

Healthier Living

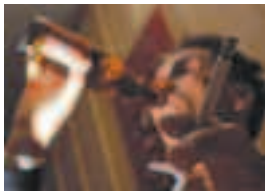
3RD QUARTER 2005

Save the Date:
Grand Opening and
Open House of the
Joan Knechel
Cancer Center
Sunday, September 18
Noon – 4pm
Hackettstown Regional
Medical Center
West Wing Medical Plaza

On-Campus MRI
learn more on page 3

Did you know....

*According to the
National Institute on
Alcohol Abuse and
Alcoholism, 19% of
youngsters age 12 to 17
have a serious
drinking problem.*



Learn more on page 4

Hackettstown Regional Medical Center

The Very Best Care in the Region



Every patient who comes to Hackettstown Regional Medical Center deserves the very best care possible, using the most advanced treatments available. As a medical facility which has always excelled at providing personalized care, Hackettstown Regional has made tremendous strides of late in making our total-care vision a reality.

Our new Medical Center, and yours, now offers all the benefits of the West Wing expansion of 2004, our new Wound Healing Center and the Joan Knechel Cancer Center, which opens this summer. We are very proud of the state-of-the-art

medical resources now available on-site to citizens of our region, the communities of Warren, Morris and Sussex counties.

Yet, with all our investment, hard work and planning, we also recognize that technology and treatment protocols are continuously developing -- growing ever more complex -- so it is impossible for any medical center, no matter how large, to specialize in all aspects of medical and surgical services.

With this mind, we have taken responsibility for establishing strong and close affiliations, referral agreements and transfer arrangements with leading

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Hackettstown Regional Medical Center The Very Best Care in the Region

healthcare facilities who offer unsurpassed excellence in specialized areas of care. Thus Hackettstown Regional Medical Center is re-creating itself as a medical resource free of limitations or boundaries, truly a Regional Medical Center without walls.

This vision requires the creation of far-reaching relationships, all of which begin and end right here on our doorstep, with our commitment to each patient's full and speedy recovery and long-term health, comfort and well being. When a patient requires highly-specialized care outside of our facility, the attending physician at Hackettstown Regional can arrange for the patient to be seamlessly transferred to the appropriate associate facility. Such care may take the form of stem cell treatment for cancer through our affiliation with the University of Pennsylvania Cancer Network, for example.

Hackettstown Regional remains responsible for providing diagnostic studies and pre-screenings for patients with serious medical conditions — close to home for convenience and immediacy. Upon completion of any off-site treatment program, the patient is transferred back here for recovery and rehabilitation, to once again be close to home. Within this structure, we can create a synergy of talents, capabilities and strengths which only furthers our growing reputation for excellence in medical care.

The benefits of this strategy are many. It makes good sense for us to treat patients with extraordinary needs here, locally, to assess and stabilize their conditions before transfer. Patients benefit by receiving the very best, cutting-edge treatment from pre-procedure through post-procedure care, with minimal disruption of family life and lifestyle. The net result is that even when dealing with the most serious of cases, we can ensure that our patients receive the best of care.

At Hackettstown Regional Medical Center, our strength has always centered on providing comforting, one-on-one care. When it comes to specialized treatments, we continue to ensure that our patients receive that same level of personalized attention and regard wherever they need to go.

For the future, our vision of Hackettstown Regional Medical Center is clearly focused on providing the best and most medical options, as close to home as possible. In all the ways described above (and more), our patients will always receive the best possible care, unlimited by barriers of time, technology or geography.

Our mission is to make certain that Hackettstown Regional Medical Center will always offer the best choices and the best care available anywhere in the world. Because that is quite simply what you and your loved ones deserve.

W E L C O M E T O H R M C



Specialist in Nephrology & Internal Medicine Joins HRMC

Amitabh Hajela, M.D., specialist in Nephrology and Internal Medicine, has joined Hackettstown Regional Medical Center. Dr. Hajela specializes in the treatment of acute renal failure, chronic renal failure and working with post-operative kidney transplant patients. He is experienced in hemodialysis and peritoneal dialysis. He will be the Medical Director of the new outpatient dialysis center that will open in early 2006.

Board Certified in Nephrology and Internal Medicine, Dr. Hajela completed both a fellowship and residency in Internal Medicine at SUNY Downstate Medical Center, Brooklyn. He is a graduate of St. George's University School of Medicine, Grenada, Wisconsin, and also holds an M.A. in Medical Sciences from Boston University. ■

Dr. Nancy Low Named Medical Director at Joan Knechel Cancer Center



Nancy Neidlinger Low, M.D., Board Certified in Radiation Oncology and Pathology, has recently joined the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. "This is a wonderful opportunity to deliver the best possible radiation treatment for cancer patients in a friendly, personalized and supportive community setting," says Dr. Low.

Dr. Low graduated from the University of Virginia School of Medicine in 1978. She completed her first residency in Anatomic and Clinical Pathology and earned her Board Certification in

Iowa City, Iowa. Missing patient contact too much, Dr. Low never practiced Pathology but began a second residency in Radiation Oncology at the University of Oklahoma.

In 1987, she earned the designation of Board Certified Radiation Oncologist. While a fellow at the University of Chicago, Dr. Low became interested in high-technology computerized treatment planning development and radiation physics. She served as the American College of Radiology liaison on the Medical Dosimetry Certification Board for nine years. She was also a member of the faculty at the University of Chicago for five years.

Most recently, Dr. Low was with a private practice affiliated with SUNY Downstate in Brooklyn. She and her husband, Ronald Bruce Low, M.D., have relocated to New Jersey. "I am happy to join the Joan Knechel Cancer Center with its brand new state-of-the-art facility, providing the most advanced treatments in a beautiful and calming environment." ■

HRMC Diagnostic Imaging To Offer On-Campus MRI

The Magnetic Resonance Imaging or MRI, is a large, noninvasive device that uses the properties of high field magnetism to create nondestructive three-dimensional internal images of the soft tissue of the body, including the brain, spinal cord and muscle.

A brand new Philips 1.5 Tesla high field closed MRI unit was delivered to the Medical Center. Located in the Diagnostic Imaging Center, HRMC plans to open the new unit in the summer of 2005.

HRMC Chief Radiologist Dr. Lo noted that "The MRI can provide early detection of many conditions so treatment can be more effective. Our 1.5 Telsa high field magnet creates excellent

quality images that can provide the best possible information if surgery is required. If there is an abnormality, MRI can show exactly where it is, its size, and whether or not it has spread. The MRI images will also be used to develop a dimensional picture for designing the depth of radiation beams required to treat irregular cancer tumors."

According to Kay McCormack, Diagnostic Imaging Services Manager, "We are excited to have this a state-of-the-art diagnostic tool right here on our medical campus."

McCormack noted that "Patients coming for an MRI will enter through the West Wing entrance and will visit our Diagnostic Imaging registration area. Patients do need a physician's referral before scheduling an MRI appointment."

To schedule an appointment, call us at (908) 850-6842. ■



"We are excited to have this state-of-the-art diagnostic tool right here on our medical campus."



Today's Youth at Risk



Young people are being exposed to alcohol, tobacco, and illicit drugs at early ages – even as early as elementary school. The younger someone starts to use alcohol and drugs, the more likely he or she is to develop problems associated with such use.

The Counseling Center at Hackettstown Regional Medical Center, located at 112 East Avenue, offers a number of programs for adolescents in-crisis and those at risk.

Adolescent/Family Early Intervention/Education

A series of eight hourly sessions, designed to provide adolescents, parents and family members with accurate information on alcohol and drugs of abuse. Understanding the markers associated with drug use is one of the greatest deterrents and also allows for further intervention, if required.

Adolescent Partial Hospitalization

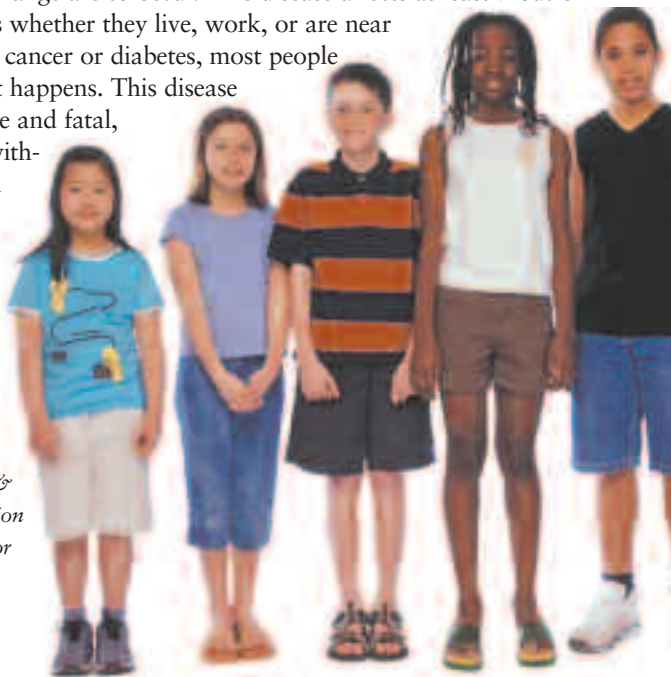
A program offering 30 hours per week of drug and alcohol counseling, to include alternative coping skills, anger management, relapse triggers, sober support systems, problem-solving, accountability, and family counseling. Includes 10 hours per week of on-site direct academic education provided by a board-certified teacher, coordinated with the referring school district, to assure continuation of the adolescent's education. Random drug and alcohol tests are frequently performed. A separate family education/therapy group is also provided as part of the program and concerned family members are urged to attend. Monday through Friday, 9:30 a.m. to 4:00 p.m.

Family Educational Series on Addiction

A new program at Hackettstown Regional Medical Center is being offered: A "Family Educational Series on Addiction" each Thursday evening from 6 p.m. to 8 p.m., is open to the community. Education about this growing problem is essential if recovery and change are to occur. This disease affects at least 7 out of 10 people on a daily basis whether they live, work, or are near an addict. If someone has cancer or diabetes, most people wouldn't wait to see what happens. This disease is also chronic, progressive and fatal, and it doesn't get better without knowledge, education and information. ■

If you or a family member is at risk, please call the Counseling Center at (908) 850-6810.

Note: All insurance's are accepted, including Medicaid & Medicare. Financial Consultation is available for payment plan or N.J. Assistance eligibility.



Some alarming facts...

- New Jersey's street-level heroin has a purity of 61-85% — among the highest in the nation, causing overdose and death.
- Young people who use alcohol and drugs are more likely to be victims or perpetrators of violence, engaged in unplanned and unprotected sex, experience school failure, or be seriously injured from driving or engaging in other risky behavior while impaired.
- One in 10 high school students has inhaled glue, solvents or other inhalants to get high.
- Sixty-six percent of adolescents who committed suicide were found to have drugs or alcohol in their bodies post-mortem.
- According to the National Institute on Alcohol Abuse and Alcoholism, 19% of youngsters age 12 to 17 have a serious drinking problem.
- Over the past two to three years, annual use of marijuana doubled among eighth graders, grew by two-thirds among tenth graders, and increased by two-fifths among twelfth graders.
- Three out of four adolescents report a pattern of regular drinking, and nearly 100,000 children aged 10 or 11 report getting drunk once a week.
- Today's marijuana is 10 to 20 times stronger than the marijuana used during the 1960s.
- The drug teens are most likely to use and abuse is alcohol
- Junior and senior high school students drink 35% of all wine coolers sold in the U.S. and 1.1 billion cans of beer each year.

Drag Vujic, MD Joins HRMC Anesthesiology

Drag Vujic, M.D., Board Certified, has joined the Department of Anesthesiology at Hackettstown Regional Medical Center.

A Diplomate of the American Board of Anesthesiology, Dr. Vujic comes to HRMC from Mountainside Hospital in Montclair. He was also the Director of Clinical Anesthesia and Director of Trauma Anesthesia at University Hospital in Newark. He has served as an assistant professor of Clinical Anesthesiology at the University of Medicine and Dentistry (UMDNJ).

Also a Diplomate of the National Board of Examiners, Dr. Vujic is a member of the American Society of Anesthesiologists, the New Jersey State Anesthesiologists, and the Society for Obstetrical Anesthesia and Perinatology.

Dr. Vujic earned his Doctor of Medicine degree at Thomas Jefferson Medical School in Philadelphia. He completed his residency at UMDNJ, as well as a six-month mini-fellowship in Pain Management & Advanced Clinical Anesthesia. ■

Antibiotic Reduces the Risk of Infection

The Department of Anesthesia at Hackettstown Regional Medical Center now administers an antibiotic prior to most surgeries involving an incision. Providing patients with an antibiotic one hour or less prior to surgery reduces the risk of a possible infection and helps to speed up the post-surgery rehabilitation process.

CHRONIC PAIN: The Terrible Triad—Suffering, Sleeplessness and Sadness

Pain is an integral part of life that usually signals potential tissue damage or other physical problems. It is also a very personal and potentially lonely experience.

Chronic pain extends over long periods of time and can be augmented, maintained, and even directly caused by cognitive, affective and behavioral factors. Chronic pain is pain that is no longer serving as a warning system and has been present for a minimum of three to six months.

Traditionally, a physician helps control chronic pain by using prescription and non-prescription drugs. For some individuals, this type of treatment may not remedy the pain. The Counseling Center in conjunction with The Therapy Center at Hackettstown Regional Medical Center has developed a program for clients who have completed all appropriate treatments, but continue to have pain.

Through the new Chronic Pain Management program, you will learn numerous techniques to manage pain and coping skills to assist with relaxation, sleep and relationships, as well as exercises to improve flexibility, strength and energy conservation.

To participate in the Chronic Pain Management program, or for more information, telephone Sue Lohmann at 908-850-6810.



▶▶▶ MKBC Blood Drives Close to Home

Tues.	July 12	Bethlehem Township Municipal Bldg (Asbury)	2 PM – 6 PM
Wed.	July 13	Hackettstown Regional Medical Center	9 AM – 3 PM
Fri.	July 15	Genesis Elder Care: Brakely Park Center	1 PM – 3 PM
Tues.	July 19	Wayne Dumont Admin Bldg (Belvidere)	8:45 AM – 1:30 PM
Tues.	Aug. 9	HJ Opdyke Lumber (Frenchtown)	7 AM – 1:40 PM
Sat.	Aug. 13	Delaware River Joint Toll Commission	7:30 AM – 10:30 AM
Tues.	Aug. 16	Washington Boro Hall	1:30 PM – 5:30 PM
Sat.	Sept. 10	Health and Wellness Expo, Shapelle Park (Phillipsburg)	1 PM – 3 PM
Sun.	Sept. 11	St Mary's Church (Alpha)	8:30 AM – 12:30 PM
Sun.	Sept. 11	Oxford 2nd Presbyterian Church	12 PM – 2:45 PM
Sat.	Sept. 17	Trinity UMC (Hackettstown)	8 AM – 2 PM
Sat.	Sept. 17	Dr. Viroja's Office (Phillipsburg)	9 AM – 12:30 PM
Tues.	Sept. 27	Superior Quartz	8 AM – 10:45 AM
Tues.	Sept. 27	Asbury Graphite	1:30 PM – 4 PM
Tues.	Sept. 27	Symrise	12 PM – 3:30 PM
Thur.	Sept. 29	Grace Lutheran Church	2:15 PM – 6:15 PM

▶ For more information, call (800) B-A-DONOR or (610) 691-5850

16th Annual Harvest Cotillion for Health

Join us on **Saturday, November 5** at the Parsippany Sheraton Hotel for an evening of fun Cotton Club Style. The Cab Calloway Orchestra featuring Cab Calloway's grandson will be performing. **For more information, call (908) 850-6876.**



Save the date! Sunday, September 25, 2005



The HRMC Foundation is planning a very special event on Sunday September 25, 2005 that will include an outdoor concert event for kids and families. We're especially interested in gathering "babies" of all ages born at HCH/HRMC for a great photo opportunity and celebration of the Childbirth Family Center and more! We are in the

process of compiling a list of all babies born at the Hospital since we opened our doors in 1973 and need your help. If your children were born here at HCH/HRMC, if you were born here, or if you know someone who was, **please contact the Foundation office at 908-850-6876.** Be on the lookout for more details and spread the word!

Our promise to the community is to provide excellent medical and surgical services with the utmost compassion to each and every person.

Message from the President

Reflection is good for the soul, they say. Perhaps we don't do it more often because we're afraid of what we'll see. But it is good to do regularly—for people as well as for institutions.

As I look back over the last calendar year, I'm amazed at what Hackettstown Regional Medical Center has accomplished. None of it would have been possible without the day-in, day-out dedication of our staff members: our employees, Medical Staff, volunteers, Board members. And nothing would have been achieved without the support of our Foundation Board and the generosity of the large corporations, small businesses, and countless individuals who continue to help fund our many efforts.

In the Fall, the Board of Directors approved renaming the Hospital to Hackettstown Regional Medical Center. We conducted research in the communities around us and from within during the Spring and Summer which revealed that a new name would more accurately represent what we had become: an ultramodern healthcare facility serving a large and growing region. The new name would also more appropriately reflect the phenomenal expansion that has taken place. We essentially doubled the size of our facility, adding a new West Wing to the rear of the building as well as a four-floor Medical Services Building adjacent to it.

We take great pride in our reputation of providing the most compassionate, attentive and personal medical care possible, and be assured this will never change.

What has been changing, and which will continue without pause, is the development of our campus and our facilities, the expansion of our extensive array of medical and surgical services, the addition to our arsenal of the most modern medical and diagnostic equipment available anywhere, and the continual addition to our team of highly skilled staff and respected Board Certified physicians.

I invite you to read through the list of our month-by-month highlights and accomplishments of 2004—the equipment and technology acquired, the services and procedures added, the projects and activities undertaken, and more. I hope you will share the pride that I and our healthcare team have for the “new and improved” Hackettstown Regional Medical Center.



Gene C. Milton, FACHE
President & CEO
Hackettstown Regional
Medical Center

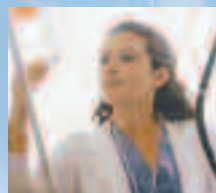
A New
Name,
A Greater
Vision

Gene C. Milton, FACHE

President & CEO

January

- Joins University of Pennsylvania Community Cancer Network
- Provides Dialysis Services to Inpatients
- Adopts JCAHO National Patient Safety Goals
 - Participates in AED Training for all emergency response personnel



March

- Adopts Planetree philosophy of patient care

April

- Offers new Capsule Endoscopy Diagnostic Camera Procedure for digestive treatment



- Offers Mammotome® Biopsy System for breast abnormalities
- Names new Cancer Center Director, Robert P. Braun, M. ED, RN, RT (T)(R)
- Opens over 400 new parking spaces for patients, visitors and staff

- Participates in Spring Festival 2004, hosted by Warren County Regional Chamber of Commerce

- Participates in March of Dimes Walk

May

- Hosts Grand Opening Celebration of the West Wing with Community Tours
 - Participates in Hackettstown Memorial Day Parade, hosted by the American Legion



June

- Opens West Wing (in back of hospital building)
- New Patient Entrance and Registration Area
- New Same Day Surgery, includes five new endoscopy and minor surgical rooms
- New Cardiopulmonary Department
- New 8-bed Intensive Care and Coronary Care Unit
- New 21-bed Progressive Care Unit
- Foundation Golf Classic raises \$98,000



July

- Adds 2nd Nuclear Gamma Camera in Diagnostic Imaging, adjacent to the new Cardiac Stress Room



September

- Adds new education and counseling programs for people with long-term or newly diagnosed Diabetes
- Presenting Sponsor of 2004 ITC Triathlon



October

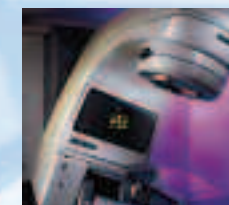
- Participates in desktop Emergency Management Drill with the ITC
- Participates in Heart Walk and Breast Cancer Walk
- Joan Knechel Memorial Walk raises \$46,000 for Cancer Center



November

- Purchases Varian Linear Accelerator with IMRT and Respiratory Gating for Cancer Center
- Foundation Harvest Cotillion raises \$102,000
- Announces name, Joan Knechel Cancer Center, at Harvest Cotillion
- Announces the new name of the hospital, Hackettstown Regional Medical Center, at the Harvest Cotillion

- Hosts Evening of Inspiration at Trinity United Methodist Church



December

- Adopted patient supported hand-washing campaign to prevent potential hospital-acquired infections

Fact Sheet (For year ending December 31, 2004)

Number of Beds (without Nursery)	77
Patient Days	19,828
Average Length of Stay	4.07
Number of Births	783
Total Admissions (without Newborns)	4,876
Emergency Department	
Treat and Discharge	17,014
Admit to Hospital	3,336
Same Day Surgery & Minor Procedures	4,414
<small>(Minor Procedures include minor surgeries, endoscopy, colonoscopy, bronchoscopy, EGD, stereotactic breast biopsies, eye surgeries and laser procedures, lithotripsy, etc.)</small>	
Diagnostic Imaging	
Radiology Procedures	21,451
Mammogram Procedures	3,495
CT Scanner Procedures	8,020
Nuclear Medicine Procedures	1,500
Ultrasound Procedures	7,797
Cardiopulmonary	
Cardiovascular Procedures	5,265
Respiratory/Pulmonary Procedures	2,184
Therapy Center	
Fitness Center Visits	25,001
Cardiac Rehab Visits	2,603
Physical Therapy Procedures	26,816

Speech Therapy Procedures	3,088
Occupational Therapy Procedures	6,729
Center for Healthier Living	
Education, Health and Wellness Services	5,420
<small>(HealthLink memberships and Corporate Health)</small>	
Physicians on Staff (Total)	161
Attending	114
Professional Staff	11
Consulting Staff	36
Nurses on Staff (Total)	180
Full Time	86
Part Time	37
Per Diem	57
Pharmacists (Total)	10
Full Time	3
Part Time	7
Number of Employees (Total)	789
Full Time	420
Part Time	141
Per Diem	228
Auxiliary Members	61
Volunteers	162
Community Contribution	
2004 Charity Care	\$4,812,480
Financial Information	
2004 OPERATING BUDGET	\$59,434,143

*NOTE: Number of beds remained at 77 as of 12/31/04 due to the ongoing building projects and renovations in the Hospital. Once the entire expansion project is completed, the total number of licensed beds are projected to be 111.

ACCREDITATIONS: Joint Commission on Accreditation of Hospitals (JCAHO); NJ Dept. of Health-General Acute Care Hospital License; College of American Pathologists (CAP); Clinical Laboratory Improvement Amendments/Certificate of Accreditation (CLIA); American College of Radiology-Mammographic- Imaging Service Accreditation; U.S. Dept. of Health and Human Services-Certified Mammography Facility; U.S. Nuclear Regulatory Commission Materials License; Certified Provider for Medicare and Medicaid; Accredited by the Medical Society of New Jersey for Intrastate Provider of Continuing Medical Education (CME) for Physicians; Member of New Jersey Hospital Association (NJHA); American Hospital Association (AHA); and VHA.

Patients Give HRMC High Marks

Hackettstown Regional Medical Center has commissioned The Jackson Organiza-

tion, a national healthcare research company, to conduct patient satisfaction surveys for our inpatients, outpatients and emergency department patients. The results summarized in this report have been obtained from patients discharged in 2004. The primary objectives of this measurement system are to identify areas of strength and opportunities for improvement and to present clear solutions to remedy problem areas.

The Medical Center is very proud that the Same Day Surgery department won the 2004 Overall Satisfaction award. Our Emergency Department scored a 99% for minimal wait time—meaning fast service and treatment by our staff and physicians.

The chart below provides the survey results for Hackettstown Regional Medical Center compared with an overall average score of all hospitals in the Jackson database. As you can see, HRMC continues to rank above average in all areas.

	HRMC	Average Database Comparison
Inpatient	4.34	4.18
Outpatient	4.50	4.42
Emergency	4.17	4.01

All areas measuring staff and department services continue to rate high in numerous attributes. The services rated the highest were:

- The registration and billing process
- Staff responsiveness
- Staff kindness
- Pain management
- Staff quality



Calendar

Presented by the Center for Healthier Living

3rd Quarter 2005

Calendar **(A)**: HealthLink Senior Programs (Pgs. 7-8)

Calendar **(B)**: Programs for Everyone (Pgs. 9-12)

Calendar **(A)**: HealthLink Senior Programs

Pre-registration is required for most HealthLink programs. Please call HealthLink at (908) 850-6872 to register. All programs are held at the Center for Healthier Living, 180 Mountain Avenue, Hackettstown, unless noted.

Attend All Sessions or Single Sessions

Mondays July – Sept
(except July 4 and Sept. 5)
2 – 3pm

For the series **Fee: \$16**

For a single class **Fee: \$3**

Also open to those without arthritis

PACE (People with Arthritis Can Exercise) **(A)**

This exercise program uses gentle activities to help increase joint flexibility and range of motion. With guidance from certified Arthritis Foundation instructor Joan Cummins from Paragon Village, you will learn exercises to improve muscle strength, increase flexibility and increase overall stamina. Please call to reserve your place for this ongoing program. It is not necessary to come to every class and new participants are encouraged to register.

Tues., July 26, 12 noon

Fee: \$16.50

Luncheon at The Lamplighter Restaurant and Pub **(A)**

Our HealthLink luncheon will be held at the lovely Lamplighter Restaurant and Pub in Chester. We will have a choice of Chicken Marsala, Grilled Salmon or Sliced Steak. The luncheon also includes salad, dessert, and coffee or tea. Call HealthLink to reserve your place!

Wed., July 27, 10:30am
Wed., Aug. 31, 10:30am
Wed., Sept. 28, 10:30am

Free

Stitch and Chat **(A)**

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 to Project Linus. Beginners are welcome. No registration is necessary.

Thurs., Aug. 4, 10:30am

Free

Medication Awareness: Vitamins and Herbs **(A)**

Vitamins and herbs may be helpful but at times these products may not benefit your health or they may create unexpected risks. By taking a combination of supplements or using these products together with medications (whether prescription or over-the-counter), or substituting them in place of medicines your doctor prescribes, you can risk harmful, even life-threatening results. Join us as Karen Kamenetsky, HRMC Pharmacist, discusses the pros and cons of herbs and vitamins. Call soon since this program will fill quickly. A light lunch will be served. This program is funded by the Hackettstown Municipal Alliance.

Tues., Aug. 23, 10:30am

Free

Take the Right Steps to Prevent Falls and Fractures

(A)

A simple fall can change your life. Barbette Johnston, HRMC Physical Therapist and Certified Geriatric Specialist will discuss how balance works and how to prevent falls. During the program, we will learn exercises used to improve balance and the role of physical therapy in fall prevention.

Tues., Aug. 30

Tues., Sept. 20

Tues., Oct. 18

6:30 – 8:30pm

Free

Orientation to Alzheimer's Disease Series

(A)

The Orientation to Alzheimer's Disease Series is a three-part education program open to people who have been recently diagnosed with Alzheimer's Disease or related disorders and their caregivers. The August program will highlight the basic information related to Alzheimer's Disease and community resources. The focus of the September program will be legal and financial considerations and the October program will be related to working with your physician. One may register for any or all of the sessions. This program is held in cooperation with The Alzheimer's Association, Greater New Jersey Chapter.

Tues. & Thurs.,

Sept. 13 & 15,

10am – 3pm

Fee: \$10

AARP Driver Safety Program

(A)

This two-day classroom refresher course is designed especially for driver's age 50 and older. It covers normal changes in vision, hearing and reaction time, and provides practical techniques to compensate for these changes. This course may qualify for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years.

Wed., Sept. 14, 12:30pm

Free

Take Care of Your Feet

(A)

If your feet hurt then it seems that everything hurts. Some changes in the feet are normal with aging but some changes may indicate other problems. Dr. Gary Quartello, D.P.M., will discuss the importance of proper foot care, common foot problems, and how to recognize changes in your feet that may be related to disease. A free screening will be offered.

Sat., Sept. 17,

9am – 4pm

Free

2005 Senior Expo

(A)

The 2005 Senior Expo will be held at the Warren County Technical School in Washington. The Second Annual Lifestyle Exhibition for Seniors and Families will feature many exhibitors to help you maintain a high quality of life today and plan for an even better tomorrow. Admission is free. Watch the local newspapers for more information.

Mon., Sept. 19, 10am

Fee: \$10

Scrapbooking

(A)

Do you have photos that need to be put into a photo album? During this scrapbook class you will receive a 4x6 photo album and the materials needed to make scrapbook pages. This fun-filled class will be held at Michael's Arts and Crafts at the ITC Crossings in Mt. Olive. Class size is limited. Call Healthlink to reserve your spot and don't forget to bring your pictures!

Tues., Sept. 27, 10:15am

Free

Tour: Peggy Karr Glass Factory

(A)

Peggy Karr Glass is the premier American design studio of handmade fused glass and giftware. Join us for the one-hour factory tour in Randolph, New Jersey. Participants may meet at the factory at 11am or in Hackettstown at 10:15am to carpool. At the conclusion of the tour, we will receive a free ornament and 20% off all purchases made in the outlet store on that day. Tour size is limited. For those that are interested, optional lunch on your own will follow at The Barn Restaurant in Randolph.

6 sessions

Thursdays, beginning

Sept. 22, 1:30-3:00pm

(except Oct. 13)

Free

Arthritis Self-Help Course

(A)

The Arthritis Self-Help course is a group educational program designed to help people with arthritis learn and practice the skills needed to build an individualized self-management program and gain the confidence to carry it out. The program will include information on the latest pain management techniques, how to develop your own exercise program, and also covers various techniques to manage fatigue and stress more effectively.

Calendar **B**: Programs for Everyone

Wed., July 6, 9 – 11am
Wed., Aug. 3, 9 – 11am
Wed., Sept. 7, 9 – 11am

Free

Mon., July 25, 7pm
Mon., Aug. 22, 7pm
Mon., Sept. 26, 7pm

Free

Tues. & Wed., July 26 & 27,
9am – 12 noon
Tues. & Wed., Aug. 9 & 10,
9am – 12 noon

Fee: \$40

Thursdays, 6 – 8pm

Free

Tues., July 26, 6:30pm

Free

Mon., Aug. 8,
10:30am – 12:30pm

Free

Wed., Aug. 24, 2 – 5pm

Free

Thurs., Aug. 25,
10:30am or 6:30pm

Free

Blood Pressure Screenings **B**

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

Diabetes Support Group **B**

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

Babysitting Basics **B**

The Babysitting Basics Class is a 6-hour program for 11- to 13- year olds who want to get started as a babysitter. This program will emphasize babysitting responsibilities including safety, bathing, feeding, diapering, and bedtime routines. The class also includes basic first aid and the American Heart Association Pediatric Family & Friends CPR. Students will be awarded a certificate at the end of the program.

Family Educational Series on Addiction **B**

Where: Medical Center Conference Dining Room

Addiction is a disease that is both chronic and progressive. Addiction affects the addict as well as family, friends, co-workers, and the lives of others that 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.

Menopause: Facts and Fiction **B**

Most American women will live an estimated one-third of their lives after menopause. We want those years to be full of health and contentment. Join Dr. Lisa De Falco and Certified Nurse Midwife, Kelly Murphy from Women to Women OB Associates, as they teach us to take charge of our lives. Learn the newest information in dealing with the emotional and physical changes associated with menopause

Look Good...Feel Better® **B**

Where: Joan Knechel Cancer Center

This is a free, national public program to help women undergoing cancer treatment learn beauty techniques to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. For more information and to register, call (973) 331-3794.

Osteoporosis Screening **B**

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 can be shared with your physician for any needed follow-up.

Advanced Directives **B**

Advanced Directives are finally being discussed! It's one of those topics that no one wants to think about but it is very important in the event you become unable to make decisions or speak for yourself. Attend this informative program and find out all there is to know about advanced directives, living wills, and health care power of attorney.

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.

CPR Family/Friends - *Adult*
Thurs., July 14, 6 – 8pm
Mon., Aug. 15, 6 – 8pm
Tues., Sept. 27, 6 – 8pm

CPR Family/Friends - *Pediatric*
Sat., July 9, 9 – 11am
Sat., Aug. 13, 9 – 11am
Sat., Sept. 17, 9 – 11am

Fee: \$20

CPR for Family and Friends (B)

These courses are designed for the layperson interested in learning the basics of CPR to rescue family and friends. The course will focus on one-rescuer CPR and managing an airway obstruction (choking). Two modules are available monthly: Adult (for victims 8 years and older) and Pediatric (for victims from birth to 8 years). Pre-registration is required.

Heartsaver CPR - *Adult*
Tues., July 12, 6 – 9pm
Tues., Aug 23, 6 – 9pm
Mon., Sept. 19, 6 – 9pm

Heartsaver CPR - *Pediatric*
Wed., July 13, 6 – 9pm
Mon., Aug. 29, 6 – 9pm
Mon., Sept. 26, 6 – 9pm

Fee: \$35

Heartsaver CPR (B)

These courses are for lay responders who are serving as rescuers as part of their job responsibilities. These certification courses focus on one-rescuer CPR, the management of a foreign body airway obstruction (choking) and the use of barrier devices. Courses include a written examination. Adult classes and Pediatric classes are available monthly.

Note: A discounted fee of \$60 is charged if scheduling both Adult and Pediatric CPR classes.

Thurs., July 21, 6 – 9:30pm
Mon., Aug. 22, 6 – 9:30pm
Wed., Sept. 14, 6 – 9:30pm

Fee: \$40

Heartsaver AED (B)

Participants in this certification course will learn adult one-rescuer CPR, obstructed airway management and the use of an Automated External Defibrillator (AED).

Tues., July 5, 6 – 9:30pm
Tues., Aug. 16, 6 – 9:30pm
Mon., Sept. 19, 6 – 9:30pm

Fee: \$40

Heartsaver First Aid Class (B)

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 on the basis of evidence-based guidelines.

Wed. & Thurs., July 6 & 7,
6 – 9:30pm
Wed., July 20, 9 – 5pm
Tues., & Wed., Aug. 2 & 3,
6 – 9:30pm
Tues., Aug. 16, 9 – 5pm
Thurs., Sept. 1, 9 – 5pm
Mon. & Tues., Sept. 12 & 13,
6 – 9:30pm

Fee: \$70

BLS for Healthcare Providers (B)

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

Recertification Classes

Fri., July 8, 9am – 12:30pm
Mon., July 25, 6 – 9:30pm
Thurs., Aug. 11, 9am – 12:30pm
Fri., Aug. 19, 6 – 9:30pm
Thurs., Sept. 15, 6 – 9:30pm
Thurs., Sept. 22, 6 – 9:30pm

Fee: \$50

Classes are available to schools, businesses and community groups.

For more information, please call the Center for Healthier Living at (908) 850-6935.

Note regarding all CPR classes: The American Heart Association strongly promotes knowledge and proficiency in CPR 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 and any fees charged for such course does not represent income to the Association.



Childbirth Education 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. These classes are an extension of the Hackettstown Regional Medical Center Childbirth Family Center. Our certified childbirth instructors will guide the classes and help answer the many questions you may have regarding the childbirth experience.

To register for a childbirth education class and for class fees, please call (908) 850-6935

Wednesdays,
July 6 – Aug. 10, 7 – 9pm

Saturdays,
July 23 & July 30,
8am – 1pm

Wednesdays,
Aug. 17 – Sept. 21,
7 – 9:00pm

Saturdays,
Sept. 24 & Oct. 1,
8am – 1pm

Fee: Call

Childbirth Preparation (B)

Our childbirth education class is a Lamaze-type class that will focus on the physical and psychological changes that occur during pregnancy. The participant 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 new, two consecutive-Saturday classes meet from 8am-1pm with comfort breaks incorporated into each class. Couples are placed in classes according to due dates.

Mon., Aug. 22,
6:30 – 9:30pm

Fee: \$50

Childbirth Refresher Class (B)

This is a one-evening class for “veteran” parents who would like to review their previous birth experiences, the stages of labor, effective pushing techniques and, of course, relaxation and breathing skills. You will be registered for this class according to your due date.

Tues., July 19, 6:30 – 9pm

Fee: \$40

Breastfeeding Class (B)

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.

Sun., July 10, 1 – 3pm
Sun., Sept. 25, 1 – 3pm

Fee: \$25

Newborn Baby Care (B)

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.

Sat., July 9, 10 – 11:30am
Sat., Sept. 24, 10 – 11:30am

Fee: \$10

(\$5 for each additional sibling)

Sibling Class (B)

Where: Medical Center Conference Dining Room

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. The children will have a light snack and receive a small gift.

Pre-registration is required.

Wed., Sept. 7,
12 noon – 6pm

Free

Skin Cancer Screening **B**

Where: Joan Knechel Cancer Center

The number of skin cancer cases has increased in the United States. According to the CDC more than one million cases of basal cell or squamous cell cancer will be diagnosed annually, and melanoma is the most common cancer among people 25 to 29 years old. To take advantage of this screening, please call the Center for Healthier Living at (908) 850-6935. Limited appointments are available.

Thurs., Sept. 15, 6 – 8pm

Free

Prostate Cancer Screening **B**

Where: Joan Knechel Cancer Center

One in every 10 men will develop prostate cancer at some time in his life and the chance of developing prostate cancer increases with age. This annual screening is for men who have not recently attended a screening, are at least 50 years old, or if you are in a high risk group such as having brothers or fathers who have prostate cancer. This screening includes a digital rectal examination by Dr. Donald Mykulak of Skyland's Urology and a P.S.A. blood test. Pre-registration is required. Call the Center for Healthier Living for an appointment at (908) 850-6935.

Thurs., Sept. 22, 7pm

Free

Snoring and Sleep Apnea **B**

Are you tired all the time? Has anyone told you that you snore? Then join Dr. James Smith and Angelo Benincasa from The Center for Sleep Related Disorders as they discuss the problems associated with snoring and sleep apnea.

To register for these programs or for more details, call (908) 850-6935



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