

Healthier Living

1ST QUARTER 2007

For Cardiac and Vascular Health in the Region, the Future is Here

HRMC offers the Most Advanced
Medical Techniques for Vascular Surgery



Dr. Mazen Itani

Board Certified in both Vascular Surgery and General Surgery, Mazen Itani, M.D., F.A.C.S., R.V.T., has joined Hackettstown Regional Medical Center. “We are especially proud to bring to our region a vascular surgeon with the high level of experience of Dr. Itani,” says Gene C. Milton, FACHE, HRMC President and CEO.

According to Dr. Itani, “most of the diseases affecting arteries and veins can be treated with almost no visible surgical scars. This has revolutionized the way people perceive vascular disease.”

“Performing angioplasty and placing stents has become the norm. Blocked leg arteries causing severe leg pain can, most of the time, be opened up using a small needle puncture. Life-

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Cardiologist Named Medical Director
of New Cardiac Cath Lab



Dr. Bruce J. Haik

Bruce J. Haik, M.D., F.A.C.C., F.A.C.P., has been named Medical Director of HRMC’s Cardiac Catheterization Lab, scheduled to open in early 2007. This was announced by says Gene C. Milton, FACHE, HRMC President and CEO.

HRMC’s Cardiac Catheterization Lab is an important step in the diagnosis of heart disease. Cardiac Catheterization allows cardiologists to assess blockages in the coronary arteries and to determine the most appropriate

treatment option. While HRMC conducts CT angiography, the new lab, when open, will provide catheter angiography for clearer diagnostic capability.

“This is a very important cardiac service for the hospital’s growing region,” says Dr. Haik. “Having a Cardiac Catheterization Lab locally will provide immediate and definitive information about the presence and extent of coronary artery disease—which is, of course, a leading cause of cardiac mortality in the United States.”

Board Certified in both Interventional Cardiology and Cardiovascular Diseases, Dr. Haik is Co-Director of Interventional Cardiology at Saint Barnabas Medical Center

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Message from the President



“Knowledge can play an important role in your determination to succeed this year.”

Do you make New Year’s resolutions? I do. I suppose most everyone does. We find something energizing about the prospect of a fresh new start come January 1. “This year,” we assure ourselves, “*will* be different!” But as winter advances during January and February, our enthusiasm drops with the temperature and freezes. Why is that?

It takes time and effort to reject long-standing habits and replace them with new ones—eating more vegetables and fewer calories, exercising regularly, having a more positive attitude, getting to bed earlier. It’s especially difficult if we’re giving up something that was particularly enjoyable to us.

Knowledge can play an important role in your determination to succeed this year. That’s why Hackettstown Regional Medical Center offers community education classes, screenings and other programs throughout the year: so you can learn what’s beneficial to your health. I invite you to look through our Center for Healthier Living’s wellness calendar in this issue to learn what screenings, classes and other programs we’ve scheduled during the first quarter of 2007.

As you page through this newsletter, you’ll meet recent additions to our Medical Staff—Dr. Itani, vascular and general surgeon, Dr. Haik, cardiologist and Medical Director of the Low Risk Cardiac Catheterization Lab (scheduled to open in 2007), and Dr. Werring, our fifth on-site radiologist. You’ll also see articles about our Wound Healing Center, the signs and treatment of prostate cancer, women’s heart health, and a profile of one of our wonderful volunteers, Arlene Bailey.

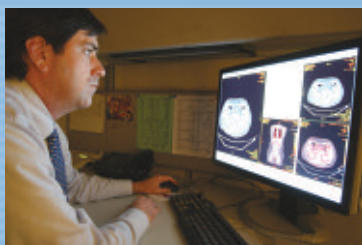
As we move into the New Year, please remember Hackettstown Regional Medical Center remains ready—day and night—to provide for your healthcare needs.

On behalf of everyone at Hackettstown Regional Medical Center, I wish you and your family a Healthy and Happy New Year—and the best of success with your resolutions!



Gene C. Milton, FACHE
President & Chief Executive Officer
Hackettstown Regional Medical Center

HRMC Welcomes:



Radiologist John Werring

Board Certified Radiologist John A. Werring, M.D., has joined Hackettstown Radiology Associates at HRMC.

According to an HRMC spokesperson, “We’re proud to welcome Dr. Werring as a key asset, integrated into our already extensive radiology services capabilities. He is a valued addition to the department.”

After earning a Medical Doctorate at The George Washington University School of Medicine in Washington, D.C., Dr. Werring completed a Residency in Diagnostic Radiology also at George Washington and a Fellowship in Abdominal Imaging at New York University Medical Center, New York City.

During his time away from the Medical Center, Dr. Werring enjoys playing golf, saltwater fly fishing and ice hockey.

High Success in Treating Chronic Wounds

A chronic wound is one that does not heal within 30 days. Often people with chronic wounds do not even realize that there are specialized treatments now available close-to-home. Over 93% of chronic wounds treated at HRMC's Wound Healing Center are cured within 12 to 16 weeks.

Chronic wounds may include: pressure ulcers, venous stasis ulcers and diabetic ulcers of the lower extremities, as well as skin, bone and tissue conditions including necrotizing infection, compromised skin grafts and skin flaps, cellulitis, osteoradionecrosis, chronic refractory osteomyelitis, lymphedema and post-radiation tissue damage (soft tissue radionecrosis and cystitis/proctitis).

Using a multi-disciplinary approach, the Wound Healing Center offers complete wound care services on an outpatient basis including debridement, the latest dressings and wraps, and hyperbaric oxygen therapy. Center staff is also experienced with advanced therapies like bio-engineered skin substitutes, vacuum-assisted closure, and platelet technologies.

Physicians and clinical staff at the Wound Healing Center follow a proprietary Wound Healing Clinical Pathway that is evidence-based and

best-practice driven. This clinical pathway evaluates the patient's responsiveness to treatment at every step before proceeding to a wide variety of care options. Treatment plans include taking photos of the wound at least once a month to measure progress. Regular updates on a patient's treatment, including digital images and reports, are forwarded to the patient's own doctor.

Patients may self-refer to Hackettstown Regional Medical Center's Wound Healing Center. In most instances, treatments are covered by Medicare, Medicaid and most insurance plans without requiring a referral.

For more information, please call the Wound Healing Center at (908) 979-8788. ■



Each of the Wound Healing Center's (WHC) nine physicians has received extensive specialized training in treating wounds, including hyperbaric oxygen therapy. The physician panel includes:

Eric L. Gross M.D., F.A.C.S.,
WHC Medical Director

Kyle Alessi, D.P.M.

Julie Chen, M.D.

Mazen Itani, M.D.

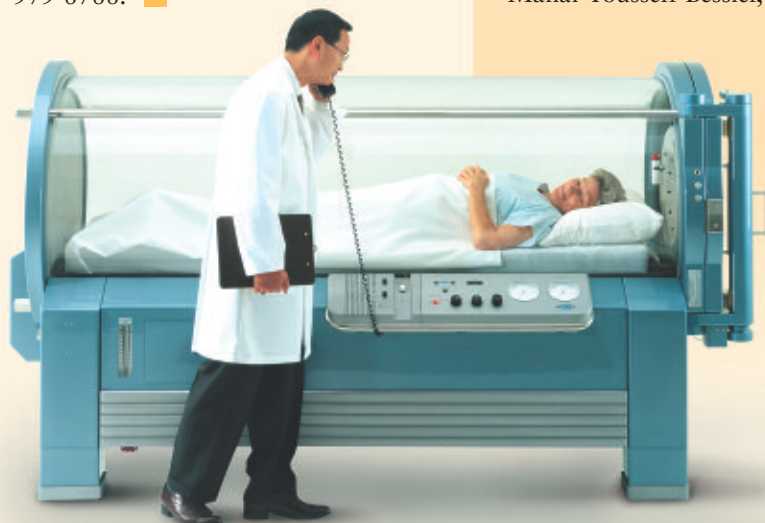
Kenneth J. Janowski, D.O.

Anthony Miccio, M.D.

Gary Quartello, D.P.M.

Richard P. Senzer, M.D.

Manal Yousseff-Bessler, M.D.



Your comments and suggestions are always welcome.

Please mail them to: Marketing Department c/o Hackettstown Regional Medical Center
651 Willow Grove Street, Hackettstown, NJ 07840 Or e-mail us: sfrost@hrmcnj.org

We wish you the very best of health and happiness!



50,000 Hours and Counting for Volunteer Chaplain

(l to r) Gene Milton, FACHE, HRMC President & CEO; Michael Lavery, Mayor of Hackettstown; Honoree Bill Vanheteren; and Bill Robertson, Adventist HealthCare President & CEO

HACKETTSTOWN — The Rev. Bill Vanheteren, a Holland native and World War II veteran, says he'll never be able to fully pay back the United States for liberating his homeland from Nazi occupation and providing him the opportunity to move here and realize the American Dream.

Considering the amount of time Vanheteren volunteers as a chaplain at Hackettstown Regional Medical Center (HRMC), one could easily conclude that the 86-year-old Hackettstown resident has done everything he can to pay back the debt he says he still owes America.

Vanheteren was recently honored at an HRMC chapel service and reception for logging a remarkable 50,000 volunteer hours at the hospital dating from February 1973 to this October.

Just how much is 50,000 hours of volunteerism?

"That adds up to 24 years of full-time service, based on 40 hours per week," said HRMC President and Chief Executive Officer Gene C. Milton. "It's incredible! I wonder how many of those were worked evenings, nights, weekends and holidays."

Milton reflected on the meaning of Vanheteren's volunteer service in the most recent issues of "The Monitor" newsletter distributed to staff, physicians and volunteers: "Some of you have witnessed him cheering patients or comforting family members; some have heard him pray in our chapel; some have listened to him talk of his native Holland, his World War II experiences, his deep love for America. Most of you are familiar

with his warm smile and colorful, patriotic neckties. Upon meeting Bill Vanheteren, prepare to catch his contagious enthusiasm and optimism, his zest for life."

Vanheteren, who is usually at the hospital seven days a week, finds constant inspiration from meeting and getting to know patients.

"I enjoy the talks with the patients and trying to make them feel at home," he said. "To me, the best communication I receive is a smile on a patient's face." ■

*Excerpted from
The Warren Reporter,
written by Kevin Lechiski*

Cardiologist Named...

Continued from page 1

in Livingston, N.J., and Director of the Primary Angioplasty Program at Clara Maas Hospital in Belleville, N.J. He served previously as Director of the Cardiac Catheterization Lab at St. Joseph's Regional Medical Center in Paterson, NJ.

A published author and experienced researcher in his field, Dr. Haik is a Clinical Associate Professor of Medicine at Seton Hall University School of Medicine. He completed his

general Cardiology fellowship at Saint Michael's Medical Center in Newark, N.J., followed by Advanced fellowships at New York Hospital-Cornell Medical Center in New York City and Tufts-New England Medical Center in Boston. ■

5 Simple Ways To Love Your Heart

Are you taking your health to heart? Perhaps you understand the importance of eating a diet low in cholesterol or getting 30 minutes of exercise a day. But do you know your own risk of developing cardiovascular disease?

It's time to take your heart health personally. Heart disease is the No. 1 killer of American women — and that means it is not “someone else's problem.” As a woman, it's your problem.

It's not hard to reduce your risk for heart disease. Start today with small, simple actions like these:

- Celebrate with a checkup. Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.
- Get off the couch. Step, march or jog in place for at least 30 minutes most days of the week — you can even do it while watching TV.
- Quit smoking in four steps. Can't go “cold turkey”? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
- Drop a pound or two. Cutting out just 200 to 300 calories a day — about one candy bar's worth — can help you lose up to two pounds per week and gradually bring you closer to a heart-healthy weight.
- Become a salt detective. Check out the Nutrition Facts panel on packaged foods to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams (about a teaspoon of salt) per day.

Next, visit Go Red website at <http://goredforwomen.org>. Check out these tools and programs for ways to build a Go Red Lifestyle:

- Explore **heart-healthy tips and tools**
- **Choose to Move** with the American Heart Association's exercise program for women
- Get the **Cholesterol Low Down**
- Take the **Learn and Live Quiz** and discover your risk of heart disease.



Senior Hall of Fame 2007 Applications Available Now

The Hackettstown Area Senior Hall of Fame recognizes senior citizens in the region who have made a significant impact on the lives of others in the community, predominantly in volunteerism.

The Hall of Fame Selection Committee, comprised of Senior Hall of Fame members, is encouraging residents to nominate individuals they think should be in the Senior Hall of Fame. The Committee needs information on who the Senior is and how they have made an impact in our region. The dedication of time and talents is important. Volunteers in any one of many areas would be appropriate candidates. This could include volunteering time for a variety of programs or causes, educating or tutoring others, by being a “neighborhood asset,” or by being one of those people who can always be counted upon when you need them.

Individuals who are 60 years of age or older as of January 1, 2007, are eligible to be nominated as members of the 2007 Senior Hall of Fame. The Senior Hall of Fame honorees are recognized at a gala luncheon and ceremony in May during Older Americans Month. This year's luncheon will be held on Wednesday, May 16th.

If you would like an application or more information, please call Sandy Stone at (908) 850-6836. ■

Arlene Bailey started her volunteer work as early as 1971. She was the first EMT in the Allamuchy Green First Aid Squad. If you had seen a young lady driving an ambulance, with flashing red and blue lights, roaring down the country roads, you could have been sure that was Arlene, and that you'd better get out of the way. In 1973, Arlene was a volunteer with "Milton Murray's Team," helping the team in fund raising and bringing what was then called the Cabbage Patch Field to Hackettstown to become Hackettstown Regional Medical Center.

After retiring from full-time employment in 1995, Arlene became a volunteer in the hospital as a courier. Everyone knows Arlene because of her energy and demeanor. She says, "I always wanted to be in the medical field and my volunteer work keeps me interested and active." She is extremely friendly and is sometimes considered "the official greeter" or the traffic director inside the hospital. She will get

you where you want to go. She is quick and witty. Arlene is a no-nonsense lady—you can't easily pull her leg.

One day when Arlene volunteered her service in the president's office, she received a phone call for the president from Adventist HealthCare, HRMC's corporate headquarters. Feeling a little nervous, she said, "Sir, if I should cut you off by mistake, please pardon me. I am just a volunteer." The caller sounded a little perturbed and said with great firmness in his voice, "What is your name please?" "I am Arlene." The caller gently responded, "Miss Arlene, please never say that you are JUST a volunteer again. You are a very valuable and important person in our hospital. What you do is vital to the hospital. We can never pay you enough!" Arlene should have taken advantage of the situation and asked for a raise.



After having volunteered in the hospital for over ten years, she has seen many changes and a lot of growth. However, one thing that has never changed is the purpose of the volunteer team. Arlene considers the team as a "family" in the hospital. She sees the retiree volunteers as the backbone of the family because of their enthusiasm, dedication, consistency and sincerity. They come to work because they want to and not because they have to. Their frequent rewards are the smiles on the faces of the people they help and the friendliness and appreciation of the staff members towards them.

Arlene has been married to her husband for 57 years. She has one son and three grown grandchildren. Her granddaughter describes her as "unique and feisty." She certainly has lived up to her reputation! Thank you, Arlene. ■

Most Advanced Techniques...

Continued from page 1

threatening aneurysms can be treated similarly by placing stents instead of performing major invasive surgical procedures. A non-surgical option is now available and FDA approved to treat clogged up arteries in the neck, one of the major risk factors for stroke," Dr. Itani added.

A specialist in the surgical treatment of arteries and veins, Dr. Itani has also participated in a specialized training program for hyperbaric oxygen therapy and will serve on the Physician Panel at HRMC's Wound Healing Center.

"Now you can 'show off your legs.' Remember those unsightly, bulging and painful varicose and spider veins? Those can now be taken care of using Sclerotherapy and/or Endovenous Laser Treatment (EVLT) with no surgical incisions involved. EVLT is an office procedure performed under local anesthesia whereby the diseased vein is entered with a laser fiber delivering energy that will thermally seal the vein. Patients feel relief of symp-

toms immediately and can go back to work afterwards," Dr. Itani continued. "Sclerotherapy is the injection of an FDA approved drug into spider veins and smaller varicose veins. You can usually see the bad veins disappear instantaneously as the drug is being injected."

Dr. Itani is a member of the Alpha Omega Alpha Medical Society, a Fellow of the American College of Surgery and a candidate member of the Society of Vascular Surgery. He has contributed to and authored several publications in the medical field and has given medical presentations on vascular surgery across the country and in Mexico.

Licensed in New Jersey, Massachusetts and Florida, Dr. Itani holds a Doctor of Medicine degree from the American University of Beirut. He completed an Internship in General Surgery at Union Memorial Hospital in Baltimore, MD; a Residency in General Surgery at SUNY-Downstate

in Brooklyn, NY; and a Fellowship in Vascular Surgery at the University of Massachusetts in Worcester. He had been practicing vascular surgery at the West Palm Beach VA hospital in Florida for the past 3 years.

Dr. Itani notes, "Moving to New Jersey was the best thing for my wife and kids. Here they get to be close to family. I feel that this area has a lot to offer in regards to family values as well as schooling and education. So when people ask me 'why did you leave sunny West Palm Beach?', I think I do have a convincing answer. I will still be able to enjoy playing soccer and basketball; however, I need to get used to winter sports instead of snorkeling and deep sea fishing."



Dr. Itani and his staff are fluent in English, French and Spanish. Dr. Itani's office is located at 653 Willow Grove Street, Suite 1200, Hackettstown. Dr. Itani can be reached by telephone at (908) 684-0004. ■

Early Detection Key to Prostate Cancer Survival

Prostate Cancer Awareness:

*By Robert Braun M.Ed., RN, OCN, RT (T)(R)
Director of Cancer Center Services, HRMC*



Prostate Cancer is the number one cancer diagnosed in males in the United States; and the third leading cause of cancer-related deaths in males.

The prostate is a walnut-sized gland found only in men which sits below the urinary bladder in the pelvis. The function of the prostate is primarily reproductive; it contributes to the production of semen. Prostate cancer is a disease in which the cells of the prostate become abnormal and start to grow uncontrollably, forming tumors. If the tumor is malignant, it has the potential to spread to other parts of the body. Tumors that are not capable of spreading are said to be benign.

No one knows exactly what causes prostate cancer, but studies have pointed to some risk factors associated with prostate cancer, including

- **Age:** Age is the strongest risk factor for prostate cancer. This disease is rare in men younger than 45, but the chance of getting it goes up sharply as a man gets older. In the United States, most men with prostate cancer are older than 65.
- **Family history:** A man's risk of prostate cancer is higher than average if his father or brother had the disease.

- **Race:** Prostate cancer is more common in African American men than in Caucasian or Hispanic men. It is less common in Asian and American Indian men.

Prostate cancer does not always have symptoms associated with it, but when symptoms are present they can include frequent urination, nocturia and incontinence. Generally speaking urinary difficulties and incontinence are characteristic of early stage prostate cancer symptoms. Men often experience frequent urination, although the amount of urine passed may be quite small. As a result of these symptoms, sleep may be disrupted several times a night. Further symptoms of prostate cancer can include the inability to urinate, painful urination, burning sensation during urination, weak flow of urine, leaking or “dribbling” of urine, sexual dysfunction and blood in the urine (hematuria). If a man experiences any of these urinary difficulties, he should immediately contact his primary care physician or a urologist.

Various screening tools exist to determine if a man is at high risk for prostate cancer or has prostate cancer. The most common screening methods include a blood test known as a PSA and a Digital Rectal Examination. The Prostate Specific Antigen (PSA) test is

a blood test that measures the levels of prostate specific antigen in the bloodstream. High levels of PSA may indicate the presence of a tumor, or may indicate benign prostatic hyperplasia or other prostate disorders. A Digital Rectal Exam (DRE) is usually performed by a physician who palpates the prostate gland to examine the size, shape and texture of the prostate by touch.

The American Cancer Society (ACS) recommends that men over the age of fifty should have the test on a regular basis. The ACS also recommends that men of African American heritage, or men with a family history of prostate cancer, should start being screened at age 45.

Treatment for prostate cancer may involve surgery, radiation therapy, or hormonal therapy, and may vary from watchful waiting to a combination of treatments. The Joan Knechel Cancer Center at Hackettstown Regional Medical Center offers screenings throughout the year. The Center offers a full range of cancer treatment services including Radiation Therapy, Medical Oncology, Diagnostic Imaging and Surgical Oncology. For additional information about prostate or any cancer, please contact the Joan Knechel Cancer Center at Hackettstown Regional Medical Center at (908) 441-1500. ■

Make an appointment today for FREE Prostate Cancer Screening. See listing on page 12 for details.

Joan Knechel Memorial Walk tops \$60,000!

This year's Joan Knechel Memorial Walk set a new standard by netting over \$60,000 for the Joan Knechel Cancer Center at Hackettstown Regional Medical Center.



Three hundred seventy-five walkers raised the record-breaking amount on October 15th. The 4th Annual Joan Knechel Memorial Walk, which featured individual walkers, families and a host of teams, took place at picturesque Mountain Lake in Liberty Township. Participants walked anywhere from 2 1/2 to 5 miles and many walkers wore special stickers on their backs commemorating those they've known who have battled or are battling cancer.

"We're very pleased with the amount of money raised," said event chair Marie Accetturo of Oxford. "It was a heart-warming day and it is always great to see the spirit of giving that's present at an event like this."

Dr. Nancy Low, Medical Director of the Joan Knechel Cancer Center, was the Honorary Chair of this year's Walk.



Walkers enjoyed a beautiful day all around.

In its first four years, the JKMW has raised \$210,000 for the Joan Knechel Cancer Center at Hackettstown Regional Medical Center. ■

17th Annual Foundation Harvest Cotillion Was a Night to Remember

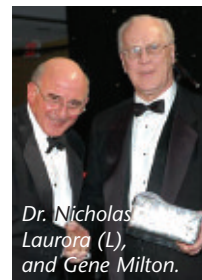
With a Motown theme as the backdrop, this year's Hackettstown Regional Medical Center Foundation's 17th Annual Harvest Cotillion for Health was a big success in more ways than one. Most importantly, the evening netted over \$100,000 for the development of a new, Low-Risk Cardiac Catheterization and Vascular Laboratory at HRMC.

"It was a terrific night," summed up Cotillion Committee Co-chairs Monika Hamburger of Blirstown and Kathy Allen of Long Valley. "We are so pleased that we were able to raise a substantial amount of money toward the development of this very important healthcare service. It's another step in ensuring that HRMC offers the most state-of-the-art equipment and services to patients in this region."

Four hundred guests attended the gala, which took place at the Parsippany Sheraton Hotel on



November 4th. With the "Divas of Motown" performing all the great Motown hits, the dance floor was packed from beginning to end.



Dr. Nicholas Laurora (L), and Gene Milton.



Gerald Lipkin, 2006 Honorary Chair

Dr. Nicholas Laurora, whose OB/GYN practice was a mainstay in Hackettstown for 36 years and who was a longtime attending physician at HRMC, was the Cotillion Physician Honoree. Gerald Lipkin, Chairman, President and CEO of Valley National Bank, was this year's Cotillion's Honorary Chairman. ■

UPCOMING events

The following events are open to the public. For more information on any of these events, please call the corresponding telephone number listed.

Blirstown Business Expo

February 24

Call Warren County Regional Chamber of Commerce
(908) 835-9200

WRNJ Oldies 1510 Radio Auction

March 9 & 10

HRMC Foundation
(908) 850-6876

Calendar

1st Quarter 2007

Programs and Events for Our Community

Presented by the Center for Healthier Living



Calendar A: HealthLink Senior Programs

(pages 9-11)

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 11-15)

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.

Calendar A:

Arthritis Foundation Exercise Program (Formerly PACE)

Mondays, beginning Jan. 8, 2 – 3pm
For the series \$21 For a single class \$3

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

You're Never Too Old to Exercise!

Thursday, January 25, 2pm
Free

Are you out of shape, haven't exercised in years and don't know how to get started? Robyn Gilyard, Exercise Physiologist, will share with us the most up to date information regarding the importance of exercise, no matter what your age. Find out how to get started with an exercise program and learn exercises you can do at home.

Stitch and Chat

Wednesdays, Jan. 31, Feb. 28, Mar. 28, 10:30am
Free

Bring your crochet, knitting or sewing projects to the Center for Healthier Living to "Stitch and Chat" with a friendly group of HealthLink members. Many participants are working on baby and lap blankets to donate to Project Linus. Beginners are welcome. *No registration is necessary.*

Nutrition for a Healthy Heart

Wednesday, Feb. 7, 1:30pm
Free

Join us to learn more about a heart healthy diet during American Heart Month. This exciting presentation will include information about the proper foods you need to eat to maintain a healthy heart and how to change your recipes to be more heart friendly.



www.hrmcnj.org

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

To register for any Healthlink Senior Program, call (908) 850-6872

Vein Disease and Peripheral Artery Disease (PAD)

Thursday, Feb. 8, 3:30pm
Free

Dr. Mazen Itani, Vascular Surgeon at HRMC will present an informative program about vein disease and peripheral artery disease (PAD). PAD is a condition where the arteries in the legs become blocked and do not receive enough blood or oxygen. PAD can cause discomfort or pain when walking. Varicose veins are veins that have become enlarged and swollen with blood. They are seen and felt near the surface of the skin and are often painful. Dr. Itani will discuss the symptoms and management of both of these vascular issues.

Tips on Picking the Best Eyeglasses for You!

Thursday, Feb. 15, 1:30pm
Free

Do you find buying prescription eyeglasses to be confusing? There are so many terms and choices: progressive, transitional, high index, anti-reflective, just to name a few? What do these words mean and are these options worth the additional cost? Join us and learn what you need to know to make the right purchase.



Luncheon: Hong Kong Palace

Tuesday, Feb. 13, 12:15pm
Fee: \$7.65 includes tip

Join us for lunch at Hong Kong Palace in Hackettstown. The luncheon includes choice of soup, entrée and dessert. Call HealthLink for your reservation.

Tax Preparation

Beginning February
By appointment only – Call (908) 850-6872
Free

HRMC is working in cooperation with the Retired and Senior Volunteer Program (RSVP) and NORWESCAP to offer free tax preparation assistance. To be eligible for this program, you must have a simple return (1040, 1040A, 1040EZ, Schedules A & B). Our program is open to HealthLink members only. This program will be offered on selected dates and times during February and March. Appointments are limited and will fill quickly.

AARP Driver Safety Program

Thursday Mar. 1 & 8,
10am – 3pm
Fee: \$10



This two-day classroom refresher course is designed for drivers 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 you for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years. *Participants must attend both days.*

Local Author: Maryann McFadden, *The Richest Season*

Tuesday, Mar. 6, 1:30pm
Free

What's it really like to write a novel? Here's a story you're sure to enjoy as Maryann McFadden tells about her journey writing *The Richest Season*, starting with the invention of her characters, her crazy experiences with literary agents and ending with the thrill of seeing her book on store shelves and reviewed in newspapers. Complete with conflict, zany characters and emotional moments, Maryann's success story has all the makings of... well a good novel!



What You Need to Know About Your Colon and Colon Cancer

**Dr. Sarwan Kahlam –
Board Certified Gastroenterologist**

Wednesday, Mar. 7, 3:30pm
Free

March is National Colorectal Cancer Awareness Month. This cancer is preventable, easy to treat and often curable when detected early. Dr. Sarwan Kahlam, a board certified gastroenterologist, will discuss risk factors, screening tests and treatment. Join us for this very important program.

Keeping Your Memory Sharp

Wednesday, Mar. 14, 1:30pm
Free

Amy Matthews from the Alzheimer's Association will explain what is considered "normal" memory loss as compared to progressive memory loss due to a disease process. Come and learn the importance of maintaining both mind and body wellness.

Tai Chi for Arthritis

Begins Wednesday, Mar. 14, 3 – 4pm
Fee: \$18

Tai Chi for Arthritis is a 6-week program designed to improve the quality of life for people with arthritis. This program includes exercises that may improve mobility, breathing and relaxation.

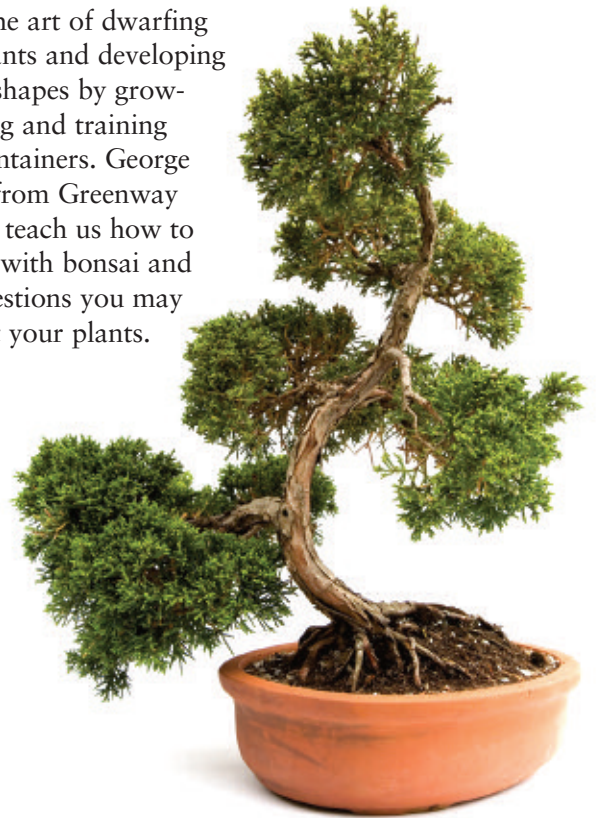
Joan Cummins, a Certified Tai Chi and Exercise Instructor for the Arthritis Foundation and Director of Recreational Services at Paragon Village, will conduct this program.



Bonsai and Indoor Plants

Thursday, Mar. 22, 10:30am
Free

Bonsai is the art of dwarfing trees or plants and developing them into shapes by growing, pruning and training them in containers. George Cummins from Greenway Florist will teach us how to get started with bonsai and answer questions you may have about your plants.



Calendar B:

Blood Pressure Screenings

Wednesdays, Jan. 3, Feb. 7, Mar. 7, Apr. 4, 9 – 11am
Free

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

Teaching Your Children Healthy Eating Habits

Tuesday, Jan. 16, 6pm
Free

Proper nutrition in childhood can reinforce lifelong eating habits that contribute to your children's overall well being and help them to grow up to their full potential and a healthy life. Mary McCann, a Registered Dietician at Hackettstown Regional Medical Center will give an overview on childhood nutrition. Come with your questions. Registration is required.

Babysitting Basics

Monday, Feb. 5 & 12, 5 – 8pm
Monday, Mar. 5 & 12, 5 – 8pm
Fee: \$45

This fun and interactive course is for kids from 11-13 who want to become babysitters or improve their babysitting skills. The program will emphasize the responsibilities of the babysitter as well as how to entertain children while parents are out. Class content includes personal safety, marketing, infant/child bathing and feeding, diaper changing and bedtime routines. The class also includes basic and adult first aid instruction and Pediatric CPR. Each student will receive a babysitting course book and a course participation certificate at the end of the two sessions. Participants need to bring a doll. Snack and juice will be provided.



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Diabetes Management: An Education Program For People with Diabetes

Thursdays, Feb. 15, 22, Mar. 1, 6:30 – 8:30pm
Free

Have you recently been diagnosed with diabetes? Have you ever received educational information and instruction on living with the disease? If you answered yes to these questions, certified Diabetes Educator Donna Kendrick, RN and Rita Ryan, RD will teach this program designed to help people like you. Topics include living a productive and healthy lifestyle, 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.

Introducing a New Baby to the Family Pet

Thursday, Feb. 22, 7 – 8pm
Free

Join veterinarian Steven B. Hodes, D.V.M., P.A., as he shares ideas and information on providing a safe environment for both your new baby and your family pet. Grandparents also welcome to attend.



Colorectal Cancer Screening

Monday, Mar. 12, 9am – 2pm
Tuesday, Mar. 13, 9am – 2pm & 6 – 7pm
Wednesday, Mar. 14, 9am – 2pm
Free

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

Prostate Cancer Screening

Where: Joan Knechel Cancer Screening
Monday, Mar. 26, 6 – 8pm
Free

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

Diabetes Screening

Tuesday, Mar. 27, 9 – 11am
Free

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



CPR Classes

Please read the description 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

Saturday, Jan. 20, 9 – 11:30am
(12:15pm with Pediatric 1st Aid)

Saturday, Feb. 10, 9 – 11:30am
(12:15pm with Pediatric 1st Aid)

Saturday, Mar. 17, 9 – 11:30am
(12:15pm with Pediatric 1st Aid)

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 CPR

Thursday, Jan. 11, 6 – 9pm

Monday, Jan. 29, 6 – 9pm

Thursday, Feb. 15, 6 – 9pm

Tuesday, Feb. 27, 6 – 9pm

Tuesday, Mar. 6, 6 – 9pm

Monday, Mar. 19, 6 – 9pm

Fee: \$45

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

Heartsaver AED

Wednesday, Jan. 10, 6 – 9:30pm

Monday, Feb. 12, 6 – 9:30pm

Wednesday, Mar. 14, 6 – 9:30pm

Fee: \$45

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

BLS for Healthcare Providers

Tuesday, Jan. 9, 5:30 – 10pm

Monday, Jan. 15, 9am – 1pm

Thursday, Jan. 25, 5:30 – 10pm

Thursday, Feb. 8, 5:30 – 10pm

Monday, Feb. 12, 9am – 1pm

Monday, Feb. 26, 5:30 – 10pm

Thursday, Mar. 8, 5:30 – 10pm

Monday, Mar. 12, 9am – 1pm

Monday, Mar. 26, 5:30 – 10pm

Fee: \$75

Recertification Classes

Monday, Jan. 15, 6 – 9:30pm

Monday, Jan. 22, 9am – 12:30pm

Tuesday, Feb. 13, 9am – 12:30pm

Tuesday, Feb. 13, 6 – 9:30pm

Tuesday, Mar. 13, 9am – 12:30pm

Tuesday, Mar. 13, 6 – 9:30pm

Fee: \$50

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

Heartsaver First Aid Class

Tuesday, Jan. 23, 6 – 9:30pm

Tuesday, Feb. 20, 6 – 9:30pm

Thursday, Mar. 22, 6 – 9:30pm

Fee: \$45

The goal of this course is to teach untrained people 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.

Support Groups for Cancer Patients, Family and Friends

Location: Joan Knechel Cancer Center

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

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

Breast Cancer Support Group

This group is for women diagnosed with breast cancer. Participants will receive group support, and learn coping skills and strategies for making medical decisions.

NEW! Young Women's Breast Cancer Support Group

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

Friends and Families Support Group

This group is designed for friends and family members of cancer patients. You will receive group support and learn coping strategies for dealing with your loved one's cancer treatment.

Cancer Support Group

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

Additional Support Groups

Family Educational Series on Addiction

Location: Counseling Center, East Ave.

Wednesdays, 6 – 8pm

Free

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

Post-Treatment Cancer Support Group

Cancer patients in post-treatment have the opportunity to share and discuss adjustments to their status as survivors, including anxieties, transitions and interpersonal challenges.

Look Good...Feel Better®

Location: Joan Knechel Cancer Center

Monday, Mar. 12, 10:30am – 12:30pm

Free

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



Diabetes Support Group

Mondays, Jan. 22, Feb. 26, Mar. 26, 7pm

Free

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

Childbirth Education Classes

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

Childbirth Preparation

Saturdays, Jan. 6 & Jan. 13, Mar. 3 & Mar. 10
8am – 1pm

Wednesdays, Jan. 3 – Feb. 7, Feb. 21 – Mar. 28
7 – 9pm

Fee: Call

Our Childbirth Preparation Class is a Lamaze-type class that will focus on the physical and psychological changes that occur during pregnancy. The participant will learn about comfort measures, delivery alternatives (e.g., water-birth), stages of labor & delivery, post-partum care for



mom and baby, as well as the role of the coach. You will practice breathing and relaxation techniques and have a labor rehearsal. The class will also include a

tour of the Childbirth Family Center at Hackettstown Regional Medical Center. At the conclusion of the class you will have the information needed to create a birth plan that is tailored to help you meet your expectations.

For the new mother-to-be we offer a choice of convenient classes. Our six-week class meets Wednesdays from 7-9pm. The two consecutive-Saturday classes meet from 8am-1pm with comfort breaks incorporated into each class. Couples are placed in classes according to due dates.

Breastfeeding Class

Tuesday, Jan. 16 or Mar. 13, 6:30 – 9pm
Fee: \$40

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

Newborn Baby Care

Sunday, Feb. 11, 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.

Sibling Class

Where: Medical Center Conference Dining Room

Saturday, Feb. 10, 10am – 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. The children will have a light snack and receive a small gift. Pre-registration is required.



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HealthierLiving

1ST QUARTER 2007

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

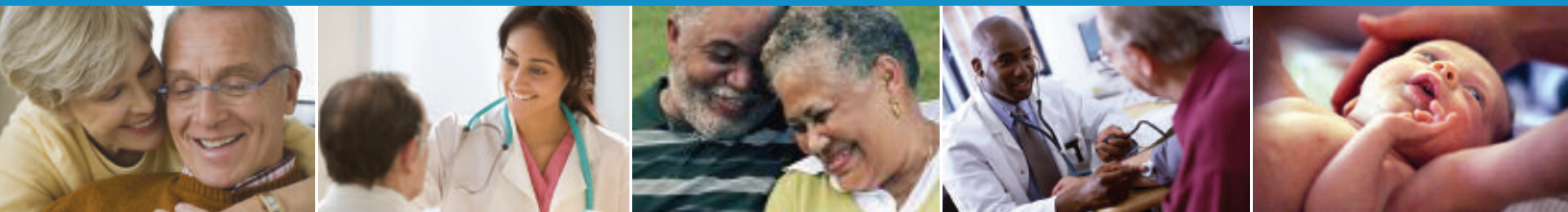
*Gene C. Milton, FACHE
President & Chief Executive Officer*

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Together Raise over \$160,000
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