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## Spine Surgeon Joins HRMC



Dr. Michael Rohan, Jr. has joined Dr. Robert A. DeFalco, Jr. and Dr. Paul G. Teja at North Jersey Sports Medicine and Spine Center located in Hackettstown. Dr. Rohan specializes in adult spinal disorders including degenerative disease, deformity, and trauma. He surgically treats problems in the cervical,

thoracic, and lumbar spine, with special interests in motion preservation, dynamic stabilization, and artificial disk replacement.

“We are thrilled to have a top-notch spine surgeon on our medical team. Dr. Rohan adds another level of specialty surgery here at our hospital,” says HRMC Chief Medical Officer Dr. Kenneth Janowski.

Dr. Rohan attended Nova Southeastern University, College of Osteopathic Medicine. He completed his orthopedic surgery residency at the University of Medicine and Dentistry of New Jersey. He then

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## HRMC Nationally Recognized for Advanced Stroke Care

Hackettstown Regional Medical Center has earned the *Gold Seal of Approval™* from The Joint Commission for Primary Stroke Centers. HRMC earned this distinction after the Joint Commission conducted an intensive on-site review in November.



“Hackettstown Regional Medical Center demonstrated that its stroke care program follows national standards and guidelines that can significantly

improve outcomes for stroke patients,” says Jean E. Range, M.S., R.N., C.P.H.Q., executive director, Disease-Specific Care Certification, Joint Commission.

Stroke is the nation’s third leading cause of death. On average, someone suffers a stroke every 45 seconds; and someone dies of a stroke every 3.1 minutes. Stroke is a leading cause of serious, long-term disability in the United States, with about 4.7 million stroke survivors alive today.

“We’re proud to have achieved this national distinction,” said HRMC President & CEO Gene C. Milton, FACHE. “Joint Commission Primary Stroke Center Certification recognizes

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

## MESSAGE FROM THE PRESIDENT

Each quarter in this newsletter, I share with you highlights of our achievements, new services and programs. In this issue, I am asking you to share your thoughts with me.

Beginning this Spring, Hackettstown Regional Medical Center is conducting a Community Needs Assessment. Unlike our patient satisfaction surveys, which ask questions about the level of treatment and care received here, the Community Needs Assessment asks questions about the types of healthcare programs and services you would like us to offer. Conducted on our behalf by Holleran, a leader in the field of community health research, the Community Needs Assessment will help us develop health programs to better serve you and your family. For more information on the assessment process, please read the article on page 5.

I am also very proud of the Gold Seal of Approval from The Joint Commission, recognizing HRMC for medical excellence and quality care of our stroke patients. The article on page 3 about Teleneurology details a critical part of HRMC's stroke program protocol. I also have received letters from our stroke patients telling me of the wonderful, compassionate care they received in the ER and during their inpatient stay.

As another example of advanced technology, HRMC is the only hospital in Warren and Sussex counties to offer Endoscopic Ultrasound for diagnosis of certain cancers, pancreatic disorders and other illnesses. Please see page 5 for more information.

At Hackettstown Regional Medical Center, we place special emphasis on the interrelationship of the mind, body and spirit in the healing process. Perhaps this is most clearly seen as you look through the diverse array of programs and screenings on our calendar. We feel education is a primary key to avoiding health issues and improving the quality of your life, so I invite you to take advantage of one or more of these learning opportunities.

I wish you and your family a pleasant and healthful springtime.

A handwritten signature in black ink that reads "Gene C. Milton". The signature is written in a cursive style.



# Teleneurology at HRMC:

## Speak with a specialist *fast*

Dr. Chet Skiba, Emergency Department Chairperson at HRMC, notes, “There is a national shortage of emergency neurologists who deal with thrombolytics and stroke disease. Teleneurology allows the emergency room physician, the patient and family to have a face-to-face video conference with a consulting neurologist, 24 hours-a-day. It’s the latest in advanced medicine using technology to provide the best possible patient care.”

Across the nation, emergency departments are almost three times more likely to describe their access to neurology coverage as inadequate than adequate. Dr. Joe Peterson, the CEO of the California-based Specialists On Call and an emergency physician himself, knows the problems

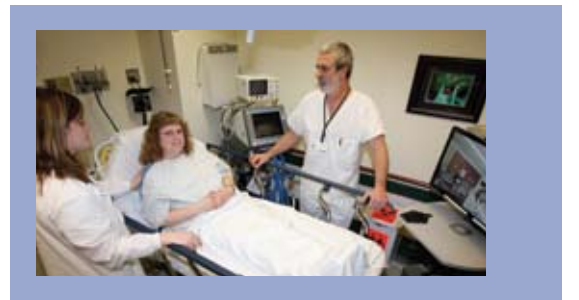
that can arise when the services of a specialist are not immediately available. His organization, he said, seeks to avoid that gap.

According to Dr. Peterson, a New Jersey licensed, Board Certified and HRMC-credentialed neurologist introduces himself or herself to the patient who is watching a flat screen monitor next to the emergency bed. The neurologist explains the background and why he or she is there. The neurologist then completes an examination with the help of the on-site HRMC emergency physician and nurse.

The high resolution of the connection enables the physician to evaluate the patient carefully, Dr. Peterson said. After the examination, the neurologist talks to the emergency physician and suggests a plan

of action, which the emergency physician carries out. The specialty physician is available for follow-up if the emergency physician wishes.

“All the patients we see would not otherwise see a specialist,” he said. “Everybody wins. The interactions are pleasant. Patients realize they are seeing and talking with a Board Certified Neurologist,” added Dr. Peterson. ■



**HRMC Welcomes:**  
D.O. MEDICAL ONCOLOGY/  
HEMATOLOGY  
**MAY ABDO-MATKIWSKY**

*Dr. Abdo-Matkiwsky is certified by the American Board of Internal Medicine and Medical Oncology.*

*Hackettstown Regional Medical Center is proud to welcome May Abdo-Matkiwsky, D.O. Dr. Abdo-Matkiwsky received her Doctorate of Osteopathic Medicine from NY College of Osteopathic Medicine, New York Institute of Technology. She completed her Residency*

*in Internal Medicine at UMDNJ and completed a Fellowship in Hematology and Medical Oncology at Beth Israel Medical Center in NY. Dr. Abdo-Matkiwsky is certified by the American Board of Internal Medicine and Medical Oncology.*

*Dr. Abdo-Matkiwsky is currently with Sussex County Medical Associates in Sparta. Her office can be reached at (973) 726-0005.*

## Know the signs of stroke: **F.A.S.T.**

- F** **Face** Ask the person to smile. Does one side of the face droop?
- A** **Arm** Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- T** **Time** Time last seen without these symptoms – Act FAST – call 9-1-1.

## STROKE CENTER DESIGNATION

CONTINUED FROM PAGE 1

Hackettstown Regional Medical Center’s commitment to providing outstanding emergency and rehabilitation care to our patients and our community.”

HRMC’s Stroke coordinator Karen Young, RN, emphasizes, “Stroke is one of the most preventable of all life-threatening health problems, provided that you pay proper attention to lifestyle and medical risk factors, such as smoking, high blood pressure, high cholesterol and diabetes. Furthermore, treatment exists to help minimize the effects of a stroke; however, it must be given within 3 hours of the first symptom. It is important to recognize the symptoms of stroke and seek emergency medical attention. Recognizing stroke symptoms can be easy if you learn to act F.A.S.T. After the initial assessment, the patient will receive ongoing follow-up care by one of HRMC’s on-staff consultant neurologists.”

The Joint Commission launched the program – the nation’s first – in 2003. For more information about HRMC’s Stroke Program, please call Karen Young, RN at (908) 441-1127.



## About the Joint Commission

Founded in 1951, The Joint Commission is an independent, not-for-profit organization, and the nation’s oldest and largest standards-setting and accrediting body in health care. The Joint Commission evaluates and accredits more than 15,000 health care organizations and programs in the United States, including more than 8,000 hospitals and home care organizations, and more than 6,800 other health care organizations that provide long term care, assisted living, behavioral health care, laboratory and ambulatory care services. In addition, the Joint Commission provides certification of disease-specific care programs, primary stroke centers, and health care staffing services. Learn more about the Joint Commission at [www.jointcommission.org](http://www.jointcommission.org).

# Endoscopic Ultrasound

## Now Available at HRMC

Dr. Srinivas Madane has introduced Endoscopic Ultrasound (EUS), a procedure that joins traditional endoscopic procedures with ultrasound technology. EUS allows a doctor to obtain images and information about tissue and structures not only within the digestive tract, pancreas and gallbladder, but also surrounding it. HRMC is the only hospital in Warren and Sussex Counties to offer this advanced technology.

During the endoscopic procedure, a small ultrasound transducer is located on the tip of the endoscope, a small, lighted, flexible tube with a camera attached. By inserting the endoscope and camera into the upper or the lower digestive tract, the doctor is able to obtain high-quality ultrasound images of organs. Because the EUS transducer can get close to the organ(s) being examined, the images obtained with EUS are often more accurate and detailed than images provided by traditional ultrasound.

### Endoscopic Ultrasound may be used to:

- Evaluate stages of cancer
- Evaluate chronic pancreatitis or other disorders of the pancreas
- Study abnormalities or tumors in organs, including the gallbladder and liver
- Study the muscles of the lower rectum and anal canal to determine reasons for fecal incontinence
- Study nodules (bumps) in the intestinal wall.

Board Certified in both Internal Medicine and Gastroenterology, Dr. Srinivas Madane has used EUS as a diagnostic procedure for over four years at a Veteran's Administration hospital. ■



**HRMC Welcomes:**  
 OTOLARYNGOLOGY  
 SURGEON  
**WARREN GALEOS, M.D.**

*Dr. Galeos is Board Certified by the American Board of Otolaryngology.*

*Dr. Warren Galeos has joined the medical staff at Hackettstown Regional Medical Center. Dr. Galeos received his Doctorate of Medicine from UMDNJ, NJ Medical School. He completed a Residency in General Surgery and Otolaryngology, head and neck surgery, at UMDNJ. Dr. Galeos is Board Certified by the American Board of Otolaryngology.*

*His office is located in Newton, NJ. For information, call (973) 383-9966.*



## HRMC Needs You!

Later this spring, 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 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.*

# BACK BY POPULAR DEMAND!

“T.C. KIDS” PRESENTS:

2009 SUMMER READING ENRICHMENT CAMP

Is your child struggling with early literacy and language development? The Summer Reading Enrichment Camp program is designed to help children who will be entering grades 1 through 4 in the Fall to unlock the adventures of reading.

The facilitators of this program are Speech-Language Pathologists with expertise in child language development, which is the foundation for literacy skills (eg: syntax, semantics, morphology, discourse and phonology).

The program includes pre- and post-test reading assessments for word recognition (decoding), fluency and comprehension. Instruction areas include: the language of math, phonological awareness/blending of sounds/word attack skills, word reading and spelling, fluency, new vocabulary/meaning, application of vocabulary and reading comprehension. Children will also learn event sequencing, character, setting, literacy-language integration, narratives, stories, crafts, making books, reading of everyday life (labels, menus, recipes, etc.), and dramatic play.

The camp will run four days per week, beginning Monday, July 6th through Thursday, July 16th. There are no sessions on Friday, July 10th. Children entering grades 1 and 2 will meet 8-9 a.m. (Fee: \$160) and those entering grades 3 and 4 will meet 9:15-11:15 a.m. (Fee: \$175). Fees include pre-test evaluation, camp fee, and take-home materials.

To find out more or to schedule a pre-test evaluation, contact T.C. Kids at (908) 850-6835.



## HRMC Plans Chili Reception at Spring Festival

Enjoy a hearty, healthy serving of HRMC's widely famous vegetarian chili, corn bread and carrot cake, along with lots of health education information, at the 2009 Warren County Spring Festival. Hosted by the Warren County Regional Chamber of Commerce, this year's weekend event will be held on Friday through Sunday, May 1-3, on the grounds of the old "Hackettstown Mall," next to Applebee's restaurant on Mountain Avenue in Hackettstown. For more information, visit [www.visitwarren.com](http://www.visitwarren.com).

## NOW SERVING STARBUCKS & TAZO

Visit us between 7 and 11:30 a.m. and have 16 fl oz Starbucks® Coffee or Tazo Tea on us. Use this coupon for a FREE coffee or tea from our Coffee Kiosk located in the West Wing Admission Area (at the rear of the Medical Center).



**Good only at:**

Coffee Kiosk at HRMC West Wing Lobby

651 Willow Grove Drive • Hackettstown, NJ 07840

Redeemable only at location above. This location brews Starbucks® coffee and is proud to feature a limited selection of Starbucks® offerings. One beverage per person per visit with this coupon. Cannot be combined with other offers. 1/20¢ cash value. Not valid if reproduced. Starbucks and Starbucks logo are registered trademarks of Starbucks U.S. Brands, LLC, in the U.S. and Starbucks Corporation in other countries. Starbucks approval code: Sodexo. © 2007 Starbucks Coffee Company. All rights reserved. BAR-775; Offer expires July 30th, 2009.

# Take the Axe to Estate Taxes! Plan Ahead!

When you sell an asset that has appreciated in value, you'll be subject to capital gains tax. If you give property or real estate to someone during your lifetime, you'll be subject to the gift tax. Of course, one of the more significant tax liabilities may be applied to your estate. When you have not prepared properly, your estate may be subject to a hefty tax, leaving your heirs with less in an already difficult economy.

The Hackettstown Regional Medical Center Foundation office offers help to every individual who would like to develop a plan to protect their assets. If you do not currently have a trusted advisor to assist you with your financial, retirement or estate planning needs, we can provide a free consultation and make recommendations on how to best protect your assets. For more information, please contact Steve Maternick, Executive Director in the HRMC Foundation office at (908) 850-6876. Steve will be happy to provide you with free information and guidance.

## Spine Surgeon Joins HRMC

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completed a spine surgery fellowship at the world-renowned Texas Back Institute in Plano, Texas, where he was exposed to the latest innovations including minimally invasive surgery, motion preservation surgery, and artificial disk replacement.

Dr. Rohan is a Fellowship-trained orthopedic spine surgeon and is a member of the American Osteopathic Academy of Orthopedics. He has participated in spine surgery research projects and has published his results in the annual meeting of the North American Spine Society.

Dr. Rohan is a fourth generation physician and a third generation orthopedic surgeon. He was born and raised in Florida and has recently relocated to New Jersey to practice medicine and raise his family. He was previously in private orthopedic spine surgery practice in Florida.

## Living with Grief Series

April 7, 14, 21, 28

**7:00 - 9:00 p.m. in the Conference Dining Room.**

Celia Clayton, MPH, executive director of the Karen Ann Quinlan Hospice, is presenting a free four-part information series on how to live with grief. Ms. Clayton will discuss the natural and unavoidable reaction to loss, the grief process and techniques for coping with loss.

**Registration for this free series is on a first come, first serve basis. To register, please call (908) 850-7757.**

## Mark Your Calendar: 23rd Annual Golf Outing, June 8th

Even in a soft economy, there is a continued need to develop health programs and services for our community residents. We want you to know that we value your involvement with the HRMC Foundation Golf Classic. With this in mind, the 2009 Golf Classic is offering special pricing for sponsorships and individual golfer fees. Sponsorship opportunities range from \$100 for tee/green signs to sponsorship and golf packages up to \$3,000. The Presenting sponsor of this year's outing is Hackettstown Emergency Associates. The event is slated to take place on Monday, June 8th. Registration starts at 10:30a.m.

With 23 years of top-notch competition, the 2009 Golf Classic will again be hosted at Panther Valley Golf & Country Club.

Proceeds from this year's Golf Classic have been designated for the Joan Knechel Cancer Center at HRMC. For more information, please call the HRMC Foundation office at (908) 850-6876. ■



# Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living

## Calendar A:

**HealthLink Senior Programs** (pages 8-9)

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

## Calendar B:

**Programs for Everyone** (pages 10-15)

Programs for anyone age 18 and older. Pre-registration is required for most programs. To register, call (908) 850-6935. All programs are held at the Center for Healthier Living, 180 Mountain Avenue, Hackettstown, unless noted.

## HealthLink Senior Programs

CALENDAR A

### Arthritis Foundation Exercise Program

THURSDAYS, CLASSES ONGOING.  
2 – 3PM; CALL FOR MORE INFORMATION.  
**\$27 for the series or \$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.

**This class will be held at Paragon Village, but you must register through HealthLink at (908) 850-6872.**

### Healthy Eating on a Budget

THURSDAY, MAY 7, 10:30AM  
**FREE**

With prices on the rise and package sizes shrinking, join us to learn how to eat healthy and nutritious foods on a budget. Rita Ryan, HRMC Registered Dietitian, will share tips on how to continue to eat healthy and nutritious foods while keeping your expenses under control. Join us and learn some new recipes and meal ideas. Call to register.

### Tai Chi for Arthritis – For New Students

6 WEDNESDAYS BEGINNING MAY 20, 1:30PM  
– 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. Call to register.

### Tai Chi for Arthritis – For Returning Students

ONGOING, 3 – 4PM  
**Fee: \$3 per class**

This new class is for those who have already completed the 6 week course of Tai Chi from the Arthritis Foundation. It will build on the Tai Chi forms previously learned. Anyone who has taken the 6 week course is eligible to attend. Call to register.

## Back in Time: Operation Crossroads

THURSDAY, MAY 21, 10:30AM

### FREE

Bob Stead will discuss 'Operation Crossroads' the first Pacific nuclear testing program conducted at Bikini Atoll. Involving over 42,000 men and a fleet of more than 150 ships in July 1946, there were two separate tests, code named 'Able' and 'Baker'. The lecture will include previously classified images of the tests and damage to the target vessels. Call to register.

## The Estate Tax (State and Federal) and How it Will Affect You:

MONDAY, MAY 4, 6:30 – 8PM, CONFERENCE

DINING ROOM (ROBERT L. GAYNOR, ESQ.)

OR THURSDAY, MAY 7, 9:30 – 11AM, WEST WING

CONFERENCE ROOM (SANDRA WOOLCOCK, ESQ.)

### FREE

Learn about potential changes to current laws regarding this tax and how it will affect your family and those you love. Qualified local attorneys will present this informative seminar on two separate dates and times shown above. The program is offered by the HRMC Foundation. Call (908) 850-6876 to register.

## Computer Class

THURSDAY, MAY 14, 9:45AM OR 12PM

### FREE

This computer 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 such areas as surfing the internet, word processing, making address labels and greeting cards. This program is offered by HealthLink with the cooperation of Mrs. Donna DeGraw who teaches the class. Please call HealthLink at (908) 850-6872 to register.

## Lunch: ITC Grand Buffet

TUESDAY, JUNE 23, 12PM

### Fee: \$7:50

Time to get out and enjoy wonderful company and terrific food! Join us for this fabulous Chinese buffet. Call HealthLink at (908) 850-6872 for reservations.

## AARP Driver Safety Program

TUESDAY, JUNE 2, AND THURSDAY JUNE 4

9AM – 1PM (MUST ATTEND BOTH DAYS)

**Fee: \$14.00 for non-AARP members**

**\$12.00 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. Must bring your driver's license and AARP membership card (if applies) to class. Call to register.

## Cell Phones for Seniors

THURSDAY, JUNE 11, 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. Call to register (908) 850-6872.

## Managing Arthritis with Adaptive Devices

TUESDAY, JUNE 9, 10:30AM

### FREE

Did you know that arthritis is a term that covers many different diseases. Join Linda Pemberton, Manager of the Therapy Department, and Lisa Bonar, Occupational Therapist to learn more about arthritis, strategies for preventions and how to manage arthritis with adaptive devices. Call to register.

## Stitch and Chat

WEDNESDAY, APRIL 29, MAY 27, JUNE 24,  
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 required.

## 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.*

## Save a Life!

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

– American Heart Association



### LEARN CPR FREE (June classes only)!

SATURDAY, JUNE 6, 9AM – 11:30AM  
(to 12:15PM with pediatric First Aid)

SATURDAY, JUNE 6, 1PM – 3:30PM  
(to 4:15 with pediatric First Aid)

WEDNESDAY, JUNE 10, 6PM – 8:30PM  
(to 9:15 with pediatric First Aid)

THURSDAY, JUNE 11, 6PM – 8:30PM  
(to 9:15 with pediatric First Aid)

SATURDAY, JUNE 13, 9AM – 11:30AM  
(to 12:15PM with pediatric First Aid)

SATURDAY, JUNE 13, 1PM – 3:30PM  
(to 4:15 with pediatric First Aid)

#### FREE

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).

### CPR for Family and Friends

SATURDAY, MAY 9, 9AM – 12:15PM

#### 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

TUESDAY, APRIL 28, 6 – 9PM

THURSDAY, MAY 7, 6 – 9PM

WEDNESDAY, JUNE 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.

## Heartsaver AED

THURSDAY, APRIL 23, 6PM – 9:30PM

THURSDAY, MAY 14, 6PM – 9:30PM

TUESDAY, JUNE 9, 6PM – 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 30, 9AM – 12:15PM

SATURDAY, JUNE 20, 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

WEDNESDAY, APRIL 22, 6PM

TUESDAY, MAY 5, 9AM

WEDNESDAY, MAY 20, 6PM

WEDNESDAY, JUNE 17, 9AM

WEDNESDAY, JUNE 24, 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'S). A written and skills test is taken at the end of the course. Renewal classes are also available monthly.

### Renewal Classes:

THURSDAY, APRIL 16, 6PM

TUESDAY, MAY 12, 6PM

WEDNESDAY, MAY 27, 9AM

THURSDAY, JUNE 18, 9AM

THURSDAY, JUNE 25, 6PM

**Fee: \$50**

## Babysitting Basics

TUESDAYS, APRIL 14 & APRIL 21, 5:30 – 8:30PM

MONDAYS, MAY 4 & MAY 11, 5:30 – 8:30PM

WEDNESDAY, JUNE 24, 9AM – 12PM

THURSDAY, JUNE 25, 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.

## 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 to 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 to regain a sense of self-confidence and control over their lives. These side effects may include hair loss and changes in complexion and fingernails. For more information and to register call (973) 331-3794.

## 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 details and to register, call (908) 850-6810.

### Diabetes Support Group

WHERE: HRMC CONFERENCE DINING ROOM  
MONDAYS, APRIL 27, MAY 25, JUNE 22, 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 fourth Monday of each month at 7PM 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.

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

WHERE: CENTER FOR HEALTHIER LIVING  
WEDNESDAY, APRIL 15, 1PM

**FREE**

This support group focuses on providing education and support in a positive, understanding atmosphere for people living with chronic pain. The goal is to help people increase their coping skills by learning how to set realistic goals, communicate effectively, and practice relaxation techniques. This group is facilitated by Patricia Merritt, a holistic RN, and Patricia Santoro, an occupational therapist both living with chronic pain, who have taught many people how to increase their quality of life while living with chronic pain. For more information call (908) 850-6935. Please call to register. Participation criteria applies.

## Better Breathers Club

WHERE: CONFERENCE DINING ROOM  
THURSDAYS, APRIL 9, MAY 14, JUNE 11,  
5:30PM – 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.

## Stop Smoking Program

6 WEEKLY SESSIONS BEGINNING  
WEDNESDAY, APRIL 29, 6:30PM

**Fee: \$50**

Have you decided it's time to stop using tobacco but you need additional support? This program will provide support, education and an opportunity to share with others who are going through the process of tobacco cessation. Classes will be held at The Center for Healthier Living, 180 Mountain Ave., Hackettstown. Call (908) 850-6872 to register.

## Diabetes Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

WHERE: CENTER FOR HEALTHIER LIVING  
THURSDAYS, APRIL 16, APRIL 23, APRIL 30, MAY 7,  
JUNE 4, JUNE 11, JUNE 18, JUNE 25, 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 four part series program. Topics include living productive and healthy lives, using a self-management approach and providing one-on-one, customized counseling. Participants need a referral from their physician. For more information or to register call (908) 850-6937.

## Peripheral Arterial Disease (PAD) Screening

WHERE: HRMC CENTER FOR HEALTHIER LIVING  
THURSDAY, MAY 28, 2 – 5PM

**FREE**

Peripheral Arterial Disease (PAD) affects an estimated 8 – 10 million people in the U.S. Individuals with PAD are at greater risk for heart attack, stroke and loss of limbs. According to the American Heart Association, the most common symptom of PAD is painful cramping in the hips, thighs or calves when walking, climbing stairs or during exercise. However, 75% of people with PAD do not experience symptoms with women being less likely to experience symptoms than men. The staff of HRMC's Cardiac Catheterization Lab will offer a free Ankle - Brachial Index Screening to identify those who may have undiagnosed PAD. Only 1st time participants please. Call for appointments.



To register for any **Calendar B** program, call (908) 850-6935

## Programs and Screenings

### Cholesterol Screening

#### LIPID SCREENING

WHERE: HRMC CENTER FOR HEALTHIER LIVING  
TUESDAY, MAY 12, 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.

### Osteoporosis Screening for Women

TUESDAY, JUNE 2, 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.

### Bariatric Lap Band Surgery

WHERE: HRMC WEST WING CONFERENCE ROOM  
THURSDAYS, APRIL 9, MAY 14, JUNE 11, 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.

### Blood Pressure Screenings

WHERE: HRMC CENTER FOR HEALTHIER LIVING  
WEDNESDAYS, APRIL 1, MAY 6, JUNE 3, 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.

### Living with Grief Lecture Series

WHERE: HRMC CONFERENCE DINING ROOM  
TUESDAYS, APRIL 7, 14, 21, 28, 7 – 9PM

The lecture series will be presented by Cecelia Clayton, MPH, and Executive Director of Karen Ann Quinlan Hospice. Lecture topics will encompass the natural and unavoidable reaction to loss. 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](http://www.KarenAnnQuinlanhospice.org). You may also call Pastoral Care at (908) 850-7757 to register.

### Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB. 3<sup>RD</sup> FLOOR  
WEDNESDAYS, APRIL 15, MAY 13, JUNE 17, 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 disorder 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  
THURSDAY, APRIL 30, 10AM– 2PM

#### 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) 850-6835 with any questions.

## Childbirth Classes

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

### Childbirth Education Classes

WEDNESDAYS, APRIL 8 – MAY 13, 7 – 9PM  
 SATURDAYS, APRIL 18 & APRIL 25, 8AM – 1PM  
 SATURDAYS, MAY 16 & MAY 23, 8AM – 1PM  
 TUESDAYS, MAY 12 – JUNE 16, 7 – 9PM  
 SATURDAYS, JUNE 6 & JUNE 13, 8AM – 1PM

**Fee: Call**

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

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

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

### Breastfeeding Classes

TUESDAY, MAY 5, 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, APRIL 19, 1PM - 3PM

**Fee: \$30**

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

### Sibling Class

WHERE: HRMC WEST WING CONFERENCE ROOM  
 SATURDAY, APRIL 18, 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.



**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



# Healthier Living