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inside



The Facts You Need To Know About Peripheral Arterial Disease (PAD)

by Bobby Rupani, MD RVT., and Zafar Jamil, MD RVT.

Today in the media, you hear a lot about PAD. Two of HRMC's Board Certified physicians, Dr. Bobby Rupani and Dr. Zafar Jamil, answer some of your questions about PAD below.

What is Peripheral Arterial Disease?

Peripheral Arterial Disease (PAD) occurs when plaque builds up in the blood vessels (arteries) carrying blood to the legs. The plaque consists mostly of fat and cholesterol and is called atherosclerosis. With the build up of plaque, the lumen of the vessel/artery narrows decreasing the amount of blood reaching the legs. The decrease in blood flow to the legs can cause cramping/aching pain in the buttocks, thighs or calves with any activity including walking. PAD can also cause rest pain in the foot, non-healing ulcers/infection of the toes and legs or even gangrene leading to amputations if not diagnosed and treated in a timely manner. PAD is also an indicator of other serious arterial problems like heart attacks and strokes.

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HRMC Introduces Pediatric Physician Hospitalist Program

"To better serve the medical needs of children in our region, we are proud to introduce our new hospitalist program for pediatric services. A board certified pediatrician will be available within the hospital or on-call 24/7 to help with the delivery of newborns and assist or provide medical care to our children," announced Gene C. Milton, FACHE, HRMC President & CEO.

Pediatric Hospitalist physicians care for and manage the healthcare of newborns and children while they are in the hospital receiving medical care.

For newborn care, the staff Pediatric Hospitalists will attend all scheduled and emergency C-section deliveries around the clock, provide daily newborn exams and daily visits or rounds with parents and will follow-up with the parent's chosen primary pediatrician. The Pediatric Hospitalists will be on-call for the staff taking care of babies in the nursery and will arrange and manage the process of transferring any newborns who may need the services of a NICU.

For children visiting HRMC's Emergency Department, the Pediatric Hospitalist physicians will provide consultation services to our staff Emergency Physicians. They will also provide pediatric medical management for pediatric surgical patients.

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

MESSAGE FROM THE PRESIDENT

When I think of Spring, I think of outdoor activities—running, walking, bicycling, for example. I think of grandparents walking their grandchildren in strollers and I think of school age children having outdoor recess.

Our cover article provides information about Hackettstown Regional Medical Center’s new Pediatric Hospitalist program and introduces the four new hospitalist pediatricians joining our medical staff. Pediatric Hospitalist physicians care for and manage the healthcare of newborns and children while they are in the hospital receiving medical care. The physician provides daily updates to the family’s chosen primary pediatric care physician. Once discharged from the hospital, your child or grandchild will continue medical care with their chosen primary pediatric care physician.

Also joining our medical staff are three new physicians: a private practice pediatrician and two new vascular surgeons. You will read about Peripheral Arterial Disease (PAD) and plaque build up in the blood vessels (arteries) carrying blood to the legs. You will see that HRMC’s Wound Healing Center has been recognized for above-average healing rates as one of the four top centers in the country by National Healing Corporation.

And as we have already changed the clocks for Spring and as our busy days wind down, Hackettstown Regional Medical Center offers patients who experience difficulty getting a good night’s rest with a comprehensive diagnosis and treatment of a variety of sleep disorders. In the calendar section of this issue you can also find our Snoring Clinics for this Spring among a wealth of wellness and education programs.

Please enjoy this glorious Spring.



**HRMC
Welcomes:**
BOBBY RUPANI, M.D.

Dr. Bobby Rupani is Board Certified by the American Board of Surgery in General Surgery and is Board Eligible in Vascular Surgery. Dr. Rupani earned a Doctorate of Medicine from the University of Medicine and

Dentistry of New Jersey-NJMS in Newark. She completed an Internship and Residency in General Surgery and completed a Fellowship in Vascular Surgery at UMDNJ-NJMS. She is also on the medical staff at St. Michael’s

Hospital in Newark. To make an appointment with Dr. Rupani, please call (973) 877-5059.

Are you getting ENOUGH SLEEP?

We all think about the changing of the clocks for Daylight Savings as getting one less hour of sleep. Yet, Daylight Savings is also a good time to ask yourself “How do I sleep?” If the answer is not well, or not enough, then you need to know that:

- The health and the quality of life of over 100 million people in the US has been affected by sleep disorders.
- About 60 million Americans, or one in every five, are affected by insomnia.
- An estimated 38,000 cardiovascular deaths due to sleep apnea occur each year.
- Some 200,000 automobile accidents in the US each year are related to sleep.
- Ninety-five percent of people with sleep disorders remain undiagnosed.

Hackettstown Regional Medical Center offers patients who experience difficulty getting a good night’s rest with a comprehensive diagnosis and treatment of a variety of sleep disorders. Our new Sleep Disorders Center, located in the West Wing Medical Plaza building at the back of the hospital, features four beautifully decorated, comfortable sleep bedrooms. Just like home, each bedroom has its own private bathroom and shower, flat screen television, comfortable bed and reclining chair.

The Sleep Disorders Center utilizes the most advanced diagnostic technology and offers the latest in treatment options. The Center even offers a home sleep study option that you can use in your own home.

If you have any questions regarding a Sleep Study or would like to schedule an appointment, please call us at (908) 850-7744.

“Just like home, each bedroom has its own private bathroom and shower, flat screen television, comfortable bed and reclining chair.”



HRMC Welcomes:
ZAFAR JAMIL, M.D.

Board Certified by the American Board of Surgery in General Surgery and Vascular Surgery, Dr. Zafar Jamil has joined the medical staff at Hackettstown Regional Medical Center.

Dr. Jamil completed an Internship at Christ Hospital in Jersey City and a Residency at the University of Medicine and Dentistry of NJ-NJMS in General Surgery, where he also serves as Clinical Professor of Surgery. He earned a Fellowship at UMDNJ-NJMS in

Vascular Surgery. Dr. Jamil holds a MBBS from Dow University of Health Sciences in Karachi, Pakistan. He is also on staff at St. Michael’s Hospital in Newark. To schedule an appointment with Dr. Jamil, please call (973) 877-5059.

WOUND HEALING CENTER RECEIVES NATIONAL RECOGNITION

National Healing Corporation (NHC), an industry leader in research which accounts for more than 30 percent of the nation's managed and outsourced wound healing centers, has recognized Hackettstown Regional Medical Center's Wound Healing Center as one of four national finalists for the Best Overall Wound Outcomes Award.

The recognition places the center at the forefront of National Healing Corporation's nationwide network for above average healing rates.

The announcement was made during an Advanced Clinical Symposium in Orlando, Fla. which featured briefings by internationally recognized specialists on new treatment options and research that may bring additional advances in the care of chronic wounds. Other sessions included hands-on training opportunities, clinical information on accepted standards of care and safety updates.

The Wound Healing Center at HRMC specializes in the treatment of chronic wounds and non-responsive conditions with state-of-the-art methodologies and treatments including hyperbaric oxygen therapy, the use of vascular studies, tissue culturing and pathology, revascularization, skin grafting and clinical or surgical debridement.

Likely candidates for treatment are those suffering from diabetic ulcers, pressure ulcers, infections, compromised skin grafts and flaps, and wounds that haven't healed within 30 days.

The HRMC Wound Healing Center is located in the West Wing Medical Plaza building at the back of the hospital. To make an appointment or to request more information, call (908) 979-8788.



**HRMC
Welcomes:**
KSYMENA
KEDZIERSKA, M.D.

Board Certified by the American Board of Pediatrics, Dr. Kedzierska earned a Doctorate of Medicine from the Collegium Medicum at Jagielloniam University in Krakow, Poland. She completed her

Residency in Pediatrics at Mount Sinai School of Medicine, Jersey City Medical Center, where she was Chief Resident. Most recently, Dr. Kedzierska served as a Pediatric Hospitalist at St. Barnabas Medical Center in Livingston.

To make an appointment with Dr. Kedzierska, please call (908) 852-8096.



BOBBY RUPANI, M.D.



ZAFAR JAMIL, M.D.

The Facts You Need To Know About Peripheral Arterial Disease (PAD)

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What are the risk factors for PAD?

Aging, diabetes, high blood pressure, high cholesterol, smoking, obesity and family history of PAD are some of the risk factors that increase the possibility of PAD.

How is the diagnosis made?

The diagnosis is made by a Vascular Surgeon based on family history and a physical exam to evaluate blood flow to the legs. This includes non-invasive ultrasound studies and measuring blood pressure in the legs, which takes a few minutes to perform in the office setting and is completely painless.

What are the treatment options?

The treatment of PAD depends on the severity of disease. Claudication or pain in the calf/thigh/buttocks

upon walking can initially be treated by lifestyle changes and medications. Lifestyle changes include the following: smoking cessation, weight loss, better control of high blood pressure/diabetes and cholesterol. With worse symptoms, including non-healing ulcers, pain at rest and gangrene, treatment includes minimally invasive techniques or open bypass surgery.

Who do I see for treatment?

A Vascular Surgeon can manage PAD with your primary medical doctor. Vascular Surgeons are specialists that manage all vascular diseases of the arteries, veins and lymphatics. They can provide you with all of the appropriate options for treating PAD including medical management, minimally invasive procedures and open bypass surgery.

For more information, please call Dr. Rupani or Dr. Jamil at (973) 877-5059.

Quality Counts at HRMC

We are extremely proud of the commitment to quality by every physician and staff member at Hackettstown Regional Medical Center to achieve such high numbers. It takes an entire team, not just any one individual, to make quality a priority. Our 4th Quarter 2009 scores are further proof of that commitment.

4th qtr	AMI (Heart Attack)	CHF (Heart Failure)	PN (Pneumonia)	SCIP (Surgery)	OSURG (Outpatient Surgical Care)	OED (Outpatient MI/Chest Pain)
# of patients	30/30	98/99	110/112	292/302	27/28	11/11
score	100%	99.0%	98.2%	96.7%	96.4%	100%

Notes:

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

HRMC Introduces Pediatric Physician Hospitalist Program

CONTINUED From Page 1

Any child admitted to the Medical Center will be visited daily by one of the Pediatric Hospitalists. The Pediatric Hospitalist will also provide daily updates with the child's regular primary pediatrician.

In 2006, HRMC introduced Internal Medicine Hospitalists who provide care only for hospitalized patients. Every pediatric patient can expect the very best medical care, delivered with kindness and compassion. The Hospitalist visits with their patients once per day and keeps the patient and their family members informed of diagnostic tests, the results and overall medical treatment. Upon discharge, the patient will continue medical care with their chosen primary pediatric care physician.

"Leading our team of four Pediatric Hospitalist physicians is Board Certified Julio Guerra, M.D., FAAP," said Chief Medical Officer, Kenneth Janowski, D.O. "These four specialists provide expert medical care for children—newborns through adolescents—while they are inpatients at the Medical Center. Once discharged, the patient remains in the care of the family's pediatrician or family care physician—it's the best possible medical and patient care overall," continued Dr. Janowski.

"I love working with children. I specialize in general pediatric medicine and have experience treating children of all ages from high risk infants to struggling teenagers. As a physician, there is nothing more gratifying than meeting a family's newborn or helping a child regain his or her health—seeing those smiles as the family leaves the hospital," says Dr. Guerra, M.D., FAAP.



MEET OUR PEDIATRIC HOSPITALISTS



JULIO GUERRA, M.D., FAAP

Dr. Guerra is Medical Director of HRMC's Pediatric Hospitalist Program. He is board certified and is both a Diplomate and Fellow of the American Board of Pediatrics. He earned his M.D. from the Albert Einstein College of Medicine and completed his residency in internal medicine/pediatrics at Overlook Hospital in Summit, where he also served as Chief Resident before becoming the Director of Ambulatory Pediatrics. Dr. Guerra also served as a full time Neonatal Physician in the NICU at St. Barnabas in Livingston. He was a volunteer physician at Ground Zero in lower Manhattan in 2001 and has volunteered his medical skills in many third-world countries. Dr. Guerra speaks both English and Spanish.



RICKI LYNN GOTTLIEB, M.D.

Board Certified in Pediatrics, Dr. Gottlieb is a Diplomate of the American Board of Pediatrics. Most recently part of a private pediatric group, Dr. Gottlieb completed her medical school training at New York Medical College in Valhalla, NY. She completed an internship in internal medicine at Mountainside Hospital in Montclair and a residency in pediatrics at Overlook Hospital in Summit. Dr. Gottlieb is the director of the Trimmy's Program at College Plaza Pediatrics, helping overweight children of all ages to regain their health and self esteem.



SHARON SPITERI, M.D., FAAP, MPH

Board Certified Pediatrician Dr. Sharon Spiteri holds a B.A. in anthropology from Barnard College/Columbia University in New York, a M.A. in Public Health from Columbia University School of Public Health and an M.D. from St. George's University School of Medicine in Wisconsin. She completed a pediatric internship at Albert Einstein Medical Center in Philadelphia and a pediatric residency at St. Joseph's Children's Hospital in Paterson. She has practiced medicine as a Primary Care Physician specializing in general Pediatric Medicine in a private practice. She is a member of the American Academy of Pediatrics. Dr. Spiteri speaks both English and Spanish.



BETH GELMAN, M.D.

With nearly 20 years of pediatric experience, Dr. Gelman has served as a Pediatric Hospitalist physician at West Chester Medical Center in Pennsylvania and most recently practiced in a private pediatric group in Randolph. She holds a B.A. from Brandeis University in Massachusetts and earned her M.D. at Albert Einstein College of Medicine in New York City. She completed an internship and residency in pediatrics at St. Christopher's Hospital for Children in Philadelphia. Dr. Gelman participated in Pediatric Oncology-Hematology at Cornell New York Hospital/Memorial Sloan Kettering.



Planning a Stress Free Closing

10 TIPS FOR A SUCCESSFUL REAL ESTATE CLOSING

The purchase or sale of a home is considered to be among the most stressful events in one's life. Planning and preparation, along with common sense, are the keys to having a less stressful closing. Here are ten (10) hints to assist you in the process:

1. Declutter & Spruce Up.

Empty your basement, garage, attic, closets and other spaces of unused belongings and apply a fresh coat of neutrally colored paint.

2. Inspections.

If you are selling your home, inspect your house for issues that might concern a buyer. Check with your town as to any local inspections that might be required. Address issues with wells, septic systems, underground oil tanks and radon prior to listing the house for sale. If you are purchasing a home, hire a New Jersey licensed home inspector to conduct a thorough inspection on your behalf.

3. Hire Experienced Professionals.

Interview several full-time experienced Realtors before hiring one. You need to be comfortable and need to trust your Realtor. Hire an attorney who has experience in real estate closings. Obtain written cost estimates for the closing costs in advance.

4. Price.

If you are selling your home, set a realistic listing price. Overpriced homes stay on the market far longer. The longer a house is on the market, the less interest buyers and realtors have in your home.

5. Moving.

Budget more time than you expect to move out of your home. If possible, move out the day prior to the closing to allow yourself sufficient time to clean and prepare the house for buyer's final walk-through prior to the closing. Most walk-through issues can be avoided by making sure the house is completely empty, clean and free of debris. Don't think the buyer will be happy if you leave Grandpa's workbench and ten cans of touch-up paint in the garage for them.

[Check Out Tips 6-10, CONTINUED PAGE 8](#)



Spring is here! Think Golf!

Milder weather has arrived, and that means that the 24th Annual HRMC Foundation Golf Classic is right around the corner! This popular event is slated to take place on Monday, June 14th at the beautiful Panther Valley Golf and Country Club in Allamuchy. Once again, the Presenting Sponsor of this year's outing is Hackettstown Emergency Associates.

Proceeds from this year's Golf Classic will benefit the expansion of Surgical Services at HRMC. Sponsorship opportunities range from levels that include advertising and golf to placement of tee/green signs – there is something for everyone! We're offering the same great pricing as last year – all are welcome and encouraged to get involved. For more information, please call the HRMC Foundation office at (908) 850-6876.



10 TIPS TOWARD A SUCCESSFUL REAL ESTATE CLOSING

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6. Timing.

Discuss with your Realtor realistic deadlines and closing dates. Consider avoiding the last few days of the month for a closing as these are the busiest times for lenders, attorneys, banks and title companies. By avoiding the end-of-the-month rush, you can assure yourself of better, prompter service.

7. Clean Up Your Financial House.

If you are planning on buying a home, order a credit report to check for any issues that would concern a lender. Be sure to have copies of tax returns, payroll stubs and rental payments available for potential lenders. If you are planning on selling your home, have copies of your deed, title insurance policy and property survey available.

8. Location, Location, Location.

Research the communities you are considering along with their schools, hospitals, transportation and other amenities. If you find a home you are interested in purchasing, be sure to visit the home weekdays and weekends, as well as during the daytime and evening hours.

9. Communication.

Clear lines of communication must be established between you and your professionals, whether it is by telephone, letter or e-mail. Remember you are the customer.

10. Enjoy.

Enjoy the experience of purchasing your new home or the experience of selling your home and the future opportunities they bring.

This article is contributed by Kevin O'Neill of Coldwell Banker Realtors and Thomas K. Thorp, an attorney in Hackettstown. Kevin and Tom are both members of the Hackettstown Regional Medical Center Foundation and its Planned Giving Committee. Kevin and Tom encourage you to consider the HRMC Foundation in your charitable giving. Call (908) 850-6876 for more information.

The Hackettstown Regional Medical Center Foundation is the Foundation of Support for HRMC. Consider a charitable donation to the HRMC Foundation today. Call (908) 850-6876 for more information.

Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living

Calendar A:

HealthLink Senior Programs (pages 9-10)

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 our new address: The Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, unless noted.

Calendar B:

Programs for Everyone (pages 11-15)

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

Tai Chi for Arthritis – For Returning Students

WEDNESDAYS, 3 – 4PM

Fee: \$3 per class

This new 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.

Arthritis Foundation Exercise Program

MONDAYS, CENTER FOR HEALTHIER LIVING

THURSDAYS, PARAGON VILLAGE

2 – 3PM

\$3 per class

This exercise program uses gentle activities 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 exercises to maintain muscle strength, increase flexibility and increase overall stamina.

Stitch and Chat

WEDNESDAYS, APRIL 28, MAY 26 & JUNE 23

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.

Back in Time: Battle of Rorke’s Drift Discussion & Movie

THURSDAY, MAY 6, 9:30AM

FREE

Bob Stead will discuss the events of January 22-23, 1879 at the mission station located at Rorke’s Drift, Natal, South Africa, during the Anglo-Zulu war. British Army troops of the 24th Regiment numbering only 120 officers and men, repelled repeated attacks, mounted by over 4,000 Zulu warriors, over the course of two days. Eleven Victoria Crosses were awarded for bravery, and it is considered one of the most successful defensive actions in history. A screening of the 1964 movie ‘ZULU’, running 139 minutes, will follow the presentation. It features Michael Caine in his first starring role.

Computer Class

WEDNESDAY, MAY 12, 9:45AM OR 1:15PM

FREE

This class is a one-session class offered for the person who is a beginner or has limited knowledge of the computer. A Hackettstown High School youth mentor will assist you in areas such as surfing the internet, word processing, making address labels and greeting cards. Thank you to Donna DeGraw and her students.

“Under the Sea” Mini Spa

MONDAY, MAY 17, 4-7PM

FREE – Appointments are required and limited.

Our “Under the Sea” Mini Spa will be offered to HealthLink and Diabetes Support Group members. Appointments are necessary and will fill quickly. You will enter a relaxing oasis for a 5 minute chair massage, spend a few minutes with a heated neck roll in our relaxation area, receive a relaxing mini-hand massage and enjoy some light refreshments. The spa is located at the hospital in the Conference Dining Room.

Cell Phones for Seniors

THURSDAY, JUNE 10, 2:30PM

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 to register.

AARP Driver Safety Program

WEDNESDAY & THURSDAY, MAY 26 & 27, 9AM – 1PM
MUST ATTEND BOTH

Fee: \$14 for non-AARP members
\$12 for AARP 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. **MUST BRING YOUR DRIVER’S LICENSE AND AARP MEMBERSHIP CARD** (if applicable) **TO CLASS**. Call to register.

Tai Chi for Arthritis - New students

SIX WEEKS BEGINNING MAY 26

1:30 - 2:30PM

\$20

Tai Chi from the Arthritis Foundation is a program that is designed to improve the quality of life for people with arthritis. This program is particularly effective for people with arthritis because it includes exercises that may improve mobility, breathing and

relaxation. Joan Cummins, a Certified Tai Chi and Exercise Instructor for the Arthritis Foundation will conduct this new movement program. Joan is the Director of Recreational Services at Paragon Village.

How to Start an Exercise Program

TUESDAY, MAY 25, 10:30AM

FREE

Maybe you used to exercise or maybe not! It’s not too late to start an exercise program and feel energized. Diana Toto, Exercise Physiologist, will discuss how to begin. She will answer all your questions about how much time you need to exercise, how many days per week, and what type of exercise program that you need.

Back in Time: Guest Lecturer Bernard Hailperin

WEDNESDAY, JUNE 9, 1:30PM

FREE

When he served in Italy during World War II, author Bernard Hailperin witnessed immense destruction and tragedy. After the war he wrote *THE CHILDREN OF VESUVIUS* based on his experiences. He will be talking about his experiences during World War II. *THE CHILDREN OF VESUVIUS* follows two orphans, Tony and Maria, as they try to survive in the ruins of Naples, Italy. They are befriended by two American soldiers and the four embark on the impossible journey of surviving the chaos of the war. Book will be available for signing.

Diet, Nutrition and Supplements for Seniors

WEDNESDAY, JUNE 16, 10:30AM

FREE

Family Nurse Practitioner, Elaine Hardy, will be discussing diet and supplements for good health. Topics to be included: weight loss, lowering cholesterol, hormonal imbalance, sleep and more. Please call HealthLink at 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.

Heartsaver AED

THURSDAY, MAY 20, 6 – 9:30PM
 THURSDAY, JUNE 24, 6 – 9:30PM

Fee: \$45

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.

Heartsaver First Aid Class

SATURDAY, MAY 15, 9AM – 12:15PM
 SATURDAY, JUNE 26, 9AM – 12:15PM

Fee: \$45

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.

BLS for Healthcare Provider

THURS., MAY 6, 9AM
 TUES., MAY 18, 6PM
 TUES., JUNE 8, 9AM
 TUES., JUNE 29, 6PM

Fee: \$75

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:

TUES., APRIL 27, 6PM
 WED., MAY 12, 9AM
 THURS., MAY 27, 6PM
 THURS., JUNE 10, 9AM
 TUES., JUNE 22, 6PM

Fee: \$50

CPR for Family and Friends

SATURDAY, APRIL 24, JUNE 19, 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 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

WEDNESDAY, MAY 19, 6 – 9PM
 WEDNESDAY, JUNE 16, 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.

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.

Cancer Support Group

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

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.

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: CONFERENCE DINING ROOM
THURSDAYS, APRIL 8, MAY 13, JUNE 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 Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES
 WHERE: HRMC BOARDROOM, 1ST FLOOR
 THURSDAYS, APRIL 22 & 29, MAY 6 & 13
 (4-PART SERIES), 6:30 – 8:30PM

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 series. Topics include living productive and healthy lives, and using a self-management approach. Participants need a referral from their physician. For more information or to register call (908) 850-6937.

Programs and Screenings

Living with Grief Lecture Series

TUESDAYS, APRIL 6, 13, 20, 27,
 (CONFERENCE DINING ROOM) 7 – 9PM

FREE

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

Blood Pressure Screenings

WHERE: 108 BILBY ROAD, SUITE 101
 WEDNESDAYS, APRIL 7, MAY 5, JUNE 2, 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.

Bariatric Lap Band Surgery

THURSDAYS, MAY 13, JUNE 10,
 (CONFERENCE DINING ROOM) 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. Call (908) 850-6935 to register.

Sports Injuries/Protecting Your Feet and Ankles

MONDAY, JUNE 7, 6:30PM

FREE

Whether you are a weekend warrior or sports enthusiast, injuries to the feet and ankles are among the most common injuries related to exercise. During exercise your feet and ankles bear most of the weight, leading to shin splints, ankle sprains and stress fractures. Dr. John Guiliiana, D.P.M., from Foot Care Associates, P.C. will discuss proper exercise techniques and how to prevent and treat exercise related injuries. Call (908) 850-6935 to register.

Babysitting Basics

MONDAYS, MAY 3 & 10, 5:30 – 8:30PM
 TUES. & WED., JUNE 29 & 30, 9AM – 12PM

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 bedtime 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.

Programs and Screenings Continued

Diabetes Support Group

WHERE: HRMC CONFERENCE DINING ROOM
MONDAYS, APRIL 26 & JUNE 28, 7PM; MAY 17, 4PM
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 Conference Dining Room at Hackettstown Regional Medical Center. This group is professionally run by Donna Kendrick, RN, CDE. For more information, please call (908) 850-6937.

Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB. 3RD FLOOR
WEDNESDAYS, MAY 19, JUNE 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. Registration is required. Space is limited.

Stress Management

MONDAY, MAY 3, 6:30PM
FREE

In today's fast paced world, there are many reasons for you to feel stressed. John Guiliana, D.P.M. and stress management consultant will discuss typical causes of what creates stress in your life, what we do that makes stress worse and techniques you can use to manage your stress. Call to register.

Lipid Screening

WHERE: 108 BILBY ROAD, SUITE 101
TUESDAY, MAY 11, 7 – 9AM
FREE

Complete 4-part cholesterol test. This screening includes HDL, LDL, Triglycerides and Total Cholesterol. Before coming in for this blood test you must fast for 12 – 14 hours. Appointments are necessary. Call (908) 850-6935 to schedule an appointment.

Are Allergy Triggers Lurking in Your Home?

THURSDAY, MAY 20, 6:30PM
FREE

Wheezes, sneezes and coughs! Dr. Sunita Kanumury, Board Certified allergist and immunologist from Asthma

and Allergy Care P.C., will discuss the hidden allergens that may be trapped in your home. Did you know couches, curtains, cushions and beddings harbor an assortment of allergy related triggers? Dr. Kanumury will cover such topics as dust mites, pet dander and mold. She will also offer helpful advice on how to maintain a healthy and allergen-free home.

Osteoporosis Screening for Women

WHERE: 108 BILBY ROAD, SUITE 101
TUESDAY, JUNE 8, 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. Call (908) 850-6935 for your appointment.

Get Fit Kids! Summer 2010

WHERE: HRMC THERAPY CENTER
TWO THREE-WEEK SUMMER SESSIONS:
TUESDAYS & THURSDAYS, JULY 6 – 22,
3:30 – 5PM
TUESDAYS & THURSDAYS, AUG. 10 – 26,
3:30 – 5PM
\$75 per child for six 90 minute classes
FREE ONE DAY INTRODUCTORY CLASS
THURSDAY, JUNE 3, 4 – 5PM

Get Fit Kids is a fun program designed for kids 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.

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

WEDNESDAYS, APRIL 7 – MAY 12, 7 – 9PM
 SATURDAYS, MAY 8 & MAY 15, 8AM – 1PM
 WEDNESDAYS, MAY 19 – JUNE 23, 7PM – 9PM
 SATURDAYS, JUNE 12 & JUNE 19, 8AM – 1PM
 THURSDAYS, JUNE 24 – JULY 29, 7 – 9PM

Hackettstown Regional Medical Center, Center for Healthier Living offers the very best in childbirth education. The Center uses Certified Childbirth instructors and breastfeeding instructors, as well as a Certified Labor Doula to provide the most comprehensive classes available. All classes provide evidence based information combined with group activities to enhance your classroom experience. Our goal is that parents-to-be will be equipped with the needed information to help make informed decisions regarding their labor, and gain confidence in the birth process. For your convenience, you may choose either the six-week evening class or the two-consecutive Saturday classes.

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 reinforced 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 six-week class meets evenings from 7:00 – 9:00 pm. Our two-consecutive Saturday classes meet from 8:00 am – 1:00 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, MAY 4, 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: DINING ROOM, FIRST FLOOR

SATURDAY, APRIL 24, 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, APRIL 25, 1 – 3PM

WHERE: CENTER FOR HEALTHIER LIVING

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

MAY IS FREE FAMILY AND FRIENDS CPR MONTH

SATURDAY, MAY 9, 9AM OR 1PM

TUESDAY, MAY 11, 6PM

THURSDAY, MAY 13, 6PM

SATURDAY, MAY 15, 9AM OR 1PM

FREE

Learn CPR, you may save someone's life! These FREE CPR classes are 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). To register, call (908) 850-6935.