

4TH QUARTER | 2008

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inside



Weekend Appointments Now Available for Nuclear Stress Testing

When the demands of a busy schedule get in the way of what's best for you and your health, Hackettstown Regional Medical Center is here to help. We've extended the hours and availability of our key outpatient services, including nuclear stress testing for diagnosing potential coronary problems.

Now you can schedule a nuclear stress test during the evening or on weekends. A nuclear stress test shows how well blood flows to the heart muscle. It's usually done along with an exercise stress test on a treadmill or bicycle.

The test is useful to determine:

- Extent of a coronary artery blockage
- Prognosis of patients who have suffered a heart attack

CONTINUED PAGE 4

Outpatient Services Expanded Hours
Saturday & Sunday 7:30 am – 4:00 pm
Monday – Friday 6:30 am – 8:00 pm

Balloon Kyphoplasty Repairs Compression Fractures

By Dr. Atif Malik

Dr. Atif Malik, board certified in Physical Medicine and Rehabilitation, has introduced Balloon Kyphoplasty to HRMC, a minimally invasive outpatient procedure to repair compression fractures. For the past five years, Dr. Malik has been doing Balloon Kyphoplasty at Washington Adventist Hospital in Tacoma Park, Washington D.C. Dr. Malik now has an office in Hackettstown.

Compression fractures can be extraordinarily painful. Individuals can have difficulty performing everyday tasks that may involve walking, sitting, standing, moving, or even breathing. Kyphoplasty stabilizes fractures or strengthens areas weakened by osteoporosis, trauma or tumor by inserting a balloon into the affected vertebrae, inflating it to create a void, and filling the void with a cement-like substance.



Dr. Atif Malik

About 90 percent of patients report immediate relief of back pain after Kyphoplasty. Most return to their normal activities within two days.

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

Y E A R
ANNIVERSARY

35

2008 marks
HRMC's 35th
Anniversary.

MESSAGE FROM THE PRESIDENT

In a previous issue of *Healthier Living*, we let you know that 'Quality is more than just a word. Quality is a way of life — a choice you make.' We act on these principles every day. I am thrilled to let you know that HRMC's quality scores were just released by the State of New Jersey and HRMC ranked among the Top 10% in several key categories. On page three of this issue, you can learn more about our commitment to Quality.

Also, in this issue, you will discover that Dr. Atif Malik has introduced two new minimally invasive outpatient surgical procedures to help reduce and eliminate chronic pain associated with the spine and nerves. These include Balloon Kyphoplasty to repair compression fractures, and Radiofrequency Ablation to deaden the nerves causing specifically located pain.

In the last issue, we announced that we had expanded the availability of many outpatient services to include early morning, evening and Saturday and Sunday hours. Well, we have done it again. We have now added Nuclear Stress Testing to the list of outpatient services available mornings, afternoons, evenings and weekends. No longer will you need to take time off from work or out of an already busy schedule — we will do our best to fit our schedule around your plans.

With autumn comes the Back-to-School routine. It's also a time to begin planning for the holidays and winter months. As you begin your plans, think about scheduling those overdue diagnostic tests and outpatient procedures. Also, be sure to look through our calendar of classes, screenings and seminars offered by the Center for Healthier Living.

Enjoy the cooler temperatures and beautiful colors of the season.



HRMC Welcomes: INTERNIST/ HOSPITALIST EVANGELINE APPIAH

Board Certified by the American Board of Internal Medicine, Dr. Evangeline Appiah is a member of the American Medical Association and an Associate of the American College of Physicians.

Dr. Evangeline Appiah has joined the team of Hospitalist Physicians at HRMC. A Hospitalist Physician cares for patients while admitted in the hospital. Hospitalists have no patient-care responsibilities outside of the hospital, focusing exclusively on inpatient care. Once discharged from the hospital, the patient returns to his/her primary care or specialist physician for any wellness and medical appointments.

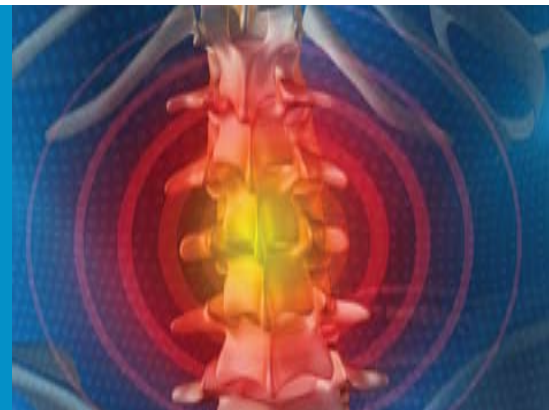
While in the hospital, the Hospitalist visits with patients at least once a day and keeps the patient and family members informed of diagnostic tests to be done as well as test results and overall medical treatment.

Dr. Appiah earned her medical degree at the University of Ghana. She completed an internship in Pediatrics and Surgery at Korle-Bu Teaching Hospital in Ghana and a Residency at Brookdale Hospital and Medical Center in Brooklyn, New York, where

she also served as Chief Resident of Internal Medicine.

Dr. Appiah has spent many years in Ghana doing research and volunteer work. Her research studies have included topics on the health of adults and children. She is a member of the American Medical Association and an Associate of the American College of Physicians.

Radio Frequency Ablation: New Solutions for Pain



Radiofrequency Ablation is performed on an outpatient basis with light sedation. It uses radio waves to produce heat to destroy the nerve(s) carrying the pain signals from the facet joint. Typically, multiple sensory branches are treated since the nerve supply of the facet joints is from several different nerves. Once the nerves carrying pain sensation from the joints are destroyed, your pain should be reduced, allowing you to do more activity, and decrease your pain medications.

Several structures in the spine can be sources of back pain. One of the most common sources is the facet joint, which can develop arthritis and cause acute and chronic pain. The pain may come and go depending on activity.

Pain is a warning when the joint is irritated. Nerves called *medial branches* carry the pain signals to the spinal cord. The signals eventually reach the brain where the pain is registered. To determine if facet joint pain is the cause of back pain, a facet diagnostic joint injection can be done. The physician uses X-ray guidance to inject the facet joint(s) in question with a small amount of a combination of local anesthetic



and cortisone. Relief of the acute or chronic problem while the joint is numb indicates that you will likely have a good response to *Radiofrequency Ablation*.

Radiofrequency Ablation is used when there is:

- Back or neck pain caused by facet joint disease
- Trigeminal neuralgia – sudden, stabbing, excruciating facial pain, more common in women
- Low back pain originating from a disk(s)
- Stellate ganglionotomy – for sympathetically mediated pain of upper extremity
- Lumbar sympathectomy – for sympathetically mediated pain of lower extremity

Radiofrequency Ablation is very effective for treatment of chronic spine pain caused by facet joint problems. Long term pain relief can be obtained. Additionally, relief of chronic spine pain has been associated with resolution of psychological distress, reduced use of medications, lessened disability and an improved return to usual lifestyle activities.

If you would like more information about Radiofrequency Ablation and how it may eliminate back pain, please call (908) 684-5800. ■



**HRMC
Welcomes:
FAMILY
PRACTITIONER
PETER LILOIA**

Dr. Peter Anthony Liloia has a multi-specialty practice in family medicine where he incorporates osteopathic principles and practices. With offices in both Hackettstown and Succasunna, Dr. Liloia is joining Dr. Parminderjeet Sandhu at Medical Care Associates.

"My younger brother lost his leg to cancer when he was six weeks old. As a young person, I watched how physicians touched the lives of their patients. These experiences inspired me to become a physician, specializ-

ing in family medicine. I enjoy working with entire families and, hopefully, touch their lives by helping people with health and wellness and treating illness," says Dr. Liloia.

Board Certified by the American Osteopathic Board of Family Physicians, Dr. Liloia earned a Doctorate of Osteopathic Medicine from University of New England College of Osteopathic Medicine in Biddeford, Maine. He completed both an Internship and Residency at University of Medicine and Dentistry of New Jersey – School

of Osteopathic Medicine in Jersey City, NJ. While there he served as Chief Resident of Family Medicine.

Dr. Liloia has also volunteered his time medically as a counselor to children in remission from cancer as well as performing preventative screenings at health fairs. He can be reached at (908) 852-1887.

Dr. Liloia is a member of the American Osteopathic Association and the American College of Osteopathic Family Physicians.

NJ Ranks HRMC Among Top 10% In Quality Care



The New Jersey Department of Health & Senior Services (NJDHSS) has just released its 2007 Annual Report Card on New Jersey Hospital Comparisons. Among the 74 hospitals in the state, Hackettstown Regional Medical Center (HRMC) ranks:

- 2nd for providing the medical outcomes in the Surgical Care Improvement Project,
- 3rd for best outcomes in treating Pneumonia,
- 7th for best outcomes in treating Acute Myocardial Infarction, and
- 13th for treating Congestive Heart Failure.

According to HRMC President & CEO Gene C. Milton, FACHE, "These scores prove that Hackettstown Regional Medical Center provides some of the best care you will find anywhere. Our rankings put us in the top 10% of New Jersey hospitals in most areas."

"Even in the category of Congestive Heart Failure, while we did not quite make the top 10%, we improved our care quality and ranking from 45th in 2006 to 13th in 2007 — our physicians, nurses and staff have worked very hard to improve in this area and the numbers are a measure of their efforts," added Milton.

For more information about HRMC Quality rankings, explanations for the four categories reported above, and to see the 2008 numbers to date, visit www.hrmcnj.org and click on *Quality*. ■

Nuclear Stress Testing

CONTINUED FROM PAGE 1

- Effectiveness of cardiac procedures done to improve circulation in coronary arteries
- Cause(s) of chest pain
- Level of exercise that a patient can safely perform

Other outpatient services available on evenings and weekends include:

- Diagnostic Imaging, including Ultrasound, MRI, CT, Mammogram, Bone Density and X-ray
- Cardiopulmonary services
- Laboratory/Pathology, and more

So now, paying closer attention to your health is easier and more convenient than ever, without losing any time from work. For more information, please call (908) 850-6842. ■

Balloon Kyphoplasty

CONTINUED FROM PAGE 1

Balloon Kyphoplasty requires only a small surgical incision. Small orthopedic balloons are guided through an instrument into the vertebral body. As the balloons are inflated, an attempt is made to lift the collapsed vertebrae to its correct position. The balloons are deflated and removed, and the cavity is filled with thick bone cement to stabilize the fracture. The cement mixture hardens in about 10 minutes. This procedure has been demonstrated to significantly reduce back pain and improve quality of life for the vast majority of our patients. In many patients, we can also correct the vertebral compression deformity.

Board Certified by the American Board of Physical Medicine, Dr. Malik completed a Fellowship in Interventional Pain Medicine in the Department of Anesthesia at Harvard Medical School in Boston, MA. Licensed in both New Jersey and Maryland, Dr. Malik is a member of the American Pain Society and the International Society for the Study of Pain. For more information, please call (908) 684-5800. ■

Breast Cancer Detection, Diagnosis and Management at HRMC

By JKCC Director Robert P. Braun, M.Ed, RN, RT (T) (R)



October is National Breast Cancer Awareness Month. The Joan Knechel Cancer Center at Hackettstown Regional Medical Center provides the latest, state-of-the-art radiation and chemotherapy programs for treating breast cancer in both women and men.

More common in women, an annual mammography is highly recommended beginning at age 40 for women at average risk for breast cancer. Clinical breast exam by a physician is also recommended at the same time intervals, along with periodic breast self examination. Women with a strong family history or other reason for increased risk may be advised to start earlier and have exams more often.

If an abnormality is detected either in a self-exam, a physician's exam or mammogram, further workup, such as a breast ultrasound or an MRI (magnetic resonance imaging), may be recommended. A physician may also recommend that a biopsy be performed. If an abnormality cannot be felt by examination, performing the biopsy under mammographic guidance is the best way to be certain the correct area is sampled or removed for study in the pathology department.

If the presence of cancer is confirmed, the original or primary breast lesion can usually be treated conservatively, meaning with preservation of the breast. In many situations, limited surgery, lumpectomy and/or radiation therapy have demonstrated equivalent long term survival and cure rates opposed to radical mastectomy. Today, most women choose the limited surgery and radiation when offered the choice. The tumor is removed, or excised, along with clean, uninvolved margins of normal tissue. A surgical procedure, either lymph node dissection or sentinel lymph node sampling, is done to check for spread to lymph nodes in the armpit, or axilla.



Newly Opened Infusion Therapy Room

Most women with breast cancer are recommended to take either chemotherapy or hormonal therapy to reduce their chances of the cancer spreading to distant sites in their bodies such as brain, liver, lungs, and bones.

Chemotherapy, if indicated, is usually given after surgery and before radiation therapy. Hormonal

therapy may be started right after surgery or deferred until after completion of the radiation therapy portion of treatment.

To prevent recurrence in the breast after lumpectomy, radiation therapy is recommended. Just as the surgeon would have removed the entire breast, the whole breast is initially included in the radiation beams. Treatment generally lasts for five to six weeks, followed by five to eight further treatments just concentrating on the tumor bed itself. Treatment is generally well tolerated, and the majority of women who work continue to do so while receiving radiation therapy to the breast. However, we encourage patients to rest as necessary.

There may be some skin reactions usually limited to some red, dry and itchy areas toward the end of the treatment and for a couple of weeks afterward. Very occasionally the reactions are worse, and nursing care will vary depending on what is happening with the individual patient. Patients are monitored closely and each is carefully advised on her own situation and recommended skin care. Long term cosmetic results are usually very good to excellent.

For more information about breast or other cancer diagnoses, call (908) 441-1500. ■



Take a walk with me, Russ Long

Russ Long is the Honorary Chair of this year's Walk. "I am very honored to have been selected as this year's Honorary Chair," said Long, who has been the morning host on WRNJ Oldies 1510 for many years. "My relationship with the Knechel family goes back over 30 years and I have had the opportunity for the past few years to be actively involved in getting the word out and promoting this event." He added, "For me, this year's involvement will be a more active one. I guess this is truly a case of putting my words into action. I am really looking forward to the walk."

There's an important event on the horizon, and that is the 6th Annual Joan Knechel Memorial



Walk. This year's JKMW will be held on Sunday, October 19th, and once again, over 400 people will gather pledges and meet at scenic Mountain Lake in Liberty Township to walk either 2.5 or 5 miles. 100% of ALL proceeds stay LOCAL and benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. Since its inception over five years ago, the event has raised more than \$250,000 for the Joan Knechel Cancer Center.

The Walk and the Cancer Center are named for Joan Knechel, a former nurse

at HRMC and a friend to many in the area. Unfortunately, Joan lost her own brave battle with cancer in 2002, but her courageous journey through her illness and her positive attitude served as an inspiration to many.

Sponsorships are currently being sought and registration forms for the JKMW are now available on HRMC's website, www.hrmcnj.org. This is a great day for a great cause and teams and individual walkers are encouraged to participate.

Would you like to participate, but can't make the Walk? Consider purchasing an "In Honor of" or "In Memory of" sign to be placed along the walk route, or purchase a silver dove for the "Dove Tree" to honor or memorialize someone you know who has battled or is battling any form of cancer.

For more information on sponsorships, walk signs, silver doves or walker registration, please call the HRMC Foundation office at (908) 850-6876. You can also visit www.hrmcnj.org for the event brochure and directions to Mountain Lake. Join the fun and the community spirit by participating in the JKMW on Sunday, October 19th! Registration begins at 10:30 a.m. and the walk begins at noon. Other activities include music, lunch, face painting and more. ■

19th Annual Foundation Cotillion to Raise Funds for Outpatient Infusion Therapy Center at HRMC

Saturday, November 1, 2008, at the Hanover Marriott in Whippany, NJ is the 19th Annual HRMC Foundation Cotillion. The Cotillion will recognize 2008 honorees — Physician Honoree Ching-Hwa Chi, M.D., and Honorary Chair Philip A. Besler of Besler Consulting. Dr. Chi is a pediatrician with a 33 year history with HRMC, and Mr. Besler is well known to the community and the hospital for his charitable endeavors and affiliations in the healthcare consulting field.

During this popular black-tie gala, Cotillion attendees will enjoy music from "Big Ric and Vegas," a lively show



Big Ric and Vegas

band based out of Philadelphia. In addition to an elegant social reception, dinner and dancing, the event will feature the Cotillion's popular 50/50 raffle as well as the fabulous Silent Auction that offers a wide variety of items for bid, including jewelry, furs, gift baskets and sports memorabilia. Proceeds from this year's Cotillion will go toward the development of an Outpatient Infusion Therapy Center, which will provide chemotherapy, hydration, antibiotic therapy and transfusions to patients in this region.

Sponsorship and program advertising opportunities are available now. Please call the Foundation office at (908) 850-6876 for sponsorship and advertising information, or to reserve your seat at this year's Cotillion. Individual tickets are \$200 ■

Mark Your Calendars

FOR THE WARREN COUNTY SENIOR EXPO

The fourth annual Warren County Regional Chamber of Commerce Senior Expo will be held on Saturday, October 25th from 10 am-2 pm at the Warren County Technical School on Route 57, Washington.

Exhibitors will provide everything from information to giveaways and great food. Experts will be available to answer your questions related to services for seniors. Hackettstown Regional Medical Center, one of the Expo's Gold Sponsors, will offer a variety of free health screenings throughout the day.

As in the past, the day will be filled with informative lectures and demonstrations. Additional highlights will include the Senior Art Show. Local seniors may submit their art work in advance for display at the event. Delicious food will be available for sampling throughout the day. Also, students from Warren County Tech's culinary department will offer a variety of food items for purchase. Check your local newspaper for the complete schedule of events as the Expo approaches.

For more information, call the Warren County Regional Chamber of Commerce at (908) 835-9200. ■



Hackettstown Regional Medical Center Presents:

2008 *Evening of Inspiration*

Back by Popular Demand Jaime Jorge, and featuring Emily Jorge

Join Us for HRMC's 2008 Evening of Inspiration. Back with us will be world-class virtuoso, classical violinist Jaime Jorge. Joining Jaime for the first time here will be his wife, vocalist Emily Jorge.

Jaime began playing the violin at the age of five. Born and raised in communist Cuba, he was offered many opportunities—including offers to study in Moscow with some of the greatest musicians of our time—if only he and his family would renounce their belief in God. They refused. When Jaime was ten, miraculously, his family was given the opportunity to leave the country. They came to the United States, where Jaime received a Christian education and violin lessons with eminent violinist Cyrus Forough. But Jaime dreamed of being a missionary doctor, and in 1994, was accepted by University of Illinois School of Medicine. In 1996, he left medical school and a promising medical career to devote himself to full-time music ministry. Since 1988 he has traveled over 4 million air miles and has

played in North, Central and South America, Europe, Australia, Asia and the Soviet Union (5 Continents in all and over 35 countries).

Emily began singing at the age of 6. Raised in Northwest Arkansas, she has traveled and sung throughout North and South America, Europe and Asia. Though she was offered a modeling contract by Elite New York, she declined and pursued a nursing degree. In 1997 she graduated with a B.S. in Nursing. She has recorded an album, titled "Illusions" in which she authored five of the songs. While she continues to sing and write, Emily also serves as the Medical Aesthetic Director at the Skin, Cancer and Cosmetic Dermatology Center in Dalton, GA. She has fulfilled modeling engagements, so long as they do not infringe upon her moral principles.

Admission is free with ticket only. For your complimentary tickets, call (908) 850-6836. ■



Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living



Calendar A:

HealthLink Senior Programs (pages 8-9)

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

Calendar B:

Programs for Everyone (pages 10-15)

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

HealthLink Senior Programs

CALENDAR A

Arthritis Foundation Exercise Program (Formerly PACE)

THURSDAYS, CLASSES ONGOING.
2 – 3PM; CALL FOR MORE INFORMATION.
\$3 per class

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

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

Stitch and Chat

WEDNESDAYS, OCT 22, NOV 19, 10:30AM
FREE
NO REGISTRATION REQUIRED

Bring your crochet, knitting, or sewing projects and come to the Center for Healthier Living to “Stitch and Chat” with a friendly group of HealthLink members.

Wound Care: Managing the Healing Process

THURSDAY, NOV 6, 10:30AM
FREE

Most of us take our bodies ability to heal for granted. Certain conditions, medications or diseases make the healing of scrapes or wounds more difficult. Mark Gallagher from the Wound Healing Center and Jennifer Buttenmuller, Registered Dietician will present this program about the relationship of a healthy diet and the healing process. Learn more about the Wound Healing Center and advanced treatment modalities such as hyperbaric oxygen therapy.

AARP Driver Safety Program

TUESDAY & THURSDAY, NOV 11 & 13, 10AM – 3PM
(Must attend both days)
Fee: \$10

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

Computer Class

THURSDAY, NOV 20, 9:45AM

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. This program is organized by computer teacher, Mrs. Donna DeGraw. Call 908-850-6872 for more information.

Brown Bag Medication

TUESDAY, DEC 2, 10:30AM

FREE

Karen Kamenetsky, HRMC Pharmacist will discuss the importance of understanding your medications. Come and learn what you need to know about all your medications. Bring along a list of all your medications including prescriptions and any over the counter medication or supplements that you use. Lunch will be provided courtesy of funding from Hackettstown Municipal Alliance.

HealthLink Annual Holiday Party

WHERE: MINEBROOK GOLF CLUB, HACKETTSTOWN
THURSDAY, DEC 4, DOORS OPEN AT 11:45AM

Fee: \$15

This year's 2008 Holiday Luncheon will once again be held at the Minebrook Golf Club. This year we have the talented Narrow Escape Duo. Join us for an afternoon of holiday cheer and a delicious luncheon. Reservations for the Holiday Party must be received by December 1. Pre-payment is required. Sorry, no refunds for last minute cancellations.

Back in Time:

The Christmas Truce of 1914

TUESDAY, DEC 9, 9:00AM

BAGELS AND COFFEE WILL BE SERVED.

FREE

Bob Stead will discuss the myths and realities of the Christmas truce that occurred along areas of the Western Front in 1914, in which troops of both sides stopped fighting and left the trenches to share in the spirit of Christmas.

Following the discussion, there will be a screening of the movie 'Joyeux Noel' Merry Christmas (116 min). The Academy Award and Golden Globe nominated film, portrays the unique experiences of several Scottish, French, and German soldiers in the trenches in one small sector of the front.



CPR Classes

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

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

CPR for Family and Friends

SATURDAYS, OCT 4, NOV 22, DEC 20,
9AM – 12:15PM

Fee: \$30

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

Heartsaver AED

THURSDAY, OCT 23 OR NOV 13, 6 – 9:30PM
WEDNESDAY, DEC 17, 6 – 9:30PM

Fee: \$45

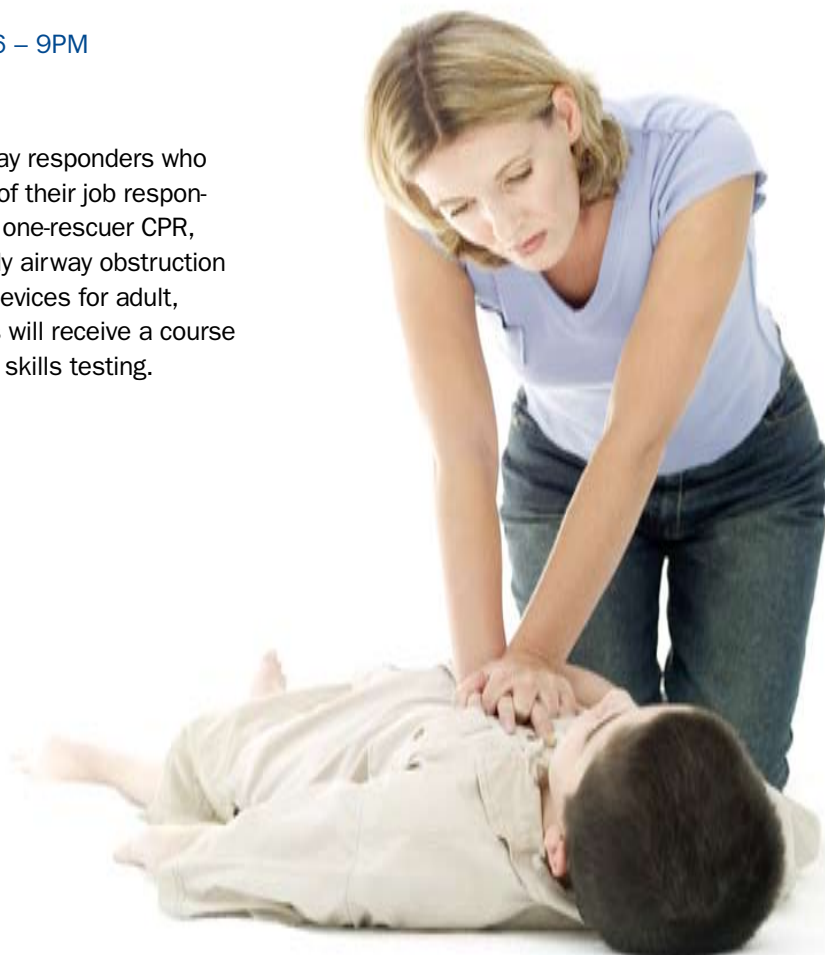
Participants in this course will learn adult and child one-rescuer CPR, obstructed airway management, use of barrier devices and the use of Automated External Defibrillators (AEDs). Students will receive a course completion card upon successful skills testing.

Heartsaver CPR

TUESDAY, OCT 21 OR DEC 16, 6 – 9PM
THURSDAY, NOV 6, 6 – 9PM

Fee: \$45

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



BLS for Healthcare Providers

TUESDAY, OCT 7, 9AM – 1PM
 THURSDAY, OCT 9, 6 – 10PM
 SATURDAY, NOV 8, 9AM – 1PM
 TUESDAY, NOV 11, 6 – 10PM
 WEDNESDAY, DEC 10, 9AM – 1PM
 THURSDAY, DEC 18, 6 – 10PM

Fee: \$75

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

Renewal Classes

THURSDAY, OCT 16, 6 – 9:30PM
 SATURDAY, OCT 25, 9AM – 12:30PM
 WEDNESDAY, NOV 5, 6 – 9:30PM
 THURSDAY, NOV 20, 9AM – 1PM
 THURSDAY, DEC 11, 6 – 9:30PM
 WEDNESDAY, DEC 17, 9AM – 12:30PM

Fee: \$50

Heartsaver First Aid Class

TUESDAY, OCT 28, 6 – 9:30PM
 SATURDAY, NOV 15, 9AM – 12:15PM
 SATURDAY, DEC 20, 9AM – 12:15PM

Fee: \$45

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

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

Babysitting Basics

TUESDAYS, OCT 7 & 14, 5:30 – 8:30PM
 MONDAYS, NOV 3 & 10, 5:30 – 8:30PM
 TUESDAYS, DEC 2 & 9, 5:30 – 8:30PM

Fee: \$45

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

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



Save a Life!

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

– American Heart Association

Support Groups for Cancer Patients, Family and Friends

LOCATION: JOAN KNECHEL CANCER CENTER

For dates, times and more information about the support groups listed below, call (908) 441-1500 or (908) 441-1503.

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

Breast Cancer Support Group

For women with a diagnosis of breast cancer. Receive group support and learn coping skills and strategies for making medical decisions.

Cancer Support Group

For individuals actively receiving cancer treatment, this group will provide mutual support and the opportunity to share experiences.

Friends and Families Support Group

For those whose family member or friend has a diagnosis of any form of cancer. Receive group support and learn coping strategies.

Post-Treatment Cancer Support Group

For individuals who are in post-treatment to share and discuss adjustments to their status as survivors, including anxieties, transitions and interpersonal challenges.

Young Women's Breast Cancer Support Group

For women in their early 40s and younger who have had a breast cancer diagnosis. Participants will provide mutual support regarding concerns unique to younger women, including career- and job-related issues, communication with children, and the effect of cancer and treatment on romantic relationships and fertility.

Look Good...Feel Better®

PLEASE CALL FOR DATES AND TIMES
FREE

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

Additional Support Groups

Family Educational Series on Addiction

WHERE: COUNSELING CENTER, EAST AVE.
WEDNESDAYS, 6 – 8PM
FREE

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

Diabetes Support Group

MONDAYS, OCT 27, NOV 24, DEC 22, 7PM
FREE

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

The American Chronic Pain Association – Chronic Pain Support Group

MONDAYS, OCT 20, NOV 17, DEC 15, 7PM

FREE

This support group focuses on providing education and support in a positive, understanding atmosphere for people living with chronic pain. The goal is to help people increase their coping skills by learning how to set realistic goals, communicate effectively, and practice relaxation techniques. The group will meet the third Monday of each month at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. The facilitators are Patricia Merritt, a holistic RN, and Patricia Santoro, an occupational therapist. For more information and to register, please call (908) 850-6935. Participation criteria apply to attend this group.

Diabetes Management Series

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

THURSDAYS, OCT 30, NOV 6 & 13, 6:30 – 8:30PM

FREE

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

Programs and Screenings

Blood Pressure Screenings

WEDNESDAYS, OCT 1, NOV 5, DEC 3, 9 – 11AM

FREE

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

Living with Grief Lecture Series

WHERE: HRMC CONFERENCE DINING ROOM

TUESDAYS, OCT 7, 14, 21, & 28, 7 – 9PM

FREE

This lecture series will be presented by Cecelia Clayton, MPH, an Executive Director of Karen Ann Quinlan Hospice. Lecture topics will encompass the natural and unavoidable reaction to loss. Additional subject matter includes developing an awareness of the grief process and techniques to cope with loss. Registration for the series is limited.

For additional information, contact: Karen Ann Quinlan Hospice, (973) 383-0115, or Joseph T. Quinlan Bereavement Center, (908) 852-8730.

Or visit www.KarenAnnQuinlanhospice.org.

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

Healthy Feet: Treatment of Bunions

WHERE: CENTER FOR HEALTHIER LIVING

TUESDAY, OCT. 14, 6:30PM

FREE

In the last of this series on “Healthy Feet”, Dr. John Guiliana of Footcare Associates will discuss the diagnosis, treatment, and prevention of bunions. Please call the Center for Healthier Living to register.



Snoring Clinic

WHERE: HRMC SLEEP LAB

WEDNESDAYS, OCT 15 OR NOV 12, 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.

Nurturing Parenting Prenatal Program

WHERE: CENTER FOR HEALTHIER LIVING
MONDAYS, OCT 20 – DEC 15, 6:30PM
FREE

In this 9 week group program, parents will meet once a week to learn how to bond with their baby by examining the adjustments to being pregnant, discussing physical and emotional changes, strengthening the bonds between their partners, learning ways to nurture oneself and preparing for parenthood. Parents will also explore their parenting attitudes, learn non-hitting ways of discipline, and develop awareness of their needs and their infant's needs. Please call Project Self - Sufficiency at (973) 383-5129 to register.

Flu & Pneumonia Vaccination

THURSDAY, OCT 23, 9AM – 12PM
Fee: Flu \$30; Pneumonia \$40

Flu and pneumonia vaccines will be given by the staff of the Center for Healthier Living. Vaccines will be given by appointment only. Medicare will cover the cost of the vaccine for those eligible. HMO Medicare enrollees should receive vaccines from their private physician.

Diabetes Screening

WEDNESDAY, NOV 12, 9 – 11AM
FREE

While an estimated 24 million people have been diagnosed as having diabetes, there are many who are unaware that they may have the disease. **This free diabetes screening is for the individuals not already diagnosed as having diabetes.** A 3-hour fast is required before coming in for this quick finger stick. Results are immediate. No appointments are necessary.

Stroke Screening

WHERE: HRMC CARDIOLOGY DEPARTMENT
TUESDAY, NOV 18, 8 – 10AM
FREE

This comprehensive stroke screening is offered to people 50 years of age and older and will include a lipid profile, blood pressure measurement, electrocardiogram and carotid bruits check. This program will be held in the West Wing of the hospital. Appointments are required and will fill quickly, so please call well in advance. This screening is for the person who has never participated in a stroke screening at HRMC.

Cholesterol Screening

TUESDAY, NOV 25, 7 – 9AM
FREE

Complete 4-part cholesterol test

This screening includes HDL, LDL, Triglycerides and Total Cholesterol. Before coming in for this blood test you must fast for 12 – 14 hours. Appointments are necessary. Call (908) 850-6935 to schedule a time.

Peripheral Arterial Disease (P.A.D.) Screening

WHERE: CENTER FOR HEALTHIER LIVING
TUESDAY, DEC 2, 2 – 5PM
FREE

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

Childbirth Classes

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

Childbirth Preparation

SATURDAYS, OCT 11 & 18, 8AM – 1PM
WEDNESDAYS, NOV 12 – DEC 17, 7 – 9PM
SATURDAYS, DEC 6 & 13, 8AM – 1PM

Fee: Call

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

For the new mother-to-be we offer a choice of convenient classes. Our six-week class meets Wednesdays from 7:00pm – 9:00pm. Our two consecutive-Saturday classes meet from 8:00am – 1:00pm with comfort breaks incorporated into the classes.

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



Breastfeeding Classes

TUESDAY, NOV 18, 6:30 – 9PM

Fee: \$40

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

Sibling Class

WHERE: HRMC CONFERENCE DINING ROOM

SATURDAY, NOV 29, 10 – 11:30AM

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

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

Newborn Baby Care

SUNDAY, NOV 30, 1 – 3PM

Fee: \$30

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

Born Beautiful!

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

Healthier Living



Hackettstown Regional Medical Center

651 Willow Grove Street
Hackettstown, NJ 07840

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inside this issue's calendar:

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