

1ST QUARTER | 2008

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**inside**



## Five HRMC Physicians Named NJ Top Docs



(Clockwise from top left) Philip Lutz, MD; John Secoy, MD; Edward J. McManus, MD, FACP; Donald T. Allegra, MD, FACP and Steve Williams, MD

### Congratulations from HRMC.

Philip Lutz, MD; John Secoy, MD; Edward J. McManus, MD, FACP; Donald T. Allegra, MD, FACP; and Steve Williams, MD have each been named by *New Jersey Monthly* magazine as one of the state's "Top Doctors 2007."

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## Most Advanced Partial Knee Replacement Available at HRMC

Knee osteoarthritis usually occurs first in the medial (inside) portion of the joint. In knees that are otherwise healthy, a partial knee implant procedure can preserve the healthy bone, cartilage, and ligaments, potentially preventing or delaying the need for total knee replacement.

Board certified by the American Osteopathic Academy of Orthopedic Surgeons, Dr. Paul Teja and his partner Dr. Robert (Tony) DeFalco, are now performing partial knee replacement using the most advanced, minimally invasive partial knee replacement technology—the Biomet Oxford® Knee.

According to Biomet, "Published long-term clinical results on the Oxford® Knee demonstrated a 98% success rate after 10 years and 95% after 15 years and beyond, equaling the results of the most successful total knee replacements."

"By performing this procedure in a minimally invasive way, patients are able to recover much quicker than with a traditional knee

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Biomet Oxford® Knee



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

Y E A R  
ANNIVERSARY

35

2008 marks  
HRMC's 35th  
Anniversary.

## MESSAGE FROM THE PRESIDENT

Happy New Year on behalf of all of us at Hackettstown Regional Medical Center. I hope you have been enjoying a wonderful holiday season, and that you're looking with enthusiasm toward 2008. We are. It's our 35th Anniversary, and we'll be holding special events throughout the year—beginning with our "birthday" on February 23, 2008. Be watching for details.

It happens each year. The month-long bustle of activity culminating Christmas morning quickly fades later that day with the setting sun. As you awake on the 26th, it dawns on you that New Year's is just a week away and it's time to make your resolutions. You have mixed feelings from past failures, but you know the coming year will be different. Will it? We share tips in this issue to help you succeed.

Also, in this issue, you will discover exciting new procedures being offered by several of our physician specialists, you'll meet the newest members of our top-notch Medical Staff, and you'll learn about sleep apnea, an insidious menace to your health.

I cannot emphasize enough how important it is for you to have regular health screenings and tests. I speak from experience when I say it can save your life. So please, page through the calendar provided by our Center for Healthier Living. I strongly encourage you to sign up for some of the programs we've scheduled for the first quarter. Among the many listings, you'll see opportunities to learn how to live more healthfully, how to avoid illness and accident as far as is possible, how to enhance the quality of your life.

As Hackettstown Regional Medical Center embarks on its 35th year of providing healthcare to the region, we remind ourselves how much we owe to so many, stretching back to the 1940s. We could never show enough gratitude. We resolve to continue, however, to follow their example and wholeheartedly advance the life-saving, life-enriching work that they began.

I wish you and your family a Healthy and Happy New Year on behalf of everyone at Hackettstown Regional Medical Center.



**HRMC  
Welcomes:  
KRYSTINE  
SWANNICK, MD**

Board Certified in Nephrology and Internal Medicine, Dr. Krystine Swannick specializes in internal medicine and kidney disorders, including dialysis, kidney and pancreas transplant management and kidney stones.

*"Kidney disease is a devastating illness that affects the entire body. When a patient is diagnosed with kidney disease it also impacts the entire community - including family, friends, neighbors, etc. Besides diagnosing, treating, and providing follow-up care for patients, I develop a treatment program that makes both medical and practice sense," states Dr. Swannick.*

Dr. Swannick completed a Fellowship in Nephrology and a Residency in Internal Medicine at UMDNJ-Robert Wood Johnson University Hospital,

New Brunswick, New Jersey. She earned a Doctorate of Medicine at UMDNJ-Robert Wood Johnson Medical School. Dr. Swannick is an Assistant Professor of Medicine/Transplant Nephrology at UMDNJ-Robert Wood Johnson Medical School and served as Medical Director of Paired Kidney Exchange Program for the Kidney & Pancreas Transplant Program of UMDNJ-RWJUH. Dr. Swannick has also participated in numerous clinical research projects on behalf of UMDNJ-RWJUH in conjunction with various pharmaceutical companies.

Dr. Swannick is a member of the American Society of Transplant, American Society of Nephrology, American College of Physicians-American Society of Internal Medicine, and American Medical Association.

Dr. Swannick and her husband have a 4-year-old son and a 10-month-old girl. In their free time, Dr. Swannick enjoys ballroom and Slavic folk dancing. To reach Dr. Swannick, please call (908) 684-4244.

# Poor sleeping affects every aspect of your life

By Ann Edwards, RNC, BA  
HRMC Manager, Acute Care Services



You might be surprised at the vast range of factors that can cause sleep problems. Health and lifestyle issues such as stress, illness and sleep environment can be a cause. Or, you might have a sleep disorder that interferes with the quality of your sleep. You may have even heard of a sleep disorder known as Sleep Apnea.

My mother suffered from Sleep Apnea for many years. Untreated, we had no idea of the damage it was doing to her body.

Sleep Apnea causes brief interruptions in your breathing while you sleep. These interruptions can occur dozens or even hundreds of times during the night. A tell-tale sign of Sleep Apnea is a distinctive snore: snoring followed by a period of silence that ends with a loud gasp as you start to breathe again. You could remain completely unaware of this gasping (although your sleep

partner is sure to be aware), even if it disrupts your sleep throughout the night. The most common type of Sleep Apnea, Obstructive Sleep Apnea, occurs when the tongue or other soft tissue blocks the airway. Treatments include breathing devices that keep the airway open during sleep. Surgery can also be done to reduce the amount of soft tissue near the airway.

Sleep Apnea may also be associated with serious heart problems. In fact, most of the health problems my mother suffered from during her later years, I now realize, were directly related to her sleep disorder and the lack of oxygen to her vital organs. The damage it did to her heart, respiratory system and kidneys could have been avoided if she had been diagnosed and treated for Sleep Apnea in the early years of her illness.

Sleep Apnea is a hereditary disease; my siblings and I are each being

tested. Much to my surprise, I tested positive. I was completely unaware that my sleep was being disturbed. I had grown accustomed to feeling tired and listless (I thought it was a side effect of growing older). I now use a simple C-PAP machine to correct my Sleep Apnea. A C-PAP (continuous positive airway pressure) machine blows air into the nose using a mask, keeping the airway open and unobstructed. I can't believe the improvement in my level of energy and my quality of life.

If you suspect you or your loved one has Sleep Apnea, please consult your healthcare provider. There is a very simple solution to a very grave illness. HRMC offers a comprehensive sleep study program and treats Sleep Apnea and other sleep disorders. For more information, please call (908) 850-7744. ■



## HRMC Adds Third Surgeon General: KENNETH TONER, MD

As a general surgeon, Dr. Toner performs most surgeries including skin, breast, gastric, colon and rectal cancers; diabetes complications; hernia, appendicitis; and gall bladder.

Hackettstown Regional Medical Center is pleased to announce that Board Certified General Surgeon Kenneth Toner, MD has joined the hospital's medical staff. Dr. Toner will perform surgeries at HRMC in addition to surgeons Dr. Thomas Campion and Dr. Eric Gross.

"Our region continues to grow. Adding a third surgeon to our medical staff is another important step toward meeting the ongoing and future needs of the communities we serve. Dr. Toner brings 20 years of top-notch surgical experience to our Medical Center," said HRMC President & CEO Gene C. Milton, FACHE.

"I am straightforward with my patients. I advise whether or not a surgical procedure is the necessary course to take. I try to make a difficult time in a person's life easier, by recommending a course of action appropriate for the particular patient at that particular time. Many times I'll recommend a simple office procedure that will be done at the first visit, saving the patient the time and effort of a return visit. I do participate in most major insurance plans." states Dr. Toner.

Dr. Toner completed a level one residency at Long Island Jewish Hospital and a level two residency at New York

Medical College, Valhalla, and Metropolitan Hospital Center, New York City. He earned a Doctorate of Medicine at SUNY Downstate Medical School, Brooklyn. He has been Board Certified since 1983.

Dr. Toner is a member of the American Medical Association, Sussex County Medical Society and Morris County Medical Society. He has lectured at the Manila Medical Center in the Philippines and completed missionary surgical practice at Shankar Hospital in Gorakhpur, India.

To reach Dr. Toner, please call (973) 827-5673.

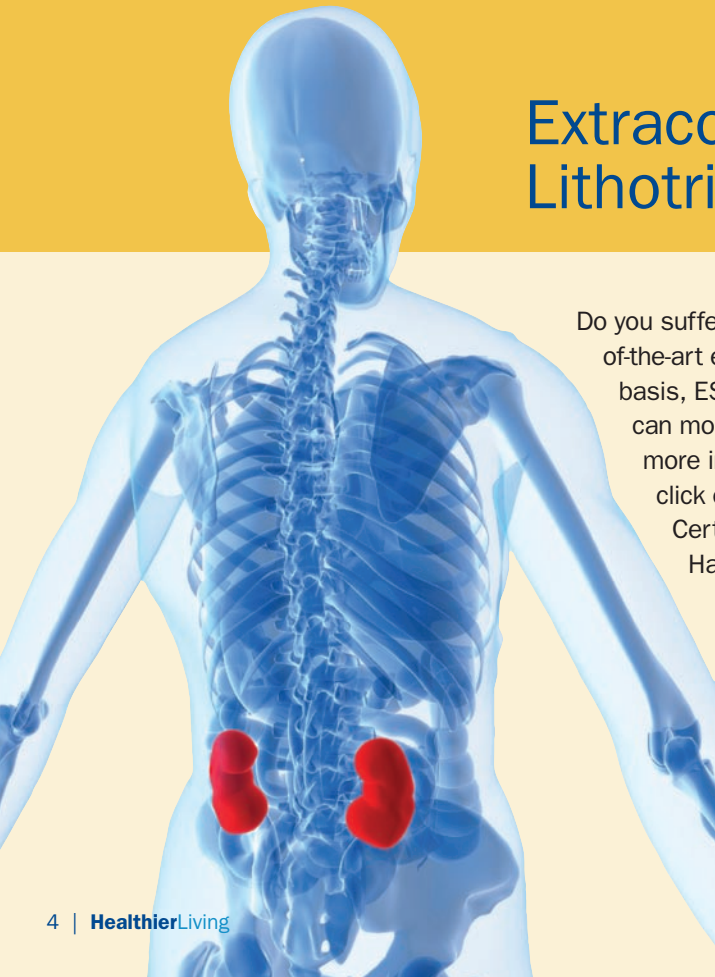
# Commitment to Quality

In the past two issues of Healthier Living, we have presented our scores in four core measurement areas of best medical practices, as defined by the Performance Measurement Initiatives of the Joint Commission. In this issue, we thought we'd share our monthly scores year-to-date.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	TOTAL AVG	TOP 10% GOAL
Acute Myocardial Infarction	100%	88%	80%	100%	100%	100%	100%	100%	100%	100%	100%	96%	99%
Heart Failure	90%	69%	92%	95%	100%	100%	100%	100%	100%	100%	100%	95%	98%
Community Acquired Pneumonia	89%	100%	83%	88%	91%	100%	93%	92%	90%	92%	100%	92%	96%
Surgical Care Improvement Project	77%	90%	91%	86%	89%	100%	92%	100%	100%	100%	100%	93%	95%

Our staff has worked diligently to improve documentation of HRMC's performance in 2007, and the percentages above demonstrate our commitment to excellence.

\*Overall Score = % of evidence-based care criteria met for all cases in diagnosis/procedure group.



## Extracorporeal Shock Wave Lithotripsy for Kidney Stones

Do you suffer from kidney stones? If so, you can be treated close to home with state-of-the-art extracorporeal shock wave lithotripsy (ESWL). Performed on an outpatient basis, ESWL uses shock waves to break a kidney stone into small pieces that can more easily travel through the urinary tract and pass from the body. For more information about quality measures at HRMC, visit [www.hrmcnj.org](http://www.hrmcnj.org) and click on "Quality." The procedure was developed over 20 years ago, Board Certified Urologist Dr. Irvin Bonder has been successfully performing ESWL at Hackettstown Regional Medical Center for several years now.

According to Dr. Bonder, "The patient lies on a water-filled cushion, while we use X-rays or ultrasound imaging to precisely locate the stone. High-energy sound waves pass through the body without injuring it and break the stone into small pieces." These small pieces can then move through the urinary tract and out of the body. This outpatient procedure takes about an hour.

For more information, please contact Dr. Bonder at (908) 684-4670. ■

# A New Look at New Year's Resolutions

By Maria Chervenak, RN, Manager, Center for Healthier Living

New Year's Resolutions can be a great motivator to improve your life, but many of us give up almost before we begin.

By January 2nd, have you lost your motivation, do you feel overwhelmed and are you talking yourself out of continuing? It may be because your resolutions were not realistic. Have your past resolutions looked like this: "I will lose 25 pounds" or "I will begin an exercise program?"

The problem is not that resolutions are a quick route to failure; it's that we may be too ambitious when deciding what we want to change.



Here are some guidelines when choosing your New Year's Resolutions for 2008.

1. Pick a realistic, attainable goal.
2. Write down the goal and how you will achieve it in small steps. For example, instead of "I want to lose 25 pounds," try "I will lose one pound each week." Also, write down how this will realistically be accomplished. For example, "I will eat one 100 calorie snack instead of my typical high calorie treat," or "I will walk 20 minutes, five days-a-week."
3. Make adjustments to your plan as needed.
4. Share your resolution and plan with a trusted friend. Friends will support you and hold you accountable.
5. If you have a setback, view it as a temporary mistake—learn from it, make adjustments to your plan and move ahead.
6. Celebrate each small success along the way.

Making positive changes in our lives—one small step at a time—might be the best gift we can give ourselves and our families this year. Happy New Year! ■

## Use caution when exercising in the cold

By Linda Pemberton, PhD  
Manager, The Therapy Center

### Special care in the cold is crucial for those with cardiac conditions.

Even during the cold weather months we still need to continue the 30 minutes of recommended daily exercise. According to the American College of Sports Medicine, exercise can be done safely in most cold-weather environments.

When exercising in cold weather, blood vessels in the arms and legs constrict in order to transfer heat to the body's core, and without taking proper precautions cold injuries like hypothermia and frostbite can occur. Hypothermia is a drop in body temperature below 95 °F, and frostbite occurs when the exposed tissue temperature falls below 32°F. Wind chill can also be a factor as heat loss increases with the wind.

Proper clothing to insulate is the best protection from the cold. Layering clothes is very effective insulation, as it traps air between layers and provides the ability to adjust clothing to prevent sweating; it's important to keep dry and prevent moisture from building up because wetness contributes to heat loss. Proper warm-up and taking breaks to get out of the cold can also help avert cold injury.

Cold tolerance varies according to different factors including age and fitness levels. People who are 60 years or older may not conserve heat as well due to reduced blood vessel constriction, and those with decreased fitness levels will fatigue sooner, thus decreasing their ability to produce more heat to keep their body temperatures up.

Cold exposure is also blamed for bronchoconstriction and asthma-like symptoms. Studies show that dry air combined with facial skin cooling will trigger exercise-induced bronchospasm

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## NJ Top Docs

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Each year New Jersey Monthly commissions an independent survey of the state's physicians in conjunction with the Monmouth University Polling Institute in West Long Branch. A total of 20,444 New Jersey-based doctors were invited to make recommendations for this year's "Top Docs" list. In the end, a total of 2,296 valid responses were received, and among the final picks these five HRMC physicians were selected.

Hackettstown Regional Medical Center is proud to have these outstanding physicians on our medical team.

As part of the most comprehensive infectious diseases practice in the state and second largest of its kind nationwide, Drs. Allegra, McManus, Williams and their talented colleagues at ID Care uphold the mission of providing the highest quality infectious disease care to HRMC patients, their families, and the New Jersey community.

Dr. Lutz and Dr. Secoy specialize in pain management, and have been recognized for their skill and experience in dealing with a wide range of pain syndromes, including spinal disease, cervical, thoracic and lumbar disc herniations, shingles, reflex sympathetic dystrophy and arthritic conditions – to name just a few. ■

## Use caution when exercising in the cold

CONTINUED FROM PAGE 5

in the cold. A scarf or face mask can help alleviate these symptoms.

Mortality rates are higher during winter months, and increases are mostly due to ischemic heart disease, stroke, and respiratory disease. Exercise in the cold not only increases blood pressure, but also resistance of blood flow in the vessels of the arms and legs. Facial cooling alone will lower the heart rate and raise blood pressure. Cold weather exercise also increases oxygen requirements for the heart's muscles. These responses all result in a lower threshold for onset of angina (chest pain). It should also be remembered that upper body activities like shoveling snow are intense and very stressful on the heart. People with Coronary Artery Disease must use caution to regulate the intensity of their cold weather activity and be knowledgeable of angina symptoms.

Year-round exercise is important to leading a healthy life, so be prepared and knowledgeable in the ways to protect yourself in order to enjoy wintertime activities. ■

Source: ACSM position stand "Prevention of Cold Injuries During Exercise" 2006

<http://www.acsm-msse.org/pt/pt-core/template-journal/msse/media/1106.pdf>

## Partial Knee Replacement

CONTINUED FROM PAGE 1

replacement. Also, the hospital stay is much shorter. This procedure can be completed and the patient discharged from the hospital the next day, compared to after a total knee where the patient stays 3-4 days in the hospital and then typically spends another 5-7 days in an inpatient rehabilitation facility," notes Dr. Teja.

Biomet Oxford technology, a minimally invasive unicompartamental knee replacement, has been used in Europe for over 20 years. Unlike other implants, the Biomet Oxford® Knee is

currently the only fully mobile bearing partial knee system available in the United States. This unicompartamental knee has a mobile bearing design which allows for more normal knee kinematics (meaning the knee moves and acts more like the normal knee with a total knee replacement).

In a healthy knee, the meniscus serves as a shock absorber between the ends of the bones. The Biomet Oxford® Knee is the first partial implant with an artificial meniscal bearing designed to glide freely throughout the knee's range

of motion, more closely replicating normal movement. The free-floating nature of the device potentially provides for a more natural-feeling knee.

Both Dr. DeFalco and Dr. Teja are certified in using the Biomet Oxford® Knee, having completed a comprehensive education program. If you would like more information on partial knee replacement at HRMC, please call North Jersey Sports Medicine and Spine Center at (908) 684-3005. ■

Source: [www.biomet.com](http://www.biomet.com)

# Senior Focus: Stay Active Throughout the Year

By Joan Moskowitz, MPH – Senior Coordinator, Healthlink

The first snow brings the wonders of winter. The sparkling snow is beautiful, at first, but soon the reality of winter sets in. Staying inside your warm, cozy home can be lovely for a short time—yet for most of us, it doesn't take too much time to realize we long for the company of others.

What can you do to make the winter months a special time of the year? There are many programs in our communities that you can become involved in. These include educational programs, events and volunteer organizations—to name a few.

For example, Hackettstown Regional Medical Center offers the HealthLink program for anyone age 50 and older. HealthLink offers a variety of programs and events ranging from educational programs, social outings and health screenings. The upcoming calendar of events is included in this newsletter and on our website at [www.hrmcnj.org](http://www.hrmcnj.org) when you select “Events & Classes.”

A rewarding experience for many senior citizens is volunteering. Think creatively! Of course, the hospital has a fantastic group of volunteers and is always recruiting for additional folks. Many of the local elementary schools may utilize volunteers, as well as the Warren County Division of Senior Services, just to mention a few ideas.

For more information about programs for senior citizens, please call HealthLink at (908) 850-6872. ■

## Joan Knechel Memorial Walk Celebrates 5th Anniversary!

The Joan Knechel Memorial Walk celebrated its 5th anniversary this year, and in the process, netted over \$58,000 for the Joan Knechel Cancer Center at Hackettstown Regional Medical Center.

Three hundred seventy-five walkers turned out to enjoy the beautiful, warm and sunny weather on October 21st. Once again, this popular annual event drew individual walkers, families and a host of teams to picturesque Mountain Lake in Liberty Township to walk the 2.5 or 5 mile course around Mountain Lake. Sanofi Aventis was the presenting sponsor of the 5th annual Joan Knechel Memorial Walk, and area resident Evelyn Self was the Honorary Chair.

New this year was a glorious “Dove Tree” that featured nearly 200 silver doves honoring or memorializing those who have battled or are battling cancer.

“The ‘Dove Tree’ was a wonderful addition to the Walk this year,” said event chair Marie Accetturo of Oxford. “It was heart-warming to see all of those dove ornaments reflecting the sunlight as they gently fluttered in the breeze – it served as a powerful reminder of just how many people are affected by this terrible disease.”

The “Dove Tree” proved to be a very popular addition and it will remain a permanent part of the Joan Knechel Memorial Walk.

In its first five years, the JKMW has raised over \$265,000 for the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. The Joan Knechel Memorial Walk Planning Committee is always looking for new members – if you're interested, contact the HRMC Foundation Office at 908-850-6876. ■



## 2008 HRMC Foundation Golf Classic

*Save the date for the 22nd Annual  
HRMC Foundation Golf Classic  
– June 9, 2008!*

Once again, this time-honored golfing event will be held at the picturesque Panther Valley Golf and Country Club in Allamuchy. Various sponsorship opportunities are available and there are many ways to participate. Be on the lookout for more information, or contact 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 8-10)

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

## Calendar B:

Programs for Everyone (pages 10-15)

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

## HealthLink Senior Programs

CALENDAR A

### Arthritis Foundation Exercise Program (Formerly PACE)

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 Erin Altis 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.**

### Hearing Screening

TUESDAY, JANUARY 22  
1 – 4PM APPOINTMENTS REQUIRED  
**Fee: \$10**

Does it seem that the people around you are mumbling or not speaking clearly? Do you need to turn the volume up on the television? HealthLink will be offering a hearing screening conducted by Audiologist Craig Barth, M.S., CCC-A. This screening will be held at the Medical Office Building next door to the hospital. Call HealthLink for an appointment.

### Stitch and Chat

WEDNESDAYS, JAN. 23, FEB. 27, MAR. 26  
10:30AM  
**FREE**  
**NO REGISTRATION REQUIRED**

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.

### Tai Chi for Arthritis

6 WEEKS BEGINNING WED., FEB. 6  
2 – 3 PM  
**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 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.

## Lunch at The Pump House

TUESDAY, FEBRUARY 12

12:15 PM

**Fee: \$15**

Time to get out and enjoy wonderful company and terrific food! Join us and enjoy a delicious luncheon in the warm country setting of The Pump House restaurant in Hackettstown. Call HealthLink at (908) 850-6872 for reservations.

## Back in Time: Battle of Leyte Gulf – October 1944

WEDNESDAY, FEBRUARY 20

**FREE**

Bob Stead will lead a discussion on the events and circumstances surrounding the largest naval fleet battle of World War II. Taking place in and around the Philippine Islands over the course of several days, involving hundreds of ships and aircraft of the United State Navy, this battle effectively ended the military power of the Imperial Japanese Navy.

## Kidney Disease: Are You at Risk?

THURSDAY, FEBRUARY 21

10:30 AM

**FREE**

Did you know that diabetes and high blood pressure cause about 70% of kidney failure cases? While early kidney disease has no signs or symptoms, Krystine Swannick, MD, Medicine and Nephrology Associates of Northwest Jersey, will discuss the various tests used to detect the disease early. She will also discuss treatment options that are available.

## AARP Driver Safety Program

THURSDAY, MAR. 6 & TUESDAY, MAR. 11

10AM – 3PM *(Must attend both days)*

**Fee: \$10**

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 participants for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years.

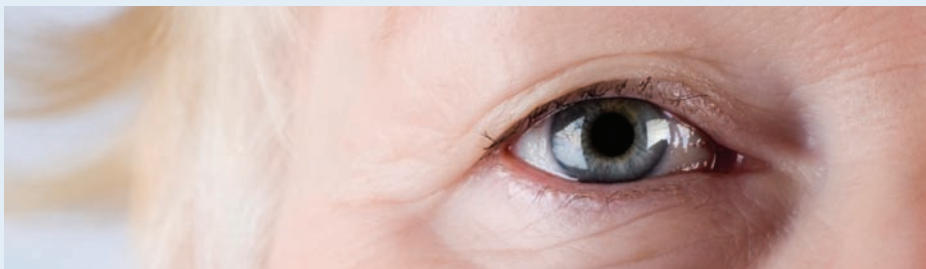
## All About the Eye

MONDAY, MARCH 17

4 PM

**FREE**

Dr. Sean Lalin of Retina Specialists of New Jersey will present this program which will include information about age-related problems and diseases of the eye and various treatment options. Dr. Lalin will also discuss some of the more common treatments and surgeries.



## YOU AND YOUR COLON: WHAT YOU NEED TO STAY HEALTHY

JOIN US FOR BREAKFAST

TUESDAY, MARCH 18, 9 AM

**FREE**

Have you ever thought ... no one in my family has ever had colon cancer so I don't need to have a colonoscopy? Colon cancer is preventable and if caught early, highly curable. Join us for breakfast and an informative program to celebrate that March as "National Colorectal Cancer Awareness Month."

Valuable information will be presented describing what you need to know about your colon, how to increase the amount of fiber in your diet, and other lifestyle changes you can make to reduce your risk of getting colon cancer.



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

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

## Breakfast Program (cont'd.)

TUESDAY, MARCH 18, 9 AM

**FREE**

Join Dr. Madane, Gastroenterologist, Jennifer Buttenmuller, Registered Dietician, and Paula Vacca, RN, Minor Procedures, to discuss risk factors, prevention, early detection, nutrition guidelines and new treatment options for colorectal cancer. This program will be held at the Comfort Inn in Mansfield. To register, call (908) 850-6872.

*In case of inclement weather, call (908) 850-6872 or (908) 850-6935 for program cancellations.*

*HealthLink is a free membership program for anyone age 50 or older. To register, call (908) 850-6872.*

## Programs for Everyone

### CPR Classes

PLEASE READ THE DESCRIPTIONS BELOW TO DECIDE WHICH CLASS IS RIGHT FOR YOU. ALL CPR CLASSES PROVIDE TRAINING ACCORDING TO THE LATEST AMERICAN HEART ASSOCIATION GUIDELINES.

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

#### Heartsaver CPR

THURSDAY, JAN. 10, 6 – 9PM

MONDAY, FEB. 18, 6 – 9PM

MONDAY, MAR. 24, 6 – 9PM

**Fee: \$45**

These courses are designed for lay responders who respond to emergencies as part of their job responsibilities. This course focuses on one-rescuer CPR, the management of a foreign body airway obstruction (choking) and the use of barrier devices for adult, child and infant victims. Students will receive a course completion card upon successful skills testing.

#### CPR for Family and Friends

SATURDAYS, JAN. 26, FEB. 16, MAR. 29, 9AM

**Fee: \$30**

This CPR class is for family members, friends and members of the community who do not need a course completion credential. The course will focus on one-rescuer CPR for adults, children and infants and managing an airway obstruction (choking). Fee includes an optional pediatric first aid class.

#### Heartsaver AED

MONDAY, JAN. 14, 6 – 9:30PM

TUESDAY, FEB. 19, 6 – 9:30PM

WEDNESDAY, MAR. 12, 6 – 9:30PM

**Fee: \$45**

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

## Save a Life!

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

American Heart Association

## BLS for Healthcare Providers

MONDAY, JAN. 7, 9AM – 1PM  
 TUESDAY, JAN. 29, 6 – 10PM  
 WEDNESDAY, FEB. 13, 6 – 10PM  
 TUESDAY, FEB. 26, 9AM – 1PM  
 WEDNESDAY, MAR. 5, 9AM – 1PM  
 MONDAY, MAR. 17, 6 – 10PM

**Fee: \$75**

This course is designed for healthcare providers who respond to cardiac and respiratory emergencies, such as physicians, nurses, paramedics and EMTs. The course curriculum includes one- and two-rescuer CPR, foreign body airway obstruction, use of barrier devices, bag masks for adults, children and infants and the use of Automated External Defibrillators (AEDs). A written and skills test is taken at the end of the course. Renewal classes are also available monthly.

### Renewal Classes

THURSDAY, JAN. 17, 6 – 9:30PM  
 WEDNESDAY, JAN. 30, 9AM – 12:30PM  
 TUESDAY, FEB. 12, 9AM – 12:30PM  
 TUESDAY, FEB. 26, 6 – 9:30PM  
 TUESDAY, MAR. 4, 9AM – 12:30PM  
 TUESDAY, MAR. 4, 9 – 12:15PM

**Fee: \$50**

## Heartsaver First Aid Class

TUESDAY, JAN. 22, 6 – 9:30PM  
 MONDAY, FEB. 25, 6 – 9:30PM  
 SATURDAY, MAR. 22, 9AM – 12:15PM

**Fee: \$45**

The goal of this course is to train laypeople in first aid assessments and actions. Topics include medical emergencies, injury emergencies and environmental emergencies. This video-based first aid course includes peer and manikin practice and case discussions. This course was developed by the American Heart Association using evidence-based guidelines.

Classes are available to schools, businesses and community groups. For more information, please call the Center for Healthier Living at (908) 850-6935.

## Babysitting Basics

TUESDAYS, FEB. 5 & 12, 5:30 – 8:30PM  
 MONDAYS, MAR. 3 & 10, 5:30 – 8:30PM

**Fee: \$45**

The Babysitting Basics Class is a six-hour program for 11- to 13-year-olds who want to get started as a babysitter or who want to improve their babysitting skills. This two-part program will emphasize the importance of the responsibility of the babysitter as well as how to entertain children while the parents are out. The class content includes personal safety, marketing, infant and child bathing and feeding, diaper changing, and bedtime routines. This is a fun, interactive class that also includes basic first aid and the American Heart Association's Pediatric Family and Friends CPR instruction. Each student will receive a babysitting course book. A babysitting course participation certificate will be awarded at the end of the two sessions.

Participants need to bring a doll. Snack and juice will be provided. Registration is required.



## Support Groups for Cancer Patients, Family and Friends

LOCATION: JOAN KNECHEL CANCER CENTER

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, and 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 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.  
WEDNESDAYS, 6 – 8PM  
**FREE**

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

### Diabetes Support Group

MONDAYS, FEB. 25, MAR. 24, 7PM  
**FREE**

This support group is open to anyone with diabetes. It is an opportunity to share information and ideas and receive education. This group will meet the 4th Monday of each month at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. It is professionally run by Donna Kendrick, RN, CDE. For more information, please call (908) 850-6937.

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

MONDAYS, JAN. 21, FEB. 18, MAR. 17, 7PM

**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 will meet the third Monday of each month at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. The facilitators are Patricia Merritt, a holistic RN, and Patricia Santoro, an occupational therapist. Both Instructors are living with chronic pain and have taught many people how to increase their quality of life while living with chronic pain. For more information and to register, please call (908) 850-6935. Participation criteria apply to attend this group.

## Programs and Screenings

### Blood Pressure Screenings

WEDNESDAYS, JAN. 2, FEB. 6, MAR. 5 9 – 11AM

**FREE**

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

### Snoring Clinic

WHERE: CANCER CENTER CONFERENCE ROOM

WEDNESDAYS, JAN. 16, FEB. 20, MAR. 19, 5 – 7PM

**FREE**

The Center for Sleep-Related Disorders will present free Snoring Clinics designed to help people with snoring and other potentially serious sleep-related disorders, such as Sleep Apnea. Examinations will be offered to all who attend. Registration is required. Space is limited. To register call (908) 850-6935.



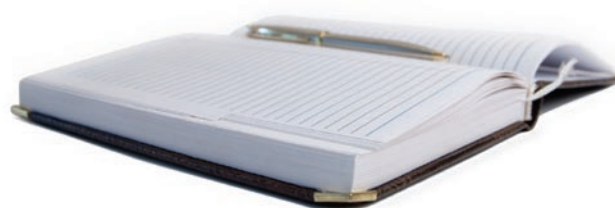
## Diabetes Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

THURSDAYS, FEB. 21, 28 & MAR. 6, 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 Registered Dietitian Rita Ryan, will teach this program. Topics include living productive and healthy lives, using a self-management approach and providing one-on-one, customized counseling. Participants need a referral from their physician. For more information or to register, call (908) 850-6937.



## Nurturing Parenting: Parents and their School-Aged Children

THURSDAYS, FEB. 7 – APR. 24, 6:30 – 8:30PM

**FREE**

This 12-week program is specifically designed for families with children between the ages of 5 and 11. Each session starts with pizza and a family activity to encourage fun and laughter. Both children and parents will receive education and practical tips on how to increase empathy, build self-esteem, and encourage appropriate behaviors in a positive, nurturing way. **Please call Project Self-Sufficiency at (973) 383-5129 with any question and to register.**

## Introducing a New Baby to the Family Pet

WHERE: CENTER FOR HEALTHIER LIVING

TUESDAY, FEB. 19, 7PM

**FREE**

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

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## Colorectal Cancer Screening

WHERE: CENTER FOR HEALTHIER LIVING  
 MONDAY, MAR. 10, 9AM – 2PM OR 6 – 7PM  
 TUESDAY, MAR. 11, 9AM – 2PM  
 WEDNESDAY, MAR. 12, 9AM – 2PM

**FREE**

When colorectal cancer is detected early, the chances of successful treatment and cure are greatest. The fecal occult blood test is a simple at-home procedure that checks a stool sample for hidden blood, which can be a sign of cancer, polyps, or other internal disorders. The testing kits will be available to pick up at the Center for Healthier Living between the hours shown.

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## Diabetes Screening

WHERE: CENTER FOR HEALTHIER LIVING  
 TUESDAY, MAR. 25, 9 – 11AM

**FREE**

While an estimated 14.6 million people have been diagnosed as having diabetes, there are approximately 6.2 million who are unaware that they may have the disease. This free diabetes screening is for the individuals not already diagnosed as having diabetes. A three-hour fast is required before coming in for this quick finger stick. Results are immediate. No appointments are necessary.

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## Prostate Cancer Screening

WHERE: JOAN KNECHEL CANCER CENTER  
 MONDAY, MAR. 17, 6 – 8PM

**FREE**

Prostate Cancer strikes 1 in 6 American men sometime in their lifetime and the chance of developing prostate cancer increases with age. This screening is intended for men who are at least 50 years old or in a high-risk group such as African-American men or men with a family history of prostate cancer. This annual screening is for men not already under the care of a urologist, and who have not recently attended a screening. The screening includes a digital rectal examination by Dr. Donald Mykulak, a urologist from Skylands Urology. The screening also includes a PSA blood test. Pre-registration is required. Call the Center for Healthier Living for an appointment at (908) 850-6935.

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## Preparing for Pregnancy

WHERE: CENTER FOR HEALTHIER LIVING  
 WEDNESDAY, MAR. 19, 6:30PM

**FREE**

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

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## Chronic Pain Lecture

WHERE: CENTER FOR HEALTHIER LIVING  
 MONDAY, MAR. 24, 6PM

**FREE**

In the first of this lecture series dealing with chronic pain, Dr. Philip Lutz of Hackettstown Anesthesiology Associates, LLC, will present an overview of chronic pain including causes and available treatments. Call (908) 850-6935 to register.

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## Living with Grief Lecture Series

WHERE: HRMC CONFERENCE DINING ROOM  
 MONDAYS, APR. 7, 14, 21, & 28, 7 – 9PM

**FREE**

The lecture series will be presented by Cecelia Clayton, MPH, an 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 or Joseph T. Quinlan Bereavement Center (908) 852-8730. Or, visit [www.KarenAnnQuinlanhospice.org](http://www.KarenAnnQuinlanhospice.org)

You may also call HRMC Pastoral Care services at (908) 850-7757 to register.

## Childbirth Classes

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

### Childbirth Preparation

WEDNESDAYS, JAN. 2 – FEB. 6, 7 – 9PM OR  
FEB. 20 – MAR. 26, 7 – 9PM  
SATURDAYS, JAN. 12 & 19, 8AM – 1PM, OR  
MAR. 8 & 15, 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 7:00pm – 9:00pm. Our two consecutive-Saturday classes meet from 8:00am – 1:00pm with comfort breaks incorporated into the classes.

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



### Breastfeeding Classes

TUESDAY, JAN. 15 OR MAR. 11, 6:30 – 9PM

**Fee: \$40**

Learn helpful hints and techniques to develop an ideal nursing relationship with your baby. Discussions will include breast care, comfortable positioning, latching on, mom's and baby's nutritional needs, and common problems.

### Sibling Class

WHERE: HRMC CONFERENCE DINING ROOM

SATURDAY, FEB. 2, 10 – 11:30AM

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

In this fun, informative and interactive class, children 3 to 9 years of age will discover what will be their new role in the family. Your child will be part of a general discussion, watch an age-appropriate video, use coloring books and have hands-on practice with diapering and blanketing. (Please bring a doll or teddy bear for practice). A tour of the Childbirth Family Center is included, and the children will have a light snack and receive a small gift. Pre-registration is required.

### Newborn Baby Care

SUNDAY, FEB. 3, 1 – 3PM

**Fee: \$30**

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

## Born Beautiful!

Expectant mothers have many questions leading up to the birth of their child. Our specially designed childbirth classes are taught by highly trained instructors, helping you to relax during – and after – your pregnancy.

## 18th Annual HRMC Foundation Cotillion Eclipses \$95,000

There was no doubt that this year's Hackettstown Regional Medical Center Foundation Cotillion was a fun, festive evening for all of those in attendance. The planning committee is pleased to report that the event netted over \$95,000 for the development of an Outpatient Infusion Center at HRMC.

Dr. Valsala Narayanan was the Physician Honoree, and Norman and Deirdre Worth of WRNJ Radio were the Honorary Chairs.

Over 350 guests attended the gala, which took place on November 3rd at the Hanover Marriott in Whippany. The evening featured a special performance by "The Blues Brotherhood" – a Blues Brothers tribute band, as well as music by "Souled Out."

"It was an amazing night," summed up Cotillion Committee co-chair Monika Hamburger of Blairstown. "The atmosphere was electric and the dance floor was hopping all night!"

Added co-chair Kathy Allen of Long Valley, "We're especially pleased that we were able to raise a substantial amount of money toward the development of this very important healthcare service. It's another step in ensuring that HRMC offers the most state-of-the-art equipment, technology and services to patients in this region." ■



## Evening of Inspiration draws over 600 residents

Terry Waite spoke about peace, diversity and captivity: *"One thing I can say with very great certainty is that suffering need not destroy. Suffering can be turned and utilized creatively in your own life and for the lives of others."*

Mr. Waite spoke to over 600 members of the area at the 2007 Evening of Inspiration event, held at Trinity United Methodist Church in Hackettstown and hosted by Hackettstown Regional Medical Center. He spoke about his personal experiences and inspired the group to help in the efforts of making the world a more peaceful place. Mr. Waite strongly believes that efforts made by churches and charitable groups, not government agencies, are the key to bringing more peace to the world and solving situations of poverty and disadvantage.

In the early 1980s, Waite successfully negotiated the release of several hostages from Iran, attracting worldwide attention. In 1983 he successfully negotiated with Colonel Ghadafi for the release of British hostages held in Libya. In January 1987 while negotiating for the release of Western hostages in Lebanon, Waite himself was taken captive and remained in captivity for 1,763 days, the first four years of which were spent in total solitary confinement.

Those in attendance were also treated to the music of vocalist Robert Clausnitzer, recipient of the Governor's Award at the New Jersey Opera Festival. ■

SAVE THE DATE FOR 2008: NOVEMBER 20TH



651 Willow Grove Street  
Hackettstown, NJ 07840

### inside this issue's calendar:

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