

# Healthier Living

3RD QUARTER 2006



## Popular Local Physician Becomes Hospitalist Director

Barbara-Ann Britten, M.D. has recently been named Director of the Hospital Physician Program at Hackettstown Regional Medical Center. "Dr. Britten

has been an important member of our medical staff for six years, serving the region as an attending physician at HRMC. I am very pleased that Dr. Britten is now expanding her role here to lead the Hospitalist Program," said President & CEO Gene C. Milton, FACHE.

"I earned a medical degree after my children were in college themselves," added Britten. "I completed my residency as an internist with strong emphasis in intensive care. I will miss my private practice patients; however, I am returning to my medical roots."

A Physician Hospitalist is a specialist in the field of internal medicine who cares only for hospitalized patients. These physicians have no patient care responsibilities outside of the hospital, focusing exclusively on providing inpatients the very best medical care, delivered with kindness and compassion. The Hospitalist visits with his or her patients once a day, keeping the patient and family members informed of scheduled diagnostic tests, test results and overall medical treatment. Upon discharge, patients continue medical care with their primary care physicians.

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## Am I having a stroke?

By Eric S. Englestein, M.D., Ph.D.

One-sided weakness or numbness, incoordination, speech difficulty, double vision or loss of vision are common symptoms of a potential stroke.

The symptoms may be persistent, but sometimes resolve quickly (it is called a "TIA" or "mini-stroke"). The diagnosis of stroke is made from the history and physical examination, combined with a scan (either a CT or MRI scan) of the brain.

There are primarily two types of stroke: hemorrhagic (bleeding into the brain), or ischemic (due to a blocked vessel going to the brain). Hemorrhages are most commonly due to blood pressure elevation, but can be due to other conditions as well (aneurysm rupture, etc.). Ischemic strokes can be of two categories: a) thrombotic, which means there is clogging within the blood vessel (such as from cholesterol buildup), or b) embolic, which means that a clot formed elsewhere (such as the heart) and traveled up to become lodged in a vessel in the brain.

Common conditions leading to clogging arteries include elevated cholesterol, elevated blood pressure, diabetes, smoking or a family history of clogged arteries. A common cause of embolic stroke would be an irregular heart rhythm such as atrial fibrillation.

The Emergency Department at HRMC follows clinical protocols to assess the possibility of a stroke or TIA. A diagnostic work-up to determine the cause of stroke or TIA usually includes some laboratory studies (glucose level, cholesterol, etc.), EKG of heart rhythm, Doppler (ultrasound) studies of the neck and cerebral vessels and sometimes an echocardiogram (ultrasound study of the heart). Hemorrhages usually show up quickly on a brain CT scan, but ischemic damage sometimes does not visualize on CT study for 4-6 days following the event, so follow-up CT scans may be needed.

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## Message from the President

HACKETTSTOWN REGIONAL MEDICAL CENTER

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For many years, Hackettstown Regional Medical Center has provided diagnosis and treatment for victims of stroke, the third leading cause of death in the U.S. behind heart disease and cancer. In fact, our hospital was among the very first in the nation to begin using the clot-dissolving drug tPA to treat certain types of stroke. In response to a healthcare needs assessment of northwest New Jersey residents, we are working toward accreditation to become a Primary Stroke Center. Our cover story looks at the health risks associated with having a stroke.

Also in this issue, you'll read about the people of



HRMC—another new orthopedic surgeon on our Medical & Dental Staff, and another member of our dedicated team of volunteers. You'll also read about some of the exciting post-summer events we participate in. And, of course, you'll find other information designed to update you about the healthcare resources you and your family have con-

veniently available to improve your level of health and enhance your quality of life.

I invite you to look over the calendar of programs and screenings which comprise the second half of this and every issue of Healthier Living. Not only are we committed to provide the medical services you and your family will need should injury or illness strike, but we want you to avoid health problems entirely, where possible.

I wish you and your family a safe, healthful and happy summer.

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

Visit [www.hrncnj.org](http://www.hrncnj.org)

## HRMC Welcomes Board Certified Orthopedist Paul Teja



Orthopedic surgeon Paul G. Teja, D.O., has joined Hackettstown Regional Medical Center. "HRMC provides state-of-the-art surgical rooms and the technology here is excellent," stated Dr. Teja. "I am able to perform minimally-invasive surgeries, which allow patients to heal quicker and return back to a normal life sooner. I find it extremely rewarding to perform hip-replacement, as well as arthroscopic knee and shoulder surgeries because I am helping people to regain their active lifestyles."

Dr. Teja is a member of the American Academy of Orthopedic Surgeons, American Osteopathic Association, American Osteopathic Academy of Orthopaedic Surgeons and the New Jersey Association of Osteopathic Physicians and Surgeons.

He earned a Doctor of Osteopathy at the University of Medicine and Dentistry of New Jersey in Stratford, NJ. Dr. Teja holds a Bachelor of Science in Biology with a minor in Chemistry from Seton Hall University in South Orange, NJ.

After completion of medical school, Dr. Teja served as Chief Resident of Orthopaedic Surgery at Kennedy Memorial Hospital in Stratford, NJ. He holds licenses in New Jersey and Pennsylvania and is awaiting publication of his research article "Osteomyelitis of the Greater Trochanter, A Metaphyseal Equivalent Location."

A New Jersey native, Dr. Teja enjoys playing golf when he is not helping patients. He describes his transition to HRMC as enjoyable. "Everyone here is warm and friendly, and cares about their patients."

Continued from page 1, *DR. BRITTEN*

"When an individual's family physician or surgeon schedules an inpatient surgical procedure, for example,

the surgeon performs the operation. Following consultation with the surgeon, the Hospitalist Physician visits the patient and reports back to the surgeon and family physician. Once discharged, the patient remains in the care of the family physician and/or surgeon—it's the best possible medical and patient care overall," said Chief Medical Officer Kenneth Janowski, D.O.

Dr. Britten was most recently in private practice at Skylands Primary Care. After receiving a B.A. from Rutgers University and an M.S. from Seton Hall University, Dr. Britten earned her M.D. from the University of Medicine and Dentistry of New Jersey in 1997.

Dr. Britten belongs to numerous professional organizations including the American College of Physicians, American Society of Internal Medicine, American Medical Association, American Medical Woman's Association, American Society of Clinical Pathologists, American Society of Medical Technologists, and the New Jersey Medical Society.



## Good to Know: The RRT Stands Ready to Step In When Needed

*A change in your vital signs or apparent medical status requires an extra level of assistance while you're here. The Rapid Response Team is prepared to immediately come to your aid.*

As a patient, should your medical condition suddenly change for the worse, Hackettstown Regional Medical Center's new Rapid Response Team (RRT) may get the call.

The RRT includes physicians, nurses and therapists from different specialty areas: Respiratory, Critical Care and a Hospitalist Physician. Working as a team, the RRT assists the staff nurse of any inpatient or outpatient who appears suddenly critically ill or who experiences a sudden change in condition.

Sudden and/or acute changes in a patient's vital signs that would require the RRT may involve: heart rate, systolic blood

pressure, respiratory rate or mental behavior. The RRT may also be summoned when the patient's pulse oximeter reading falls below a safe level, or anytime the staff is concerned that something is not quite right, but can't identify precisely what's going on.

Whenever the RRT is called, the patient's primary care physician is always notified. Following any RRT intervention, the Hospitalist Physician, in collaboration with the patient's physician, will determine if the patient needs to be moved to a higher level of care or to remain with the existing medical protocol.

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### Continued from page 1, *AM I HAVING A STROKE?*

For ischemic strokes we do have available a treatment that dissolves clots and can lessen stroke symptoms. Because the medication used can sometimes result in bleeding as a side-effect, there are various criteria set up for who may be an appropriate candidate for receiving this medication (called "tPA," given in the ER). One of the critical criteria is that the medication must be given within the first three hours of the stroke symptoms' beginning. This makes it extremely important that the patient come to the ER quickly after the symptoms develop so they can be evaluated, and so medical staff may determine whether or not a tPA should be administered.

Treatment for all strokes includes physical therapy and/or speech therapy to help restore

normal function. As an attempt at preventing further ischemic strokes, a mild blood thinner medication is often used (aspirin, Plavix, or Aggrenox are medications of this type). A stronger blood thinner, such as Heparin or Coumadin, may be used when a condition such as atrial fibrillation is present.

If significant clogging (greater than 60%) is found in the carotid arteries (there is one of these arteries on each side of the neck, sending blood to the brain on that side), there are surgical procedures to clean the arteries out and decrease the likelihood of further stroke. Also very helpful in reducing stroke risk is treatment of the underlying conditions (elevated cholesterol, high blood pressure, smoking, etc.) that tend to result in clogging arteries and subsequent strokes.

Clearly, there is much that can be done to treat strokes if they occur and to prevent further strokes from happening. The first critical step, however, is to come in and be evaluated.

*Dr. Eric S. Englestein is an attending physician at Hackettstown Regional Medical Center. He is a Diplomate of the American Board of Neurology, Fellow of the Stroke Council of the American Heart Association and a member of the American Academy of Neurology.*

# PEOPLE COME TO A HOSPITAL FOR SPECIFIC REASONS.

**JANET DEROMA** WEARS AN HRMC IDENTIFICATION BADGE, BUT SHE DOESN'T RECEIVE A PAYCHECK — NOT IN A WEEK, IN TWO WEEKS OR IN A MONTH — AND STILL SHE WEARS A WARM SMILE.

**SHE IS A VOLUNTEER!**



Janet has been a volunteer in the hospital for more than four years. If you come to visit the hospital on Thursday and Friday mornings, you will be greeted with her winning smile. Janet will direct you to the places you want to go. It gives her great pleasure to help people who are either patients looking for a testing laboratory or the registration office, visitors with worry written on their faces or relatives or friends with flowers or balloons in

their hands. She often reminds her colleagues to smile because it is an important part of making people feel welcome. Janet does not mind the routine of her work because in her heart she sees helping people, even in the smallest ways, a blessing from God.

*“Helping people makes me feel useful and makes my life meaningful.”*

Janet is also a very active helper in the HRMC Auxiliary. You will see her at bake sales, book sales, the annual Spring Brunch and many other hospital fund-raising activities. Like other volunteers in the Auxiliary, her contribution is her eagerness and willingness. Nothing is too big and nothing is too insignificant. She sees many opportunities for more volunteers to participate in the Auxiliary functions.

Although Janet has lived a blessed life, it has not been without grief and sorrow. She lost her beloved husband quite a few years ago while her four children were

still young. Life could not have been easy for a single mother raising four children alone. She writes in her journal, “God brings you to it; He will bring you through it!” Her heart is written in her own words: “If you didn’t have a difficult day, you wouldn’t be able to appreciate a good day. Your good day is around the corner. Only you can choose to make this a better day.”

To the question: “What prompted you to volunteer your service in the hospital?” Janet replied, “My mother did a lot of volunteer work at the Red Cross and other places. I have been a nursing assistant for many years. I like to work with people. Helping people makes me feel useful and makes my life meaningful. Where else could be better than a hospital for me to find people I can help. I volunteer at Hackettstown Regional Medical Center because I want to. I enjoy my work because I like the people I work with and the new people I get to meet. Not many people can say that.”

**Become a Volunteer, call Valerie at (908) 850-6936**

## JOAN KNECHEL MEMORIAL WALK OCT. 15!

It’s time again for a popular autumn event that is fast becoming a tradition in the Warren County region. On Sunday, October 15th, the 4th Annual Joan Knechel Memorial Walk will be held at scenic Mountain Lake in Liberty Township. Everyone is welcome to take part and walk either 2.5 or 5 miles to benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center.

Sanofi Aventis is the premier sponsor of the 4th Annual Joan Knechel Walk, and additional sponsors are currently being sought. The Walk committee hopes to draw upwards of 400 walkers again this year to achieve their goal of \$50,000+.

The Walk is 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 back in 2002, but her courageous journey through her illness and her positive attitude served as an inspiration to many.

Registration forms are now available. Walk in honor, or in memory, of someone you know who has battled cancer. Teams and individuals are welcome. There will be a special prize drawing for anyone raising \$50 or more in pledges. Event day festivities will include food, music and prizes.

Call 908-850-6836 to receive Walk information, or visit [www.hrmcnj.org](http://www.hrmcnj.org) for the event form and directions.

Visit [www.hrmcnj.org](http://www.hrmcnj.org)

# Upcoming Annual Harvest Cotillion for Health Promises Honors and Some “Motown Magic.”

Save the date! On Saturday, November 4, 2006, the HRMC Foundation's 17th Annual Harvest Cotillion for Health will be held at the Parsippany Sheraton Hotel. Cotillion attendees will surely enjoy the excitement of the evening's "Motown Magic" theme at this popular black-tie gala. In addition to dinner and dancing, the event will feature the Cotillion's lucrative 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.



Perhaps one of the most memorable portions of the evening will be the honoring of one HRMC physician and one outstanding community leader as Honorary Chair. Dr. Nicholas Laurora has been chosen by his peers to be the 2006 Physician Honoree. Dr. Laurora recently retired from his longtime OB/GYN practice in Hackettstown; he had been affiliated with HRMC since the hospital first opened its doors in 1973.

Gerald Lipkin, President and CEO of Valley National Bank, is the Honorary Chair of this year's Cotillion. Mr. Lipkin has an impressive background of involvement in various fundraising efforts for healthcare organizations and is known as a respected leader in his community and the banking industry.

"We're looking forward to a great evening," said Monika Hamburger, Co-chair of this year's Harvest Cotillion. "Plans are in motion and we're making sure that all of the details will be in place for an elegant evening of great food, fun and excitement for all."

Co-chair Kathy Allen adds, "Once again, the entertainment at the Cotillion will be something special! We're thrilled that 'The Divas of Motown' will be performing for us. Throughout the evening, they'll take all of us back to great Motown sights and sounds from the 60s, 70s and 80s."

Proceeds from this year's Harvest Cotillion will go toward the development of a new, Low-Risk Cardiac Catheterization and Vascular Laboratory at Hackettstown Regional Medical Center.

Invitations for the Harvest Cotillion for Health will be mailed in early September.

## 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.

**ITC Triathlon**  
**International Trade Center**  
**September 15**  
Mt. Olive  
(973) 347-3088

**Senior Expo**  
**October 21**  
Warren County Vocational  
Technical School  
Washington, NJ  
(908) 835-9200

**Joan Knechel  
Memorial Walk**  
**October 15**  
Mountain Lake,  
Liberty Township  
(908) 850-6876

**Harvest Cotillion  
for Health**  
**"Motown Magic"**  
**November 4**  
Parsippany Sheraton  
HRMC Foundation  
(908) 850-6876

**Evening of Inspiration**  
**November 16**  
Trinity United  
Methodist Church  
Hackettstown  
(908) 850-6836

# Calendar

Presented by the Center for Healthier Living

3rd Quarter 2006

## Calendar (A): HealthLink Senior Programs

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.

### Attend Single or All Sessions

Mondays Jul. 10 to Sept. 25  
2 – 3pm

For the series **Fee: \$27**

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

Monday, July 10 & 17,  
10am – 12pm

**Free**

Tuesday, July 11, 1:30pm

**Free**

Begins Wed., Jul. 12, 3 – 4pm

**Fee: \$18**

Wednesdays, Jul. 26,  
Aug. 30, Sept. 27,  
Oct. 25, 10:30am

**Free**

Thurs., Aug. 10,  
10:30am

**Free**

### Arthritis Foundation Exercise Program Formerly PACE (A)

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.

### Arthritis Self-Help Course (A)

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

### Is It Trash or Treasure: How to Find Out What Your Stuff is Worth (A)

Brian Kathenes is co-host of *Value This!! With Brian & Leon* a syndicated antiques and collectibles public radio call-in program, and author of *Betcha Didn't Know That—101 Antique and Collectible Trivia Tips That will Make You Rich, Famous and the Hit of the Party*. He will discuss how to determine the value of your items, how to pick a qualified appraiser and answer your questions. Registration is required.

### Tai Chi for Arthritis (A)

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.

### Stitch and Chat (A)

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.

### Back in Time: The Battle of Britain (A)

Bob Stead will lead a discussion of this crucial air battle that occurred in the skies over southern Britain and the English Channel in the late summer of 1940. The battle ultimately forced a cancellation of Operation Sea Lion, the planned invasion of England.

To register for any Healthlink program (A) call (908) 850-6872

Tues., Aug. 15, 4pm

**Free**

### Healthier Hearts



Have you had a heart attack, open heart surgery or angioplasty? Learn what you can do to reduce your risk of another cardiac incident, including exercise, diet and stress management. This program will be presented by HRMC cardiac rehab staff.

Thurs., Aug. 17, 12:15pm

**Fee: \$13**

### Luncheon: Mama's Restaurant



Once again, HealthLink will be having a delicious and fun luncheon. Join us for delicious food and wonderful conversation. Call HealthLink for more information and to reserve your seat.

Wed., Aug. 30,  
2pm

**Free**

### Poison Prevention



This informative program will be presented by the New Jersey Poison Prevention Program. Learn more about medication safety, potential dangers of over-the-counter drugs, and herbal and dietary supplements. The program will also include information on home safety.

Tues., Sept. 12 & 19,  
10am – 3pm

**Fee: \$10**

### AARP Driver Safety Program



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 auto-mobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years. Participants must attend both days.

Wed., Sept. 13, 4pm

**Free**

### Cardiology in the 21st Century



Dr. Anirudh Khanna, Board Certified HRMC Cardiologist will discuss current trends in cardiology. He will cover the importance of prevention, new diagnostic tools, and up-to-date information on treating heart disease.

Wed., Sept. 20,  
10:30am

**Free**

### Hospice: What is it and What are the Common Misconceptions



Beth Sylvester and Lisa Massaro, both from Karen Ann Quinlan Hospice and Home Health Care, will discuss exactly what hospice care involves and the common misconceptions related to it. They will cover comfort measures, caring for the family, insurance coverage and ethics. Join us for this informative program.

Tues., Oct. 10, 10:30am

**Free**

### Is it Time to Downsize Your Home



Realtor George Molinet will discuss issues facing senior citizens related to downsizing your home and the issues surrounding this difficult decision.

Wed., Oct. 18, 2:15pm

**Free**

### Hackettstown Historical Society Tour



Join us for a tour of the Hackettstown Historical Society Museum located at 106 Church Street. The museum is located in a seven-room house that formerly belonged to the prominent Plate family. This small building is filled with neatly arranged and identified artifacts relating to the town's history. The tour will begin at 2:15pm. Call HealthLink to register.

2 hour cooking class  
Call for Date

**Fee: \$20**

### Shop-Rite Culinary Workshop



Join in the fun! One of Shop-Rite's professional chefs will teach us to prepare a wonderful meal which is both healthy and delicious. Both the date, time and menu to be determined. Please call HealthLink at 908-850-6872 for more information.

[www.hrmcnj.org](http://www.hrmcnj.org)

To register for any Healthlink program  call (908) 850-6872

## Calendar (B): Programs for Everyone

Wednesdays, Jul. 5, Aug. 2,  
Sept. 6, Oct. 4, 9 – 11am

**Free**

### Blood Pressure Screenings (B)

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

Tues., & Wed., Jul. 18 & 19,  
9am – 12pm  
Tues., & Wed., Aug. 8 & 9,  
9am – 12pm

**Fee: \$40**

### Babysitting Basics (B)

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 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.

Thurs., Jul. 20, 6:30 – 8pm

**Fee: \$15**

### The Food Connection For 7th, 8th and 9th Grade Girls (B)

How is what you eat connected to your health and well-being? How do your feelings about your body affect who you are? Learn how you can fuel your body to achieve your personal best. There is no better time than now to become nutrition wise, and develop healthy habits and thinking that will last a lifetime. This program is offered by Leslee Robinson Oliu, MPH, RD, CHES of Custom Health Strategies.

Thurs., Aug. 10, 2 – 5pm

**Free**

### Osteoporosis Screening (B)

Location: Center for Healthier Living

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. This screening is for women only. Results can be shared with your physician for any needed follow-up.

Wednesdays, Aug. 16,  
Sept. 20 & Oct. 18  
5:30 – 7:30pm

**Free**

### Snoring Clinic (B)

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. A short lecture followed by examinations will be held at HRMC's Cardiology Department. Registration is required as space is limited. To register, call 908-850-6935.

Thurs., Sept. 7  
6 – 8pm

**Free**

### Prostate Cancer Screening (B)

Location: Joan Knechel Cancer Center

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

Thursdays, Sept. 14, 21 & 28,  
6:30 – 8:30pm

**Free**

## Diabetes Management-An Education Program For People with Diabetes

(B)

Have you been recently diagnosed with diabetes? Have you ever received educational information and instruction on living with the disease? Certified Diabetes Educator Donna Kendrick, RN and Rita Ryan, RD will teach this program designed help people like you. 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.

Wed., Sept. 27  
2 – 6pm

**Free**

## Skin Cancer Screening

(B)

Location: Joan Knechel Cancer Center

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

CPR Family/Friends – *Pediatric*  
Tues., Jul. 11, 6 – 8pm  
Sat., Jul. 22, 11am – 1pm  
Sat., Aug. 5, 11am – 1pm  
Sat., Aug. 15, 6 – 8pm  
Sat., Sept. 9, 11am – 1pm  
Tues., Sept. 19, 6 – 8pm

**Fee: \$20**

CPR Family/Friends – *Adult*  
Sat., Jul. 22, 9 – 11am  
Sat., Aug. 5, 9 – 11am  
Sat., Sept. 9, 9 – 11am

**Fee: \$20**

1st Aid Family/Friends – *Pediatric*  
Tues., Jul. 11, 8 – 8:45pm  
Sat., Jul. 22, 1pm – 1:45pm  
Sat., Aug. 5, 1pm – 1:45pm  
Tues., Aug. 15, 8 – 8:45pm  
Sat., Sept. 9, 1pm – 1:45pm  
Tues., Sept. 19, 8 – 8:45pm

**Fee: \$20**

Heartsaver CPR – *Pediatric*  
Thurs., Jul. 13, 6 – 9pm  
Wed., Aug. 16, 6 – 9pm  
Tues., Sept. 12, 6 – 9pm

Heartsaver CPR – *Adult*  
Wed., Jul. 12, 6 – 9pm  
Wed., Aug. 23, 6 – 9pm  
Wed., Sept. 13, 6 – 9pm

**Fee: \$35**

## CPR Classes

*Please read the descriptions below to decide which class is right for you. All CPR classes provide training according to the latest American Heart Association guidelines.*

### CPR for Family and Friends

(B)

This course is designed for people who are interested in learning the basics of CPR. The course will focus on one-rescuer CPR and choking. Two modules are available monthly: Adult (for victims 8 years and older) and Pediatric (for victims from birth to 8 years) and Pediatric 1st Aid. Pre-registration is required.

### Heartsaver CPR

(B)

These courses are for untrained responders who serve as rescuers as part of their job responsibilities. These certification courses focus on one-rescuer CPR, choking and the use of barrier devices. Adult classes and pediatric classes are available monthly. Note: A discounted fee of \$60 is charged if scheduling both Adult and Pediatric CPR classes.

*(Continued on back)*

*Classes are available to schools, businesses and community groups.*

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

*Note regarding all CPR classes: The American Heart Association strongly promotes knowledge and proficiency in CPR and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association and any fees charged for such course does not represent income to the Association.*

*Class content is subject to change pending A.H.A. curriculum revisions.*



[www.hrmcnj.org](http://www.hrmcnj.org)

To register for these programs (B) call (908) 850-6935



# NEW! Support Groups for Cancer Patients, Family and Friends

Location: Joan Knechel Cancer Center

## Breast Cancer Support Group (B)

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

## Friends and Families Support Group (B)

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

## Cancer Support Group (B)

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

## Post-Treatment Cancer Support Group (B)

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

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

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

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Mon., Aug 14,  
6:30 – 8:30pm  
Mon., Oct. 16  
10:30am – 12:30pm

**Free**

## Look Good...Feel Better® (B)

Location: Joan Knechel Cancer Center

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

## Additional Support Groups

### Diabetes Support Group (B)

Mondays, Jul. 24,  
Aug. 28, Sept. 25, 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 4th 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.

Wednesdays, 6 – 8pm

**Free**

### Family Educational Series on Addiction (B)

Location: Counseling Center, East Ave.

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.



# 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 the Hackettstown Regional Medical Center Childbirth Family Center. Our certified childbirth instructors will guide the class and help answer any questions you may have regarding the childbirth experience.

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

Saturdays,  
Jul. 8 & 15, Aug. 12 & 19  
Sept. 9 & 16  
8am – 1pm

Wednesdays,  
Jul. 5 – Aug. 9  
Sept. 27 – Nov. 1  
7 – 9pm

Thursdays,  
Aug. 17 – Sept. 21  
7 – 9pm

**Fee: Call**

## Childbirth Preparation (B)

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

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

Sat., Jul. 8  
11am – 12:30pm  
Sat., Sept. 16  
10am – 11:30am

**Fee: \$10**

\$5 for each additional sibling

## Sibling Class (B)

Where: Medical Center Conference Dining Room

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

Sun., Jul. 9 or Sept. 17  
1 – 3pm

**Fee: Call**

## Newborn Baby Care (B)

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

Mon., Aug. 21  
6:30 – 9:30pm

**Fee: \$50**

## Childbirth Refresher Class (B)

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

Tues., Sept. 19  
6:30 – 9:30pm

**Fee: \$40**

## Breastfeeding Class (B)

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

[www.hrmcnj.org](http://www.hrmcnj.org)

To register for these programs (B) call (908) 850-6935

**Inside This Issue:** Am I Having a Stroke... *Front Cover* • Teja Joins HRMC *pg. 2* • Rapid Response Team *pg. 3*  
Volunteer Profile *pg. 4* • Joan Knechel Walk *pg. 4* • Harvest Cotillion *pg. 5*

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Heartsaver AED  
Mon., Jul. 24, 6 – 9:30pm  
Thurs., Aug. 10, 6 – 9:30pm  
Wed., Sept. 20, 6 – 9:30pm

**Fee: \$40**

Heartsaver First Aid Class  
Thurs., Jul. 27, 6 – 9:30pm  
Tues., Aug. 8, 6 – 9:30pm  
Mon., Sept. 25, 6 – 9:30pm

**Fee: \$40**

Mon., Jul. 10, 5 – 9:30pm  
Thurs., Jul. 20, 9am – 1:30pm  
Mon., Aug. 7, 9am – 1:30pm  
Mon., Aug. 14, 5 – 9:30pm  
Mon., Aug. 21, 9am – 1:30pm  
Mon., Sept. 11, 9am – 1:30pm  
Mon., Sept. 18, 9am – 1:30pm

**Fee: \$70**

Recertification Classes  
Mon., Jul. 17, 6 – 9:30pm  
Tue., Jul. 25, 9am – 12:30pm  
Mon., Aug. 28, 6 – 9:30pm  
Thurs., Sept. 28, 6 – 9:30pm

**Fee: \$50**

## Heartsaver AED B

Participants in this certification course will focus on adult one-rescuer CPR, choking and the use of an Automated External Defibrillator (AED).

## Heartsaver First Aid Class B

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.

## BLS for Healthcare Providers B

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



## Hackettstown Regional Medical Center

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Hackettstown, NJ 07840

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