

3RD QUARTER | 2011

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inside

Open House & Grand Opening *New Outpatient Infusion Center*

At the Joan Knechel Cancer Center
September 25, 2011, Noon to 3PM
West Wing Entrance

RSVP to Sandy Snyder at (908) 850-6836

*The new Center is expected to begin
seeing patients on July 1, 2011.*

Seminar on Surgical Weight Loss

*Meet the surgeons from HRMC and
HUMC to learn about the latest in
weight loss for obesity.*

September 15, 2011, 6:30 to 7:30PM
Gene C. Milton Conference Room,
West Wing Entrance

RSVP to Paula Vacca, RN, at (908) 979-8821

Healthier Living



HRMC and HUMC Introduce Comprehensive Bariatric Program

Have you tried everything to lose
significant weight and nothing seems to work?

Now, residents of Northwest New Jersey who are obese and have unsuccessfully tried to lose the weight have the ability to pursue gastric banding surgery at Hackettstown Regional Medical Center or gastric bypass surgery at Hackensack University Medical Center as part of the new clinical collaborative agreement between both hospitals.

According to surgeon Dr. Jondavid Jabush, gastric banding restricts how much the beginning portion of the stomach can hold by placing an adjustable band (like a small

inner tube) around the upper part of the stomach. Unlike conventional open bariatric bypass surgery, gastric banding is done using the laparoscopic technique with very small incisions. The result is you eat less food, suffer less post-operative pain and return to normal activity quicker than with open surgery. Unlike gastric bypass, the gastric band can be adjusted with a simple injection in your physician's office to suit your specific situation. The surgery usually requires one overnight stay in Hackettstown—you can go home the next day.

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JASON C. COE, MBA
 President
 Hackettstown Regional
 Medical Center

MESSAGE FROM THE PRESIDENT

Summer is a time for rest and relaxation. Here at HRMC, summer is also a time to make preparations for the fall...before schools reopen and the holiday season begins.

In our last newsletter, we announced the clinical collaboration agreement between Hackettstown Regional Medical Center and Hackensack University Medical Center. In this issue, I am happy to report that we are announcing our first tangible clinical collaboration in the area of bariatric surgery. It has always been the goal of this Medical Center to become your destination for all healthcare services. In September, HRMC's gastric banding surgeon and HUMC's gastric bypass surgeon will present an education seminar to discuss bariatric surgical options available today. The new comprehensive Bariatric Surgery Program takes the best of both HRMC and HUMC and brings them together to give area residents the opportunity to receive the best and most appropriate care possible.

Also this summer, we are making preparations for the opening of HRMC's new Outpatient Infusion Therapy Center, as part of the Joan Knechel Cancer Center. I invite you to attend the Grand Opening and Open House to be held September 25.

In addition to these two special events, you will find the complete listing of classes, screenings and seminars in both this newsletter and on HRMC's website at www.hrmcnj.org.

Please be sure to take some time for you and your family this summer. Be safe, healthy and stay cool.

Find HRMC on [facebook](https://www.facebook.com/hrmcnj) at www.facebook.com/hrmcnj

Quality Counts at HRMC

1st qtr	AMI (Heart Attack)	CHF (Heart Failure)	PN (Pneumonia)	SCIP (Surgery)	OSURG (Outpatient Surgical Care)	OED (Outpatient MI/Chest Pain)
# of patients	14/14	75/76	195/201	346/352	23/24	13/13
score	100%	98.7%	97.0%	98.3%	95.8%	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.

Joan Knechel Cancer Center Medical Oncology Physicians

Now in its sixth year of operation, the Joan Knechel Cancer Center has two medical oncologists seeing patients within the Center. According to JKCC Program Director Frances Polubjak, "The Joan Knechel Cancer Center has expanded its medical oncology program to include two medical oncologists. Medical oncology is the treatment of cancer using medications, such as chemotherapy."



Bohdan E. Halibey, M.D., specializes in medical oncology and internal medicine. He is a graduate of the Universidad Autonoma de Guadalajara, Mexico. He completed his training at the College of Medicine and Dentistry of NJ in internal medicine and at the Newark Beth Israel Medical Center, Newark,

NJ, Department of Medical Oncology. His practice consists of medical oncology and internal medicine.



Usha Niranjana, M.D., is board certified in medical oncology, hematology and internal medicine. Dr. Niranjana is a graduate of Bangalore Medical College, India, and was instrumental in establishing the Department of Microbiology at Kidwai Memorial Institute of Oncology, Regional Cancer Center, Bangalore,

India. She is a member of the American Society of Clinical Oncology and the American Society of Hematology. She has also served as an instructor of medical residents as fellows in hematology/oncology at New York Medical College.

New Cancer Care Coordinator Team:

A Patient Navigator Program

You can take confidence in knowing that you or your loved one will always receive compassionate, expert care with the latest technology available at the Joan Knechel Cancer Center. Yet even with this assurance, learning that you or a loved one may have cancer is a frightening event.

To help you navigate your way through the medical terminology, diagnostic and treatment options available to you, insurance, types of physicians, etc., the Joan Knechel Cancer would like to introduce you to our Cancer Care Coordinators: Joan Runfola, MSW, LCSW; Sherrie Florence; Erin Dailey, RN. Two of our Cancer Care Coordinators are cancer survivors.

The JKCC Cancer Care Coordinators will help you make sense of the diagnosis and treatment options and guide you through your individualized care program, every step of the way. They will take a frightening experience and make it a little less scary. For more information, to make an appointment or just talk to one of our coordinators, please call (908) 441-1234.



Meet the Bariatric Surgeons

of Hackettstown & Hackensack

Join us for an educational seminar on the latest bariatric options available. Pose questions to physicians from both medical centers. Discover if you might be a candidate for gastric banding or bypass surgery.

Thursday, September 15, 2011

6:30 - 7:30PM

Gene C. Milton Conference Room
(West Wing Entrance)
Hackettstown Regional Medical Center

RSVP to Paula Vacca at
(908) 979-8821.

Light refreshments will be served.

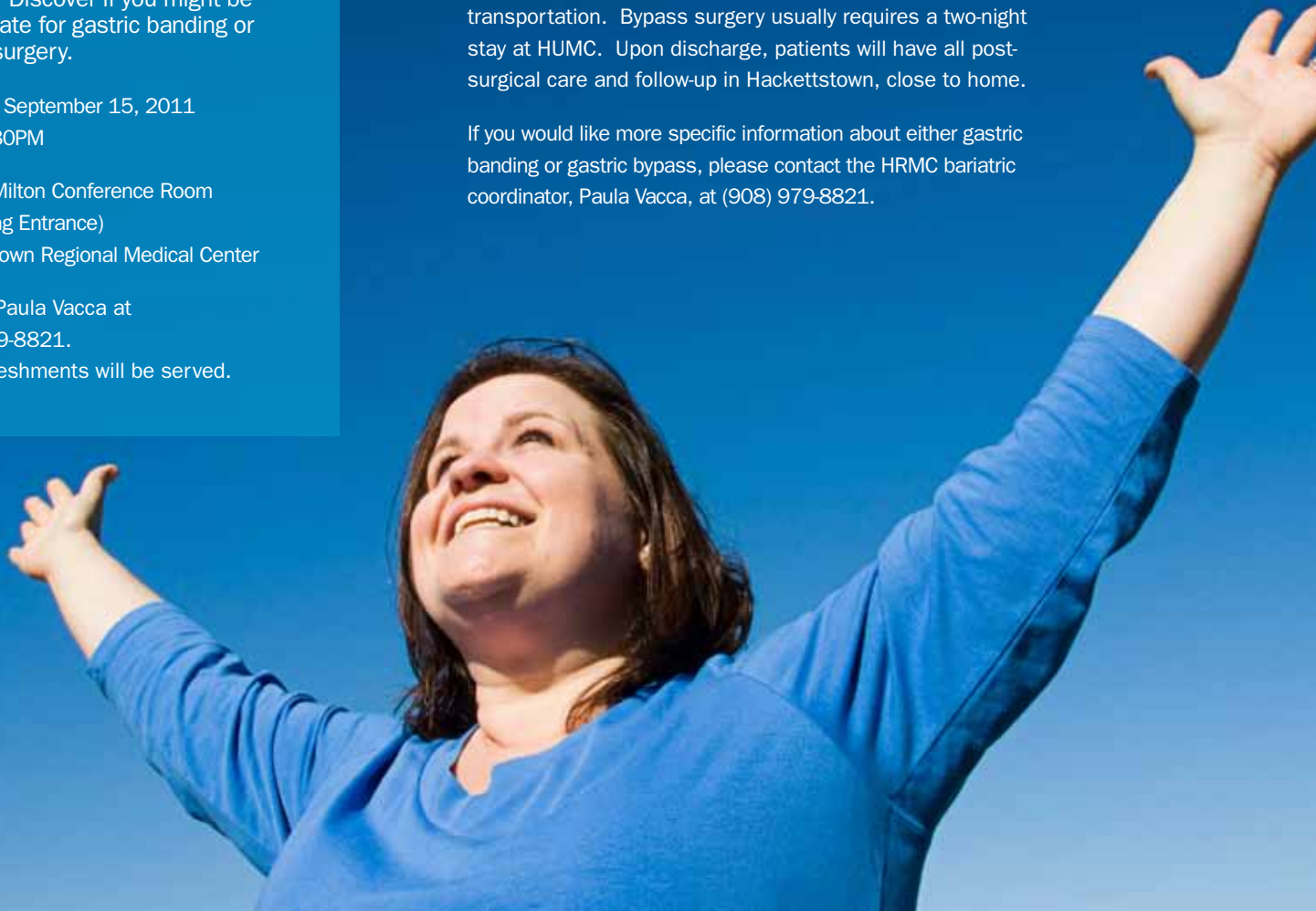
HRMC and HUMC Introduce Comprehensive Bariatric Program

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The comprehensive gastric banding program at HRMC includes individualized pre- and post-surgical counseling.

For individuals with more severe weight issues, HUMC offers a gastric bypass surgical program. Gastric bypass is major surgery that involves making the stomach permanently smaller. If a candidate for bypass surgery, you would have all pre-surgical testing and counseling locally in Hackettstown. For the surgical appointment, you may choose to have a family member drive you to Hackensack or have HRMC provide transportation. Bypass surgery usually requires a two-night stay at HUMC. Upon discharge, patients will have all post-surgical care and follow-up in Hackettstown, close to home.

If you would like more specific information about either gastric banding or gastric bypass, please contact the HRMC bariatric coordinator, Paula Vacca, at (908) 979-8821.



HRMC Welcomes:
INTERNAL MEDICINE
NIRMALA AKKAPEDDI, M.D.

Board certified by the American Board of Internal Medicine in internal medicine, Dr. Nirmala Akkapeddi specializes in preventative medicine and women's health issues. She completed a residency in internal medicine at Mountainside Hospital

and has extensive training in nuclear medicine from SUNY Stony Brook. She earned a medical degree from Guntur Medical College in India, and completed internships in general surgery at VA Hospital, Northport, NY, in pediatrics at Seton

Hall University, and in internal medicine at United Healthcare System. Dr. Akkapeddi enjoys an active lifestyle of marathon running and bicycling.

To make an appointment with her office in Denville, please call (973) 328-6870.

Watch Out for Fractures

Hip fractures are a common concern among elderly men and women. As the baby boom population reaches the age of 65 and beyond, the incidences of hip fractures will increase as well. It is estimated that one out of three adults over the age of 65 will suffer a fall. Below is a list of things you can do to help reduce your chance of falling:

- See your medical doctor regularly for check-ups.
- Make your home safer by removing area rugs, loose cords and clutter from the floors.
- Install night lights in stairways and areas that are not well lit.
- Make your shower safer by using non-skid tape on the tub and installing grab bars.
- Exercise regularly to maintain strength, coordination and balance as you grow older.
- Eat a balanced diet, including plenty of calcium and vitamin D.

For more information, please call Robyn Gilyard, RN, an exercise physiologist at the Total Joint Center, at (908) 441-1144.



**HRMC
Welcomes:**
PODIATRIST
**YONG ZHU,
D.P.M.**

Dr. Yong Zhu completed a fellowship in podiatric dermatology at St. Luke's Hospital, Bethlehem, PA. He earned a doctorate of podiatric medicine at the New York College of

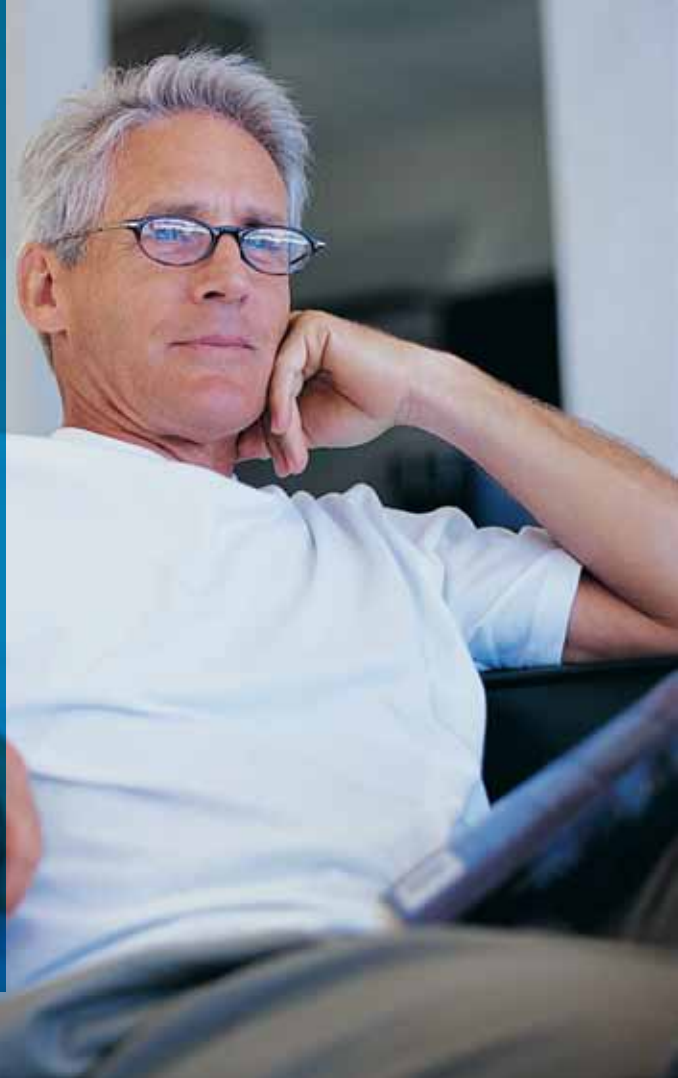
Podiatric Medicine and completed a medical and surgical residency at Staten Island University Hospital, where he was Chief Resident.

Dr. Zhu has a private practice (Feet 'N Beyond of New Jersey) in Hackettstown and Parsippany. To make an appointment, please call (908) 576-0881.

Inflation:

The Silent Threat to Your Long-Term Financial Security

While most investors are rightfully pleased with rising growth projections at home and abroad, the recovering global economy brings with it the specter of inflation. The dreaded “I” word has cropped up increasingly in recent months, largely due to the rapidly escalating price of commodities—particularly oil.



The Current Situation

The recent overthrow of governments in Tunisia and Egypt and ongoing unrest in Libya, Bahrain, Yemen, Iran and Algeria have sent oil prices soaring above \$100 a barrel, their highest level in more than two years.¹ Consumers are feeling the pinch at the pumps. One thing is clear: Over time, inflation can erode your purchasing power, which means that your dollar will buy less tomorrow than it does today.

Inflation and Your Investments

Inflation also works against your investments. When you calculate the return on an investment, you need to consider not just the interest rate you receive, but also the real rate of return, which is determined by figuring in the effects of inflation. Your financial advisor can help you calculate your real rate of return. Clearly, if you plan to achieve long-term financial goals, from college savings for your children to your own retirement, you will need to create a portfolio of investments that will provide sufficient returns after factoring in the rate of inflation. Over the long run—

10, 20, 30 years or more—stocks may provide the best potential for returns that exceed inflation. While past performance is no guarantee of future results, stocks have historically provided higher returns than other asset classes. If you have a long investment time frame and are willing to hold your ground during short-term ups and downs, you may find that stocks offer the best chance to beat inflation.

¹Source: Standard & Poor's, U.S. Financial Notes, February 25, 2011.

(This article is contributed by Scott A. Anderson, CFP; Senior Financial Advisor; Morristown Financial Group and an active member of the HRMC Foundation Planned Giving Committee. For more information about this topic, please contact your financial advisor or Scott Anderson at (973) 867-1350 or scott.anderson@lpl.com)

Did you know that the HRMC Foundation accepts donations of stocks for the benefit of Hackettstown Regional Medical Center? Contact Steve Maternick, Director of Development, at (908) 979-8780 to discuss the many ways you can contribute to HRMC.

Nursing Leader at HRMC to Chair Joan Knechel Memorial Walk



Peg Carolan, RN, MBA, MA, Hackettstown Regional Medical Center's Administrative Coordinator for Nursing Administration, has been chosen by the Joan Knechel Memorial Walk committee to serve as the honorary chair of the 9th Annual Joan Knechel Memorial Walk to be held on Sunday, October 16 at Mountain Lake in Liberty Township.

Now semi-retired, Carolan is a cancer survivor who is proud to say that she was a patient at the Joan Knechel Cancer Center in 2010. Carolan has been employed by HRMC for 15 years and is a beloved member of the staff. She was recently the recipient of a 2011 Spirit of Planetree Caregiver Award, an award that recognizes a caregiver who positively influences the way healthcare is delivered in a clinical setting.

Carolan, who lives in Wanaque with her husband, John, has volunteered at the JKMW since its inception, and has missed only one walk in the eight years that it has been held. "My husband and I help serve food to the walkers along with other HRMC staffers. We love it and we come as a pair to help," Carolan said.

In fact, Carolan just assumed she would be volunteering again until she was asked to be this year's honorary chair. "I was so flattered and touched, I cried," she said. "I knew Joan Knechel and I've seen firsthand the great work they do at the Cancer Center named for her, so I know what this walk means for cancer patients in this region," she added.

Last year, Peg and fellow nurse Maureen Foley took up the challenge to rally other HRMC employees and form the largest team ever to participate in the JKMW. They succeeded and "Team Peg" was born. Carolan and Foley have already begun to lay the groundwork for "Team Peg 2011" and their goal is to surpass last year's numbers.

It's an easy request to ask people to participate, Carolan said, adding, "So many times events like this benefit national causes, but the beautiful part of this walk is that it's local and all the money raised stays here." Unlike any other cancer-related walks, 100% of ALL proceeds from the JKMW stay local

and benefit patients at the Joan Knechel Cancer Center at HRMC. Carolan noted that the Center has become an integral part of the community.

"It's so ironic," Carolan remarked, "when the Joan Knechel Cancer Center was built, little did I think that one day I would be one of its patients. The Center is wonderful – everyone on staff there is marvelous. They are awesome caregivers and good people, right across the board."

The JKMW enables everyone to contribute to the Joan Knechel Cancer Center, which offers state-of-the-art cancer treatment, hope and comfort to so many cancer patients and their families, close to home. Walkers bring pledges and walk as representatives of many. The event also features a "Dove Tree," a symbol of remembrance for all those who have battled or are battling cancer.

Registration for the October 16 walk will begin at 11:00 a.m. at the Mountain Lake Firehouse, and the actual walk will step off at 12:30 p.m. As in years past, the Mountain Lake Fire Company will offer breakfast for purchase from 8 to 11 a.m. that morning.

In addition to the feeling of satisfaction from raising funds and the exercise that is a natural benefit of this walk, participants will enjoy music, entertainment, free food and a chance to win great prizes. Sponsorship packages are available now. To donate and/or register securely online, or for more information about the JKMW, visit www.hrmcnj.org, click on Foundation and then look for the JKMW icon. You may also call the HRMC Foundation office at (908) 850-6876.

HRMC Foundation to Celebrate **22nd Annual Cotillion**



Ralph and Lois Knechel,
22nd Annual HRMC Foundation
Cotillion Honorary Chairpersons

Dr. Stanley Skoczylas,
22nd Annual HRMC Foundation
Cotillion Physician

The excitement that comes with the annual HRMC Foundation Cotillion will return in a big way on Saturday, November 5, 2011, when this popular, annual fundraising gala is held at the Hanover Marriott in Whippany, NJ. Honorees are honorary chairs Ralph and Lois Knechel and Stanley J. Skoczylas, M.D., F.A.C.O.G.

Cotillion attendees will enjoy a lively social reception, dinner and dancing, the Cotillion's popular 50/50 raffle and a fabulous Silent Auction that offers a wide variety of items for bid, including jewelry, furs, gift baskets and sports memorabilia. Proceeds from this year's Foundation Cotillion will be used to expand full-field digital mammography at HRMC, which provides excellent imagery and diagnostic capabilities that can be used in breast screenings and stereotactic breast biopsies.

"We're looking forward to a great evening," said Maria DiGiovanni, senior vice president with Skylands Community Bank, who is once again chairing the planning committee for this year's Cotillion. "We're excited to be helping to raise funds for the expansion of such an essential service and it should be a wonderful event with great food, fun and excitement for all."

Sponsorship and program advertising opportunities are available now. Invitations for the Cotillion will be mailed in early September. Please call the Foundation office at 908-850-6876 for sponsorship and advertising information, or to reserve your spot at this year's Cotillion.

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: 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

Arthritis Foundation Exercise Program

MONDAYS, 2 – 3PM, CENTER FOR HEALTHIER LIVING

Fee: \$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, you will learn exercises to maintain muscle strength, increase flexibility and increase overall stamina.

Call (908) 850-6872 to register.

Tai Chi for Arthritis – For Returning Students

THURSDAYS, 4:30 – 5:30PM

Fee: \$3 per class

This new class is for those who have already completed the six-week course of Tai Chi for Arthritis. It will build on the Tai Chi forms previously learned. This class is held at Paragon Village but call HealthLink at (908) 850-6872 to register.

Stitch and Chat

WEDNESDAYS, JULY 27, AUGUST 24,
SEPTEMBER 28, 10:30AM

FREE

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

Common Sleep Disorders

WEDNESDAY, AUGUST 10, 10:30AM

FREE

Trouble sleeping? Is your snoring bothering others and you don't know what to do about it? Join us to learn more about obstructive sleep apnea, snoring, insomnia and narcolepsy. Call HealthLink at (908) 850-6872 to register.

Cell Phones for Seniors

THURSDAY, AUGUST 11
OR MONDAY, SEPT. 12, 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.

What to Expect: Total Hip and Total Knee Replacement

TUESDAY, AUGUST 16, 11AM

FREE

Are you living with hip or knee pain? Join Robyn Gilyard, RN, Coordinator of the Total Joint Center at HRMC for information on total hip and knee replacements. This 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 will guide you every step of the way as you “discover the new you.” Call HealthLink at (908) 850-6872 to register.

AARP Defensive Driving

TUESDAY & WEDNESDAY, AUGUST 23 & 25 OR
TUES. & WED., SEPT. 13 & 15, 9:30AM – 12:30PM

**Fee: \$12 for AARP members
and \$14 for non-members**

This two-day classroom refresher course covers normal changes in vision, hearing and reaction time, and provides practical techniques to compensate for these changes. Completion of this course may qualify for an automobile insurance premium reduction. Check with your insurance agent. Call (908) 850-6872 to register.

All About Alzheimer’s Disease – Answers to FAQs

WEDNESDAY, SEPT. 14, 10:30AM

FREE

Designed to help families and caregivers of recently diagnosed individuals, this introductory program will present an in-depth look at Alzheimer’s disease, the

current diagnostic process, treatment modalities and the future of research. The presenter will also introduce the importance of legal and financial considerations when caring for a person with Alzheimer’s disease and share important community resources and supportive Association programs that may be helpful for persons with dementia and their caregivers. Call HealthLink at (908) 850-6872 to register.

Back in Time: George A. Custer

WEDNESDAY, SEPTEMBER 14, 1:30 PM OR
TUESDAY, SEPTEMBER 20, 10:30AM

FREE

Bob Stead will lead a discussion on the life and times of George A. Custer. Learn more about the facts, legends and myths surrounding his military exploits, culminating in the Battle of the Little Bighorn on June 25, 1876, aka “Custer’s Last Stand.” Call (908) 850-6872 to register.

Tai Chi for Arthritis – For New Students

BEGINS WEDNESDAY, SEPTEMBER 14
FOR 6 WEEKS, 5:15 – 6:15PM

Fee: \$20

Tai Chi from the Arthritis Foundation is a program that was designed to improve the quality of life for people with arthritis. This includes exercises that may improve mobility, breathing and relaxation. Taught by Joan Cummins, Certified Tai Chi and Exercise Instructor for the Arthritis Foundation. This program will be held at Paragon Village. Call HealthLink at (908) 850-6872 to register.

Luncheon: Black Forest Inn

THURSDAY, OCTOBER 6, 12:15PM

Fee: \$20

Join us for a fantastic buffet lunch at the Black Forest Inn. Menu items will include salad bar, hot entrees, strudel and coffee. Call HealthLink at (908) 850-6872 for reservations.

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, JULY 21, 6PM
 WEDNESDAY, AUGUST 10, 6PM
 TUESDAY, AUGUST 16, 6PM
 WEDNESDAY, SEPTEMBER 14, 6PM
 TUESDAY, SEPTEMBER 27, 6PM

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.

BLS for Healthcare Provider

AHA e-Learning Option Hands-on Skills Testing:

WEDNESDAY, JULY 20, 11AM
 WEDNESDAY, AUGUST 10, 9AM
 MONDAY, AUGUST 15, 11AM
 WEDNESDAY, SEPTEMBER 7, 11AM
 WEDNESDAY, SEPTEMBER 21, 9AM

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.

CPR for Family and Friends

SATURDAYS, JULY 9, AUGUST 6 &
 SEPTEMBER 24, 9AM

Fee: \$35

This course is for anyone who wants to learn to give CPR to an adult, child or infant and is not required to receive a course certification.

BLS for Healthcare Provider

THURSDAY, JULY 14, 9AM
 SATURDAY, JULY 16, 9AM
 TUESDAY, JULY 19, 6PM
 TUESDAY, AUGUST 9, 6PM
 SATURDAY, AUGUST 13, 9AM
 TUESDAY, AUGUST 30, 9AM
 SATURDAY, SEPTEMBER 10, 9AM
 TUESDAY, SEPTEMBER 20, 6PM
 WEDNESDAY, SEPTEMBER 28, 9AM

Fee: \$85

This course is designed for healthcare providers who respond to cardiac and respiratory emergencies. Course includes one- and two-person rescuer in adult, child and infant CPR and relieving choking. A written and skills test is taken at the end of the course.

Healthcare Provider Renewal Classes:

WEDNESDAY, JULY 13, 9AM
 WEDNESDAY, JULY 20, 6PM
 THURSDAY, AUGUST 11, 9AM
 WEDNESDAY, AUGUST 24, 6PM
 THURSDAY, SEPTEMBER 8, 9AM
 WEDNESDAY, SEPTEMBER 21, 6PM

Fee: \$60

Heartsaver First Aid Class

SATURDAY, JULY 23, 9AM

SATURDAY, AUGUST 20, 9AM

SATURDAY, SEPTEMBER 17, 9AM

Fee: \$50

This American Heart Association course teaches adult first aid basics including injury, medical and environmental emergencies.

ACLS and PALS classes

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

Location: 108 Bilby Rd. Suite 101, Hackettstown.
Call (908) 850-6935 to register.

ACLS CLASSES:

Two-day full class

TUESDAY & THURSDAY, JULY 26 & 28, 8:30AM – 5PM

Fee: \$250

ACLS renewal classes:

One-day renewal

FRIDAY, SEPTEMBER 23, 8:30AM – 5PM

THURSDAY, NOVEMBER 17, 8:30AM – 5PM

Fee: \$175

PALS CLASSES:

Two-day full classes:

THURSDAY & FRIDAY, OCTOBER 13 & 14,

8:30AM – 5PM

Fee: \$250

PALS renewal classes:

One-day renewal:

FRIDAY, NOVEMBER 4, 8:30AM – 5PM

Fee: \$175

Support Groups for Cancer Patients, Family and Friends

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**
- **Friends and Families Support Group**
- **Cancer Support Group**
- **Post-Treatment Cancer Support Group**

Look Good...Feel Better®

LOCATION: JOAN KNECHEL CANCER CENTER

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. For more information and to register, call 800-ACS-2345 (800-227-2345).

Better Breathers Club

LOCATION: JOAN KNECHEL CANCER CENTER

THURSDAYS, JULY 14, AUGUST 11,

SEPTEMBER 8 OR OCTOBER 13, 2 – 4PM

FREE

This support group meets regularly to learn about tips and techniques to better manage breathing diseases. 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) 441-1192.

Family Educational Series on Addiction

WHERE: COUNSELING CENTER, EAST AVENUE
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 counseling 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.

Diabetes Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

WHERE: HRMC BOARD ROOM, 1ST FLOOR

THURSDAYS, SEPTEMBER 15, 22, 29 &

OCTOBER 6, 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 series. 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

Blood Pressure Screening

LOCATION: 108 BILBY ROAD

WEDNESDAYS, JULY 6, AUGUST 3,

SEPTEMBER 7, 9 – 11AM

FREE

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

Babysitting Basics

LOCATION: 108 BILBY ROAD

TUES & WED., JULY 12 & 13, 9AM – 12PM

TUES & WED., AUG. 16 & 17, 9AM – 12PM

Fee: \$45

The Babysitting Basics class is a 6-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 emphasizes sitter responsibility, entertaining the child, personal safety, bathing, feeding, and diapering and bedtime routines. Basic first aid and the American Heart Association Family and Friends CPR included. A babysitting course participation certificate will be awarded at the end of the two sessions. Bring a doll or teddy bear to class one for hands-on practice.

Infant Safety Seat Check

SPONSORED BY THE N.J. STATE POLICE

TUESDAYS, JULY 12, AUGUST 9 &

SEPTEMBER 13, 3 – 7PM

FREE

Have your child's car seat checked by the N.J. State Police. Take advantage of this service to have your child's seat checked or properly installed. The N.J. State Police will be at the Allamuchy Fire House, 292 Alphano Rd., Great Meadows to assist you.

Bariatric Lap Band Surgery

LOCATION: WEST WING CONFERENCE ROOM,

1ST FLOOR

THURSDAYS, JULY 14, AUGUST 11

OR SEPTEMBER 15, 6:30PM

FREE

Need to lose 100 lbs? 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 live a healthier, longer life. You are invited to attend the lap band support group, which meets before the seminar at 5:30PM.

Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB, 3RD FLOOR

WEDNESDAYS, JULY 20, AUGUST 17,

SEPTEMBER 21, OCTOBER 19, 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. To register, call (908) 850-6935.

Programs and Screenings *(continued)*

Diabetes Support Group

WHERE: HRMC WEST WING CONFERENCE ROOM,
1ST FLOOR

MONDAYS, JULY 25, AUGUST 22,
SEPTEMBER 26, 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.

GET FIT KIDS! Summer 2011 Program

FOR BOYS AND GIRLS 7 – 12 YEARS OLD
LOCATION: WILLOW GROVE MEDICAL PLAZA;
THERAPY CENTER, 1ST FLOOR

TUESDAYS & THURSDAYS, AUGUST 9 – 25, 3:30 – 5PM

Fee: \$75 per child for six 90-minute classes
Maximum 10 children per session

Get Fit Kids is a fun program designed for kids 7 – 12 years old. Our exercise physiologists will lead children through a variety of workshops. Emphasis will be placed on accomplishing a task more than competition, as well as teaching the benefits of an active and healthy lifestyle. For more information and to register, call Justin Lauer, exercise physiologist, at (908) 850-6922 or Christine Meissner, registered dietitian, at (908) 441-1482.

Raising Healthy Eaters

LOCATION: HRMC THERAPY CENTER
WILLOW GROVE MEDICAL ARTS BUILDING
653 WILLOW GROVE STREET

THURSDAY, AUGUST 25, 4:15 – 5PM

Fee: \$10 (PROGRAM IS FREE FOR PARENTS WHOSE CHILDREN ARE REGISTERED AND ATTENDING THE SUMMER 2011 GET FIT KIDS PROGRAM)

How parents can help promote healthy eating habits for children. 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 Christine Meissner, registered dietitian, at (908) 441-1482 to register.

Osteoporosis Screening for Women

WHERE: 108 BILBY ROAD, SUITE 101
THURSDAY, SEPTEMBER 15, 1 – 3PM

FREE

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 is open to anyone who has not participated in one year. Call (908) 850-6935 to make an appointment.

Prostate Cancer Screening

WHERE: JOAN KNECHEL CANCER CENTER
MONDAY, SEPTEMBER 19, 5 – 7PM

FREE

Prostate cancer strikes one in six American men sometime in their lifetime; 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. Adam Berman, a urologist from Associates in Pediatric & Adult Urology. 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. Call (908) 850-6935 to schedule an appointment.

Pre-Diabetes Workshop

WHERE: 108 BILBY ROAD, SUITE 101
THURSDAY, SEPTEMBER 22, 4 – 5PM

Fee: \$10

Do you know if you are at risk for diabetes – or 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 can 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.

Flu & Pneumonia Vaccination

WHERE: 108 BILBY ROAD, SUITE 101
TUESDAY, SEPTEMBER 27, 8:30AM – 12PM

Fee: Flu: \$30

Pneumonia: \$65

Flu and pneumonia vaccines will be given by the staff of the Center for Healthier Living. Vaccines will be given by appointment only. Medicare will cover the cost of the vaccine for those eligible. HMO Medicare enrollees should receive vaccines from their private physician.

Blood Drive at HRMC

LOCATION: WEST WING CONFERENCE
ROOM THURS., JULY 21, NOON – 4:30PM

FREE

If you would like to donate blood, Miller Keystone Blood Center will be at Hackettstown Regional Medical Center accepting donations. Please call Linda Marciano at (908) 979-8817 to schedule a time. Walk-ins are welcome but may need to wait.

Experience HRMC's Childbirth Education Classes

Regardless of where you have chosen to give birth, Hackettstown Regional Medical Center, 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 breathing and relaxation techniques used for childbirth education. The Center for Healthier Living offers a choice of convenient classes for expectant parents.

To register for childbirth preparation classes and for class fees, please call (908) 850-6935.

Call the Center early as classes fill up quickly.

Childbirth Education Classes

THURSDAYS, JULY 7 – AUGUST 4, 7 – 9PM
SATURDAYS, JULY 16 & JULY 23, 8:30AM – 12:30PM

THURSDAYS, AUGUST 18 – SEPTEMBER 15, 7 – 9PM
SATURDAY, AUGUST 20 & AUGUST 27,
8:30AM – 12:30PM

Sibling Class

WHERE: CONFERENCE DINING ROOM, 1ST FLOOR
SATURDAY JULY 16, 10 – 11:30AM

SATURDAY SEPTEMBER 17, 10 – 11:30AM

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

In this fun, informative and interactive class, children ages 3 to 9 will discover what their new role in the family will be. 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

TUESDAY, JULY 19, 7 – 9PM

TUESDAY, SEPTEMBER 13, 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.

Breastfeeding Classes

TUESDAY, SEPTEMBER 6, 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.

Healthier Living

Patients who visit a hospital generally receive at least two separate bills for the visit: one for the nursing and medical treatments offered by the hospital facility itself and one for each physician who examines the patient while in the hospital. Such physicians are referred to as in-hospital physicians and generally include emergency physicians, radiologists, anesthesiologists and in-patient hospitalist physicians.

Hackettstown Regional Medical Center and its in-hospital physicians are in-network with Horizon Blue Cross Blue Shield of New Jersey. There are several different Horizon Blue Cross Blue Shield of New Jersey insurance plans, and you should now have a lower out-of-pocket cost subject to the terms of your individual insurance plan.

HRMC also accepts Medicare and Medicaid and most major insurance plans. 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.

Be sure to check with your personal physician or surgeon about whether your insurance plan is accepted at their private practice. Also ask your personal physician or surgeon about scheduling tests or procedures. HRMC offers convenient evening and Saturday hours for many diagnostic tests. To schedule an appointment for tests or procedures at HRMC, call (908) 850-6842.

HRMC In-Hospital Physicians **NOW In-Network** with Horizon Blue Cross and Blue Shield of NJ

