

3RD QUARTER | 2007

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## inside



## Vascular Lab Offers Diagnosis and Treatment

Whereas the Low-Risk Cardiac Catheterization Lab concentrates on the heart, the Vascular Lab takes care of almost every other part of the body. Everyone knows the importance of a healthy heart, but people can and do also develop blockages in the body's other vital arteries that, if left untreated, can result in a stroke.

For example, individuals who experience pain in their legs when they walk for a moderate pace or distance may have blocked arteries. And, according to the American Heart Association, nearly one in three adults has high blood pressure. Some people have uncontrollable hypertension (high blood pressure) because they are on high doses of prevention medication. This type of hypertension can be caused by a narrowing of the artery that passes blood to the kidney.

Board Certified in both Vascular Surgery and General Surgery, Mazen Itani, MD, FACS, RVT, performs peripheral vascular procedures including balloon angioplasty, stenting and stent grafting using state-of-the-art technology at HRMC. For more information, call (908) 441-1301. ■

## Cardiac Catheterization Lab Offers Key Diagnoses Close to Home

Diagnostic cardiac catheterization lets you know whether or not you have coronary disease that requires specialized treatment. If you or someone you know is experiencing chest pain, please seek immediate medical attention. It's reassuring to know that Hackettstown Regional Medical Center now has the medical expertise and the most advanced technology necessary to diagnose coronary artery blockages, close to home.

Catheterizations performed at HRMC to date have shown a full range of conditions ranging from normal (or no blockages), to those requiring immediate transportation for cardiac stenting and bypass.

Medical Director Bruce J. Haik, M.D., F.A.C.C., F.A.C.P., is Board

**CONTINUED** PAGE 4

**CELEBRATE THE OPENING—  
SEPTEMBER 16, 2007**  
OF THE CARDIAC CATHETERIZATION/VASCULAR LAB

(SEE PAGE 5)





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

“...improve your health, happiness and quality of life...”

## MESSAGE FROM THE PRESIDENT

As you read through this 3rd Quarter issue, I hope you are enjoying the Summer — a time for some well deserved rest and time off. In this issue, you'll find an invitation to attend the Community Grand Opening of our Low-risk Cardiac Catheterization and Vascular Laboratory on September 16th. On the same day, we also invite you to an open house of our new Sleep-related Disorders Center, Specialized Diagnostic Imaging and DaVita's Outpatient Dialysis Center. While you are here you can tour the Joan Knechel Cancer Center, Wound Healing Center and Diagnostic Imaging Department as well as enjoy complimentary refreshments and a small gift as a token of our appreciation.

In this issue, you'll learn about the new Outpatient Dialysis Center we've just opened on campus to provide a vital service to many tri-county residents, close to home.

We've included news about HRMC honors and recognitions; and we'll provide an update on measures we have been taking to assure you of the highest quality healthcare.

Please familiarize yourself with the *Living with Grief* series presented in conjunction with Karen Ann Quinlan Hospice. Spaces fill up fast, so if you or a friend has recently suffered the loss of a family member or other loved one, make sure to sign up early. We offer a wide variety of other programs designed to improve your health, happiness and quality of life, so make sure to browse through our calendar of health seminars, screenings and classes.

On behalf of everyone here at Hackettstown Regional Medical Center, I wish you and your family a healthy and safe summer.



### HRMC Welcomes: SOPHIA R. FERNANDEZ, M.D.

Sophia R. Fernandez, M.D. is Board Certified by the American Board of Family Practice

Sofia R. Fernandez, M.D., has recently joined the Medical Staff at Hackettstown Regional Medical Center. Located in Washington, Warren County, Dr. Fernandez takes care of the medical needs of families—from infants and adolescents, to adults and seniors.

“Understanding a family's medical history is important. Equally important is knowing the individuals

within a family to help me develop a wellness, prevention and, if necessary, treatment plan for a patient. I enjoy treating entire families,” Dr. Fernandez said.

Board Certified by the American Board of Family Practice, Dr. Fernandez completed a Family Practice Residency at JFK Medical Center in Edison, NJ. She earned a Medical Doctorate from St.

George's University School of Medicine, Grenada-West Indies.

For the past four years, Dr. Fernandez has practiced medicine in the Clinton, Flemington and Dover areas.

When not seeing patients, Dr. Fernandez enjoys spending time at the Jersey Shore, and exploring photography and skiing.

# To Understand Pain Management, You Must First Listen

“When I first meet a patient, we spend an hour discussing his specific pain and the impact it has on his life,” says Dr. Michael S. Gutkin of The Spine & Pain Center at N.J. Sport & Spine, located in Hackettstown.

“Pain Management is not simple. Very often a person’s pain can come from multiple sources with complex issues. When a first-time patient walks through my office door, he brings me all kinds of diagnostic films and images. I put them aside and just listen to the individual before making a medical assessment—using the images to validate my own diagnosis of the patient’s pain.”

The Spine & Pain Center specializes in all treatments of pain, including Physical Therapy, Epidural Injections, Radiofrequency Ablation and Spinal Cord Stimulators.

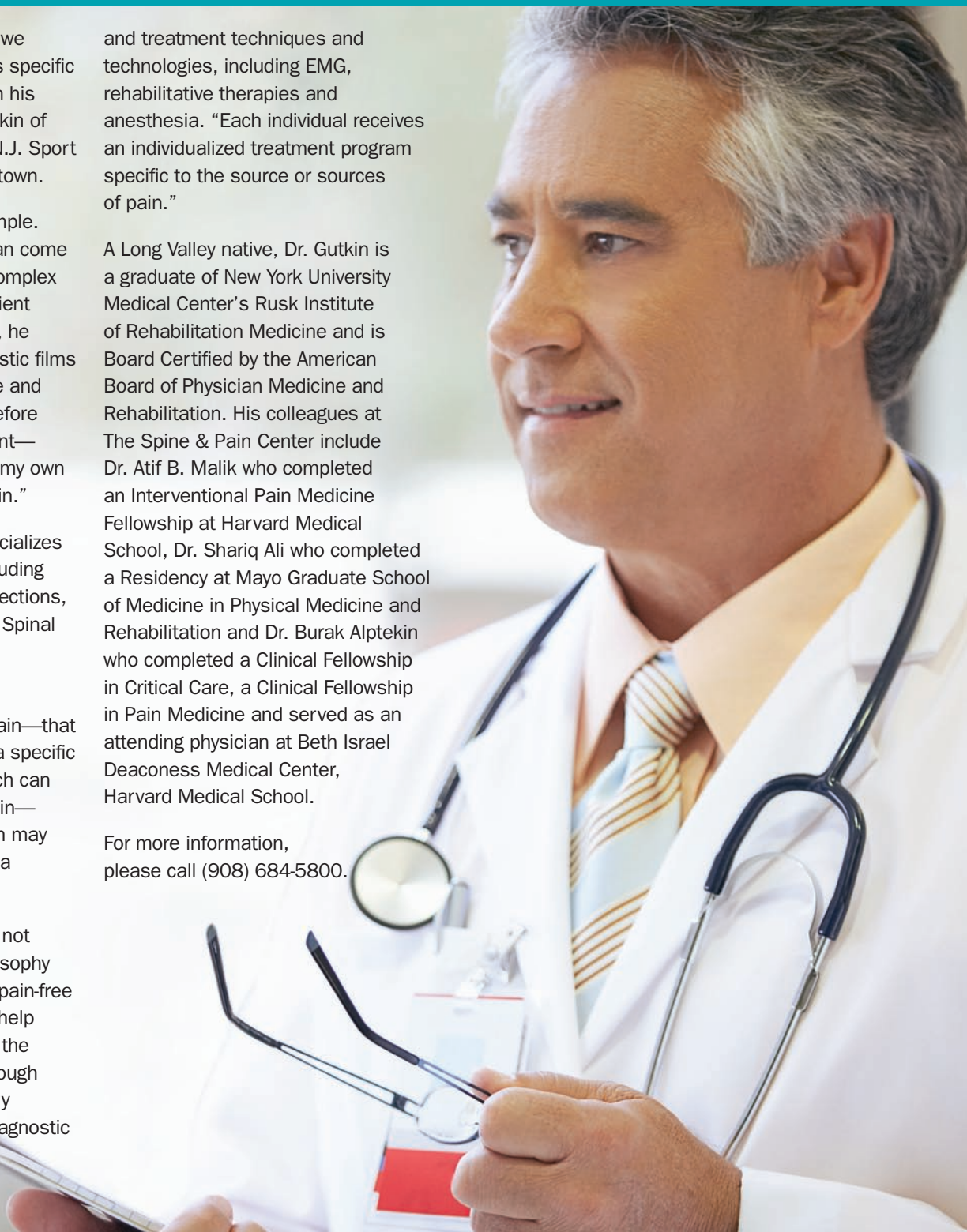
According to Dr. Gutkin, pain management covers acute pain—that which can be identified with a specific event or occurrence and which can be reversed—and chronic pain—prolonged ongoing pain which may or may not be identified with a specific event or occurrence.

“Chronic pain in particular is not always correctable. Our philosophy is make the patient’s life as pain-free as possible or, at minimum, help the individual better manage the pain. We accomplish this through an integrated multidisciplinary approach, using the latest diagnostic

and treatment techniques and technologies, including EMG, rehabilitative therapies and anesthesia. “Each individual receives an individualized treatment program specific to the source or sources of pain.”

A Long Valley native, Dr. Gutkin is a graduate of New York University Medical Center’s Rusk Institute of Rehabilitation Medicine and is Board Certified by the American Board of Physician Medicine and Rehabilitation. His colleagues at The Spine & Pain Center include Dr. Atif B. Malik who completed an Interventional Pain Medicine Fellowship at Harvard Medical School, Dr. Shariq Ali who completed a Residency at Mayo Graduate School of Medicine in Physical Medicine and Rehabilitation and Dr. Burak Alptekin who completed a Clinical Fellowship in Critical Care, a Clinical Fellowship in Pain Medicine and served as an attending physician at Beth Israel Deaconess Medical Center, Harvard Medical School.

For more information, please call (908) 684-5800.



# HRMC Earns High Marks

Hackettstown Regional Medical Center participates in the Performance Measurement Initiatives of the Joint Commission (JC), an award winning international leader with a long proven ability to identify, test and specify standardized performance measures. The JC engages in cutting-edge performance measurement research and development activities and has established successful, ongoing, collaborative relationships with key performance measurement entities.

The four areas of measurement include:

**Acute Myocardial Infarction (AMI)**—cardiovascular disease, including AMI, is the leading cause of death in the United States and is the primary disease category for hospital patient discharges.

**Heart Failure (HF)**—Heart Failure is the most common Medicare diagnosis-related group, and more Medicare dollars are spent for the diagnosis and treatment of HF than for any other diagnosis.

**Community Acquired Pneumonia**—From 1979-1994, the overall rates for death due to pneumonia and influenza increased by 59%. Much of the increase is due to a greater population of persons aged 65 years or older and a changing epidemiology of pneumonia, including a greater proportion of the population with underlying medical conditions at increased risk of respiratory infection.

**Surgical Care Improvement Project**—This initiative looks at appropriate use of antibiotics to prevent infections following surgical procedures conducted in hospitals.

Hackettstown Regional Medical Center continually monitors progress on each of the four Joint Commission measures. For the period of January through June 2007:

Measure	Appropriate Care Score*
Acute Myocardial Infarction	94%
Heart Failure	91%
Community Acquired Pneumonia	91%
Surgical Care Improvement Project	88%

\* "Appropriate Care Score" is the percentage of cases with documentation that we provided all of the evidence-based care for each diagnosis/procedure.

## Cardiac Catheterization Lab

*CONTINUED FROM PAGE 1*

Certified in both Interventional Cardiology and Cardiovascular Diseases. In addition to the new lab, HRMC's technology safely and securely sends images to your physician or cardiologist electronically, in a matter of minutes. For more information, call (908) 441-1301. ■

## HRMC'S CARDIAC CATH LAB PERFORMS ANGIOJET PROCEDURES

Angiojet thrombectomy is a catheter-based procedure used for thrombolysis. "Thrombo" is a blood clot; "lysis" means to break apart. So, Angiojet Thrombectomy is used to break up a clot that is causing partial or full obstruction of blood flow within a vessel. The device is used to clear blood clots from veins and arteries, including clotted dialysis grafts, deep vein thrombosis and even pulmonary embolism.

## HRMC RECEIVES PATIENT SATISFACTION AWARDS

Our Same Day Surgery Unit and Childbirth Family Center have each been recognized with an *Excellence through Insight* award for overall patient satisfaction by HealthStream Research. Same Day Surgery and Childbirth Family Center have been awarded this honor for their commitment to excellence in patient care. Hackettstown Regional Medical Center received the highest ratings in these two categories from among HealthStream Research's clients, clearly exceeding industry standards.

Same Day Surgery and Childbirth Family Center will be recognized during a formal awards ceremony at the HealthStream Research Annual Conference in Nashville, TN, in October 2007.

# You're Invited to Join us Celebrate the Opening OF THE CARDIAC CATHETERIZATION/VASCULAR LAB

**Sunday, September 16; 12 noon until 3:00 p.m.**

## Tour the...

- NEW Cath/Vascular Lab
- NEW Specialized Imaging technologies
- NEW DaVita's Outpatient Dialysis Center
- NEW expanded Sleep Disorder Center
- Joan Knechel Cancer Center
- Wound Healing Center

Come see all of the new technology, meet our physicians and enjoy free refreshments and gifts. ■



## What you might not know about therapy

Physical Therapy (PT), Occupational Therapy (OT) and Speech Language Pathology are three separately-licensed rehabilitation professions. All three started in the 1920s. Speech Correctionists were professionals from medicine, education and elocution who gained expertise in helping persons with speech problems such as stuttering. PT and OT were born out of the Rehabilitation Aide from World War I, though they took separate paths with OTs addressing mental health problems as well as physical challenges. Rehabilitation needs for those affected by the polio epidemic and WW II caused increased demand for these growing professions.

Different and distinct programs train someone for each of these professions with at least a Master's Degree required. PT is progressing to a clinical doctorate as a minimum for new professionals.

So, what's the difference? PT works on joints, muscles and nerves and their influence on body movement and function. OT looks at the tasks involved in the job of living to help re-learn a skill or adapt to achieve independence. Speech therapy focuses on the ability to talk, write, understand and read, which are obviously vital to communication.

The Therapy Center offers all three of these separately-trained disciplines. The opportunity here is to integrate the expertise of each by combining the disciplines that best benefit an individual's situation. That means someone referred for one type of care can easily transition to another or those best served by two or three therapies can coordinate the treatments in one center. And we have therapists for clients of all ages, from infant to geriatric.

The professionals at Hackettstown Regional Medical Center's Therapy Center are committed to the patient. Our professionals possess advanced degrees and extra training for specialization. There is one-on-one attention and focus on progress. The setting is ideal for rehabilitation, no matter what the problem. A child with autism might attend occupational therapy and speech. Someone who has suffered a stroke has the benefit of all three disciplines. And as part of this community's primary medical institution, we are all focused on developing services to meet all the rehabilitative needs of our patients.

For more information, call the Therapy Center at 908-850-6925 or visit HRMC's website at [www.hrmcnj.org](http://www.hrmcnj.org). ■

# 18th Annual Foundation Cotillion to Honor Local Couple and HRMC Physician

On Saturday, November 3, 2007, the annual HRMC Foundation Cotillion will be back in all its splendor. No doubt, one of the highlights of the evening will be the chance to recognize the event honorees. For 2007, those individuals are Physician Honoree Valsala Narayanan, M.D., and Honorary Chairs Norman and Deirdre Worth of WRNJ Oldies 1510. Dr. Narayanan is an anesthesiologist with a lengthy affiliation with HRMC, and the Worths are well known to the community and the hospital thanks to their many charitable endeavors and affiliations.

This popular black-tie gala will be held at a new location this year, the Hanover Marriott in Whippany, NJ. Cotillion attendees will enjoy music from two bands, "Souled Out" and "The Blues Brotherhood...A Tribute to the Blues Brothers."

"We're looking forward to a great evening," said Kathy Allen, a Long Valley resident and co-chair of



this year's Cotillion. "Plans are in motion and we're making sure that all of the details will be in place for an elegant evening of great food, fun and excitement for all."

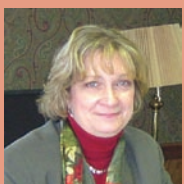
Proceeds from this year's Harvest Cotillion will benefit the development of an Outpatient Infusion Center, which will provide chemotherapy, hydration, antibiotic therapy and transfusions to patients in this region.

"We're thrilled that the Cotillion proceeds will benefit such an important project," said Monika Hamburger, Cotillion co-chair and a resident of Blairstown. "To be able to offer these much-needed treatment options closer to home on an outpatient basis is essential."

For more information call the Foundation office at 908-850-6876 ■

## Living with Grief

FREE LECTURE SERIES



Cecelia Clayton, MPH, Executive Director of the Karen Ann Quinlan Hospice, is presenting a free four-part information series on how to live with grief. Ms. Clayton will

discuss the natural and unavoidable reaction to loss, the grief process and techniques for coping with loss.

Tuesdays, October 2, 9, 16 & 23  
7:00 – 9:00 pm

Registration for this free series is on a first-come, first-served basis.

To register, please call (908) 850-7757.

## Outpatient Dialysis Comes to Hackettstown

One of the largest providers of dialysis services nationally, DaVita will be opening outpatient dialysis services in the Willow Grove Medical Plaza building, located at Hackettstown Regional Medical Center.

DaVita provides a full range of Hemodialysis and Peritoneal services and serves kidney patients with high quality specialized prevention and treatment services, including patients who have End Stage Renal Disease (ESRD). DaVita also offers dietary counseling and free education sessions to people who are at risk for kidney failure.



Nationwide, DaVita takes care of one of every seven dialysis patients in the United States. The DaVita network includes more than 1,200 outpatient facilities as well as acute inpatient units in over 800 hospitals.

Whether you are a current dialysis patient interested in switching to Hackettstown's DaVita dialysis center, or someone who wants to find out more about kidney disease for yourself or a loved one, please give us a call at (908) 684-0630. ■

# HRMC Foundation Golf Classic Scores for the Joan Knechel Cancer Center

On June 11th, nearly 130 golfers took part in the 21st Annual HRMC Foundation Golf Classic. Beautiful, blue skies greeted those who gathered at the scenic Panther Valley Golf and Country Club for this outing to benefit the Joan Knechel Cancer Center (JKCC) at Hackettstown Regional Medical Center.



*Norman Worth, Mike Kevil,  
Ken DeStefano, Gene Milton*

At the end of the day, over \$82,000 was raised for the JKCC, thanks to the generosity and support of the golfers and numerous sponsors of the event. Plans are already underway for the 22nd Annual Foundation Golf Classic, which will be held on Monday, June 9, 2008 – so save the date! ■

## Happy 5th Anniversary to the Joan Knechel Memorial Walk!

Before we know it, the cool breezes of autumn will be here, and on Sunday, October 21st, walkers will once again gather at scenic Mountain Lake in Liberty Township to take part in the 2.5- or 5-mile Joan Knechel Memorial Walk to benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. This is the 5th anniversary of this popular event that has raised over \$210,000 since its inception.

The Walk committee hopes to draw upwards of 400 walkers again this year to achieve their goal of \$60,000+. The honorary chair of this year's Walk is Evelyn Self, an area resident who has a heart for philanthropic leadership and social responsibility. Sanofi Aventis is the presenting sponsor of the 5th Annual Joan



Knechel Walk, and additional sponsors are currently being sought.

New this year is the opportunity to purchase a “dove” for the dove tree or a sign along the walk route to remember or honor someone you know who has faced cancer. There will be a special prize drawing for anyone raising \$50 or more in pledges. Event day festivities will include food, music and prizes.

Call (908) 850-6836 to receive Walk information, or visit [www.hrmcnj.org](http://www.hrmcnj.org) for the event form and directions. ■

# Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living



## Calendar A:

**HealthLink Senior Programs** (pages 8-10)

HealthLink is a free membership program for anyone age 50 and older. Pre-registration is required for most programs. To register, call (908) 850-6872. All programs are held at the Center for Healthier Living, 180 Mountain Avenue, 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, 180 Mountain Avenue, Hackettstown, unless noted.

## HealthLink Senior Programs

CALENDAR A

### Arthritis Foundation Exercise Program

MONDAYS, BEGINNING JULY 2 (10 WEEKS),  
2 – 3PM

**For the series \$27; For a single class \$3**

This program uses gentle exercises to help increase joint flexibility and range of motion. With the guidance of certified Arthritis Foundation instructor Joan Cummins from Paragon Village, you will learn ways to maintain muscle strength and increase overall stamina.

### Stitch and Chat

WEDNESDAYS, JULY 25, AUGUST 29 & SEPT. 26,  
10:30AM

**FREE**

Bring your crochet, knitting or sewing projects to the Center for Healthier Living to “Stitch and Chat” with a friendly group of HealthLink members. Many participants are working on baby and lap blankets to donate to Project Linus. Beginners are welcome. No registration is necessary.

### Retina Screening

THURSDAY, AUGUST 9, 2 – 5PM

*Appointment is required.*

**FREE**

Dr. Sean C. Lalin, M.D., a Retina Specialist, will examine the condition of the retina. This is a non-dilated retinal examination which uses digital photography. The retina is the light sensitive tissue that lies against the inside of the back wall of the eye. It sends visual messages to the brain. This screening is very important for diabetics or anyone who thinks they may have macular degeneration. Please note this is not a complete eye examination. Appointments are required.

## Dealing with Grief and Loss

WEDNESDAY, AUGUST 22, 1:30PM

**FREE**

This program will cover the losses people experience as we get older, not just through death. Unresolved issues of loss can lead to complicated grieving when a person is in bereavement. This program will also introduce the unique issues an older person in bereavement faces that can make the grieving process and reinvestment in life more difficult. The speaker is Diana Sebzda, MA, LAC, CT, Director of Bereavement, Karen Ann Quinlan Hospice and Home Health Care, Joseph T. Quinlan Bereavement Center.

## AARP Driver Safety Program

THURSDAY, AUGUST 23 & TUESDAY, AUGUST 28,  
10AM – 3PM

**Fee: \$10**

This two-day classroom refresher course is designed for drivers 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 you for an automobile insurance premium reduction or discount. Check with your insurance agent. The course must be renewed every three years. Participants must attend both days.

## Back in Time:

### U-Boats off the Jersey Shore

WEDNESDAY, AUGUST 29, 10:30AM

**FREE**

Learn more about the U-boats that operated off the East Coast in World War II, and in particular off the New Jersey coast. This discussion will touch upon the discovery of an unidentified 'phantom sub' off Point Pleasant and the efforts undertaken to determine its identity, final operational deployment, and cause of its sinking, utilizing previously classified intelligence records and artifacts recovered from the wreck.

## Tai Chi for Arthritis

BEGINS WEDNESDAY, SEPTEMBER 5, 3 – 4PM

**Fee: \$18**

Tai Chi for Arthritis is a 6-week program designed to improve the quality of life for people with arthritis. This program includes exercises that may improve mobility, breathing and relaxation. Joan Cummins, a Certified Tai Chi and Exercise Instructor for the Arthritis Foundation and Director of Recreational Services at Paragon Village, will conduct this program.

## Farmview Miniature Golf

TUESDAY, SEPTEMBER 18, 11AM

**Fee: \$5**

Come and enjoy the beautiful outdoors and try your skill at mini-golf. Farmview Miniature Golf is a beautiful setting to enjoy the outdoors and one another's company. No experience is required. Prizes will be awarded.

## Travel Tips for Seniors

WEDNESDAY, SEPTEMBER 19, 10:30AM

**FREE**

Now that you have the time to travel, join Sandi Vaessen and Susan Sinclair of Skyland World Travel and learn travel tips for senior citizens. They'll discuss where to find the best travel deals and information about popular destinations. Bring your questions and join us for an interesting program.



*HealthLink Senior Programs (continued on p. 10)*

*HealthLink Senior Programs (continued from p. 9)*

## Heart Disease: Women and Heart Disease

THURSDAY, SEPTEMBER 20, 9AM

**FREE**

Dr. Bruce Haik, M.D., F.A.C.C., F.A.C.P., Medical Director of HRMC's Cardiac Catheterization Lab will present this program on the most up-to-date information about women and heart disease. He will also discuss the types of procedures done in the Catheterization Lab.

## Luncheon: The Black Forest Inn

THURSDAY, SEPTEMBER 27, 12:15PM

**Fee: \$17**

Join us for a fantastic buffet lunch at The Black Forest Inn. Items served will include salad bar, hot entrées, strudel and coffee. Call HealthLink for your reservation.

## Programs for Everyone

### 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.

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

### Heartsaver CPR

TUESDAY, JULY 17, 6 – 9PM

THURSDAY, AUGUST 16, 6 – 9PM

THURSDAY, SEPTEMBER 20, 6 – 9PM

**Fee: \$45**

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.

### CPR for Family and Friends

TUESDAY, JULY 10, 6PM

SATURDAY, JULY 21, 9AM

THURSDAY, AUGUST 9, 6PM

SATURDAY, AUGUST 25, 9AM

TUESDAY, SEPTEMBER 18, 6PM

SATURDAY, SEPTEMBER 22, 9AM

**Fee: \$30**

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 one-rescuer CPR for adults, children and infants and managing an airway obstruction (choking). Fee includes an optional pediatric first aid class.

## Save a Life!

Each year, cardiovascular disease and sudden cardiac arrest claim the lives of 335,000 people before they reach the hospital. CPR can double a victim's chance of survival by maintaining vital blood flow to the heart and brain until more advanced care can be given. Now is a great time to learn CPR. You just might save someone you love!

American Heart Association

### Heartsaver AED

WEDNESDAY, JULY 11, 6 – 9:30PM

WEDNESDAY, AUGUST 8, 6 – 9:30PM

WEDNESDAY, SEPTEMBER 26, 6 – 9:30PM

**Fee: \$45**

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

## BLS for Healthcare Providers

THURSDAY, JULY 5, 9AM – 1PM

TUESDAY, JULY 24, 6 – 10PM

WEDNESDAY, AUGUST 1, 9AM – 1PM

TUESDAY, AUGUST 7, 6 – 10PM

THURSDAY, AUGUST 9, 9AM – 1PM

WEDNESDAY, AUGUST 22, 6 – 10PM

TUESDAY, SEPTEMBER 11, 9AM – 1PM

THURSDAY, SEPTEMBER 13, 6 – 10PM

**Fee: \$75**

This course is designed for healthcare providers who respond to cardiac and respiratory emergencies, such as physicians, nurses, paramedics and EMTs. 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 (AEDs). A written and skills test is taken at the end of the course. Renewal classes are also available monthly.

### Renewal Classes

THURSDAY, JULY 5, 6 – 9:30PM

TUESDAY, JULY 10, 9AM – 12:30PM

THURSDAY, AUGUST 2, 6 – 9:30PM

TUESDAY, AUGUST 7, 9AM – 12:30PM

TUESDAY, SEPTEMBER 11, 6 – 9:30PM

TUESDAY, SEPTEMBER 25, 9AM – 12:30PM

**Fee: \$50**

## Heartsaver First Aid Class

THURSDAY, JULY 19, 6 – 9:30PM

TUESDAY, AUGUST 14, 6 – 9:30PM

THURSDAY, SEPTEMBER 6, 6 – 9:30PM

**Fee: \$45**

The goal of this course is to train laypeople 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 using 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.

## Babysitting Basics

TUESDAY & WEDNESDAY,

JULY 24 & 25, 9AM – 12 NOON

AUGUST 21 & 22, 9AM – 12 NOON

**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 two-part 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 bedtime routines. This is a fun, interactive class that also includes basic first aid and the American Heart Association's Pediatric Family and Friends CPR instruction. 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. Registration is required.



## Support Groups for Cancer Patients, Family and Friends

LOCATION: JOAN KNECHEL CANCER CENTER

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

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

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### Breast Cancer Support Group

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

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### 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.

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### 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.

### *Additional Support Groups*

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### Family Educational Series on Addiction

WHERE: COUNSELING CENTER, EAST AVE.

WEDNESDAYS, 6 – 8PM

**FREE**

Addiction is a disease that is both chronic and progressive. Addiction affects the addict as well as family, friends, co-workers, and others they interact with. Information, knowledge and education are our best defense when dealing with this disease. All are welcome to attend this weekly program. For details and to register, call (908) 850-6810.

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### Cancer Support Group

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

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### 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.

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### Look Good...Feel Better®

THURSDAY, AUGUST 16, 10:30AM – 12:30PM

MONDAY, OCTOBER 22, 6:30 – 8:30PM

**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 to 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 (973) 331-3794.

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### Diabetes Support Group

MONDAYS, JULY 23, AUGUST 27, 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 at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. It is professionally run by Donna Kendrick, RN, CDE. For more information, please call (908) 850-6937.

## The American Chronic Pain Association – Chronic Pain Support Group

MONDAYS, JULY 16, AUGUST 20, SEPTEMBER 17, 7PM

**FREE**

This new support group focuses on providing education and support in a positive, understanding atmosphere for people living with chronic pain. The goal is to help people increase their coping skills by learning how to set realistic goals, communicate effectively, and practice relaxation techniques. This group will meet the third Monday of each month at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. Facilitator is Patricia Merritt, a holistic RN, and Patricia Santoro, an occupational therapist. Both Instructors are living with chronic pain and have taught many people how to increase their quality of life while living with chronic pain. For more information and to register, please call (908) 850-6935.

## Programs and Screenings

### Blood Pressure Screenings

WEDNESDAYS, JULY 11, AUG. 1, SEPT. 5, 9 – 11AM

**FREE**

Offered on the first Wednesday of every month at the Center for Healthier Living between 9 and 11 AM. No pre-registration is necessary.

### Preparing for Pregnancy

WHERE: CENTER FOR HEALTHIER LIVING

MONDAY, JULY 23, 6:30PM

**FREE**

This informative lecture is for anyone considering pregnancy in the next year or is now in the early stages of pregnancy. The program will be led by Kim Schad, MS, CNM and Kelly Murphy, MSN, CNM of All About Women OB/GYN Associates in Hackettstown. Topics covered will include preconception testing, genetics screening, nutrition, medication use, vitamins & supplements and exercise. Concerns and questions to ask your provider prior to pregnancy will also be discussed. Call (908) 850-6935

### Snoring Clinic

WHERE: CARDIOLOGY DEPT./HRMC

WEDNESDAYS, JULY 25, SEPTEMBER 19,

5:30 – 7:30PM

**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. Registration is required. Space is limited. To register call (908) 850-6935.

### Introducing a New Baby to the Family Pet

THURSDAY, JULY 26, 7PM

**FREE**

Join Veterinarian Steven B. Hodes, D.V.M., P.A. as he shares ideas and information on providing a safe environment for both your new baby and your family pet. Grandparents are welcome to attend. Call to register (908) 850-6935

### Wound Screening

WHERE: WOUND HEALING CENTER

IN THE HRMC WEST WING

WEDNESDAYS, JULY 11, AUG. 8, SEPT. 12, 1 – 4PM

**FREE**

Dr. Eric Gross, HRMC's Medical Director of the Wound Healing Center will hold a free wound evaluation for those who have a wound that hasn't healed in four weeks. If treatment is needed you will be scheduled for the next available appointment with the Wound Healing Center. Call (908) 850-6935

### Osteoporosis Screening for Women

WHERE: CENTER FOR HEALTHIER LIVING

AUGUST 8, 1 – 3PM

**FREE**

Osteoporosis is a silent, insidious disease characterized by low bone mass and deterioration of 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. Call (908) 850-6935 for your appointment.

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## Prostate Cancer Screening

WHERE: JOAN KNECHEL CANCER CENTER

MONDAY, SEPTEMBER 10, 6 – 8PM

**FREE**

Prostate Cancer strikes 1 in 6 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 is for men not already under the care of a urologist. The screening will include a digital rectal examination by Dr. Adam Berman, a urologist from Associates in Pediatric & Adult Urology. The screening will also include a P.S.A. blood test. Pre-registration is required. Call the Center for Healthier Living to schedule your appointment at (908) 850-6935.

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## Peripheral Arterial Disease (PAD) Screening

WHERE: CENTER FOR HEALTHIER LIVING

MONDAY, SEPTEMBER 17, 2 – 6PM

**FREE**

Peripheral Arterial Disease (PAD) affects an estimated 8 – 10 million people in the U.S. Individuals with PAD are at greater risk for heart attack, stroke and loss of limbs. According to the American Heart Association, the most common symptom of PAD is painful cramping in the hips, thighs or calves when walking, climbing stairs or during exercise. However, 75% of people with PAD experience no symptoms, women more so than men. The staff of HRMC's Cardiac Catheterization Lab will offer a free Ankle - Brachial Index Screening to identify those who may have undiagnosed PAD. Call (908) 850-6935 to schedule an appointment.

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## Diabetes Management

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

THURSDAYS, SEPT. 13, 20, 27, 6:30 – 8:30PM

**FREE**

This education program 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 Registered Dietitian Rita Ryan, will teach this program. Topics include living productive and healthy lives, using a self-management approach and providing one-on-one, customized counseling. Participants need a referral from their physician. For more information or to register call (908) 850-6937.

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## Nurturing Parenting: Parents & Adolescents

MONDAYS, SEPT. 24 – DEC. 17, 6:30 – 8:30PM  
NO CLASS NOV. 19

**FREE**

This 12-session group program will teach families about nurturing communication strategies, how to recognize each other's needs, how to understand adolescence, and how to build person power and self-esteem. Families will also discuss sexuality, pregnancy delay, AIDS, suicide and peer pressure, with components for parents and adolescents. Dinner and childcare for younger siblings will be provided for participants. Please call Project Self-Sufficiency at (973) 383-5129 with any questions and to register.

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## Living With Grief Lecture Series

WHERE: HRMC CONFERENCE DINING ROOM

TUESDAYS, OCTOBER 2, 9, 16, & 23, 7 – 9PM

**FREE**

The lecture series will be presented by Cecelia Clayton, MPH, and Executive Director of Karen Ann Quinlan Hospice. Lecture topics will encompass the natural and unavoidable reaction to loss, including awareness of the grief process and techniques to cope with loss. Registration for this lecture series is limited. For information contact: Karen Ann Quinlan Hospice (973) 383-0115 or Joseph T. Quinlan Bereavement Center (908) 852-8730. You may also call Pastoral Care at (908) 850-7757 to register.

## Childbirth Classes

Whether you are a first-time mom, or an experienced mom-to-be, the Center for Healthier Living has childbirth education classes that are designed for your special needs. The classes are an extension of the Hackettstown Regional Medical Center's Childbirth Family Center. Our certified childbirth instructors will guide each class and help answer the many questions you may have regarding the childbirth experience.

### Childbirth Preparation

SATURDAYS, JULY 7 & 14, AUGUST 11 & 18, OR  
SEPT. 8 & 15, 8AM – 1PM

WEDNESDAYS, JULY 11 – AUGUST 15, OR  
AUGUST 23 – SEPTEMBER 20, 7 – 9PM

**Fee: Call**

Our Childbirth Preparation class is a Lamaze-type class that will focus on the physical and psychological changes that occur during pregnancy. Participants will learn about comfort measures, delivery alternatives (e.g. waterbirth), stages of labor & delivery, post-partum care for mom and baby, as well as the role of the coach. You will practice breathing and relaxation techniques and have a labor rehearsal. The class will also include a tour of the Childbirth Family Center at Hackettstown Regional Medical Center. At the conclusion of the class you will have the information needed to create a birth plan that is tailored to help you meet your expectations.

For the new mother-to-be we offer a choice of convenient classes. Our six-week class meets Wednesdays from 7:00pm – 9:00pm. Our two consecutive-Saturday classes meet from 8:00am – 1:00pm with comfort breaks incorporated into the classes.

Couples are placed in classes according to due dates. To register for a childbirth preparation class and for class fees please call (908) 850-6935.



### Sibling Class

WHERE: HRMC CONFERENCE DINING ROOM  
SATURDAY, JULY 14 OR SEPTEMBER 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

SUNDAY, JULY 15 OR SEPTEMBER 30, 1 – 3PM

**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.

### Breastfeeding Classes

TUESDAY, JULY 24 OR SEPTEMBER 18, 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.

## Give both you and your baby a nutritious diet.

It's important to eat well while you're breastfeeding, with plenty of wholesome fruits, vegetables, whole grains, protein, and calcium-rich foods.

The Nemours Foundation



# Healthier Living

Join us at the  
Cardiac Catheterization/  
Vascular Lab  
GRAND OPENING  
September 16  
See p. 5



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## inside this issue's calendar:

- NEW PROGRAMS FOR SENIORS
- OVER 30 CPR AND LIFE SAVING COURSES
- SUPPORT GROUPS FOR PATIENTS AND FAMILIES
- FREE PROGRAMS AND SCREENINGS
- CHILDBIRTH CLASSES FOR THE WHOLE FAMILY