

1ST QUARTER | 2011

DISCOVER THE NEW YOU
PAGE 3

INSURANCE: HRMC HAS
YOU COVERED
PAGE 4

HRMC FUNDRAISERS SUCCESSFUL
PAGE 7

inside



Join us for a
**Retirement
Celebration**
for Gene Milton.

Tuesday
January 11, 2011
5 - 8PM

Community Reception:
Mattar's Bistro, Allamuchy

For more information,
please call Sandy at
(908) 850-6836.



HRMC Welcomes **Jason Coe** As New President

Jason Coe, MBA, most recently Chief Operating Officer at Hackettstown Regional Medical Center, will move into the role of HRMC President effective January 1, 2011.

Coe joined Hackettstown Regional Medical Center in 2003 and was responsible for the management of the \$27.5 million expansion of the West Wing in 2004, and construction of the West Wing Medical Plaza Building in 2005. He was also directly responsible for facilities management and security, Emergency Preparedness, development of several new clinical programs and administrative management for a number of Medical Center departments.

CONTINUED PAGE 4



GENE C. MILTON, PhD FACHE
 President & CEO
 Hackettstown Regional
 Medical Center

MESSAGE FROM THE PRESIDENT

As I sit down to write this letter, I am looking at my final few weeks here as President and CEO of Hackettstown Regional Medical Center. I have so many wonderful memories to cherish of my years here, not the least of which include the numerous letters from former patients about the care they have received from this fine Medical Center.

Like a marriage and the birth of a child, retirement is another one of those major milestones when you know life will be different going forward, good but different. My family and I will be moving to the State of Maryland in early 2011, where on a part-time basis I will take on some special projects for Adventist Healthcare, HRMC's healthcare system. After years of study, I have also recently completed a Doctorate degree and hope to do some teaching. I am easing into the retirement phase of my life and plan to spend more time with my wife Donna and daughter Dawna-gene.

I am so fortunate to have lived and worked in a community with amazing people. I consider myself lucky to have spent most of my career here in Hackettstown. I am also comforted by the knowledge that Jason Coe will be taking the helm as President of HRMC. As the chief operating officer, Jason has been instrumental in running the daily operations for the past seven years. He understands the Culture of Caring we have raised here in Hackettstown, and that which our patients have come to expect from us.

December 31, 2010 will be a difficult day for me, particularly as I turn out my office lights for the final time. It has been my pleasure to get to know you and serve you. I look forward to hearing your future stories as passed down through Jason, our nurses, staff and physicians.

Have a Happy and Healthy 2011.

Bless you all.

Quality Counts at HRMC

Core Measures 3rd qtr 2010	AMI (Heart Attack)	CHF (Congestive Heart Failure)	PN (Pneumonia)	SCIP (Surgical Care Inpatients)	OSURG (Outpatient Surgical Care)	OED (Outpatient MI/Chest Pain)
# of patients	52/52	60/60	98/102	379/389	6/7	24/24
score%	100%	100%	99.2%	99.3%	85.7%	100%

Congratulations to all staff for continuing to provide exceptional care based on best practice guidelines.
 Score % = How often we delivered the recommended care process

Discover THE *NEW* YOU

Alleviate Joint Pain & Enjoy Your New Life.

Hip and knee replacement surgery has come a long way. At Hackettstown Regional Medical Center, our surgeons have been performing these procedures for decades now. Never to be content, we are proud to grow and improve our joint replacement program with a greater emphasis on the total joint replacement experience for our patients.

HRMC's new Total Joint Center, located within the HRMC Medical Center, offers individuals in need of joint replacement a comprehensive program including pre-surgery education, pre-operative planning, rehabilitation and post-operative planning.

While a patient at the Total Joint Center, we understand that you are not here due to an illness, but rather a life-changing procedure that will help you regain your mobility. The healing process begins shortly after your surgery, when you are back in your room. Our compassionate, highly trained nurses and therapists will assist you to sit up in bed and do gentle exercises such as swinging your legs off the bed. On the day after surgery, we will have you up and walking. And on day three, we expect that you will be on your way home to continue with outpatient rehabilitation.

According to Surgical Services Manager Marsha Rowe, RN, "The Total Joint Center offers a new way of thinking about joint replacement patients. We have a dedicated Program Coordinator, Robyn Gilyard, who meets with individuals who are considering having replacement surgery, and Robyn follows their progress throughout the program."

"I am excited to be part of this new approach to joint replacement," adds Gilyard, who in addition to being an RN is an exercise physiologist. "All of HRMC's orthopedic surgeons who specialize in joint replacement participate at the Total Joint Center. Patients receive all of the information they need to help them select their orthopedic surgeon."

To learn more about HRMC's Total Joint Center, please call Robyn Gilyard, MS, RN at (908) 441-1144.



Insurance Plan Questions?

HRMC Has You Covered

The New Year has arrived and for many health insurance plans that means new deductibles will kick in and co-payments will rise. Hackettstown Regional Medical Center accepts most major insurance plans including Horizon Blue Cross/Blue Shield, Medicare and Medicaid. HRMC is also able to help make sense of your insurance plan to determine what diagnostic tests and treatment options are covered under your plan as well as your deductible and co-pay amounts.

If you have a question about your insurance coverage, we will be happy to review your plan with you. For insurance questions, please call one of HRMC's Insurance Verifiers at (908) 979-8791. Insurance Verifiers are available to answer your call Monday through Friday during regular business hours. On the weekends or evenings, just leave us a message and an Insurance Verifier will return your call on the next business day.

HRMC offers convenient evening hours for many diagnostic tests and treatment procedures and Saturday hours for many others. Ask your personal physician or surgeon about scheduling tests or procedures. To schedule an appointment for tests or procedures at HRMC, call (908) 850-6842.

CONTINUED FROM COVER

According to retiring President & CEO Gene C. Milton, FACHE, "the Selection Committee to find a successor could not have picked a finer, more accomplished person than Jason to lead Hackettstown Regional Medical Center into the next century. Jason understands the culture of compassionate caring of our Medical Center as well as the challenges facing the health-care field nationwide.

"Many in the community may already know Jason from his numerous volunteer activities, including Past President of the Hackettstown Rotary Club, Chairperson of Hackettstown Motor Madness and Chair-elect of the Warren County Regional Chamber of Commerce to name a few," Milton added.

The newly appointed President Coe said, "I am honored to have the opportunity to follow Gene's lead here at Hackettstown Regional Medical Center. I am proud to be part of the truly exceptional team of physicians, nurses and staff at HRMC. Together, we have worked very hard to expand the medical programs and services offered here, not only in a tight economy, but with fiscal responsibility and strength. The next few years will bring many changes in how healthcare is provided across our nation. I am committed to meeting these challenges as we continue to provide the best quality health-care available to the communities we serve; and I am excited about what the future holds for HRMC."

Prior to joining HRMC, Coe served as Director, Systems Development at Florida Hospital, an acute-care, not-for-profit health care organization with over 2,000 hospital beds in Orlando.

Coe, his wife Stacey and their two children live in Lopatcong Township, Warren County.



HRMC Welcomes:
PODIATRIST
ELIZABETH HIMMELSBACH, D.P.M.

Dr. Elizabeth Himmelsbach earned a Doctorate of Podiatric Medicine from the New York College of Podiatric Medicine. She completed a Medical and Surgical Residency

at Gouverneur Healthcare Services and Bellevue Hospital. Dr. Himmelsbach has recently joined the practice of Drs. Ray Ivanovs and Graciani Martinez at Associated Foot

Care and Dover Foot Care. To make an appointment in Hackettstown with Dr. Himmelsbach, please call (908) 850-0505.

ARES™ Key to Diagnosing OSA

More than 18 million Americans are thought to have Obstructive Sleep Apnea (OSA). It is a physical condition in which breathing repeatedly stops and starts during the sleep cycle. The result is an interruption in breathing that lasts for at least 10 seconds. It is considered severe when it occurs every two to three minutes.

Diagnosing OSA used to require an overnight stay in a sleep lab or hospital, while attached to wires and in an unfamiliar bed. This process is enough to keep anyone awake, and is often rejected by many patients.

Now there is a new FDA approved wireless device that can be worn while you sleep in your own bed, in the comfort of your own home. The sleep study data that is gathered during your sleep is interpreted. The Sleep Disorders Center at HRMC now offers patients this latest technology to diagnose sleep health issues.

The Watermark Medical® Apnea Risk Evaluation System (ARES™) integrates physiological data acquired in-home with clinical history and anthropomorphic data to determine the presence and severity of OSA. A sleep-wearable, wireless recorder worn on the forehead that acquires and stores up to 3 nights of nocturnal data.

According to a recent national study, 46% of people who are undiagnosed with sleep apnea are at risk for a number of life-threatening health problems, such as heart attack, high blood pressure, & diabetes. Yet, four in five people are unaware they have the condition, and are not getting treatment.

Symptoms include:

Loud snoring

Always tired, trouble concentrating and staying awake

Waking with headaches

Waking with a choking sensation

Excessive sweating at night

Waking with dry mouth

Depression

Heartburn

Increased sexual dysfunction

Frequent trips to the bathroom at night

Restless sleep, tossing and turning

Rapid weight gain



For more information or to learn if you are a candidate for ARES™, please call The Sleep Disorders Center at (908) 850-7744.

HRMC Pediatric Hospitalists Chosen Among NJ's Favorite Kids' Docs

Dr. Julio Guerra, Dr. Ricki Gottlieb and Dr. Beth Gelman have been selected by the readers of New Jersey Family Magazine as being Exceptional! We at HRMC agree. NJ Family Magazine asked readers "Are your child's doctors or pediatric specialists exceptional?...and they answered with a resounding 'yes!', according to the magazine. Congratulations to HRMC's Pediatric Hospitalist physicians!



HRMC Welcomes:
CARDIOLOGIST
SARAH Y. FAN, M.D.

Dr. Sarah Y. Fan is Board Certified by the American Board of Internal Medicine in Internal Medicine and Board Eligible in Cardiology. She has certification from the Board of Nuclear Cardiology. She earned

a Doctorate of Medicine from the University of Penn Medical School and completed an Internship and Residency in Internal Medicine as well as a Fellowship in Cardiovascular Disease at Boston Medical

Center. Dr. Fan has joined the practice of Dr. Feitell at New Jersey Cardiology Associates in Hackettstown. To make an appointment with Dr. Fan, please call (908) 852-9020.



HRMC Hosts 21st Annual Black Tie Fundraiser

The Hackettstown Regional Medical Center Foundation's 21st Annual Cotillion proved to be a big winner in many ways. The gala event, held in early November, netted nearly \$90,000 for the expansion of surgical services at Hackettstown Regional Medical Center. Longtime area radio personality Russ Long was this year's Honorary Chair. Ophthalmologist Dr. Harold S. Lappin, one of the earliest physicians on staff at HRMC since it opened in 1973, was the Physician Honoree. Skylands Community Bank was the presenting sponsor of the event.

"Businesses and individuals truly rose to the occasion this year to help ensure a successful Cotillion and we thank them for their generosity and support," said Maria DiGiovanni, chairperson of the Cotillion planning committee.

The evening included dining and dancing to the sounds of the New Jersey-based show band "The Infernos"; a high-value 50/50 raffle drawing; and the annual Silent Auction, which included a host of items such as unique sports memorabilia, jewelry, furs and other great merchandise and gift certificates.

8th Annual Memorial Cancer Walk Raises More Funds for Cancer Care Close to Home

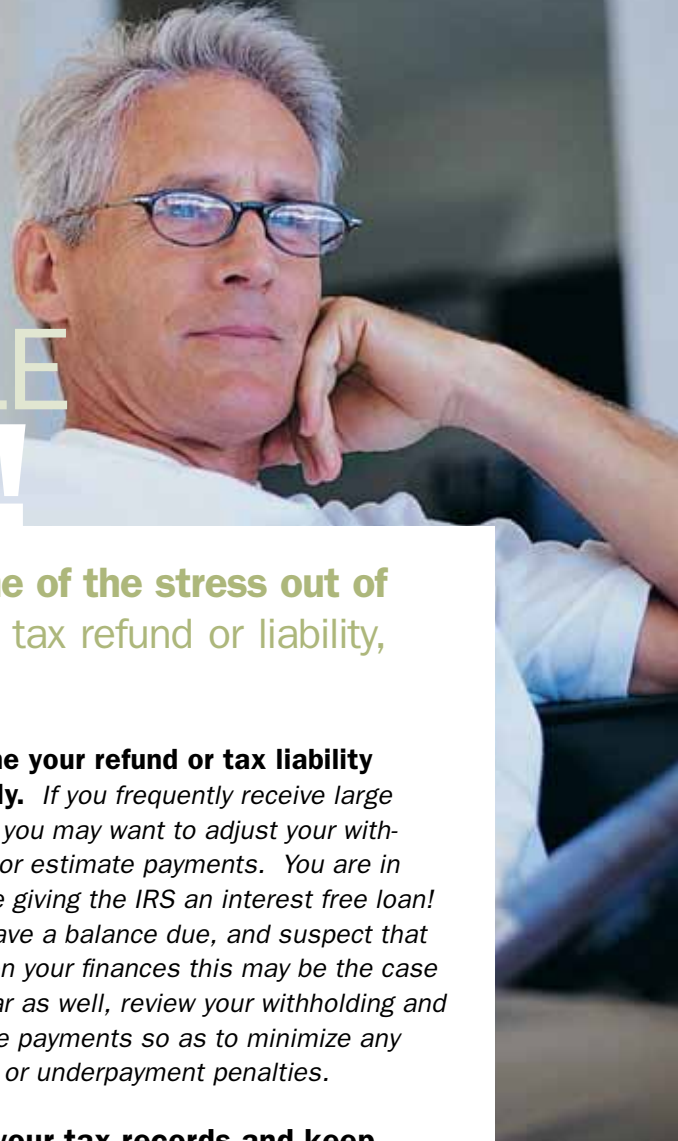
A record 450 walkers took to the pavement at picturesque Mountain Lake on Sunday, October 17 during the 8th Annual Joan Knechel Memorial Walk. To their great credit they raised over \$52,000 for the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. This result brings the seven-year total raised from the annual Walk to over \$375,000. 100% of all net proceeds from the Walk go directly to the Joan Knechel Cancer Center each year.

The Walk brought young and old, some walking solo, some in large groups, many representing loved ones lost to – or currently fighting – cancer. The Walk is named for Joan Knechel, a former nurse at HRMC who was an inspiration to many during her own battle with cancer. In addition to the money raised by walkers, additional funds were raised from the purchase of silver doves for the Walk's commemorative Dove Tree. Over 100 silver doves were purchased "In honor of" or "In memory of" those who have battled cancer. The doves were displayed on a live tree at the walk site on the day of the event, and have since been relocated to a permanent Dove Tree that is on display in the lobby of the Joan Knechel Cancer Center.

Each year, the JKMW names the groups and individuals that bring in the highest amount of pledges. This year, the following groups and individuals received certificates for their participation: Top Fundraising Adult Team – HRMC's Team Peg; Top Youth Fundraising Team – Hackettstown High School's Key Club; Top Adult Individual Fundraisers – Jacki Ceaser and Ralph Knechel; and Top Youth Individual Fundraiser – Samantha Markowitz.



HOW TO MAKE TAX TIME A LITTLE LESS TAXING!



Following a few simple steps can take some of the stress out of filing your taxes. Whether you anticipate a tax refund or liability, consider the following:

1. Maintain good records and keep them organized. *Once you have organized your tax documents, make a plan for keeping next years' records in a similar fashion. Should the IRS knock on your door for any reason, you will have all the documentation ready which should make responding to any requests far less stressful.*

2. Allow plenty of time to prepare your taxes. *Most people wait until the last possible moment to prepare and file their returns. This usually leads to errors that either result in underreporting income – which may yield a tax bill with interest and penalties. Or conversely, you forget to take deductions you are entitled to, which means you may have paid more than was necessary.*

3. File on time! *By missing the deadline you may be subject to interest and penalties which only add to your burden. If you cannot file on time, be sure to request an extension. Note: An extension is a request for additional time to gather your records and file a return, it does not extend the time you have to pay your tax liability. Interest and penalties will accrue!*

4. Review your return. *If you prepared your return on your own, or used the assistance of a paid preparer, set aside ample time to review your return to be certain nothing was overlooked. You may even note changes you could make during 2011 that can reduce your tax liability in the future.*

5. Examine your refund or tax liability carefully. *If you frequently receive large refunds you may want to adjust your withholding or estimate payments. You are in essence giving the IRS an interest free loan! If you have a balance due, and suspect that based on your finances this may be the case next year as well, review your withholding and estimate payments so as to minimize any interest or underpayment penalties.*

6. Keep your tax records and keep them safe! *You are required to maintain your tax records for several years after filing your return. Make sure you have designated a safe place to maintain these records so that you can easily call on them if necessary. Remember these documents contain a great deal of sensitive information. You want to keep them safe to protect against identity theft and/or fraud.*

If you use a computer to file or maintain your tax records install the appropriate security software and data removal applications. Simply deleting a file does not remove it from your computer!

Use the tips listed above to develop your plan for tackling your taxes this year. You may find that breaking your tax preparation into manageable components will result in a less stressful and more accurate tax return. Happy filing!!!

(This article is contributed by John Sommer, CPA; Chief Financial Officer and Vice President for Finance at Hudson County Community College. John is a member of the HRMC Foundation's Planned Giving Committee.)

Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living | 1st Quarter | 2011

Calendar A:

HealthLink Senior Programs (pages 8–9)

Pre-registration is required for all HealthLink programs. Please call HealthLink at (908) 850-6872 to register. All programs are held at The Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, unless noted.

Calendar B:

Programs for Everyone (pages 10–15)

Programs for anyone age 18 and older. Pre-registration is required for most programs. To register, call (908) 850-6935. All programs are held at the Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, unless noted.

HealthLink Senior Programs

Arthritis Foundation Exercise Program

MONDAYS, 2 – 3PM, CENTER FOR HEALTHIER LIVING; THURSDAYS, 2 – 3PM, PARAGON VILLAGE
\$3 per class

This exercise program uses gentle activities to help increase joint flexibility and range of motion. Certified Arthritis Foundation instructor Joan Cummins from Paragon Village will teach you exercises to maintain strength, increase flexibility and increase overall stamina. Call (908) 850-6872 to register.

Tai Chi for Arthritis – For New Students

BEGINS WEDNESDAY, MARCH 23 FOR 6 WEEKS, 5:15 – 6:15PM
Fee: \$20

Tai Chi from the Arthritis Foundation is a six-week program with exercises that may improve mobility, breathing and relaxation for people with arthritis. Joan Cummins is a Certified Tai Chi and Exercise Instructor for the Arthritis Foundation and Director of Recreation Services at Paragon Village. This program will be held at Paragon Village. Call (908) 850-6872 to register.

Tai Chi for Arthritis – For Returning Students

THURSDAYS, 3:15 – 4:15PM
Fee: \$3 per class

This class is for those who have already completed the 6 week course of Tai Chi for Arthritis. It will build on the Tai

Chi forms previously learned. Anyone who has taken the 6 week course is eligible to attend. This class is held at Paragon Village but call The Center for Healthier Living at (908) 850-6872 to register.

Stitch and Chat

WEDNESDAYS, JAN. 26, FEB. 23, MARCH 30, 10:30AM
FREE

Bring your crochet, knitting, or sewing projects and come to the Center for Healthier Living to “Stitch and Chat” with a friendly group of HealthLink members. No registration is necessary.

Take Control of Your Health

BEGINS MONDAY, JANUARY 24 FOR 6 WEEKS, 10:30AM – 1PM
FREE

When you have a chronic disease such as heart disease, high blood pressure, diabetes, COPD, or you are caring for someone with a chronic disease, it sometimes gets difficult to cope with the day-to-day symptoms and routines. *Take Control of Your Health* is a program that teaches ways to cope with managing the chronic disease you are living with. This program will help you gain a deeper understanding of the disease and teach you how to take better control of your health! Call (908) 850-6872 to register.

AARP Driver Safety Program

WED., JAN. 26 & FRI., JAN. 28
OR TUES., MARCH 8 & THURS., MARCH 10,
10AM – 1PM

Cost: \$12 for AARP members and \$14 for non-members

This two-day classroom refresher course is designed for driver's age 50 and older. It covers normal changes in vision, hearing and reaction time, and provides practical techniques to compensate for these changes. This course may qualify for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years. Call (908) 850-6872 to register.

Cell Phones for Seniors

WED., FEB. 9 OR THURS., MARCH 3, 10:30AM
FREE

Are you confused about how to use your cell phone? Join us to learn more about how to work your cell phone, pick up your voice mail, and more. This program will be limited to a small number of people so that everyone will receive personal instruction. Call (908) 850-6872 to register.

Breast Cancer Health Awareness

THURSDAY, FEB. 10, 11AM
FREE

Did you know that about one in eight women will develop breast cancer? This program will focus on risk factors, healthy strategies to lower your risk of developing breast cancer, and the importance of early detection. Joan Runfola, ACSW, LCSW, Social Worker at the Joan Knechel Cancer Center will present this important program. Call (908) 850-6872 to register.

What to Expect: Total Hip and Total Knee Replacement

THURSDAY, FEBRUARY 17 AT 6PM
OR TUESDAY, MARCH 15 AT 11AM
FREE

Are you living with hip or knee pain? Join Robyn Gilyard, RN, Coordinator of the Total Joint Center at Hackettstown Regional Medical Center for an information session on total hip and knee replacements. The free seminar will uncover the reasons for joint replacement and what to expect from the day you decide to have surgery through

your rehabilitation. The Total Joint Center at HRMC will guide you every step of the way as you "discover the new you". Call (908) 850-6872 to register.

Eating for a Healthy Heart

WED., FEB. 23, 1:30PM
FREE

What small changes can you make in your diet to improve your overall health and reduce your risk of developing heart disease? Learn strategies and guidelines to lower your risk of heart disease and improve your cholesterol levels. Christine Meissner, Registered Dietitian will teach you the building blocks of good nutrition. Call (908) 850-6872 to register.

Common Digestive Issues

WED., MARCH 9, 3:30PM
FREE

If you suffer with one the many problems related to the digestive system, you know that good digestive health is very important both to your overall health and your quality of life. Dr. Agarwal, Gastroenterologist, will discuss common digestive issues including diagnosis and treatment including the use of probiotics. Call (908) 850-6872 to register.

Lunch at Hong Kong Palace

TUES., MARCH 15, NOON
Cost of Lunch!

Join us for lunch at the always delicious and fun Hong Kong Palace. Call (908) 850-6872 for your reservations.

Back in Time: Charles A. Lindbergh

WED., MARCH 16, 10:30AM
FREE

Bob Stead will lead a discussion on the life and times of Charles A. Lindbergh. Best known for his solo trans-Atlantic flight in 1927, for which he was awarded the Medal of Honor, Lindbergh continued to promote the development of civil aviation in the 1930's, until the outbreak of World War II. In later years, he became a leading author and environmentalist. A former New Jersey resident, Lindbergh was often the center of dramatic and controversial events. Join us to learn more about the fascinating details of his life. Call (908) 850-6872 to register.

CPR Classes

PLEASE READ THE DESCRIPTIONS BELOW TO DECIDE WHICH CLASS IS RIGHT FOR YOU. ALL CPR CLASSES PROVIDE TRAINING ACCORDING TO THE LATEST AMERICAN HEART ASSOCIATION GUIDELINES.

Use of American Heart Association 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.



BLS for Healthcare Provider

TUESDAY, JAN. 11, 9AM
THURSDAY, JAN. 13, 6PM
THURSDAY, FEB. 3, 9AM
WEDNESDAY, FEB. 9, 6PM
TUESDAY, MARCH 8, 9AM
TUESDAY, MARCH 15, 6PM

Fee: \$85

This course is designed for healthcare providers who respond to cardiac and respiratory emergencies such as physicians, nurses, paramedics and EMT's. The course curriculum includes one- and two-rescuer CPR, foreign body airway obstruction, use of barrier devices, bag masks for adults, children and infants and the use of Automated External Defibrillators (AED). A written and skills test is taken at the end of the course. Renewal classes are also available monthly.

Healthcare Provider Renewal Classes:

TUESDAY, JAN. 18, 9AM
THURSDAY, JAN. 20, 6PM
TUESDAY, FEB. 8, 9AM
TUESDAY, FEB. 22, 6PM
THURSDAY, MARCH 10, 9AM
TUESDAY, MARCH 8, 6PM

Fee: \$60

AHA e-Learning Option Hands-on Skills Testing:

THURSDAY, JAN. 6, 11AM
THURSDAY, JAN. 27, 11AM
SATURDAY, FEB. 5, 9AM
MONDAY, FEB. 21, 9AM
TUESDAY, MARCH 8, 11AM
THURSDAY, MARCH 17, 11AM

Skills Testing Fee: \$35

This option allows students to take an on-line version of BLS for Healthcare Provider and Heartsaver CPR courses. You may log onto www.onlineaha.org to access the CPR course needed. Following successful course completion, print the course certificate. You must provide the Center for Healthier Living with a copy of your certificate when you attend the hands-on session.

Call the Center for Healthier Living to schedule your skills practice and testing session.

Heartsaver First Aid Class

SATURDAY, JAN. 15, 9AM – 12:15PM
SATURDAY, FEB. 12, 9AM – 12:15PM
SATURDAY, MARCH 19, 9AM – 12:15PM

Fee: \$50

The goal of this course is to train lay people in first aid assessments and actions. Topics include medical emergencies, injury emergencies and environmental emergencies. This video-based first aid course includes peer and manikin practice and case discussions. This course was developed by the American Heart Association on the basis of evidence-based guidelines.

Classes are available to schools, businesses and community groups. For more information, please call the Center for Healthier Living at (908) 850-6935.

CPR for Family and Friends

SATURDAYS, JAN. 22, FEB. 19, MARCH 12, 9AM

Fee: \$35

This CPR class is for family members, friends and members of the community who do not need a course completion credential. The course will focus on the one rescuer CPR for adults, children and infants and managing an airway obstruction (choking). Fee includes an optional pediatric first aid class.

Heartsaver CPR

TUESDAY, JAN. 25, 6 – 9PM
THURSDAY, FEB. 10, 6 – 9PM
TUESDAY, MARCH 22, 6 – 9PM

Fee: \$50

These courses are designed for lay responders who respond to emergencies as part of their job responsibilities. This course focuses on one-rescuer CPR, the management of a foreign body airway obstruction (choking) and the use of barrier devices for adult, child and infant victims. Students will receive a course completion card upon successful skills testing.

Heartsaver AED

Wednesday, Jan. 26, 6 – 9:30PM

Wednesday, Feb. 23, 6 – 9:30PM

Tuesday, March 29, 6 – 9:30PM

Fee: \$50

Participants in this course will learn adult and child one-rescuer CPR, obstructed airway management, barrier devices and the use of an automated external defibrillator (AED). Students will receive a course completion card upon successful skills testing.

ACLS and PALS classes

ACLS and PALS classes are offered through Atlantic Health System in cooperation with Hackettstown Regional Medical Center

ACLS CLASSES:

TWO-DAY FULL CLASSES

WED. & FRI., MARCH 23 & 25, 8AM – 5PM

TUES. & THURS., JULY 26 & 28, 8AM – 5PM

Fee: \$250

ACLS RENEWAL CLASSES:

ONE-DAY RENEWAL

FRIDAY, FEB. 11, 8AM – 5PM

THURSDAY, APRIL 7, 8AM – 5PM

THURSDAY, MAY 12, 8AM – 5PM

FRIDAY, SEPT. 23, 8AM – 5PM

THURSDAY, NOV. 17, 8AM – 5PM

Fee: \$150

PALS CLASSES:

TWO-DAY FULL CLASSES:

THURS. & FRI., OCT. 13 & 14, 8AM – 5PM

Fee: \$250

PALS RENEWAL CLASSES:

ONE-DAY RENEWAL:

THURSDAY, FEB. 24, 8AM – 5PM

FRIDAY, APRIL 15, 8AM – 5PM

THURSDAY, AUG. 4, 8AM – 5PM

FRIDAY, NOV. 4, 8AM – 5PM

Fee: \$150



Support Groups for Cancer Patients, Family and Friends

LOCATION: JOAN KNECHEL CANCER CENTER

For dates, times and more information about the support groups listed below, call (908) 441-1500 or (908) 441-1503.

These four groups are professionally facilitated by Joan Framo Runfola, ACSW, LCSW, a psychotherapist specializing in oncology social work. Participation criteria apply.

Breast Cancer Support Group

This group is for women with a diagnosis of breast cancer. Receive group support, learn coping skills and strategies for making medical decisions.

Friends and Families Support Group

This group is designed for those whose family member or friend has a diagnosis of any form of cancer. Receive group support and learn coping strategies.

Cancer Support Group

For individuals actively receiving cancer treatment, this group will provide mutual support and the opportunity to share experiences.

Post-Treatment Cancer Support Group

For individuals who are in post-treatment to share and discuss adjustments to their status as survivors, including anxieties, transitions and interpersonal challenges.

Young Women's Breast Cancer Support Group

This group is for women in their early 40s and younger who have had a breast cancer diagnosis. Participants will provide mutual support regarding concerns unique to younger women including career- and job-related issues, communication with children and the effect of cancer and treatment on romantic relationships and fertility.

Look Good...Feel Better®

PLEASE CALL FOR DATES AND TIMES
FREE

This is a free, national public program to help women undergoing cancer treatment learn beauty techniques to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. These side effects may include hair loss and changes in complexion and fingernails. For more information and to register call (800) 227-2345.

Additional Support Groups

Family Educational Series on Addiction

WHERE: COUNSELING CENTER, EAST AVE.
TUESDAYS, 7:30 – 9PM

FREE

Every family member is impacted when another family member either abuses or is dependent on alcohol and/or drugs. To help family members, the Counseling and Addiction Center provides a 12-week program consisting of a weekly two-hour lecture/discussion to help families understand addiction and ways to improve the quality of their lives. For information, call (908) 850-6810.

Better Breathers Club

WHERE: HRMC CONFERENCE DINING ROOM
THURSDAYS, JAN. 13, FEB. 10, MARCH 10
5:30 – 7PM

This support group meets regularly to learn about tips and techniques to better manage their disease. Questions about traveling with oxygen or pulmonary rehabilitation? COPD or asthma? Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease. Please call to register, (908) 979-8797, Ext. 1.

Diabetes Support Group

WHERE: HRMC WEST WING CONFERENCE ROOM,
1ST FLOOR

MONDAYS, JAN. 24 OR FEB. 28, 7PM

FREE

This support group is open to anyone with diabetes. It is an opportunity to share information and ideas and receive education. This group will meet the 4th Monday of each month in the West Wing Conference Room. This group is professionally run by Donna Kendrick, RN, CDE. For more information, please call (908) 850-6937.

Diabetes Management Series

LOCATION: HRMC BOARD ROOM, 1ST FLOOR. THURSDAYS, FEB. 17, 24 AND MARCH 3, 10, 6-8PM

(4-PART SERIES)

FREE

This education series is for anyone newly diagnosed with diabetes or who has never received educational information and instruction on living with diabetes. Certified Diabetes Educator Donna Kendrick, RN and Rita Ryan, RD will teach this **four-part** series program. Topics include living productive and healthy lives and using a self-management approach. Participants need a referral from their physician and **must attend all four classes**. For more information or to register call (908) 850-6937.

Programs and Screenings

Babysitting Basics

LOCATION: 108 BILBY ROAD

MONDAYS, JAN. 31 & FEB. 7, 5:30 – 8:30PM

MONDAYS, MARCH 7 & MARCH 14, 5:30 – 8:30PM

Fee: \$45

The Babysitting Basics Class is a six-hour program for 11- to 13-year-olds who want to get started as a babysitter or who want to improve their babysitting skills. This program will emphasize the importance of the responsibility of the babysitter as well as how to entertain children while the parents are out. The class content includes personal safety, marketing, infant and child bathing and feeding, diaper changing, and bed-time routines. This is a fun interactive class that also includes basic first aid and the American Heart Association Pediatric Family and Friends CPR. Each student will receive a babysitting course book. A babysitting course participation certificate will be awarded at the end of the two sessions. Participants need to bring a doll. Snack and juice will be provided.

Blood Pressure Screening

LOCATION: 108 BILBY ROAD

WEDNESDAYS, JAN. 5, FEB. 2, MARCH 2, 9 – 11AM

FREE

Offered on the first Wednesday of every month at the Center for Healthier Living. No pre-registration is necessary.

Bariatric Lap Band Surgery

LOCATION: WEST WING CONFERENCE ROOM

THURSDAYS, JAN. 13, FEB. 10, MARCH 10, 6:30PM

FREE

Need to lose 100 pounds? Join Dr. Jondavid Jabush for an information session on the latest in bariatric lap band surgery at Hackettstown Regional Medical Center. This **FREE** program will explain the new outpatient surgery, how you can expect to lose weight, your diet and exercise before and after the surgery and the benefits of lap banding as a method of losing the extra pounds. Experience shows shedding extra weight, including loss from lap band surgery, will help you to live a healthier, longer life. You are welcome to attend the lap band support group, which meets before the seminar at 5:30pm. Call (908) 850-6935 to register.

Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB, 3RD FLOOR

WEDNESDAYS, JAN. 19, FEB. 16, MARCH 16, 4:30PM

FREE

The Center for Sleep-Related Disorders will present free Snoring Clinics designed to help people with snoring and other potentially serious sleep-related disorders such as sleep apnea. Examinations will be offered to all who attend. Call (908) 850-6935 to register. Space is limited.

Pre-Diabetes Workshop

WHERE: 108 BILBY RD., SUITE 101

TUESDAY, FEB. 8, 4 – 5PM

Fee: \$10

Do you know if you are at risk for diabetes, or if you already have pre-diabetes? Having pre-diabetes puts you at greater risk for developing Type 2 Diabetes which may cause long-term damage to the heart and circulatory system. Come and learn the steps you may take to help prevent diabetes in this specially designed workshop led by a Certified Diabetes Educator and a Registered Dietitian. Call (908) 850-6935 to register.

What is Your Child Eating? How parents can help promote healthy eating habits

108 BILBY ROAD
THURSDAY, FEB. 17, 7 – 8PM
FEE: \$10 per family

With fast foods and unhealthy snacks available everywhere, parents are faced with the difficult challenge of helping their school aged children make healthy eating choices. A Registered Dietitian from HRMC will present a program for parents (no children please) on tips and strategies to help your child make better food choices at home and on the road. Call (908) 850-6935 to register.

Get Fit Kids! Winter 2011 Program

FOR CHILDREN 7 – 12 YEARS OLD
LOCATION: HRMC THERAPY CENTER
TUESDAYS & THURSDAYS, FEB. 22 – MARCH 10,
4 – 5:30PM
Fee: \$75 per child for six 90-minute classes

Get Fit Kids is a fun program designed for children 7 – 12 years old. It combines physical activity and nutritional education to help children learn a healthy lifestyle. Our Exercise Physiologists will lead fitness games and activities, while Registered Dietitians will plan interactive lessons on how to make healthy food choices. Emphasis will be placed on accomplishing a task more than competition, as well as teaching the benefits of an active/healthy lifestyle. For more information and to register call Justin Lauer, Exercise Physiologist (908) 850-6922 or Christine Meissner, Registered Dietitian (908) 441-1482. Maximum 10 children per session.

Osteoporosis Screening for Women

WHERE: 108 BILBY ROAD
WEDNESDAY, MARCH 16, 2 - 5PM
FREE

Osteoporosis is a silent, insidious disease characterized by low bone mass and deterioration of the bone tissue resulting in fragile bones that are more susceptible to fracture. This quick and easy screening is performed on the heel using ultrasound technology. Results are immediate and may be shared with your physician for any needed follow-up. No pantyhose the day of screening. Screening open to anyone who has not participated for one year. Call (908) 850-6935 to make an appointment.

Colorectal Cancer Screening

LOCATION: 108 BILBY RD., SUITE 101
MONDAY, MARCH 21, 9AM – 2PM
TUESDAY, MARCH 22, 9AM – 2PM OR 6 – 7PM
WED., MARCH 23, 9AM – 2PM
FREE

When colorectal cancer is detected early, the chances of successful treatment and cure are greatest. The fecal occult blood test is a simple at-home procedure that checks a stool sample for hidden blood, which can be a sign of cancer, polyps, or other internal disorders. The testing kits will be available to pick up at the center for Healthier Living between the hours shown. For more information, call (908) 850-6935.

Prostate Cancer Screening

LOCATION: JOAN KNECHEL CANCER CENTER
MONDAY, MARCH 28, 6 – 8PM
FREE

Prostate cancer strikes one in six American men sometime in their lifetime and the chance of developing prostate cancer increases with age. This screening is intended for men who are at least 50 years old, or in a high-risk group such as African-American men or men with a family history of prostate cancer. This annual screening includes a digital rectal examination with Dr. Donald Mykulak, a urologist from Skylands Urology Group. The screening also includes a P.S.A. blood test. Pre-registration is required. This screening is reserved for men who have not participated in a screening for one year. Please call (908) 850-6935 to schedule an appointment.

Diabetes Health Fair for People with Diabetes

HRMC WEST WING CONFERENCE ROOM
MONDAY, MARCH 28, 4 – 7PM
FREE

Hackettstown Regional Medical Center will host a health fair for people with diabetes. This event will include several vendors and hospital departments who will be featuring the most up to date information and products related to diabetes. To register call (908) 850-6935.

Diabetes Screening

WHERE: 108 BILBY ROAD, SUITE 101

TUESDAY, MARCH 29, 9 – 11AM

FREE

While an estimated 11.1 million people have been diagnosed as having diabetes, there are many who are unaware that they may have the disease. This free diabetes screening is for the

individuals not already diagnosed as having diabetes. A 3-hour fast is required before coming in for this quick finger stick. Results are immediate. No appointments are necessary.

Experience HRMC's Childbirth Education Classes

Regardless of where you have chosen to give birth, Hackettstown Regional Medical Center's Center for Healthier Living offers several classes to help prepare the entire family for the arrival of a new baby. Both first-time and experienced moms will benefit from the latest in research and techniques used for childbirth education, breastfeeding, and baby care. Not wanting to leave out the new big brother or sister, we offer a hands-on sibling class to help prepare them for the arrival of a new baby and to understand their new role. Call the Center early as classes fill up quickly: (908) 850-6935.

Childbirth Education Classes

THURSDAYS, FEB. 24 – MARCH 24, 7 – 9PM

SATURDAYS, MARCH 12 & 19, 8:30AM – 12:30PM

Childbirth Preparation:

Our childbirth education class is a Lamaze-type class that will focus on the physical and psychological changes that occur during pregnancy and birth. Participants will learn about comfort measures, pain management, (e.g., laboring in water), stages of labor and delivery, post-partum care for mother and baby and the role of the support person. Breathing and relaxation techniques are practiced, and re-enforced during classes. A labor rehearsal is included during the last class of the series. Participants will take a tour of the HRMC Childbirth Family Center, which will highlight the birthing rooms and tubs used for laboring and / or delivering in water. At the conclusion of the series, you will have the information needed to form your birth preference and gain the confidence needed in the birth process. The Center for Healthier Living offers a choice of convenient classes for expectant parents. Our five-week evening classes meet from 7:00 – 9:00 pm. Our two-consecutive Saturday classes meet from 8:30 am – 12:30 pm with comfort breaks incorporated into the class. Couples are placed into a class according to due dates. To register for childbirth preparation classes and for class fees, please call (908) 850-6935.

Breastfeeding Classes

TUESDAY, JAN. 11, 6:30 – 9PM

Fee: \$40

Learn helpful hints and techniques to develop an ideal nursing relationship with your baby. Discussions will include breast care, comfortable positioning, latching on, mom's and baby's nutritional needs, and common problems.

Sibling Class

WHERE: CONFERENCE DINING ROOM, 1ST FLOOR

SATURDAY, JAN. 29, 10 – 11:30AM

Fee: \$15, \$10 for each additional sibling

In this fun, informative and interactive class, children ages 3 to 9 years of age will discover what will be their new role in the family. Your child will be part of a general discussion, watch an age appropriate video, use coloring books and have hands on practice with diapering and blanketing. (Please bring a doll or teddy bear for practice). A tour of the Childbirth Family Center is included and the children will have a light snack and receive a small gift. Pre-registration is required.

Newborn Baby Care

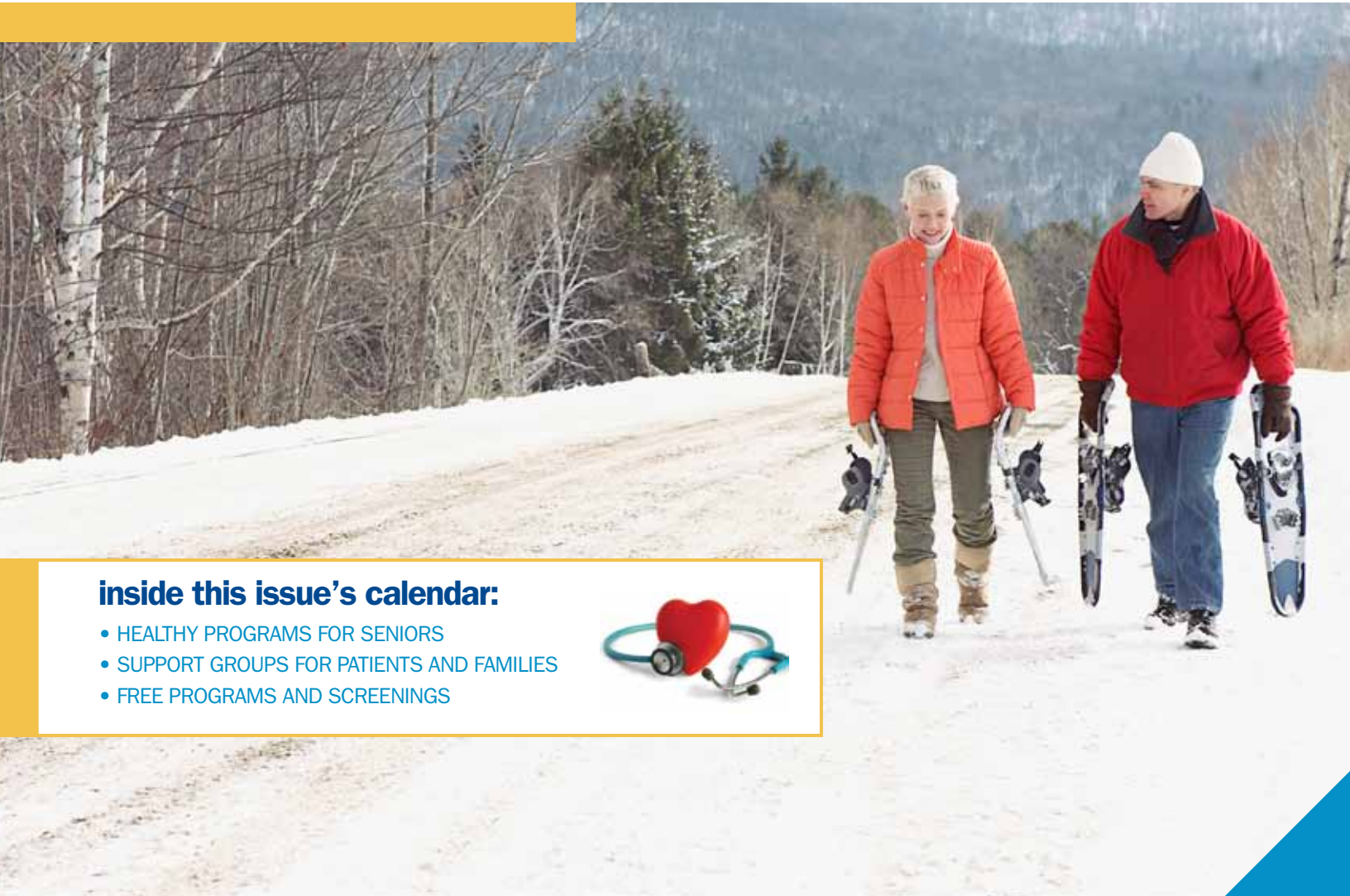
WHERE: CENTER FOR HEALTHIER LIVING

TUESDAY, FEB. 8, 7 – 9PM

Fee: \$30

This class focuses on infant care, characteristics of the newborn, sleep patterns, safety issues, crying, choosing car seats, pet safety, child proofing the home, age appropriate toys and more. Pre-registration is required.

Healthier Living



inside this issue's calendar:

- HEALTHY PROGRAMS FOR SENIORS
- SUPPORT GROUPS FOR PATIENTS AND FAMILIES
- FREE PROGRAMS AND SCREENINGS

