

2ND QUARTER | 2011

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FREE FAMILY & FRIENDS CPR
BACK COVER

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HRMC's In-Hospital Physicians are Now In Network with **Horizon BCBSNJ**

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

In some cases, a hospital may participate with an insurance carrier and is considered "In-Network," but the Hospital Based Physicians do not participate and are considered "Out-of-Network." This may cause the patient to receive a bill from the Hospital Based Physician with higher out-of-pocket costs.

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Hackensack University Medical Center Signs Affiliation Agreement with Hackettstown Regional Medical Center

Hackensack University Medical Center (HUMC) has signed an Affiliation Agreement with Hackettstown Regional Medical Center (HRMC) to collaborate and expand clinical programs and services, further improving the high quality medical care HRMC provides patients in northwestern New Jersey and northeastern Pennsylvania, effective January 7, 2011.

This far-reaching partnership between HUMC and HRMC will benefit patients by strengthening and supporting HRMCs existing programs and bringing additional state-of-the-art care and specialized diagnostic and medical treatments to Hackettstown and the surrounding resident and business communities of Northwest New Jersey, including Warren, western Morris, southern Sussex and northern Hunterdon Counties and portions of the Poconos in Pennsylvania. The collaboration agreement also will foster a closer working relationship between the medical staff and physicians at both hospitals, both complementing and supplementing the medical and surgical services already available at HRMC.

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JASON C. COE, MBA
President & CEO
Hackettstown Regional
Medical Center

MESSAGE FROM THE PRESIDENT

Spring is finally here. The weather is warming up and flowers are beginning to bloom. This is my first letter to you as president of Hackettstown Regional Medical Center. Just as I am looking forward to the full bloom of spring, I am also looking forward to watching our wonderful Medical Center continue its growth.

Recognized by Inside Jersey as #6 in Top Hospitals Overall based on post-discharge ratings by patients and #10 for the treatment of prostate cancer*, among other good rankings, Hackettstown Regional Medical Center has a lot of which to be proud.

The cover of this issue of Healthier Living shares two important announcements about the growth here at HRMC:

- In-hospital physician services are now in-network with Horizon Blue Cross Blue Shield of New Jersey. You should now have a lower out-of-pocket cost subject to the terms of your individual insurance plan.
- HRMC has signed a clinical affiliation agreement with Hackensack University Medical Center. This is a very exciting development. The first two areas being considered for clinical collaboration are obstetrics and oncology. HRMC is already highly regarded in both areas: the Childbirth Family Center and the Joan Knechel Cancer Center. The clinical collaboration with HUMC will bring additional programs and services locally to the residents of northwest New Jersey.

Also in this issue, you will read on page 3 about the new team of radiation oncologists here at the Joan Knechel Cancer Center.

We have much to be thankful for here at Hackettstown Regional Medical Center. I look forward to serving you as the new president of this fine team of physicians, nurses and staff.

**Source: IPRO (Improving Healthcare for the Common Good) and Physician Survey respectively as published in Inside Jersey, April 2011 issue. Rankings were based on hospitals with fewer than 350 beds.*



Join Us for the HRMC Annual Community Meeting

on June 9, 2010 from 6:00 to 7:00 p.m. to discuss the state of healthcare in our region and the Medical Center's ongoing plans for serving the community's needs.

Location: Gene C. Milton Conference Room
at Hackettstown Regional Medical Center
651 Willow Grove Street (West Wing Entrance at rear of hospital)

Date: Thursday, June 9, 2010

Time: 6:00 to 7:00 p.m.

Cost: Free, light diner will be served

To RSVP, please call (908) 850-6836

New Radiation Oncology Group Joins JKCC

Now in its sixth year of operation, the Joan Knechel Cancer Center is introducing a new group of Radiation Oncologists under the medical direction of Dr. Kathy Lo. According to JKCC Program Director Frances Polubjak, “For the first time, the Joan Knechel Cancer Center has four highly-trained radiation oncologists here on staff. Previously the Center had only had one full-time radiation oncologist. This is a major step forward in providing radiation therapy services to the residents of Northwest New Jersey.”



Dr. Kathy Lo now serves as the Radiation Oncology Medical Director of the Joan Knechel Cancer Center and will lead the group of radiation physician specialists. Board Certified in Radiation Oncology, Dr. Lo earned a medical degree from Thomas Jefferson Medical College, having been an honor student there and fellowship grant recipient. A partner of

Radiation Medicine Associates of Scranton, Dr. Lo joined the group after serving as Chief Resident during her four-year residency at Mount Sinai Hospital Department of Radiation Oncology, New York City. Prior to that, she completed an internship at Lehigh Valley Hospital Department of Medicine. She also holds a Bachelor of Science degree in Chemistry from the Massachusetts Institute of Technology, where she received a prestigious student research fellowship grant.

Dr. Lo has published several articles and abstracts on current issues in cancer treatment, including Prostate Brachytherapy and Management of DCIS breast cancer. She is licensed to practice in New York, Pennsylvania and New Jersey, and serves patients at Hackettstown Regional Medical Center, Sparta Cancer Center, and Professional Radiation Oncology Services (PROS), Poughkeepsie, NY. She is a member of ASTRO (American Society of Therapeutic Radiology and Oncology), ASCO, (American Society of Clinical Oncology), the NY Roentgen Society and the AMA.



Dr. Michael J. Gallagher is Board Certified in Internal Medicine, Radiation Oncology and Medical Oncology and is Board Eligible in Anatomic Pathology. He is a Fellow in the American College of Radiation Oncology and American College of Physicians. He serves on staff at 10 hospitals in Pennsylvania, New York and New Jersey. He is Medical Director of Sparta Cancer

Center, Sparta, and Professional Radiation Oncology Services (PROS), Poughkeepsie, NY.

A magna cum laude graduate of College of the Holy Cross, MA, he earned his Doctor of Medicine degree from Case Western Reserve University, OH, and his Master of Business Administration degree with honors from Drexel University, PA. He completed his internship in Radiation Oncology at Harvard University, MA, and trained as a Fellow in Medical Oncology at the National Cancer Institute. He completed his residency in Radiation Oncology at the Hospital of the University of Pennsylvania and received additional training at Fox Chase Cancer Center.



Dr. Chi K. Tsang is Board Certified in Radiation Oncology and Board Eligible in Nuclear Medicine. He has extensive experience with Intensity Modulated Radiation Therapy treatment (IMRT), Dr. Tsang has special expertise with Brachytherapy and also with Radioimmunotherapy and Radioisotope Therapy, two new types of radiation treatment also known as “liquid radiation.”

He earned a Medical Degree from Wayne State University School of Medicine, MI. He completed his residency in Nuclear Medicine at New York Hospital-Cornell Medical Center and his residency in Radiation Oncology at Columbia-Presbyterian Medical Center, NY. Dr. Tsang graduated magna cum laude from Alma College, MI, where he was a member of Phi Beta Kappa. He completed graduate studies in physics and engineering at the University of Michigan where he earned a Master’s Degree in Bioengineering and a Master’s Degree in Computer, Information and Control Engineering.



Dr. Harmar D. Brereton is Board Certified in Internal Medicine, Radiation Oncology, Medical Oncology, and Hematology, and serves as a clinical professor of medicine at The Commonwealth Medical College in Scranton, PA.

Dr. Brereton is a founding partner of the radiation oncology physician group, Radiation Medicine Associates of Scranton (RAMAS), and Chairman of the Department of Radiation Therapy at Mercy Hospital, Scranton. He earned an undergraduate degree from Yale University, New Haven, CT and a Medical Doctorate from the University of Pittsburgh School of Medicine, PA. He completed his internship and residency at Grady Memorial Hospital, Atlanta, GA, before becoming a clinical associate at the National Cancer Institute, Bethesda, MD, and an instructor in medicine at Georgetown University Hospital, Washington, D.C. He completed a Radiation Oncology Fellowship at The Johns Hopkins Hospital, Baltimore, MD.

Dr. Brereton established Northeast Radiation Oncology Center (NROC), a cancer treatment center that is a collaboration between the physicians of RAMAS and Mercy Health Partners. NROC provides the most advanced radiation cancer treatment and research available in the region. In addition, he has developed a network of oncology centers caring for more than 2,000 patients each year, serving over 22 hospitals in Pennsylvania, New York and New Jersey. He also is the founder of the Northeast Regional Cancer Institute (NRCI), a regional non-profit consortium of hospitals dedicated to cancer research and education, and he helped introduce a Radiation Therapy Oncology Group (RTOG) cancer research program sponsored by the National Cancer Institute, which offers state-of-the-art clinical research trials for people in the Pennsylvania, New York and New Jersey service area.

Hackensack University Medical Center Signs Affiliation Agreement with Hackettstown Regional Medical Center

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In early 2011, members of both Medical Centers will team up to look at specific medical specialties seeking ways to expand existing medical programs and develop new programs and services for patients in HRMC's service area. Services expanded and newly developed in 2011 as part of this agreement will continue HRMC's ongoing philosophy of providing the most advanced diagnostic as well as medical and surgical treatments close to home.

HUMC and HRMC share a similar mission, vision and cultural philosophies, grounded in putting the patient first and fostering treatment with dignity, respect and compassion, and providing the patient with personal touch care. HUMC and HRMC were the first two hospitals in New Jersey to become Affiliates of Planetree, facilitating efforts to create patient-centered care in healing environments.

This collaboration comes during a time of fiscal strength for each hospital. Under the terms of the agreement, HUMC's clinical resources will support HRMC's existing programs, while also enhancing the overall level of diagnostics, treatment, and technology. HUMC also is committed to expanding the availability of physicians and to supporting additional specialty care programs. The first two initiatives are obstetrics and oncology.

"This is an opportunity for Hackensack University Medical Center to provide expanded quality care to a community where Hackettstown Regional Medical Center has done an extraordinary job in creating a dedicated patient base," said Robert C. Garrett, president and chief executive officer,

HUMC. "As healthcare reform is implemented, it is imperative that we enhance integration between hospitals, expanding access for patients and cooperation among providers. It also allows HUMC to continue its growth in key patient care areas, such as cardiology, cancer, and women's and children's services," he added.

"While it is true this affiliation will benefit both hospitals, the ultimate beneficiaries of this partnership are the communities we serve," said Gene C. Milton, Ph.D., FACHE, immediate past president and chief executive officer of HRMC. "This affiliation will result in superior clinical offerings that, in turn, will provide high-quality, cost-effective care to our patients. As we navigate the changes of our healthcare system, I am confident our collective leadership and medical staff will be successful in creating a strong business model that will help both hospitals operate more efficiently," he added.



Cover Photo: Hackensack University Medical Center (HUMC) announced its new Affiliation Agreement with Hackettstown Regional Medical Center (HRMC) to collaborate and expand clinical programs and services. Pictured at the ceremonial signing, from left to right, are (back row): Robert L. Glenning of Ridgewood, executive vice president and chief financial officer of HUMC; Robert C. Garrett, president and chief executive officer of HUMC; Gene C. Milton, Ph.D., FACHE, immediate past president and chief executive officer of HRMC; Jason C. Coe, MBA, president of HRMC; Ken Janowski, D.O., chief medical officer of HRMC; Ketul J. Patel, executive vice president, chief strategy and operations officer of HUMC; (front row) Judith Wiegand, executive director of Business Development at HRMC; Linda Ries, RN, DNP, NEA-BC, chief nursing officer of HRMC; Stella Visaggio, CPA, chief financial officer of HRMC; Robin A. Ratliff of Montclair, vice president of Planning at HUMC; and Dianne A.M. Aroh, RN, NEA-BC, executive vice president, chief nursing and patient care officer at HUMC.

Quality Counts at HRMC

Core Measures 4th qtr 2010	AMI (Heart Attack)	CHF (Congestive Heart Failure)	PN (Pneumonia)	SCIP (Surgical Care Inpatients)	OSURG (Outpatient Surgical Care)	OED (Outpatient MI/Chest Pain)
# of patients	29/29	110/113	193/198	367/382	27/28	19/20
score%	100%	97%	97.5%	96.1%	96.4%	95%

Congratulations to all staff for continuing to provide exceptional care based on best practice guidelines. Score % = How often we delivered the recommended care process

HRMC THERAPY CENTER AND "T.C. KIDS" PRESENTS: 2011 SUMMER READING ENRICHMENT CAMP

Is your child struggling with early literacy and language development? Do you want to foster a love of reading in your child? This program is designed to help children who are entering grades 1 – 4 unlock the adventures of reading via a multidisciplinary model which includes speech, occupational and physical therapies.



T.C. KIDS 2011 SUMMER READING ENRICHMENT CAMP INCLUDES:

PRE/POST-TEST READING ASSESSMENTS FOR

- Word recognition (decoding)
- Fluency
- Comprehension

INSTRUCTION AREAS

- The language of math
- phonological awareness/blending of sounds/ word attack skills
- word reading and spelling
- fluency
- new vocabulary/meaning
- application of vocabulary
- reading comprehension to include event sequencing, character description, setting
- literacy-language integration, narratives, stories, crafts, making books, reading of every day life (labels, menus, recipes, etc.), dramatic play via fine and gross motor activities

RESEARCH-BASED COMPUTER INSTRUCTION: Earobics, Wordmaker, Laureate Learning Software

The facilitators of this program will include Speech-Language Pathologists whose expertise in child language development (i.e. syntax, semantics, morphology, discourse and phonology) will help build the foundation for your child's literacy skills; in addition to Occupational and Physical Therapists who specialize in teaching your child fine and gross motor skills that enhance positioning, as well as critical organizational skills to facilitate your child's ability to focus.

The enrichment camp begins Monday, July 18 and ends Thursday, July 28. There is no camp Friday, July 22. The fee is \$195 per child, which includes pre-test evaluation, camp fee, and lots of take-home materials. To learn more or to schedule a pre-test evaluation, contact T.C. Kids at (908) 850-6835.



**HRMC
Welcomes:**
OB/GYN
**DR. JO-ANN
SHAKARJIAN,
M.D.**

Board Certified by the American Board of Obstetrics and Gynecology, Dr. Jo-Ann Shakarjian was previously on staff at Hackensack University Medical Center and has recently joined Dr. Lisa Uzbay at Understanding Women in Hackettstown.

Dr. Shakarjian earned a Doctorate of Medicine from New York Medical College and completed an internship at Long Island Jewish Medical Center. She then completed her Residency at Beth Israel Medical Center in New York. Dr. Shakarjian is

also a member of the American Association of Laparoscopists.

To make an appointment with Dr. Shakarjian, please call (908) 813-8877.

HRMC's In-Hospital Physicians are Now In Network with **Horizon BCBSNJ**

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Hackettstown Regional Medical Center is happy to announce that both the Medical Center and the Hospital Based Physicians are participating with Horizon Blue Cross Blue Shield of New Jersey. There are several different Horizon Blue Cross Blue Shield of New Jersey insurance plans, and you should now have a lower out-of-pocket cost subject to the terms of your individual insurance plan.

The Medical Center also accepts Medicare and Medicaid and most major insurance plans. If you have a question about your insurance coverage, we will be happy to review your plan with you. For insurance questions, please call one of HRMCs Insurance Verifiers at (908) 979-8791. Insurance Verifiers are available to answer your call Monday through Friday during regular business hours. On the weekends or evenings, just leave us a message and an Insurance Verifier will return your call on the next business day.

Be sure to check with your personal physician or surgeon about whether or not your insurance plan is accepted at their private practice. Also ask your personal physician or surgeon about scheduling tests or procedures. HRMC offers convenient evening and Saturday hours for many diagnostic tests. To schedule an appointment for tests or procedures at HRMC, call (908) 850-6842.

FOUR TIPS FOR Tax-Savvy Investors

By Geoffrey S. Close
of Morgan Stanley



While for most of us tax season is winding down, it's certainly not too late to think about investing with 2011 tax planning in mind. It's smart and wise to think about your annual income taxes as you look at ways to invest your money.

1. Look into tax-managed mutual funds.

Portfolio managers of tax-managed funds can use a number of strategies to help reduce the tax bite shareholders suffer. For example, they may strive to keep portfolio turnover low to help minimize taxable gains, or they may actively use losses to offset taxable gains.

2. Consider municipal bonds and bond funds.

Because the interest on a municipal bond is usually exempt from federal taxes and sometimes state and local taxes, it may actually produce a better yield than a taxable bond with a comparable interest rate. The higher your income tax bracket, the more you may benefit from owning "munis."

3. Contribute to tax-advantaged retirement vehicles.

You can now contribute up to \$5,000 annually to an IRA plus an additional \$1,000 per year if you're over

age 50 (for the 2010 tax year). Traditional IRAs offer tax deferral – you pay no taxes on earnings until withdrawal – and may provide tax deductions. Roth IRAs offer tax deferral and qualified withdrawals are tax free, but no tax deductions.

4. Use gains – and losses – to your advantage.

If you have an investment and hold it for at least one year before selling, you'll pay a maximum federal tax of 15% on capital gains. The same rate applies for dividend income. Keep it for less than one year and you'll pay regular income taxes – up to 35%. Also keep in mind that if you intend to sell investments that have lost money, you can do so by December 31 and deduct up to \$3,000 in investment losses from that year's tax return. Additional losses can be carried over and used to offset future capital gains.

For More Information

If you'd like to learn more, please contact: Geoffrey S. Close, Morgan Stanley, 1200 Mount Kemble Avenue Morristown, NJ 07960 (973) 425-2309, Geoffrey.close@mssb.com

It's a Milestone Year for the HRMC Foundation Golf Classic...

Not only is milder weather finally here, but so is the 25th Anniversary HRMC Foundation Golf Classic! This time-honored event is set to take place on Monday, June 13, 2011 at the beautiful Panther Valley Golf and Country Club in Allamuchy. Special touches are planned in honor of our 25th anniversary, so why not make this the year you sign on to play or attend the always enjoyable awards dinner at the Club?

Hackettstown Regional Medical Center is committed to women's health and that is why all of this year's Foundation Golf Classic net proceeds will be applied to the purchase of a new, full-field digital mammography machine. This state-of-the-art digital imaging equipment provides excellent imagery and diagnostic capabilities that can be used in breast screenings and stereotactic breast biopsy, and will be used in the fight against breast cancer as HRMC becomes a Breast Center of Excellence.

Sponsorship opportunities range from those that include significant promotion and golf to standard tee/green signs only. For more information, please call the HRMC Foundation office at (908) 850-6876.



2011 Joan Knechel Memorial Walk SUPPORTS LOCAL STATE-OF-THE-ART CANCER TREATMENT



On Sunday, October 16, 2011, walkers will once again gather at scenic Mountain Lake in Liberty Township to take part in the 9th Annual Joan Knechel Memorial Walk to celebrate cancer survivors, both men and women. The JKMW has become a poignant and powerful tradition for many, particularly since 100% of ALL proceeds from the Joan Knechel Memorial Walk stay LOCAL to benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center.

Sponsors are currently being sought, and the Walk committee hopes to draw upwards of 450 walkers again this year to achieve their goal of over \$60,000. The honorary chair of this year's Walk is HRMC nurse Peg Carolan. A beloved colleague at HRMC and a cancer survivor herself, Peg has been an enthusiastic advocate for the Joan Knechel Cancer Center since its opening in 2005. From day one, the Joan Knechel Cancer Center has made a positive impact

on the lives of many cancer patients in this region – patients who before the opening of the JKCC would have had to travel 45 minutes or more for cancer treatment.

For more information on the Walk, to register as an individual walker or a team, or to make an online donation, please visit www.hrmcnj.org, click on Foundation and look for the JKMW logo.

Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living | 2nd Quarter | 2011

Calendar A:

HealthLink Senior Programs (pages 8–10)

Pre-registration is required for all HealthLink programs. Please call HealthLink at (908) 850-6872 to register. All programs are held at The Center for Healthier Living, 108 Bilby Road, Suite 101, 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, 108 Bilby Road, Suite 101, Hackettstown, unless noted.

HealthLink Senior Programs

CALENDAR A

Arthritis Foundation Exercise Program

MONDAYS, 2 – 3PM, CENTER FOR HEALTHIER LIVING

Fee: \$3 per class

This exercise program uses gentle activities to help increase joint flexibility and range of motion. With the guidance of certified Arthritis Foundation instructor Joan Cummins from Paragon Village, you will learn exercises to maintain muscle strength, increase flexibility and increase overall stamina. Call (908) 850-6872 to register.

Tai Chi for Arthritis – For New Students

BEGINS WEDNESDAY, JUNE 15 FOR 6 WEEKS, 5:15 – 6:15PM

Fee: \$20

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

Tai Chi for Arthritis – For Returning Students

THURSDAYS, 5:15 – 6:15PM

Fee: \$3 per class

This new class is for those who have already completed the six-week course of Tai Chi for Arthritis. It will build on the Tai Chi forms previously learned. Anyone who has taken the six-week course is eligible to attend. Call (908) 850-6872 to register.

Management and Treatment of Low Back Pain

TUESDAY, MAY 10, 10:30AM

FREE

Dr. Christopher Castro, from the Orthopedic Institute of New Jersey will discuss low back pain. Most of us have suffered with back pain at some point in our lives. Dr. Castro's will focus on the causes, treatment and prevention of low back pain. Call HealthLink at (908) 850-6872 to register.

Stitch and Chat

WEDNESDAYS, APRIL 27, MAY 25 & JUNE 22, 10:30AM

FREE

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

What you Need to Know About Stroke

WED., MAY 11, 10:30AM

FREE

Stroke is the third leading cause of death and a leading cause of disability in America, but many people do not know the steps they can take to reduce their risk of a stroke. Learn the risk factors for a stroke and how to modify them. Also, learn to recognize the symptoms of a stroke and the importance of prompt treatment. Presented by Karen Young, RN, MS, APN, BC. Call HealthLink at (908) 850-6872 to register.

AARP Driver Safety Program

TUES. & WED., MAY 17 & MAY 18 OR TUES. & WED., JUNE 21 & JUNE 22, 9:30AM – 12:30PM

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

This two-day classroom refresher course is designed for driver's age 50 and older. It covers normal changes in vision, hearing and reaction time, and provides practical techniques to compensate for these changes. This course may qualify for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years. Call (908) 850-6872 to register.

Cell Phones for Seniors

THURS., MAY 19 OR THURS., JUNE 16, 10:30AM

FREE

Are you confused about how to use your cell phone? Join us to learn more about how to work your cell phone, pick up your voice mail, and more. This program will be limited to a small number of people so that everyone will receive personal instruction. Call (908) 850-6872 to register.

What to Expect: Total Hip and Total Knee Replacement

THURS., MAY 19, 11AM OR TUES., JUNE 7, 6PM

FREE

Are you living with hip or knee pain? Join Robyn Gilyard, RN, Coordinator of the Total Joint Center at Hackettstown Regional Medical Center for an information session on total hip and knee

replacements. The free seminar will uncover the reasons for joint replacement and what to expect from the day you decide to have surgery through your rehabilitation. The Total Joint Center at HRMC will guide you every step of the way as you “discover the new you.” Call (908) 850-6872 to register.

Computer Class for Seniors

FRIDAY, MAY 20, 10:15AM OR NOON

FREE

This computer class is a one-session class offered for the person who is a beginner or has limited knowledge of the computer. A Hackettstown High School youth mentor will assist you in such areas as surfing the internet, word processing, making address labels and greeting cards. The students enjoy the opportunity to work one on one with HealthLink members. Thank you to Hackettstown High School Teacher, Donna DeGraw and her students who work with the participants. To register, call HealthLink at (908) 850-6872.

Back in Time: Amelia Earhart

TUES., MAY 24 OR THURS., JUNE 2, 10:30AM

FREE

Bob Stead will present a discussion on the pioneering aviation exploits of Amelia Earhart. One of the first women pilots in the United States, her popularity made it possible for women to enter the field of aviation at all levels. Learn more about her record setting accomplishments and contributions to the advancement of flight during the golden era of aviation in the 1930's. Call (908) 850-6872 to register.

Lunch at the Prickly Pear

WED., JUNE 8, 12:15PM

Fee: \$16

Our luncheon will be contemporary American cuisine at the Prickly Pear restaurant in Hackettstown. We will select from a list of several delicious entrées. Call HealthLink at (908) 850-6872 for reservations.

What Healthcare Reform Means to Diabetic Foot Health... A Prevention Program that Makes Sense

MON., JUNE 13, 3:30PM

FREE

John Guiliana, DPM, MS, of Foot Care Associates will present this informative program about diabetes and the importance of foot care. He will address how healthcare reform relates to treatment. Prevention of foot problems will be emphasized! Call HealthLink at (908) 850-6872 to register.

Making Sense of Sodium

WED., JUNE 15, 1:30PM

FREE

Christine Meissner, RD will discuss the new dietary guidelines especially focusing on reducing your sodium levels. This session will provide information and help you identify and reduce the sodium content in your diet. Information will also be provided on how to read food labels. Call HealthLink at (908) 850-6872 to register.

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.

Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.



Heartsaver First Aid Class

SATURDAY, MAY 14, 9AM – 12:15PM

SATURDAY, JUNE 18, 9AM – 12:15PM

Fee: \$50

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

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

Heartsaver CPR

TUES., MAY 10, 6 – 9PM

WED., JUNE 15, 6 – 9PM

Fee: \$50

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

Heartsaver AED

TUES., APRIL 19, 6 – 9:30PM

WED., MAY 18, 6 – 9:30PM

THURS., JUNE 23, 6 – 9:30PM

Fee: \$50

Participants in this course will learn adult and child one-rescuer CPR, obstructed airway management, barrier devices and the use of an automated external defibrillator (AED). Students will receive a course completion card upon successful skills testing.

CPR for Family and Friends

SATURDAYS, APRIL 23 & MAY 21, 9AM

Fee: \$35

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

BLS for Healthcare Provider

AHA e-Learning Option Hands-on Skills Testing:

WED., APRIL 20, 9AM

TUES., MAY 17, 11AM

THURS, MAY 26, 9AM

THURS., JUNE 2, 11AM

TUES., JUNE 14, 9AM

Skills Testing Fee: \$35

This option allows students to take an on-line version of BLS for Healthcare Provider and Heartsaver CPR courses. You may log onto www.onlineaha.org to access the CPR course needed. Following successful course completion, print the course certificate. You must provide the Center

for Healthier Living with a copy of your certificate when you attend the hands-on session.

Call the Center for Healthier Living to schedule your skills practice and testing session.

BLS for Healthcare Provider

TUES., APRIL 26, 6PM

THURS., MAY 5, 9AM

WED., MAY 25, 6PM

THURS., JUNE 9, 9AM

WED., JUNE 22, 6PM

Fee: \$85

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

Healthcare Provider Renewal Classes:

THURS., APRIL 21, 6PM

WED., MAY 11, 9AM

TUES., MAY 24, 6PM

WED., JUNE 15, 9AM

TUES., JUNE 21, 6PM

Fee: \$60

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 five groups are professionally facilitated by Joan Framo Runfola, ACSW, LCSW, a psychotherapist specializing in oncology social work. Participation criteria apply.

- **Breast Cancer Support Group**
- **Friends and Families Support Group**
- **Cancer Support Group**
- **Post-Treatment Cancer Support Group**
- **Young Women's Breast Cancer Support Group**

Additional Support Groups

Look Good...Feel Better®

PLEASE CALL FOR DATES AND TIMES

FREE

This is a free, national public program to help women undergoing cancer treatment learn beauty techniques to cope with the appearance-related side effects of treatment and regain a sense of self-confidence and control over their lives. These side effects may include hair loss and changes in complexion and fingernails. For more information and to register call (800) 227-2345.

Family Educational Series on Addiction

WHERE: COUNSELING CENTER, EAST AVE.

TUESDAYS, 7:30 – 9PM

FREE

Every family member is impacted when another family member either abuses or is dependent on alcohol and/or drugs. To help family members, the Counseling and Addiction Center provides a counseling program consisting of a weekly two-hour lecture/discussion to help families understand addiction and ways to improve the quality of their lives. For information, call (908) 850-6810.

Better Breathers Club

WHERE: CONFERENCE DINING ROOM

THURSDAYS, APR. 14, MAY 12, JUNE 9,
5:30 – 7PM

FREE

This support group meets regularly to learn about tips and techniques to better manage their disease. Questions about traveling with oxygen or pulmonary rehabilitation? COPD or asthma? Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease. Please call to register, (908) 979-8797, Ext. 1.

Diabetes Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

WHERE: HRMC BOARDROOM, 1ST FLOOR

THURSDAYS, JUNE 9, 16, 23 & 30, 6 – 8PM

(4-PART SERIES)

FREE

This education series is for anyone newly diagnosed with diabetes or who has never received educational information and instruction on living with diabetes. Certified Diabetes Educator Donna Kendrick, RN and Rita Ryan, RD will teach this series. Topics include living productive and healthy lives, and using a self-management approach. Participants need a referral from their physician and must attend all four classes. For more information or to register call (908) 850-6937.

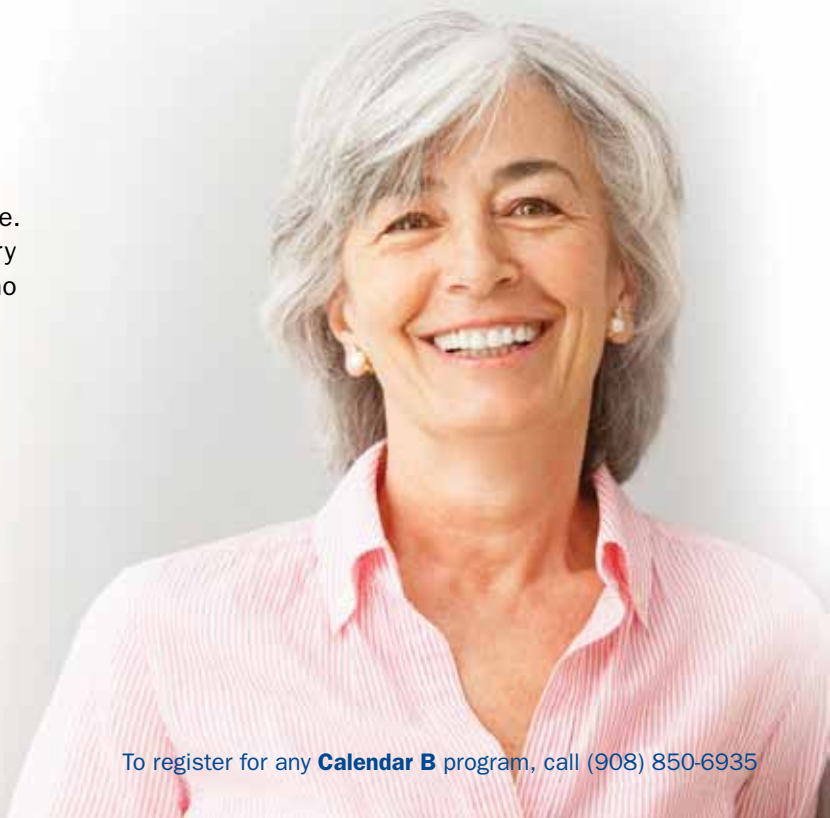
Diabetes Support Group

WHERE: HRMC WEST WING CONFERENCE ROOM,
1ST FLOOR

MONDAYS, APRIL 25, MAY 23, JUNE 27, 7PM

FREE

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



Programs and Screenings Continued

Babysitting Basics

LOCATION: 108 BILBY ROAD
 MONDAYS, APRIL 11 & 18, 5:30 – 8:30PM
 MONDAYS, MAY 9 & 16, 5:30 – 8:30PM
 TUES. & WED., JUNE 28 & 29, 9AM – 12PM

Fee: \$45

The Babysitting Basics Class is a six-hour program for 11- to 13-year-olds who want to get started as a babysitter or who want to improve their babysitting skills. This 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 bed-time routines. This is a fun interactive class that also includes basic first aid and the American Heart Association Pediatric Family and Friends CPR. 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.

Blood Pressure Screening

LOCATION: 108 BILBY ROAD
 WEDNESDAYS, MAY 4, JUNE 1, 9 – 11AM

FREE

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

Infant Safety Seat Check

SPONSORED BY THE N.J. STATE POLICE
 TUESDAYS, MAY 10 & JUNE 14, 3 – 7PM

FREE

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

Bariatric Lap Band Surgery

LOCATION: WEST WING CONFERENCE ROOM,
 1ST FLOOR
 THURSDAYS, MAY 12, JUNE 9, 6:30PM

FREE

Need to lose 100 lbs? Join Dr. Jondavid Jabush for an information session on the latest in bariatric lap band surgery at Hackettstown Regional Medical Center. This FREE program will explain the new outpatient surgery, how you can expect to lose weight, your diet and exercise before and after the surgery and the benefits of lap banding as a method of losing the extra pounds. Experience shows shedding extra weight, including loss from lap band surgery, will help you live a healthier, longer life. You are invited to attend the lap band support group, which meets before the seminar at 5:30PM.

Snoring Clinic

WHERE: HRMC WEST WING SLEEP LAB, 3RD FLOOR
 WEDNESDAYS, APR. 20, MAY 18, JUNE 15, 4:30PM

FREE

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

Raising Healthy Eaters

LOCATION: HRMC THERAPY CENTER
 TUES., MAY 3, 4 – 5PM

Fee: \$10 PER FAMILY

With fast foods and unhealthy snacks available, parents are faced with the difficult challenge of helping their school aged children make healthy eating choices. A Registered Dietitian from HRMC will present a program for parents, (no children please) on tips and strategies to help your child make better food choices at home and on the road. Call Christine Meissner, Registered Dietitian at (908) 441-1482 to register.

(Program is free for those children registered and attending the spring 2011 Get Fit Kids program)

Programs and Screenings Continued

GET FIT KIDS! SPRING 2011 PROGRAM

FOR BOYS AND GIRLS 7 – 12 YEARS OLD

LOCATION: HRMC THERAPY CENTER

TUESDAYS & THURSDAYS, MAY 3 – 19, 4 – 5:30PM

FEE: \$75 PER CHILD FOR 6, 90-MINUTE CLASSES

MAXIMUM 10 CHILDREN PER SESSION

Get Fit Kids is a fun program designed for kids 7 – 12 years old. It combines physical activity and nutritional education to help children form a healthy lifestyle. Our Exercise Physiologists will lead fitness games and activities while Registered Dietitians will plan interactive lessons on how to make healthy food choices. Emphasis will be placed on accomplishing a task more than competition, as well as teaching the benefits of an active & healthy lifestyle. For more information and to register call: Justin Lauer, Exercise Physiologist (908) 850-6922 or Christine Meissner, Registered Dietitian (908) 441-1482.



Pre-Diabetes Workshop

WHERE: 108 BILBY ROAD, SUITE 101

THURS., JUNE 2, 4 – 5PM

Fee: \$10

Do you know if you are at risk for diabetes – or already have pre-diabetes? Having pre-diabetes puts you at greater risk for developing Type 2 diabetes which may cause long-term damage to the heart and circulatory system. Come and learn the steps you may take to help prevent diabetes in this specially designed workshop led by a certified diabetes educator and a registered dietitian. Call (908) 850-6935 to register.

Osteoporosis Screening for Women

WHERE: 108 BILBY ROAD, SUITE 101

TUES., JUNE 7, 2 – 5PM

FREE

Osteoporosis is a silent, insidious disease characterized by low bone mass and deterioration of the bone tissue resulting in fragile bones that are more susceptible to fracture. This quick and easy screening is performed on the heel using ultrasound technology. Results are immediate and may be shared with your physician for any needed follow-up. No pantyhose the day of screening. Screening is open to anyone who has not participated in one year. Call (908) 850-6935 to make an appointment.

Lipid Screening/Cholesterol Screening

WHERE: 108 BILBY ROAD, SUITE 101

TUESDAY, MAY 3, 7 – 9AM

FREE

Complete 4-part cholesterol test. This screening includes HDL, LDL, Triglycerides and Total Cholesterol. Before coming in for this blood test you must fast for 12 – 14 hours. Appointments are necessary. Screening is open to anyone who has not participated in one year. Call (908) 850-6935 to schedule an appointment.

Introducing A New Baby To The Family Pet

WHERE: 108 BILBY ROAD, SUITE 101

WED., JUNE 15, 7PM

FREE

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

Experience HRMC's Childbirth Education Classes Continued

Regardless of where you have chosen to give birth, Hackettstown Regional Medical Center's Center for Healthier Living offers several classes to help prepare the entire family for the arrival of a new baby. Both first-time and experienced moms will benefit from the latest in research and techniques used for childbirth education, breastfeeding, and baby care. Not wanting to leave out the new big brother or sister, we offer a hands-on sibling class to help prepare them for the arrival of a new baby and to understand their new role. Call the Center early as classes fill up quickly: (908) 850-6935.

Childbirth Education Classes

THURSDAYS, APRIL 14 – MAY 12, 7 – 9PM
 SATURDAYS, APRIL 23 & 30, 8:30AM – 12:30PM
 THURSDAYS, MAY 26 – JUNE 23, 7 – 9PM
 SATURDAYS, JUNE 4 & 11, 8:30AM – 12:30PM

Childbirth Preparation:

Our childbirth education class is a Lamaze-type class that will focus on the physical and psychological changes that occur during pregnancy and birth. Participants will learn about comfort measures, pain management, (e.g., laboring in water), stages of labor and delivery, post-partum care for mother and baby and the role of the support person. Breathing and relaxation techniques are practiced, and reinforced during classes. A labor rehearsal is included during the last class of the series. Participants will take a tour of the HRMC Childbirth Family Center, which will highlight the birthing rooms and tubs used for laboring and/or delivering in water. At the conclusion of the series, you will have the information needed to form your birth preference and gain the confidence needed in the birth process. The Center for Healthier Living offers a choice of convenient classes for expectant parents. Our six-week class meets evenings from 7:00 – 9:00 pm. Our two-consecutive Saturday classes meet from 8:30 am – 12:30 pm with comfort breaks incorporated into the class. Couples are placed into a class according to due dates. To register for childbirth preparation classes and for class fees, please call (908) 850-6935.

Newborn Baby Care

TUES., MAY 10, 7 – 9PM

Fee: \$30

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

Sibling Class

WHERE: CONFERENCE DINING ROOM, 1ST FLOOR-
 SATURDAY, MAY 7, 10 – 11:30AM

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

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

Breastfeeding Classes

TUESDAY, JUNE 14, 6:30 – 9PM

Fee: \$40

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



Healthier Living

ACLS and PALS classes

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

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

ACLS CLASSES:

TWO-DAY FULL CLASS

TUES. & THURS., JULY 26 & 28, 8:30AM – 5PM

Fee: \$250

ACLS RENEWAL CLASSES:

ONE-DAY RENEWAL

THURSDAY, MAY 12, 8:30AM – 5PM

FRIDAY, SEPT. 23, 8:30AM – 5PM

THURSDAY, NOV. 17, 8:30AM – 5PM

Fee: \$175

PALS CLASSES:

TWO-DAY FULL CLASSES:

THURS. & FRI., OCT. 13 & 14, 8:30AM – 5PM

Fee: \$250

PALS RENEWAL CLASSES:

ONE-DAY RENEWAL:

THURSDAY, AUG. 4, 8:30AM – 5PM

FRIDAY, NOV. 4, 8:30AM – 5PM

Fee: \$175

FREE FAMILY & FRIENDS CPR

FREE CLASSES ARE SCHEDULED DURING JUNE ONLY

SAT., JUNE 4, 9AM

SAT., JUNE 4, 1PM

WED., JUNE 8, 6PM

SAT., JUNE 11, 9AM

SAT., JUNE 11, 1PM

These FREE CPR classes are for family members, friends and members of the community who do not need a course completion credential. The course will focus on the one-rescuer CPR for adults, children and infants and managing an airway obstruction (choking).