult Nutrition Education

**Wed., August 20;
6:30 to 8 p.m.**

Get More Nutritional Bang for Your Buck.

How can you add a knockout punch of vitamins and minerals to your diet? Register three days prior. Fee: \$10.



THE SUN AND YOUR HEALTH

Tue., August 12; 5 to 7 p.m. (FREE)

Applying sun block during the summer is just one step you need to take to prevent skin damage. Learn what you need to do year round to have healthy, beautiful skin.

Donna Reger, MD.

- Blood pressure • Body fat analysis
- Glucose screenings
- Light refreshments



Dr. Reger

Wound Care Management

Tue., August 19; 6 to 8 p.m. (FREE)

Outpatient Services Auditorium, Hospital Campus
Dinner, Lecture and Tour of Center for Wound Healing



Dr. Shah

Hyperbaric Oxygen Therapy for Chronic Wound Healing

Reza Shah, DO, FAPWCA, board certified general surgeon, fellowship-trained vascular surgeon, certified by CMET for wound care management, co-medical director of the Center for Wound Healing

Tour of The Wound Care Center

Suzan Bramante, RN, BSN, clinical program director



STOP FOOT PAIN IN ITS TRACKS

Tue., August 26; 6 to 8 p.m. (FREE)

More than 75% of Americans will have foot problems at some point with the average person walking 115,000-plus miles in their lifetime. Learn about foot disorders and up-to-date treatments – both surgical and non-surgical. Andre Pagliaro, MD, board certified, fellowship-trained foot and ankle surgeon.

MEDICAL ADVISORY PANEL

The Medical Advisory Panel (MAP) physicians play a vital role in providing support to staff at the RWJ Fitness & Wellness Center. This panel represents many specialties and diverse viewpoints within the healthcare community. The MAP helps oversee educational programs at the Center and members often teach classes, delivering the latest news about advances in healthcare and technology.

F. Javier Villota, MD, Chair;
Internal Medicine

Dennis Baiser, MD; *Pediatrics*

James Bancroft, MD; *Family Medicine*

Oleg Chebotarev, MD; *Cardiology*

George DiFerdinando, Jr., MD, MPH;
Public Health

Michael Duch, MD; *Orthopedics*

David Eingorn, MD; *Orthopedics*

Jarad Fingerman, DO; *Urology*

Dinah Gonzalez, MD; *Obstetrics & Gynecology*

Dorota Gribbin, MD; *Physical Medicine & Rehabilitation/Pain Management*

Joshua Hornstein, MD; *Orthopedics*

Janey Hughes, DO; *Family Medicine*

Marc Levine, MD; *Orthopedic Spine Surgery*

Matthew Lynch, MD; *Plastic & Reconstructive Surgery*

Shivaprasad Marulendra, MD;
Gastroenterology

Earl Noyan, MD; *Bariatric Surgery*

Alissa Brotman O'Neill, DO;
Vascular Surgery

Val Prokurat, DO; *Bariatric Surgery*

Rao S. Pasupuleti, MD; *Neurology*

Adam Redlich, MD; *Sports Medicine*

Donna Reger, MD; *Internal Medicine*

Seth Rosenbaum, MD;
Infectious Disease

David Rosvold, MD, FACC; *Cardiology*

Biren Saraiya, MD; *Oncology*

Richard Siderits, MD; *Laboratory Sciences*

Vijay Vaswani, MD; *General Surgery*

SEPTEMBER Community Health Education

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.



COMMUNITY ACQUIRED PNEUMONIA

Mon., September 15; 6 to 8 p.m. (FREE)
Get the latest information on community acquired pneumonia – from prevention to risk factors to treatment. Janey Hughes, DO, family medicine.



Dr. Hughes

Grief & Loss Group for Older Adults (FREE)
Thu., September 4 & 18; 1:30 to 2:30 p.m.
If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others.

Healthy Hearts: Cardiac Support Group (FREE)
Thu., September 4; 6:30 to 8 p.m.
A cardiac event or heart disease diagnosis can have a deep emotional impact, and making therapeutic lifestyle changes can be stressful. Discuss these issues while enjoying a heart healthy snack.

FALL FLEA MARKET
Sat., September 6; 8 a.m. to 1 p.m.
RWJ Hamilton Campus, Lot G
Rain Date:
September 13
Supports the RWJ Hamilton Auxiliary

AARP Driving Course
Mon., September 8; 9 a.m. to 3 p.m.
Be a safer, better driver. Most insurance companies will lower your premium with completion certificate. Bring NJ or PA driver's license; Fee: \$20; \$15 AARP members (cash or check only).

Time at Last – Navigating Retirement (FREE)
Thu., September 11; 2 to 3 p.m.
So much of our life and identity revolves around work. This supportive group discusses the joys, concerns and challenges of having extra time and using it to create fulfillment.

Orthopedics Open House (FREE)
Thu., September 11; 6 to 8 p.m.
Total Joint Surgery
Find out if you're a candidate from one of the area's top surgeons.
• **John Schnell, MD**, board certified, fellowship-trained orthopedic surgeon
Learn how our joint replacement program prepares you for a successful joint replacement and talk to our rehabilitation team. Dinner included.

Feeling Healthy and Happy in the Golden Years (FREE)
Tue., September 16; 1:30 to 3 p.m.
An upbeat and safe place for older adults to express concerns, talk openly about stressors and find inner peace in a discussion group format.

Encore Careers: Doing Good While Doing Well (FREE)
Tue., September 16; 6:30 to 8 p.m.
Looking to combine passion, purpose and paycheck in a second career? Carol King, of PSRC's "Next Step: Engaged Retirement and Encore Careers" teaches you to use your skills, knowledge and experience.

Nutritious is Delicious: Adult Nutrition Education
Wed., September 17; 1 to 2:30 p.m.
Time to Start a "New Routine." The lazy days of summer may have added a few. Review the latest and best methods to keep off unwanted pounds. Register three days prior. Fee: \$10.

Women & Aging: A "Positive" Experience (FREE)
Wed., September 24; 1:30 to 3 p.m.



As we age, the twists and turns of life challenge us to remain positive, stay engaged in life, and find new meaning. Various topics will be presented and explored.

New Developments in Hearing Aid Technology (FREE)

Wed., September 24; 6 to 7 p.m.
Learn about the new advances in hearing aid devices and treatment options. Hands-on demonstration of hearing aids and devices available after the lecture. Lorraine Sgarlato, audiologist.



PREVENTING FALLS – ONE STEP AT A TIME

Mon., September 22; 9:30 a.m. to 1 p.m. (FREE)
Learn to prevent potentially debilitating falls.

- **9:30 a.m.**—Registration, continental breakfast and agency information
- **10:30 a.m.**—Welcome and lecture
- **Noon**—Break-out sessions:
Bone Healthy Nutrition or Tai Chi class

WIN
a day trip for two from Starr Tours

FALLS PREVENTION WEEK EVENTS

Tue., September 23
• Hearing Screening, 9 a.m., Wellness Center
• Balance Screening, 10 a.m., RWJ Columbus
• Foot Screening, 10 a.m., Wellness Center

Wed., September 24
• New Developments in Hearing Aid Technologies 6 p.m., Wellness Center

Thu., September 25
• Hearing Screening, 9 a.m. Hospital Audiology Department
• BP & Glucose Screening, 10 a.m.; Wellness Center

Fri., September 26
• BP & Glucose Screening, 9:30 a.m.; Wellness Center

STEM Students Welcome

Mini Medical School 1 – Fall Semester 2014

Tuesdays, September 16, 23, 30; October 7, 14, 21, 28; November 4; 6 to 8 p.m.

Eight-week course taught by RWJ Hamilton physicians. Lectures feature interactive opportunities and include segments on abnormal body conditions. Each student will receive a diploma at a graduation ceremony. Fee: \$100 (includes textbook).

WEEK 1—Tue., September 16

Opening Address and Welcome
Richard Siderits, MD, FCAP, board certified in pathology, Medical Director of Mini Medical School

Digestive System Diseases – G.E.R.D., Ulcers, Stomach Cancer, etc.

Shariq Afridi, MD, board certified in internal medicine and gastroenterology

WEEK 2—Tue., September 23

Diseases of the Liver, Gallbladder and Pancreas
Shivaprasad Marulendra, MD, board certified in internal medicine and gastroenterology

WEEK 3—Tue., September 30

Understanding the Cardiovascular System
Justin Fox, MD, FACC, board certified in internal medicine, cardiovascular diseases, interventional cardiology and nuclear cardiology

WEEK 4—Tue., October 7

The Shoulder – Diagnosis and Treatment
Joshua Hornstein, MD, Diplomate, American Board of Orthopaedic Surgery and fellowship-trained in sports medicine specializes in arthroscopic surgery, shoulder surgery, and sports medicine

WEEK 5—Tue., October 14

Understanding the Respiratory System
Feroz Safdar, MD, board certified in pulmonary medicine

WEEK 6—Tue., October 21

The Effects of Secondhand Smoke
Biren Saraiya, MD, board certified in internal medicine, hematology and oncology

WEEK 7—Tue., October 28

The Male Urological/Reproductive System
Jarad Fingerman, DO, board certified in urology

WEEK 8—Tue., November 4

The Female Reproductive System
Christian Hoffman, MD, FACOG, board certified in obstetrics and gynecology

CPR & First Aid

For a full list of provider class dates/times, visit rwjhamilton.org/CPR or call 609.584.5900. Classes are held at the RWJ Fitness & Wellness Center, unless noted. CPR registration policy on the inside front cover. Registration required.

FOR HEALTHCARE PROVIDERS

Advanced Cardiovascular Life Support (ACLS)

For professionals who respond to emergencies. Written exam and skills test. *Full Course:* \$250; Thu. & Fri., July 24 & 25; 8:30 a.m. *Recertification:* \$175; Tue., July 1; 8:30 a.m.; Thu., August 14; 8:30 a.m.; Tue., September 30; 8:30 a.m.

Online ACLS: Part 1

For healthcare providers who either direct or participate in the management of cardiopulmonary arrest and other cardiovascular emergencies. Must be paired with a hands-on skills practice and testing session (Part 2) with an AHA ACLS instructor to receive a two-year certification. Course available at onlineaha.org. Fee: \$100.

Pediatric Advance Life Support (PALS)

For providers who initiate and direct advanced life support in pediatric emergencies. Written exam and skills test. *Full Course:* \$250; Mon. & Tue., August 25 & 26; 8:30 a.m. *Recertification:* \$175; Mon., July 14; 8:30 a.m.; Fri., September 26; 8:30 a.m.

Online PALS: Part 1

Self-directed program for healthcare providers to recognize and prevent cardiopulmonary arrest in infants and children. Must be paired with a hands-on skills practice and testing session (Part 2) with an AHA PALS instructor to receive a two-year certification. Course available at onlineaha.org. Fee: \$100.

Pediatric Emergency Assessment Recognition and Stabilization (PEARS)

Intermediate course for healthcare providers who do not regularly provide advanced pediatric life support and are not PALS certified. Two-year certification. *Full Course:* \$250; Fri., July 18; 8:30 a.m.

Healthcare Provider CPR

For physicians, nurses and EMTs whose job requires certification. Two-year certification. Fee: \$65; classes held weekly.

Healthcare Provider CPR Renewal

Participant must have current Healthcare Provider CPR card. Two-year certification. Fee: \$60; classes held weekly.

FOR THE COMMUNITY

CPR First Aid Online Course: Parts 2&3

Skills session and testing. Take online course at onlineaha.org; then call 609.631.6844 for a skills practice and testing appointment. Fee: \$50

Family & Friends Adult, Child & Infant CPR

Basic CPR for parents and caregivers. Fee: \$45. Fri., July 11; 6 p.m. Mon., July 21; 6 p.m. Fri., August 1; 6 p.m. Mon., August 18; 6 p.m. Sat., August 30; 9 a.m. Fri., September 19; 6 p.m.

Heartsaver CPR/AED

Adult, child and infant CPR, foreign body obstruction and use of automated external defibrillator. Fee: \$55. Tue., July 8; 6 p.m. Fri., July 25; 6 p.m. Fri., August 8; 6 p.m. Tue., August 12; 6 p.m. Fri., August 29; 6 p.m. Fri., September 12; 6 p.m. Tue., September 23; 6 p.m.

Heartsaver First Aid

Learn skills to respond to a medical emergency. Fee: \$55. Wed., July 15, August 26 & September 22; 6 p.m.

Heartsaver First Aid/CPR/AED

Learn skills to respond to a first aid, choking or cardiac arrest emergency. Fee: \$85. Sat., July 26; 9 a.m. Sat., August 23; 9 a.m. Sat., September 20; 9 a.m.

Heartsaver Pediatric First Aid/CPR/AED

Designed for the child care industry and others requiring pediatric first aid, CPR and AED. Two-year certification. Fee: \$85. Sat., July 12; 9 a.m. Sat., August 2; 9 a.m. Wed., August 20; 9 a.m. Sat., September 6; 9 a.m.

Corporate & Private Classes

CPR, ACLS or PALS classes taught at your location, or arrange a private group class at our facility. Call 609.631.6844.

Weight Management

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.

SHAPE FOR LIFE

Information Sessions

Tue., July 8, August 12 & September 9; 6:30 p.m. (FREE)

Covered by most insurance, this 12-week program includes:

- Medical management with a board certified physician, including: full assessment, treatment, monitoring and counseling.
- Exclusive exercise classes provided by a certified trainer twice per week, plus unlimited use of fitness center.
- Nutrition counseling with a registered dietician, including personal eating plan.
- Small-group cooking classes.

Unlike other medical weight loss programs in the area, Shape for Life combines all the necessary components to put you on track for successful long-term weight loss.

1 COORDINATION: Nurse navigator monitors your progress and serves as your personal resource.

2 MOTIVATION: Support from your healthcare providers and fellow participants.

3 TEAM APPROACH: Physician, nurse, dietitian and exercise trainer are focused on your short- and long-term success.

Meet Your Guide

Jill Nitz, RN, MSN, coordinator of our Bariatric Center of Excellence, has spent her career dedicated to promoting health and wellness. As a nurse, she finds bariatrics presents an opportunity to help people make informed medical decisions about their health and understand treatment, all while providing the emotional support to get them through their journey.

Weight Watchers | Wed., 5 & 6:30 p.m.

Join Barb Ulrich at the RWJ Hamilton Center for Health & Wellness.

Overeaters Anonymous | Sun., 8:30 to 9:30 a.m.

Outpatient Services



Top Surgical and Non-Surgical Weight Loss Options in 2014 (FREE)

Tue., July 15, August 19 & September 16; 5:30 to 6 p.m.

Surgery, medically supervised weight loss programs, diets and recovery from food addictions are some successful interventions to help you realize your weight loss goals. Bariatric surgeons Earl Noyan, MD, and Val Prokurat, DO.

SUPPORT GROUPS

Bariatric Surgery Weight Loss Support Group and Education (FREE)

Tue., July 15, August 19 & September 16; 6 to 7 p.m.

Share experiences and emotional support with patients and the clinical team.

SHAPEDOWN® PROGRAMS Call 609.584.2893.

This 10-week weight management program helps make lifestyle changes, focus on self directed change, strengthen family dynamics and raise awareness of weight-related triggers.

- **Youth Shakedown®**
For children ages 8 to 12 and their families.
- **Teen Shakedown®**
For teens 13 to 17 and their families.

Keep in Shape after SHAPEDOWN®

Maintain those healthy habits that contribute to long term weight management success. Families who have graduated from the 10-week program continue to attend bimonthly meetings, focusing on nutrition and fitness.

The American Heart Association (AHA) 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 AHA. Any fees charged for such a course, except for a portion of the fees needed for AHA course material, do not represent income to the AHA.

Holistic Health and Lifestyle

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.

What is Integrative Therapy?

Proven to maintain wellness and benefit the healing process, evidence-based integrative therapies embody the whole person – physical, emotional, mental and spiritual. Integrative therapy helps you:

- stay healthy by lowering stress and negative feelings;
- manage a medical condition;
- enhance your body's natural ability to heal; or
- prepare for surgery.



Dr. Marulendra
Chairman, Academy of
Integrative Therapy

PRIVATE HEALING SESSIONS

Reiki Sessions

Tue., 2:15 to 7:30 p.m.
Half-hour: \$30; Hour: \$60.
Appointment required.

Sound Healing Sessions

Tue., 2:15 to 7:30 p.m.
Using precisely calibrated tuning forks, Tibetan bowls and bells, experience the profound relaxation of sound therapy.
Hour: \$60. Appointment required.



HOLISTIC HEALTH FAIR: Complementary & Integrative Therapies

Saturday, July 19; 10 a.m. to 2 p.m. (FREE)

Learn therapies to enhance and help you embrace a healthy lifestyle. Holistic practitioners will answer your questions and offer free demonstrations: Reiki, Acupuncture, Yoga, Rubenfeld Synergy, Jin Shin Jyutsu, Chiropractic, Shiatsu, Trager, and more.

Guided Aromatic Meditation

Wed., July 9, August 6 & September 3; 7 to 8 p.m.

Develop relaxed awareness and clarity. Focus will be guided using breath, aroma, and intention attuning to the deepest level of being. Gemma Bianchi, aromatherapist. Fee: \$10 per class.

HealthRhythms® Drumming

Wed., July 16, August 13 & September 17; 7 to 8 p.m.

HealthRhythms® is an evidence-based program, strengthens the immune system and reduces stress. Drums provided or bring your own. Mauri

Tyler, CTRS, CMP.
Fee: \$15 per class.

S.M.I.L.E. Stress Management in Life Experience (FREE)

6:30 to 8 p.m.
Thu., August 14: Meridian Tapping for Stress Relief

This simple stress release technique returns your mind and body to a state of balance from the inside out. Laurie Carty, cognitive skills practitioner.

Wed., September 10: Coping with Stress and Avoiding Burnout

Looking to get a handle on stress, re-discover purpose, and get back on a healthier path? Meet David Potter, DC to learn his formula for creating and

maintaining balance in life.

Thu., September 18: Creative Writing Journey

Explore how creative writing can unleash your inner self and melt away stress. Bring your imagination with you! Elizabeth Millar, BA.

Authenticity: Revealing the Real

Sat., September 20; 11 a.m. to 3:30 p.m.
Fearing rejection or loss, we sometimes wear self-made masks believing they will protect us. Rev. Edie Weinstein, MSW, LSW leads with experiential exercises and meditations to embody our beauty. Fee: \$45.

REIKI

Explore the Japanese technique of hands-on healing with Pam Jones RN, Reiki Master. Anyone can learn this technique to use for yourself and others.

Reiki Sharing Evening

Wed., July 23 & September 24; 7 to 9 p.m.

Trained practitioners are invited to share Reiki with each other. Bring a pillow, a small sheet and blanket. Fee: \$5 per class.

Reiki Master Level Certification, One-Day Class

Sat., August 9; 10 a.m. to 5 p.m.

Students are trained in the use of the Usui Master symbol which increases the effectiveness of the Reiki II symbols. *Pre-requisite:* Reiki Level I and Level II certification. Pam Jones, RN. Fee: \$280. **Class awards 6 nursing contact hours.*

Reiki Level I Certification, One-Day Class

Sat., September 27; 10 a.m. to 6 p.m.

Receive certification upon successful completion of this class taught by Pam Jones, RN. Fee: \$160. **Class awards 7 nursing contact hours.*

NEW PROGRAM

Mindfulness-Based Stress Reduction

Orientation/Intake: September 24 (Must attend to take course)
Wed., October 15, 22 & 29; November 5, 12, 19 & 22 (full-day retreat); December 3 & 10; 6:30 to 9 p.m.

Based on the work of Jon Kabat-Zinn. Fee: \$530. Call 215.752.7599 for information and to R.S.V.P. for the Orientation/Intake session.

What is Mindfulness?

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you – consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.



Bedside Harp®

Enjoy instructional folk harp classes, therapy training and certification. For registration and information; call 609.273.0068 or bedsideharp.com. All classes held at RWJ Fitness & Wellness Center. Class times are subject to change.

Instructional Folk Harp Class
Small classes with individual attention. A music background is not necessary. Harps are available for rent or sale; call and reserve prior to the first class. Includes music textbooks, ear training and more than 85 songs.

The Bedside Harp Circle
Brings together harpists of all ability levels to make beautiful music. In addition to these gatherings, we participate in several exciting performances throughout the area.

- Five-week session: Fee: \$199
- Ten-week session: Fee: \$399

Beginner Province I

10 to 11 a.m.
Fee: \$399.

Beginner Province II

11:15 a.m. to 12:15 p.m.
Fee: \$399.

Advanced Beginner Province

1:45 to 2:45 p.m.
Fee: \$399.

Harp Circle –10 hours

12:30 to 1:30 p.m.
Fee: \$150; \$120 with instructional class.

Our classes are ongoing and we begin new students throughout the year. Call for start dates.



Health Screenings

Appointments are required unless noted. Call 609.584.5900 to schedule.

NEW! ORTHOPEDIC SCREENINGS (FREE)

Hamilton—RWJ Fitness & Wellness Center

Thu., August 21; 4 to 6 p.m.

Columbus—RWJ Diagnostic & Treatment Center

Tue., September 30; 1 to 3 p.m.

Meet with an orthopedic physician and physical therapist who will:

- assess bone/joint pain,
- test strength and range of motion, and
- provide appropriate education and next steps.

HAMILTON RWJ FITNESS & WELLNESS CENTER

Cholesterol, Glucose, Screenings, and Stroke Risk Assessment

Thu., July 3, 10 & 17, August 7, 14 & 21, September 4, 11 & 18; 7:30 a.m.

Fast 12 hours prior for accurate results. Registration required. **Fee: \$20 or \$15 for 50+ Club members** (limit one per year with I.D. card).

Wellness

Wednesdays

Wed., July 16, August 20 & September 17; 9:30 a.m. (FREE)

Blood pressure, glucose, osteoporosis and body fat analysis. Take-home colorectal kits available. Michael Stabile, MD.

Glucose Screenings

Tue., July 15, August 19 & September 16; 9:30 a.m. (FREE)
Fasting preferred.

Oral Cancer Screening (FREE)

Thu., July 24; 2 p.m.
Anthony Prousi, MD, DMD.

Glaucoma Screening

Fri., August 1; 8:45 a.m. (FREE)
Karen Guadagno, COA of Gregory Cox, MD.

Kidney/Blood Pressure Screening

Tue., August 26; 1 p.m. (FREE)

For those with diabetes, high blood pressure or a family history of kidney disease.

Prostate/Testicular Cancer Screening

Wed., September 17; 1:30 p.m. (FREE)
Includes exam and PSA blood test. Exam by John Watson, MD. *Thank you to the John Paul Geijer Memorial Foundation for its contribution to this screening.*

Foot Screening

Fri. September 19; 8 a.m. (FREE)

Phil Tutnauer, DPM

Hearing Screening

Tue., September 23; 9 a.m. (FREE)

Audiologist Lorraine Sgarlato, AuD.

Glucose Screenings

Thu., September 25; 10 a.m. (FREE)
Fri., September 26; 9:30 a.m. (FREE)
Fasting preferred.

RWJ HAMILTON – AUDIOLOGY

Hearing Screening
Tue., September 25; 9 a.m. (FREE)

Audiologist Lorraine Sgarlato, AuD.

RWJ VEIN & VASCULAR SURGERY

Varicose Vein & Venous Screening

Thu., Thu., July 17, August 14, September 11; 3 p.m.

Alissa Brotman-O'Neill, DO, RPVI, FACOS & Sto Poblete, MD. To register, call 609.570.2071.

RUTGERS CANCER INSTITUTE OF NEW JERSEY HAMILTON

Skin Cancer Screening

Wed., August 6; 5:30 p.m. (FREE)

Sadaf Hussain, MD.

EWING

Cholesterol, Glucose and Blood Pressure Screenings

Tue. July 8, August 5 & Sept. 9; 8 a.m.

Fast 12 hours prior for accurate results. Registration required. **Fee: \$20 or \$15 for 50+ Club members** (limit one per year with I.D. card).

COLUMBUS

Glucose Screenings
Fri., July 25; 9 a.m. (FREE)

Fasting preferred.

Hearing Screening
Fri.; July 25, August 22 & September 19; 9 a.m. (FREE)

Audiologist Lorraine Sgarlato, AuD.

Fall Prevention/ Balance Screening
Tue., September 23; 10 a.m. (FREE)

Support Groups and Caregiving

Classes and screenings are held at the RWJ Fitness & Wellness Center, unless noted.

Location key: CINJ H - Rutgers Cancer Institute of New Jersey Hamilton; OSBA - Outpatient Services Building Auditorium, Hospital Campus; FWC - RWJ Fitness & Wellness Center

SUPPORT GROUPS

Bereavement

Ted Taylor, 609.631.6980. CINJ H.

Cancer

All cancer support groups meet at CINJ H.

Breast Cancer

Meets first Tue., 6:30 p.m. 609.584.2836.

GYN Cancer

Meets second Tue., 2 p.m.

Men's Group

Meets third Tue., 2 p.m.

Advanced Metastatic Cancer

Meets fourth Tue., 2 p.m.

Thyroid Cancer

Meets third Sat., 10:30 a.m. Michael, 877.588.7904 centraljersey@thyca.org

For more information on cancer support groups or a private consultation, call Roberta at 609.584.6680.

Conditions

Alzheimer's Support

Meets third Wed.; 6 p.m. Marsha Maloney, 609.396.6788, ext. 275. FWC.

Chronic Fatigue Syndrome

Meets the second Sun., 2 p.m. OSBA.

Circle of Hope Organ Recipient/ Transplant

Richard Harbourt, 609.799.1498.

Crohn's Disease and Ulcerative Colitis

Meets second Wed., 6:30 p.m. Larry, 609.240.7095 or hornetcv12@hotmail.com. Carolann, 908.432.3223 or 609.838.1536. OSBA.

Diabetes

Tue., September 23; 7 p.m. Geri, 609.689.7151. OSBA.

Peripheral Neuropathy

Telephone Bill: 609.587.7215.

Smoking Cessation

Nicotine Anonymous

Meets every Fri., 7 p.m. OSBA. Priscilla; 609.584.0122



Caregiver Learning Series for Spouses of Chronically Ill Seniors (FREE)

Mon., 10:30 to 11:30 a.m.

- July 7: *Self-care for Family Caregivers*
- August 4: *Working with/Hiring Home Care Workers*
- September 8: *Creating a Safe Home Environment*

Caring for a chronically ill senior can take a physical and emotional toll on a spouse. A Greater Trenton Behavioral HealthCare caregiver specialist conducts workshops on the first Mon. of the month and caregiver support sessions on all other Mon. mornings.

Caregiver Learning Series for Adults Concerned About Aging Parents (FREE)

Mon., 5:30 to 7 p.m.

- July 7: *Finding the Best Residential Care for Your Loved Ones*
- July 14: *Dealing with Difficult Dementia Behavior*
- August 4: *Making Placement Decisions*
- August 11: *Help: Asking & Accepting*
- September 8: *Isolation & Depression*
- September 15: *Needs of the Caregiver are Important Too!*

Juggling a job and caregiving responsibilities for aging parents? A Greater Trenton Behavioral HealthCare caregiver specialist will conduct these interactive workshops on topics crucial to caregivers.

Life After Caregiving (FREE)

Mon., July 14 & 28; August 11 & 25;

September 8 & 22; 1:30 to 2:30 p.m.

Supportive group for those transitioning to life after the death of a loved one for whom they were a caregiver. Addresses this special grief and return-to-life process.

LOCATIONS:

HAMILTON

RWJ Fitness & Wellness Center
3100 Quakerbridge Rd.

RWJ Hamilton - Audiology Department
Hospital Campus - Building 5,
Ground Floor

RWJ Vein & Vascular Surgery
3525 Quakerbridge Rd., Ste. 2000

Rutgers Cancer Institute of
New Jersey Hamilton
2575 Klockner Rd.

EWING

RWJ Hamilton at Ewing
Pennington Ewing Athletic Club
1440 Lower Ferry Rd.

COLUMBUS

RWJ Hamilton Diagnostic &
Treatment Center, 1 Sheffield Dr.
at Columbus Rd.

Senior Center Programs

Call the Senior Center to register.

EAST WINDSOR SENIOR CENTER

Register: 609.371.7192
(East Windsor/Hights-town seniors only)

The Lottery: Where Does The Money Go? (FREE)
Tue., July 22;
10 to 11 a.m.

Take a survey and receive a gift bag and an instant lottery ticket. Mary Ann Rivell from the division of the state lottery.

Kidney/Blood Pressure Screening (FREE)

Wed., August 27;
9 to 11 a.m.

For people with diabetes, high blood pressure or a family history of kidney disease.

Glucose Screening (FREE)

Tue., September 23;
9 to 11 a.m.

With a simple finger stick you will get an immediate glucose reading. A nurse will share results and provide education about pre-diabetes and diabetes. Blood pressure also available.

HAMILTON TOWNSHIP SENIOR CENTER

Register: 609.890.3686
(Hamilton seniors only)

Colorectal & Blood Pressure Screening (FREE)

Tue., July 8; 9 to 11 a.m.
Receive a simple take home kit and instructions. Blood pressure also available.

Glucose Screening (FREE)

Tue., August 26;
9 to 11 a.m.

With a simple finger stick you will get an immediate glucose reading. A nurse will share results and provide education about pre-diabetes and diabetes. Blood pressure also available.

What is Shingles? (FREE)

Tue., September 9;

10 to 11 a.m.

Shingles is a skin rash caused by the same virus that causes chickenpox. Learn signs, symptoms, and treatment for this virus. Donna Reger, MD, board certified in internal medicine.

Varicose Vein & Venous Disease Screening (FREE)

Tue., September 30;
9 to 11 a.m.

Are you concerned about your legs and circulation? Early detection and treatment can lead to improvement or complete reversal of venous conditions. Sto Poblete, MD, fellowship-trained vascular surgeon.

LAWRENCE TWP. SENIOR CENTER

Register: 609.844.7094
(Lawrence seniors only)

Blood Pressure Screening (FREE)

Wed., July 9;
9:30 to 11:30 a.m.

A nurse will measure your blood pressure and share the results and provide information.

Varicose Vein & Venous Disease Screening (FREE)

Wed., August 13;
9:30 to 11:30 a.m.

Are you concerned about your legs and circulation? Early detection and treatment can lead to improvement or complete reversal of venous conditions. Sto Poblete, MD, fellowship-trained vascular surgeon.

Balance Screening (FREE)

Wed., September 24;
9 to 11 a.m.

Fear of falling can result in decreased activity and lower quality of life. A physical therapist will evaluate your balance and risk of falling.

ROBBINSVILLE SENIOR CENTER

Register: 609.259.1567
(All seniors)

Carotid Artery Screening (FREE)

Wed., July 23;
9 to 11 a.m.

A nurse will listen to your carotid arteries with a Doppler stethoscope, share the results and provide information. Blood pressure also available.

Treatment of Common Knee Injuries (FREE)

Wed., September 10;
11:15 a.m. to 12:15 p.m.

An informal discussion and Q & A on all things knee-related from injury to treatment. Michael Ast, MD, fellowship-trained in adult reconstruction and joint surgery.

WEST WINDSOR SENIOR CENTER

Register: 609.799.9068
(West Windsor seniors only)

Blood Pressure Screening (FREE)

Fri., July 18, August 1 & 15 (1 to 2 p.m. only),
September 5 & 19;
1 to 3 p.m.

A nurse will take your blood pressure, share the results and provide information.

Are You At Risk for Stroke? (FREE)

Mon., August 18;
11 a.m. to Noon

Learn the risk factors, signs and symptoms, and the importance of immediate care for a stroke. Connie Mocerri, RN, BSN, stroke coordinator.

Oral Cancer Screening (FREE)

Mon., August 25;
1 to 3 p.m.

Symptoms include a sore throat that does not go away, a white or red patch in the mouth or persistent mouth pain. Anthony Prousi, MD, DMD.

Balance Screening (FREE)

Fri., September 26;
9 to 11 a.m.

Fear of falling can result in decreased activity and lower quality of life. A physical therapist will evaluate your balance and risk of falling.

Seniors Programs

Classes are held at the RWJ Fitness & Wellness Center, unless noted.

RWJ HAMILTON'S 50+ CLUB

Membership in the 50+ Club is free and open to anyone at least 50 years old. Show your card at the hospital.

- Free Activities: bridge, walking and knitting.
- Discount on dinner at the hospital's cafe when your loved one is in our hospital.
- Discounted annual cholesterol/glucose screening.

Join today – no dues or mandatory meetings. Call HealthConnection, 609.584.5900.

50+ BRIDGE CLUB

Mon. & Fri.,
noon to 3 p.m.

Join us if you have basic knowledge of the game and point system.

50+ CHARITY KNITTING CLUB
Wed., 10 a.m. to noon

Knitters make articles for newborns, patients with cancer and others. Experienced knitters at all levels are welcome.

50+ CLUB WALKERS

Mon. through Fri.
8 a.m., in June through August;
9 a.m., September through May
Klockner Rd. entrance of Hamilton's Veteran's Park

Enjoy increased energy, brighter

spirits, weight control, and increased strength and endurance, as well as new friends. Free cholesterol screenings for new walkers. Registration required. Call HealthConnection, 609.584.5900.

SENIOR ASSISTANCE STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Trained counselors provide free, objective, confidential help on questions and issues related to Medicare. Call for an appointment at 609.924.2098, ext. 14.



COMMUNITY

Speakers Bureau

Find the perfect speaker to address your group. Fee: \$200. 609.584.2759.

Wellness Fairs

A low-cost resource to promote health at your business. Call 609.584.2759.

Active Adult Community Screenings

To arrange for a screening in your community, call 609.584.2759.

Physician Referrals

Looking for a physician? For a referral, call HealthConnection at 609.584.5900.

VOLUNTEERS NEEDED

RWJ Hamilton has several volunteer opportunities available. Interested parties should be able to serve a minimum of four hours per week and enjoy working with the public. Training provided. Visit rwjhamilton.org/volunteer or call Kathy at 609.631.6981.

WIRED SENIORS

All About Email

Thu. & Mon.; July 10, 14, 17, 21; 1:30 to 3:30

Using a lecture demonstration with some hands on experience, you will learn how to create an email account, send and receive emails, attach photos and documents, reply and/or forward emails. Fee: \$20.



Lakeview Child Centers

Affiliated with RWJ Hamilton, NAEYC-accredited Lakeview Child Centers help children from six weeks to six years grow socially, emotionally, intellectually and physically. Each facility offers a developmentally appropriate curriculum in a safe, nurturing environment.

Child Development Associate (CDA) Training Series
Lakeview Child Center
 3100 Quakerbridge Rd.,
 Hamilton
 6:30 to 9 p.m.

Each class provides CDA candidates for required training. Fee: \$20. 2.5 clock hours awarded for attendance.

The Early Childhood Professional
 Tue., September 16

Productive Relationships with Families
 Thu., September 25

Registration required:
 609.896.9040 or visit
 lakeviewchildcenter.org.



Traveling Tips for Stress Free Family Vacations

Summer is here and for many families it is the time to take to the road for day trips or longer vacations.

“While we all look forward to having a good time and visiting new places, vacations can be exhausting when shared with young children,” says Susan Zaidman, executive director of Lakeview Lawrenceville. Zaidman suggests these tips for making your next trip more enjoyable:

- **Be prepared** by taking drinks, healthy snacks (cheese, whole grain bread, fresh fruit), and things to keep them busy in the car.
- **Plan pit stops** to give your child the chance to release energy and stretch her legs. Give your child a destination to look forward, like a park, a roadside rest area or other place of interest.
- **Pace yourself** and don't try to do too much. Young children will feel the pressure if you are trying too hard to stick to a schedule. A morning activity may be all your child can handle so consider adding an afternoon activity only if things go well in the morning. Add in some down time for napping or unstructured fun. “Down time helps young children stay calm,” says Zaidman.
- **Watch your child's clues and be proactive.** If you are attentive, you will be able to read your child's signs and provide a snack or down time before he gets too cranky.
- **Bring along the patience.** It is hard for young children to wait, sit still and be quiet for too long. A little extra patience from a caring adult is the difference between a cooperative child and a grumpy child.
- **Add some play time to your agenda.** For many young children the best part of the vacation is playing in a pool or running in a park. Don't forget this as you plan the itinerary for your vacation.

By following these tips, you and your child will make wonderful summer memories that last a lifetime!

LOCATIONS

Lakeview RWJ Hamilton
 4 Hamilton Health Pl.
 609.890.1442

Lakeview Ewing
 1440 Lower Ferry Rd.
 609.530.9696

Lakeview Horizon
 500 Horizon Ctr., Ste. 590
 609.587.8002

Lakeview Lawrenceville
 4 Princess Rd.,
 609.896.0500

Lakeview Quakerbridge
 3100 Quakerbridge Rd.
 609.587.8088

Lakeview West Windsor
 707 Alexander Rd.
 609.987.0977

Prenatal Education

Registration required. Classes are held at the RWJ Fitness & Wellness Center, unless noted.

Baby Care Basics
 Learn about newborn care and adaptive behaviors. Dennis Baiser, MD, chair, pediatric department. Fee: \$30 per couple.

Breastfeeding Basics
 Discover the process and techniques of getting started, building and maintaining a breast milk supply, avoiding common problems, and pumping and storing breast milk. Fee: \$50 per couple.

Childbirth Preparation
 Comfort measures and breathing techniques during labor, epidurals, c-sections, and signs and symptoms of post partum depression are discussed. Four-week session: \$125 per couple; One-day session: \$140 per couple.

From Dude to Dad: Expectant Parenting Class for Men Only
 Learn hands-on skills like changing a diaper, swaddling and soothing an infant, changing family roles, work/family balance and the wide range of challenges a new dad experiences. Fee: \$25.

Marvelous Multiples®
 Covers aspects of prenatal care in multiple pregnancy, labor and birth and life with multiple newborns. For parents in the second trimester of pregnancy. For class dates, call 609.584.5904.

Parent Refresher Course
 Second- or third-time parents can practice coping skills for labor and delivery and review medical interventions. For class dates, call: 609.584.5904.

Sibling Preparation Outpatient Services Auditorium
 Big brothers and sisters prepare for a new arrival. For children ages two and a half and older, accompanied by a parent. Fee: \$25 first child, \$5 per additional child.

Maternity Tours Outpatient Services Auditorium
 Expectant parents, tour our private rooms and meet some of our experienced staff. Children 12+. Registration required. Light refreshments.
 • Sat., July 12, August 9 & September 13; 10 to 11 a.m.
 • Wed., July 23, August 13 & September 24; 7 p.m to 8 p.m.

JULY
Four-Week Childbirth Preparation
 Wed., July 9–30; 6 to 8:30 p.m.
One-Day Childbirth Preparation
 Sat., July 12; 9 a.m. to 4 p.m.
Baby Basics
 Tue., July 8; 6:30 to 8:30 p.m.
Breastfeeding Basics
 Tue., July 22; 6:30 to 8:30 p.m.
Early Pregnancy
 Wed., July 2; 6:30 to 8 p.m.

AUGUST
Four-Week Childbirth Preparation
 Wed., August 6–27; 6 to 8:30 p.m.
One-Day Childbirth Preparation
 Sat., August 23; 9 a.m. to 4 p.m.
Baby Basics
 Tue., August 5; 6:30 to 8:30 p.m.
Breastfeeding Basics
 Tue., August 19; 6:30 to 8:30 p.m.
From Dude to Dad
 Sat., August 9; 9:30 to 11 a.m.

SEPTEMBER
Four-Week Childbirth Preparation
 Wed., September 3–24; 6 to 8:30 p.m.
One-Day Childbirth Preparation
 Sat., September 20; 9 a.m. to 4 p.m.
Baby Basics
 Tue., September 9; 6:30 to 8:30 p.m.
Breastfeeding Basics
 Tue., September 23; 6:30 to 8:30 p.m.
Sibling Preparation
 Sat., September 6; 9:30 to 11 a.m.



EARLY PREGNANCY

Learn the importance of early prenatal care up to the fifth month of pregnancy. Understand risk factors associated with preterm births and low-birth-weight infants, and the importance of good nutrition. Fee: \$10 per couple.

New Babies & Infants

Classes are held at the RWJ Fitness & Wellness Center.

JULY

Breastfeeding Support Group
Tue., July 1–29; 12:30 to 2 p.m.

4MOMS Postpartum Group
Wed., July 16; 1 to 2 p.m.

Back To Work Support Group
Thu., July 10 & 17;
6:30 to 7:30 p.m.

Grandparenting 101
Tue., July 15; 6 to 8 p.m.

AUGUST

Breastfeeding Support Group
Tue., August 5–26;
12:30 to 2 p.m.

4MOMS Postpartum Group
Wed., August 13; 1 to 2 p.m.

Back To Work Support Group
Thu., August 7 & 21;
6:30 to 7:30 p.m.

SEPTEMBER

Breastfeeding Support Group
Tue., September 2–30;
12:30 to 2 p.m.

4MOMS Postpartum Group
Wed., September 17; 1 to 2 p.m.

Back To Work Support Group
Thu., September 4 & 18;
6:30 to 7:30 p.m.

New Parent Essentials
Tue., September 2;
6:30 to 8:30 p.m.

New Parent Essentials

For new moms, dads and grandparents, caring for infants up to one year of age. Topics: car seat safety, infant nutrition and starting solids, sleep tactics, crib safety and SIDS, common childhood illnesses and immunizations. New babies welcome. Fee: \$25 per couple.

4MOMS Postpartum Group (FREE)

Discuss parenting topics with RWJ Hamilton healthcare professionals and other moms.

Working Mom Survival Guide: Back to Work Support Group

More than half of new moms return to work when their infants are younger than 1 year old—many with conflicted emotions. Bring your infant to our new evening

support group to discuss balancing new schedules, breast or bottle feeding and caring for yourself (young siblings also welcome).

Breastfeeding Support Group (FREE)

Join other new mothers and learn about breastfeeding techniques, parenting issues and how to prepare to return to work. No registration required.



GRANDPARENTING 101

Advice, ideas, hands-on skills and Q&A for expectant or new grandparents. Topics: infant care, breastfeeding and formula feeding, crib safety, SIDS and car seat safety. Fee: \$25 per couple or single attendee.

Children and Teens

Classes are held at the RWJ Fitness & Wellness Center, unless noted.

CRAFTY KIDS: FOUR-WEEK SUMMER SERIES

(Ages 3 to 6)
Miss Heather leads a morning of crafts, story time and a healthy snack. Fee: \$5 per class. Caregivers are free. Register at least one week prior to class.

- **Summertime Fun**
Wed., July 9;
10 to 11 a.m.
- **Watermelons Everywhere**
Wed., July 16;
10 to 11 a.m.
- **Beach Days**
Wed., July 23;
10 to 11 a.m.
- **Ladybug Adventure**
Wed., July 30;
10 to 11 a.m.



Safe Sitter: Babysitting Class
(ages 11 to 13)
Mon., July 21; 9 a.m. to 3:30 p.m.
Thu., August 28; 9 a.m. to 3:30 p.m.

This competency-based structured program teaches safe and nurturing techniques, behavior management skills and appropriate responses to medical emergencies. Bring lunch. Fee: \$65 includes workbook and other tools.

Just For Girls
Mon., August 11; 6 to 8 p.m.
Mon., September 29; 6 to 8 p.m.

Bring your 9- to 11-year old daughter to this fun introduction to puberty, body image, self-esteem, and nutrition. Heather Comisky, RN, and Stacey Poole, RN. Fee \$10 each child and \$10 each adult, book included—*American Girl: The Care & Keeping of You*.

He Is Not A Kid Anymore! What Next?
Wed., August 20; 6 to 7 p.m.

Bring your 11- to 13-year-old son for a comfortable and informative look at the changes that come with adolescence. Dennis Baiser, MD. Fee: \$10 each child and \$10 each adult.

KIDS IN THE KITCHEN

Parent/child “hands-on” cooking classes. All programs are dietician directed. Please register each attendee at least three days prior to class. Fee: \$10 per child with one parent/caregiver. Grandparents are warmly invited in lieu of a parent.

- **Cool Soups on Hot Days**
Kids prepare refreshing soups while “loading up” on vegetables and fruits.
Fri., July 11; 6:30 to 8 p.m. (ages 6 and up)
Thu., July 17; noon to 1 p.m. (ages 3 to 8 years)
- **Edible Artwork**
Budding artists get creative with food while easily achieving the nutritional goal of 5+ fruits and vegetables per day.
Fri., August 8; 6:30 to 8 p.m. (ages 6 and up)
Thu., August 14; noon to 1 p.m. (ages 3 to 8 years)
- **It's a Wrap—Main Meals to Lunch Box Treats!**
Kids experiment in creating their favorite sandwich wraps.
Fri., September 12; 6:30 to 8 p.m. (ages 6 and up)
Thu., September 18; 12:15 to 1 p.m. (ages 3 to 5 years)

FAMILY ICE CREAM SOCIAL

Thu., July 17; 7 to 8:30 p.m.
Fun for families with children ages 4 to 10 years-old. Enjoy ice cream sundaes, crafts, and learn how milk and calcium can keep your body healthy. Space is limited. Fee: \$5 per person.

A Lasting Legacy

Bruce W. Bux Memorial Fund Helps Families Coping with Cancer

BRUCE W. BUX LOST HIS COURAGEOUS BATTLE WITH CANCER AT AGE 54, BUT HIS LEGACY CONTINUES TO SHINE.

DESCRIBED AS A SENSITIVE,

soft-hearted humanitarian, the longtime New Jersey resident is often remembered as a man who cared more deeply for others than he did for himself. So it is only fitting that his loved ones chose to honor his life by establishing the Bruce W. Bux Memorial Fund for Special Cancer Care Needs – a gift that perpetuates his generous spirit by helping patients and families coping with cancer.

The endowment fund was created in 2004 by his wife, Ginny, with a \$50,000 donation to the RWJ Hamilton Foundation, recognizing the extraordinary care Bruce received at the Rutgers Cancer Institute of New Jersey Hamilton.

“Every doctor, nurse and administrator we encountered could not have been more caring or professional, treating my brother with the dignity and respect he deserved,” recalled

Curt Bux. “They were wonderful... truly angels.”

Since the family’s initial donation, the Bruce W. Bux Memorial Fund has grown to over \$240,000, thanks to widespread community support at various fundraising events. Each year, five percent of the fund’s value is designated for projects that directly benefit patients, families and staff of RWJ Hamilton’s Cancer Center, such as training for social workers who

help children affected by cancer and a beautiful new healing garden.

To learn more about donating a gift and/or establishing a fund in memory of your loved one, please contact Fred Jacobs, Senior Vice President, at fjacobs@rwjuh.edu or 609.249.7550.

LACE ‘EM UP FOR STROKE AWARENESS Strides for Stroke 5K Run and 2K Walk

Presented by Sean’s Landscaping

Thursday, July 10 | 6:30 p.m.; 2K Fun Walk (family-friendly) | 7:30 p.m.; 5K Run

Register in advance: stridesforstroke.kintera.org

USATF certified event. Proceeds benefit RWJ Hamilton’s Primary Stroke Center

- Certified by the State of New Jersey Department of Health and Senior Services as a Primary Stroke Center
- Awarded the national Gold Seal of Approval, achieving national certification in stroke care from The Joint Commission
- Recognized by the American Heart Association/American Stroke Association with the Gold Plus Award for their *Get with the Guidelines* national standards initiative
- RWJ Hamilton’s continuum of stroke care includes: on-the-scene care that starts treatment even before one arrives at the hospital; emergency care; inpatient care; physical and occupational therapy; outpatient rehabilitation; support for patients and caregivers; and preventative care that includes screenings and programs.

For more information about the event, visit rwjuhfoundation.org or call Rachel Holland at 609.314.4556.



Kevin Thompson, certified personal trainer



SAVE THE DATE!
Celebrating
10 years
October 18

Fitness that Fits Your Needs

Whether you are making your first real attempt at starting a fitness regimen, or you’re a pro who has had a setback, the Functional Movement Screen test is a tool to get you to your goals.

Using the FMS, certified trainers can document your individualized movement patterns to determine any functional limitations or asymmetries. By doing so, they can track progress and determine corrective exercises.

“It really helps us to create a custom approach to a person’s individual fitness goals, designed for their body,” explains Sharon LaForge, fitness manager.

“In a member like Margaret, who has had hip replacement on one side, the FMS gives her trainer insight into what she needs, and how her condition is impacting her movement so she can continue to meet her goals.”

Experience the Difference

RWJ Fitness & Wellness Center offers:

- One-on-one fitness guidance
- Nurse evaluations
- State-of-the-art equipment
- 170+ weekly classes
- An aquatic center
- Personal training

609.584.7600

rwjhamiltonwellness.com

 facebook.com/RWJHamiltonCenterforHealthWellness

RWJ ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER



ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL HAMILTON

RWJ Hamilton provides a network of comprehensive healthcare services:

- Robert Wood Johnson University Hospital Hamilton, an acute care hospital
- Rutgers Cancer Institute of New Jersey Hamilton, the hospital’s cancer center
- Affiliated medical groups offering primary care as well as specialty care in obstetrics and gynecology, oncology and vascular surgery
- Outpatient centers in Columbus, Ewing and Hamilton
- RWJ Fitness & Wellness Center, home to a medically-based fitness center, rehabilitation and community education program
- RWJ Hamilton Foundation, which receives philanthropic gifts to support the hospital’s healthcare initiatives
- Lakeview Child Centers in six locations

THE ROBERT WOOD JOHNSON HEALTH SYSTEM

- Robert Wood Johnson University Hospital | rwjuh.edu
- Robert Wood Johnson University Hospital Hamilton | rwjhamilton.org
- Robert Wood Johnson University Hospital Rahway | rwjuhr.com
- Children’s Specialized Hospital | childrens-specialized.org
- Bristol-Myers Squibb Children’s Hospital at RWJUH | bmsch.org

609.586.7900

HealthConnection 609.584.5900
Classes | Screenings | Physician Referral

Scheduling:

- Outpatient Testing..... 609.584.6400
- Women’s Center..... 609.584.6400
- SleepCare Center.....866.753.3740
- Wound Care Center..... 609.249.8300
- Rehabilitation Services.. 609.584.6640

Patient Relations..... 609.584.6550

Lakeview Child Centers.... 609.896.4866

RWJ Fitness & Wellness Center609.584.7600

Conference Center.....609.584.2159
conferencecenter.rwjhamilton.org

Volunteers..... 609.631.6981
rwjhamilton.org/volunteer