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Minimally Invasive Hip Arthroscopy: Used for Diagnosis & Treatment



Dr. Robert DeFalco

A hip arthroscopy is a surgical procedure that allows an orthopedic surgeon to diagnose and treat certain hip disorders by providing a clear view of the inside of the hip.

After making small incisions, using a pencil-sized instrument called an arthroscope, the surgeon can see an image of your hip that is transmitted through a small camera, via optic fibers, to a television monitor. The TV image allows the surgeon to examine the interior of your hip and determine the source of your problem.

During the procedure the surgeon can also insert surgical instruments through other small incisions into your hip to remove or repair damaged tissues. Hip arthroscopy is generally

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Cerner Millennium: ON THE ROAD TO THE ELECTRONIC MEDICAL RECORD

Over the past decade, Hackettstown Regional Medical Center changed the look of our building, added a West Wing to double the size of the hospital, and became connected to a new four-story medical office building. These changes were, of course, all very noticeable.

Changes to the interior of the hospital building, however, are only noticeable when you come in as a patient or visitor, such as the player piano and the Starbucks Coffee Kiosk in the West Wing Lobby, or the new visitor desk in the front (Willow Grove) lobby.

Now, HRMC has one expansion that very few people will ever see, but one that will have a strong impact on how the staff will provide and monitor the quality of care given to patients.



CONTINUED PAGE 4



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

MESSAGE FROM THE PRESIDENT

Summer is the time for family vacations, for taking things somewhat slower. But at Hackettstown Regional Medical Center, the flurry of activity continues.

Our cover story is about a key initiative within the Medical Center—the installation of a new automated medical record system called Cerner Millennium. Later this year, inpatients will see our nurses and clinical staff using portable computer devices to log-in patient status and view diagnostic reports. While this first phase will not yet provide us with the complete electronic medical record you hear about in the media, Cerner Millennium automates a number of previously manual record-keeping processes that will lead us to the complete electronic medical record.

In this issue, you will read about two new medical services being offered at HRMC: Hip Arthroscopy and at-home sleep studies. And for our bariatric patients, we have established a Gastric Banding Support Group to assist those who have taken advantage of this new weight loss surgery.

Also in this issue of *Healthier Living*, you'll be introduced to four new physicians who have recently joined our growing Medical Staff—a Pediatrician, OB/GYN specialist, Orthopaedic Surgeon and a Family Practitioner.

We share the results of our quality initiatives; you'll be very pleased at our continued high scores. You'll read about the renewal of our accreditation from the American College of Radiology for Mammography, CT Scans, Ultrasound and PET Scans.

Among the other items in this quarter's issue, you'll see our calendar of wellness programs and screenings. I encourage you to take advantage of these learning opportunities. These classes and seminars can help you discover if you have a health problem, and instruct you on living a healthier, fuller life.

Have a safe and enjoyable summer.



**HRMC
Welcomes:**
OB/GYN
**DR. GEETA
SEHGAL, D.O.**

Dr. Geeta Sehgal is a Fellow of the American Board of Obstetrics and Gynecology. Dr. Sehgal received her Doctorate of Osteopathic Medicine from the University of New England, College of Osteopathic Medicine. She was a

Galloway Fellow in Gynecological Oncology at Memorial Sloan Kettering Cancer Center, New York, and completed her residency at St. Vincent's Medical Center in New York, where she was Chief Resident. Her office is in Newton.

She can be reached at (973) 383-4500. Dr. Sehgal is also on staff at Newton Memorial.

Sleep Studies

Now Done in the Comfort of
Your Own Home

Using the latest technology available, the Sleep Disorders Center at HRMC now offers the convenience of at-home sleep studies. Called Somte, the home sleep study device is the size of a pager.

Left untreated, snoring, sleep apnea and other sleep disorders can lead to more serious health issues such as heart disease and stroke, among other life-threatening illnesses. The Somte home sleep study assesses four key factors of sleep disorders. An individual interested in having the home study should visit the Sleep Disorders Center for an initial questionnaire screening with a sleep technician.

Candidates for the home study pick up the beeper-like device from 7-9pm any evening convenient with their schedule—week or weekend nights. Candidates then follow their regular evening routine and sleep times, and return the Somte device to the Center within 24 hours. The device is then connected to a sleep study diagnostic system to output the findings. A Board Certified Sleep Physician reads the results to determine whether the findings are positive or negative for any sleep disorders.

If the results are positive, you will be asked to set up an appointment to discuss treatment options available to you. For more information or to schedule an at-home sleep study, please call us at (908) 850-7744.

HRMC PET Diagnostic Imaging Accredited by the American College of Radiology

The Advanced Diagnostic Imaging Department at HRMC offers a number of state-of-the-art diagnostic technologies as well as an expert staff to make sure you receive the best quality imaging with the best quality care. We recently have earned a three-year term of accreditation in PET services as the result of a recent survey by the American College of Radiology (ACR). In addition, we received renewed accreditation in the areas of Mammography, CT (or Cat Scan), and Nuclear Medicine.

The ACR, headquartered in Reston, Va., awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They also assessed the qualifications of HRMC staff members Todd Morrow, Sam Dindayal, Vera Parillo and Rosemary Gallagher along with the adequacy of the facility's equipment. The surveyors report their findings to the ACR's Committee on Accreditation, which subsequently provides us with a comprehensive report. Not surprisingly, our team has done an outstanding job.

The ACR is a national organization serving more than 32,000 diagnostic and interventional radiologists, radiation oncologists and nuclear medicine and medical physicists with programs focusing on the practice of medical imaging and radiation oncology, and the delivery of comprehensive health care service. Congratulations to Advanced Diagnostic Imaging at HRMC.



HRMC Welcomes:
FAMILY PRACTITIONER
DR. DONNA SEGARRA, D.O.

Dr. Donna Segarra is certified in Family Practice by the American Board of Osteopathic Family Practice. Dr. Segarra first attended the Bologna University School of Medicine, and then transferred to Kirksville College of Osteopathic

Medicine, where she received her Doctorate of Osteopathic Medicine. Her training was completed at Doctors Hospital in Columbus, Ohio. She is fluent in Spanish and also speaks some Italian.

Dr. Segarra's office is located in Succasunna and can be reached at (862) 251-7007.

HRMC Respiratory Care Earns Award

The Respiratory Care department at Hackettstown Regional Medical Center has earned the American Association for Respiratory Care's (AARC) Quality Respiratory Care Recognition Award for 2009.

The Quality Respiratory Care Recognition (QRCR) means HRMC's Respiratory Care Program meets strict safety and quality standards according to the AARC. The QRCR means our patients receive "first rate care" as defined in the award standards. Congratulations to HRMC Respiratory Care.

CONTINUED FROM COVER

Cerner Millennium: ON THE ROAD TO THE ELECTRONIC MEDICAL RECORD

The new Cerner Millennium software application has been built by staff and Care Excellence consultants to gradually change our record-keeping computer system from paper to electronic. Nurses and other clinical staff will be using hand-held devices to record patient information and progress notes. Physicians will be able to review patient lab and diagnostic imaging reports on computers at their office locations.

While the Cerner Millennium system will deliver HRMC into a more electronic world, the complete electronic medical record that you may read about in the media

includes a number of additional components that will not yet be available during this first phase of installation, coming later this year. In upcoming issues of *Healthier Living*, we will provide you with updates on our progress, and describe some of the additional benefits to the inner workings of Hackettstown Regional Medical Center.



Quality Counts at HRMC

For over a year now, HRMC has shared with you our quality measure scores. We are extremely proud of the commitment to quality by every staff member at the Medical Center to achieve such high numbers. It takes an entire team, not just any one individual, to make quality a priority. Our 1st Quarter 2009 scores are further proof of that commitment.

1st qtr	AMI (Heart Attack)	CHF (Heart Failure)	PN (Pneumonia)	SCIP (Surgery)	OSURG (Outpatient Surgical Care)	OED (Outpatient MI/Chest Pain)
# of patients	52/52	108/108	177/178	261/265	16/16	13/13
score	100%	100%	99.4%	98.5%	100%	100%

Notes:

- # of patients = Number of patient charts that were selected to measure against the best care standards.
- SCORE % = How we did overall with each patient, ensuring we met their best care needs for each indicator.
- Represents the composite score for each core measure.



HRMC Welcomes:
PEDIATRICIAN
DR. MELISSA LIBERT, D.O

Certified by the American Board of Pediatrics, Dr. Melissa Libert has joined Plaza Family Care. As Dr. Libert explains, "I understand exactly what being a new mom and living in a new town can mean. Finding the right doctor for

your baby and entire family is so vitally important." She received her Doctorate of Osteopathic Medicine from New York College of Osteopathic Medicine, Old Westbury, NY. Dr. Libert completed her internship and residency at

Schneider Children's Hospital, New Hyde Park, NY. Dr. Libert's office can be reached at (908) 850-7800.



Wireless @ HRMC

Starting in July, Hackettstown Regional Medical Center will offer free wireless internet access to patients and visitors using their personal laptop computers. This means that in patient rooms and on personal devices, patients and visitors will be able to check email and surf the web while in the hospital. Upon admission, patients will be given information on tips and guidelines for usage of the provided wireless internet.

Keeping in mind that the Medical Center is a place for healing, patients will be able to use the internet at the discretion of the nurse supervisor. Should the nurse supervisor find that internet access and/or laptop use is disruptive to the patient's medical care, the patient will be asked to discontinue use. Visitors may use their laptops or other internet-accessible device while in the common areas of the Medical

Center or in a patient room, again if the usage does not disrupt the patient's care in any way. For more information, please visit www.hrmcnj.org and click on "Patient Information" on the left side of the homepage.

Gastric Band Support Group

The Gastric Band Support Group is for individuals who are currently in the process of preparing for Lap Band Gastric Surgery and those who have already had it. The goal of the Support Group is to provide ongoing education, support and therapy for clients in order to assist them in making healthy and lasting adjustments to their surgery.

Topics of discussion include: emotional eating, adjustment to major lifestyle changes associated with weight loss surgery, learning how to cope with these changes, sharing your struggles and successes with fellow group members, and supporting each other through this life-changing journey.



The Gastric Band Support Group is held every other Thursday from 6 to 7 pm and is led by Janet Ostrom, MA, LPC, LCADC. For a schedule of the Support Group meeting days and any other questions you may have, please contact Janet at (908) 850-6810 x28.

CONTINUED FROM COVER

Hip Arthroscopy

performed as an outpatient procedure and patients are allowed to put weight on the leg immediately after surgery. The procedure is much less invasive than traditional hip surgery, which allows for accelerated rehabilitation and an earlier return to sport and activity.

Dr. Robert DeFalco is a Board Certified, fellowship trained orthopedic surgeon specializing in arthroscopy of the hip, shoulder, knee, and ankle.

Despite Tough Economy, HRMC Foundation Golf Classic Scores for the Joan Knechel Cancer Center

On Monday, June 9th, 116 golfers and 30 volunteers took part in the 23rd Annual HRMC Foundation Golf Classic to benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. As it has been every year since its inception, the event was held at the scenic Panther Valley Golf and Country Club in Allamuchy.

New this year was the introduction of a special trophy for the first place physician foursome. The honor of receiving this inaugural award was earned by the first place physician foursome of Dr. William Olivieri, Dr. Clay Hinrichs, Dr. John Werring and John Werring, Sr., representing Hackettstown Emergency Associates, the event's presenting sponsor. Top overall honors and the Jesse Lawrence Memorial Championship Trophy went to the winning foursome representing Duke's Landscape Management, Inc.: Eric Cross, John Armas, Tim Watts and Jim Gruber. Teams from Great Meadows Design Group and Associates in Oral Maxillofacial & Reconstructive Surgery took second and third place, respectively.

At the end of the day, nearly \$50,000 was raised for the Joan Knechel Cancer Center, thanks to the generosity and support of the golfers and numerous sponsors of the event. Plans are already underway for the 24th Annual Foundation Golf Classic, which will be held on Monday, June 14, 2010 – save the date!



Focusing on the Future HRMC Foundation Planned Giving

Question:

DO I REALLY NEED A WILL?

The answer is simple:

ABSOLUTELY.

A Last Will and Testament:

- Lets you decide who inherits your assets. If you die intestate (without a will), certain members of your family may inherit your property and they may not be the ones you favor. What's worse is that strangers (the State of New Jersey) may end up with your property.
- Can provide for a stream of cash to your loved ones over their lifetimes. If family members are not able to manage funds well or if your loved ones are so young that they might otherwise squander their inheritance, you can set a trust into motion inside your will which can dispense the funds in small installments throughout their lifetimes.
- Can protect your loved ones from the reach of creditors. A trust can incorporate "Spendthrift Protection" which shields the assets from any person or firm to which the beneficiaries owe money.
- Can save thousands of dollars on estate taxes. The federal government and the State of New Jersey both have the right to tax the estate of a decedent. With a

proper estate plan in place, the federal and state death tax can be minimized and, in many cases, entirely eliminated.

- Allows you to choose with whom your minor children will live following your death. If you die intestate, the Surrogate's Court selects guardians for your minor children, and they may not be the ones you would have selected.
- Can avoid the need for a costly bond. A fiduciary bond is required in all estates unless you waive that obligation. The easiest way to accomplish that is by including such a waiver in your Last Will and Testament.

The Hackettstown Regional Medical Center Foundation's Planned Giving Committee wants to help those who may need assistance with their estate plans. If you do not currently have a trusted advisor to assist you with your estate planning needs, contact Steve Maternick in the HRMC Foundation office at (908) 850-6876. We will be happy to provide you with some guidance.

(This article is contributed by Robert Lawrence Gaynor, Attorneys at Law, 15 Commerce Boulevard, Suite 303, Succasunna, New Jersey 07876 - Telephone (973) 927-3900.)



HRMC Welcomes: ORTHOPAEDIC SURGEON **DR. KEVIN WHITE, D.O.**

Dr. Kevin White has joined Drs. Defalco and Teja at North Jersey Sports Medicine and Spine Center. He received his Doctorate of Osteopathic Medicine from UMDNJ School of Osteopathic Medicine, Stratford,

NJ. Dr. White also completed his internship and residency training at UMDNJ. He is now completing a Fellowship in foot and ankle surgery at St. Vincent's Medical Center in New York. Dr. White is currently

Board-eligible by the American Osteopathic Board of Orthopaedic Surgery. His office is in the Willow Grove Medical Plaza and can be reached at (908) 684-3005.



Joan Knechel Memorial Walk

Keeps 100% of Proceeds Local for Cancer Treatment

Before we know it, the cool breezes of autumn will be here, and on Sunday, October 18th, 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 (JKMW). The Walk has become a poignant and powerful tradition for many, and it's important to note that 100% of ALL proceeds from the Joan Knechel Memorial Walk stay local to benefit the Joan Knechel Cancer Center (JKCC) at Hackettstown Regional Medical Center.

Sponsors are currently being sought, and the Walk committee hopes to draw upwards of 400 walkers again this year to achieve their goal of raising \$50,000+. The honorary chairs of this year's JKMW are the members of the Schiano family, owners and operators of Mama's Pizza, Café Baci and Bello Giorno. The Schianos have a strong devotion to the Hackettstown area and a generous spirit when it comes to their neighbors, charities and various organizations.

The Walk is named for Joan Knechel, a former nurse at HRMC and a friend to many in the area.

Unfortunately, Joan lost her own brave battle with cancer back in 2002, but her courageous journey through her illness and her positive attitude served as an inspiration to many. Since its opening in the summer of 2005, the Joan Knechel Cancer Center has made a positive impact on the lives of many cancer patients in this region – patients who before the opening of the JKCC would have had to travel 45 minutes or more for cancer treatment.

Registration forms are now available, and teams and individuals are welcome. In addition to making pledges to sponsor walkers, there will be an opportunity to purchase a "dove" for the dove tree or a sign along the walk route to remember and/or honor someone you know who has battled 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 for the event form, directions or to make an online donation to the JKMW.



Foundation Cotillion to Celebrate its 20th Anniversary!

The annual HRMC Foundation Cotillion celebrates its 20th Anniversary on Saturday, November 14, 2009. This elegant event is held at the Hanover Marriott in Whippany, NJ. HRMC President and CEO Gene Milton and his wife, Donna Milton, will serve as the Honorary Chairs; Gautam Desai, M.D., board certified in Internal Medicine, is the Physician Honoree. Gene Milton has been the President & CEO for 25 years, and Dr. Desai has been a member of the Medical Staff for 31 years.

Cotillion attendees will enjoy an elegant 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. One of the main focuses of the evening will be a look back at the 20-year history of this black-tie gala and those who have been honored and taken part in the event.

Proceeds from this year's Foundation Cotillion will benefit the expansion of surgical services at HRMC, including the building out and equipping of the 4th Operating Room.

"We're looking forward to a great evening," said Maria DiGiovanni, Vice President with Skylands Community Bank, who is chairing the planning committee for this year's Cotillion. "This year's event will be particularly memorable and we hope that many who have been involved with the Cotillion in the past will join us again to celebrate this milestone anniversary. It should be a wonderful evening of 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.

Amberley's Story.

Dear Ann Edwards,

Community, some define it as a group of individuals who share a common interest. When I think about the true meaning of a community, your hospital and staff certainly come to mind.

Having been in three different hospitals in the past three months, your staff has proven to hold their patients' health and happiness as their utmost concern and interest. Upon arriving in your emergency room on March 7, your staff immediately addressed my needs not only in a professional manner, but also with much compassion and urgency. The emergency room doctor clearly explained his concerns, as well as ordered tests that would eventually determine the need for my hospitalization. His bedside manner was excellent, which gave me a great impression that my health was in good hands.

Within the first two days of my hospitalization, I was seen by doctors of all specialties who were determined to understand why my body was in such distress; plus, every medical test was ordered and promptly executed. Each department in the hospital did their best to not only complete the doctor's requests, but they also made sure that I was comfortable as possible. The MRI technicians made sure that when they transported me from gurney to gurney, that I was in the least amount of pain (something that was extremely difficult in my condition). Plus, the technicians gave me constant words of encouragement as I underwent seven different MRI tests. The transporters kept me smiling as they "toured" me around the hospital, always making sure to ask me about my day or my improvements. The lab technicians were courteous when collecting samples, especially when they made late evening calls; moreover, they were sensitive to the fact that I feared needles and tried their best to take my mind off them. Even the staff responsible for food services made sure that I was satisfied with the meal selections.

Most of all, I want to applaud your staff of nurses and nursing assistants. When I entered the hospital, my condition worsened to the point where I could not move my body without experiencing excruciating pain. The nursing staff treated me with such dignity, helping me do normal things from bathing to dressing.

Hackettstown Regional Medical Center receives numerous letters from former patients and their families. Sometimes these letters may include patient complaints, but more often the letters are about the kind and caring support of our staff. It is, however, unusual that the author of the letter also gives us permission to spread the good word. This letter below is one exception in that the author has given us permission to reprint her letter. Here is Amberley's story.

They made sure that I was comfortable as possible, as well as provided positive support. Some nurses went as far as holding my hand during blood tests and other procedures, and they even asked for clarification of procedures or test results from the doctors. Each day the nursing staff asked about my three-week-old baby, knowing that I was emotionally distressed by not being able to see my newborn. When my family and friends came to visit me, the nursing staff made sure they too were well-accommodated for, whether it be locating an extra chair to even providing my mother with a meal after she drove in from Virginia. One nurse, Kimmy, brought magazines from home for me to read, which is just another gesture of how your staff goes above and beyond.

Upon my dismissal from your facility a week later, I was still amazed by your dedication to my health and welfare with your continued services. I had to return to the hospital for another heart test, and the technician not only remembered me, but also showed genuine concern for my health's improvement. Moreover, as I sought outpatient care as prescribed by your doctors, the records department has been very accommodating and quick in providing each doctor and me with all my medical records.

After being hospitalized in two other hospitals, I must admit that I appreciated your facility the most. Your staff truly knows the real meaning of community, and I know that I will choose your hospital over the others for all my future needs. I cannot thank your staff enough because I know without their help and positive attitude that I would not have been able to recover and return home to my son as quickly.

Sincerely,

Amberley



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 the Center for Healthier Living, 180 Mountain Avenue, 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, 180 Mountain Avenue, Hackettstown, unless noted.

HealthLink Senior Programs

Stitch and Chat

WEDNESDAYS, JULY 22, AUGUST 26,
SEPTEMBER 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. Many participants are working on baby and lap blankets to donate. No registration is necessary.

Arthritis Foundation Exercise Program

MONDAYS OR THURSDAYS – CLASSES ONGOING,
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. **Monday’s class is held at The Center for Healthier Living. Thursday’s class is held at Paragon Village, Route 46.** Call HealthLink at (908) 850-6872 to register.

Cell Phones for Seniors

TUESDAY, AUGUST 18, 10:30AM

FREE

Are you confused about how to use your cell phone or are you thinking of getting a cell phone? Join us to learn more about how to program your cell phone and options for cell phone plans for seniors. A representative from Verizon Wireless will teach you the basics.

Lunch at the Prickly Pear

WEDNESDAY, AUGUST 19, 12:15PM

Fee: \$16

Our luncheon will be contemporary American cuisine at the Prickly Pear restaurant in Hackettstown. We will pre-select soup or salad, choice of entrée, dessert and coffee or tea. Call HealthLink at (908) 850-6872 for reservations and more information about menu choices.

Back in Time: Operation Chastise – The Dams Raid

MONDAY, AUGUST 24, 10:30AM

FREE

Bob Stead will discuss the great Dams Raid conducted by the 617 Squadron of Royal Air Force on May 16-17, 1943. By utilizing unconventional low-level flight tactics and specially designed aircraft to

deliver the unique bomb/mine code named 'Upkeep', the RAF planned to breach the major dams that fed the industrial heartland of the Ruhr Valley in Germany. The discussion will include images from RAF archives and a video excerpt from the 1954 movie titled 'The Dam Busters'. Call HealthLink at (908) 850-6872 to register.

Pain in the Knee? (or Hip?)

TUESDAY, SEPTEMBER 8, 10:30AM

Free

Dr. Jerome Rosman, Orthopedic Surgeon and a member of the Medical Executive Committee at HRMC will discuss common problems of both the knee and the hip joints. He will discuss common treatments including information about joint replacement. Please call the Center for Healthier Living to register.

Skin Cancer Prevention and Detection

WEDNESDAY, SEPTEMBER 16, 1:30PM

FREE

Eric L. Gross, MD, FACS, Medical Director of the Wound Healing Center, Board Certified General Surgeon and Fellowship-trained Surgical Oncologist, will discuss the various types of skin cancer. The program will also address risk factors, detection, treatment and prevention. This is not a screening. To register call (908) 850-6972.

Tai Chi for Arthritis – For New Students

6 WEDNESDAYS BEGINNING SEPTEMBER 23, 1:30 – 2:30PM

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 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. This program will be held at The Center for Healthier Living. Please call HealthLink at (908) 850-6872 to register.

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. Call (908) 850-6872 to register.

AARP Driver Safety Program

TUESDAY, AUGUST 25 & THURSDAY, AUGUST 27
OR WEDNESDAY, SEPTEMBER 30 & THURSDAY,
OCTOBER 1, 9AM – 1PM (MUST ATTEND BOTH DAYS)

Fee: \$14 for non-AARP members

\$12 for AARP members

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 for an automobile insurance premium reduction or discount. Check with your insurance agent. MUST BRING YOUR DRIVER'S LICENSE AND AARP MEMBERSHIP CARD (if applicable) TO CLASS. Call (908) 850-6872 to register.

Medications & Modalities: Managing Chronic Pain

MONDAY, SEPTEMBER 14,
11AM WITH LUNCH TO FOLLOW

FREE

Learn how to manage and control chronic pain with commonly prescribed medications and non-medication techniques to help you put "quality" back into your life. Pat Merritt, RN, HNC, LMT will discuss these important topics. She will share information from the American Chronic Pain Association.

"Healthy Feet" Lecture & Screening

TUESDAY, SEPTEMBER 22, 2PM

FREE

Dr. John Guiliiana of Footcare Associates will discuss the diagnosis, treatment and prevention of common foot problems that occur as we age. Aging, as well as certain chronic diseases, can cause various foot problems. Years of wear-and-tear can be hard on our feet. After the lecture, a free screening will be offered.



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 23, 6 – 9:30PM
 THURSDAY, AUGUST 13, 6 – 9:30PM
 THURSDAY, SEPTEMBER 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, JULY 25, 9AM – 12:15PM
 SATURDAY, AUGUST 22, 9AM – 12:15PM
 SATURDAY, SEPTEMBER 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

TUESDAY, AUGUST 4, 9AM
 TUESDAY, AUGUST 11, 6PM
 SATURDAY, AUGUST 29, 9AM
 THURSDAY, SEPTEMBER 3, 9AM OR 6PM
 TUESDAY, SEPTEMBER 8, 6PM
 SATURDAY, SEPTEMBER 19, 9AM

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 (AED). A written and skills test is taken at the end of the course. Renewal classes are also available monthly.

Healthcare Provider Renewal Classes:

TUESDAY, JULY 28, 6PM
 WEDNESDAY, AUGUST 26, 9AM
 TUESDAY, AUGUST 18, 6PM
 WEDNESDAY, SEPTEMBER 16, 9AM
 THURSDAY, SEPTEMBER 10, 6PM
 TUESDAY, SEPTEMBER 22, 6PM

Fee: \$50

CPR for Family and Friends

SATURDAYS, JULY 18 & AUGUST 1, 9AM
 TUESDAY, SEPTEMBER 1, 6PM

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.

Heartsaver CPR

TUESDAY, JULY 21, 6 – 9PM
 THURSDAY, AUGUST 6, 6 – 9PM
 THURSDAY, SEPTEMBER 17, 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 (973) 331-3794.**

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.

Diabetes Support Group

WHERE: HRMC CONFERENCE DINING ROOM
MONDAYS, JULY 27, AUGUST 24, SEPTEMBER 28, 7PM
FREE

This support group is open to anyone with diabetes. It is an opportunity to share information and ideas and receive education. This group will meet the 4th Monday of each month at 7 PM 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.

Better Breathers Club

WHERE: CONFERENCE DINING ROOM
THURSDAYS, AUGUST 13 &
SEPTEMBER 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: CENTER FOR HEALTHIER LIVING
THURSDAYS, SEPTEMBER 10, 17, 24 &
OCTOBER 1, 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 three-part series. 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.

Babysitting Basics

TUESDAY & WEDNESDAY, JULY 21 & 22, 9AM – 12PM
TUESDAY & WEDNESDAY, AUGUST 18 & 19,
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 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.

Programs and Screenings

Osteoporosis Screening for Women

WHERE: CENTER FOR HEALTHIER LIVING
WEDNESDAY, SEPTEMBER 9, 1 – 3PM

FREE

Osteoporosis is a silent, insidious disease characterized by low bone mass and deterioration of the bone tissue resulting in fragile bones that are more susceptible to fracture. This quick and easy screening is performed on the heel using ultrasound technology. Results are immediate and may be shared with your physician for any needed follow-up. No pantyhose please. Call (908) 850-6935 for your appointment.

Blood Pressure Screenings

WHERE: HRMC CENTER FOR HEALTHIER LIVING
WEDNESDAYS, AUGUST 5, SEPTEMBER 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.

Menopause: Understanding Treatment Options

WHERE: CENTER FOR HEALTHIER LIVING
WEDNESDAY, JULY 15, 6:30PM

Join Kimberly Schad and Kelly Murphy, Certified Nurse Midwives with All About Women, as they discuss the signs and symptoms, current treatment options for the common symptoms of perimenopause and menopause, including estrogen replacement therapy and bioidenticals. To register, call (908) 850-6935.

Introducing a New Baby to the Family Pet

WHERE: CENTER FOR HEALTHIER LIVING
THURSDAY, AUGUST 27, 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. Expectant moms, dads and grandparents are welcome to attend. Call (908) 850-6935 to register.

Programs and Screenings Continued

Skin Cancer Screening

WHERE: WOUND HEALING CENTER
SEPTEMBER 18, 1 – 3PM

FREE

The number of skin cancer cases has increased in the United States. According to the CDC more than one million cases of basal cell or squamous cell cancer will be diagnosed annually, with melanoma being the most common cancer among people 25 to 29 years old. If you are not already under the care of a dermatologist, and would like to take advantage of this screening, please call (908) 850-6935 to schedule an appointment.



Bariatric Lap Band Surgery

WHERE: HRMC WEST WING CONFERENCE ROOM
THURSDAYS, AUGUST 13, SEPTEMBER 10, 6:30PM

FREE

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

Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB. 3RD FLOOR
WEDNESDAYS, JULY 22 & SEPTEMBER 23, 4:30PM

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.

Infant Safety Seat Check

SPONSORED BY THE N. J. STATE POLICE & HRMC

WHERE: UPPER PARKING LOT BEHIND
HACKETTSTOWN REGIONAL MEDICAL CENTER
SATURDAY, JULY 25, 9AM – 1PM

FREE

Stop by for this FREE infant car seat check. The State Police will be available to inspect your baby's car seat for proper installation, height and weight limits, general safety check of the car seat, and education information. Appointments are not necessary. Please call (908) 850-6935 with any questions.

Prostate Cancer Screening

WHERE: JOAN KNECHEL CANCER CENTER
MONDAY, SEPT. 21, 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 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. Please call (908) 850-6935 for your appointment.

Get Fit Kids!

5 WEEK PROGRAM

TUESDAYS & THURSDAYS, BEGINS SEPTEMBER 2009

Fee: \$100 per child

Supervised and structured fitness/games sessions, run by an Exercise Physiologist at all sessions using a variety of props. A Registered Dietitian will provide interactive workshops on how to choose healthy foods. Children may be grouped by skill level, but athletic ability is not required. Emphasis will be placed on accomplishing a task more than competition, as well as teaching benefits of an active/healthy lifestyle. Call Justin Lauer, Exercise Physiologist, at (908) 850-6922 for more details.

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, JULY 1 – AUG. 5, 7PM – 9PM

SATURDAYS, AUG. 8 & AUG. 15, 8AM – 1PM

WEDNESDAYS, AUG. 12 – SEPT. 16, 7PM – 9PM

SATURDAYS, SEPT. 5 & SEPT. 12, 8AM – 1PM

WEDNESDAYS, SEPT. 23 – OCT. 28, 7PM – 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 Sat. 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. 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, SEPTEMBER 15, 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.

Newborn Baby Care

SUNDAY, SEPTEMBER 27, 1PM - 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.

Sibling Class

WHERE: HRMC CONFERENCE DINING ROOM

SATURDAY, SEPTEMBER 26, 10 – 11:30AM

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

In this fun, informative and interactive class, children ages 3 to 9 years 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.



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

HRMC NEEDS YOU!

Hackettstown Regional Medical Center will be reaching out to the residents we serve to learn more about your health needs. Understanding your primary care needs and personal involvement in making healthcare decisions will help us determine how best to develop new programs and services to meet your needs—for today and the future.

The Community Needs Assessment will be conducted by Holleran, a leader in the field of community health research. The health assessment process is valuable in determining health issues for our community as well as to gather statistically valid information on the health status of residents in our region. The assessment will include a telephone survey of randomly selected telephone numbers, focus groups on specific healthcare topics and comparison to state and national health and quality of life measurements.

The first phase will include a survey to randomly selected telephone numbers. The second phase will include focus groups on specific healthcare topics.

Over the years, the input from community residents has supported HRMC to establish services such as the Joan Knechel Cancer Center, the Wound Healing Center, and patient access to DaVita Outpatient Dialysis, just to name a few.

All of the study information will be analyzed to help us make certain we are delivering the best care possible into the future. Thank you in advance for your participation.

We will provide updates in future issues of "Healthier Living."

