

4TH QUARTER | 2007

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Hackettstown Regional Medical Center Presents: An Evening of Inspiration



Terry Waite, appearing Thursday, November 15 at 7:15 p.m.
Trinity United Methodist Church, Hackettstown

Join us for a remarkable evening featuring **Terry Waite**. Mr. Waite attracted worldwide attention in the early 1980s by successfully negotiating the release of several hostages from Iran. In 1983, he met with Libyan leader Moammar Gadhafi to bargain for the release of several British hostages. However, while negotiating for

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HRMC Committed to Quality Quality is more than just a word. Quality is a way of life — a choice you make.

Hackettstown Regional Medical Center has always been committed to providing our patients and their families with excellent care—from our compassionate staff to our state-of-the-art technology to our commitment to follow the best diagnostic and medical practices.

The second quarter issue of *Healthier Living* highlighted four core measures of best medical practices, as defined by the Performance Measurement Initiatives of the Joint Commission (JC), an award winning

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Measure	Overall Scores*		
	Jan-Dec 2006	Jan-Jul 2007	Top 10% Goal
Acute Myocardial Infarction	88%	98%	99
Heart Failure	88%	96%	98
Community Acquired Pneumonia	95%	98%	96
Surgical Care Improvement Project	87%	97%	95

*Overall Score = % of evidence-based care criteria met for all cases in diagnosis/procedure group



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

“We’ve been very busy the past several years...”

MESSAGE FROM THE PRESIDENT

We’ve been very busy the past several years here at Hackettstown Regional Medical Center making improvements to our campus and facilities, acquiring the latest diagnostic and treatment technology, offering cutting edge procedures, providing life-prolonging community education and screenings, and recruiting the best specialists, technologists and other medical professionals.

Of equal, or even greater importance, is that of providing the highest level of quality medical care. Here at HRMC, we have been working very hard to document all of our quality initiatives. The front cover article about some of our quality initiatives shows the high level of progress HRMC has achieved.

We’re constantly reaching out through the media to inform families and individuals in the region about the wealth of health resources available at their doorstep. That’s why we mail *Healthier Living* to your home each quarter. As you hold this issue in your hands, I invite you to take a few minutes to read about the new Negative Pressure Therapy we’re offering in our Wound Healing Center; new physician Dr. Wendelyn Waters; initiatives we have undertaken to ensure the safest, highest quality care for our patients; events being held this quarter to raise funds and awareness to fight deadly diseases; and classes, screenings and other programs we’ve scheduled to enhance the quality and length of your life.

On behalf of everyone here at Hackettstown Regional Medical Center, I wish you and your family a healthy and safe autumn as you look forward to the end-of-year holidays, and your best New Year yet.



HRMC Welcomes:
FAMILY PRACTITIONER WENDELYN L. WATERS, MD

Dr. Wendy Waters specializes in preventative and treatment care of adolescents and adults.

Board Certified in Family Medicine, Dr. Wendy Waters has joined the internal medicine practice of Keri Ingrassia-Squires D.O., located in Hastings Square Plaza, Hackettstown.

“Family medicine is my passion. I understand the busy lives of today’s families. My husband and I and our four children lead active lives, complete with shuttling children to after-school activities and keeping

up with our two dogs and cat,” states Dr. Waters.

“Building relationships with each individual to look at a person’s health as a ‘whole’ is important to me. Not only do I treat a person’s specific medical issues, I focus on prevention—maintaining good health, cancer and heart disease prevention, diet and exercise,” she continued.

Dr. Waters is a graduate of Hahnemann University School of Medicine, Philadelphia, PA., and completed a residency in Family Medicine at The University of Colorado Health Sciences Center, Denver, CO. She earned a B.A. in psychology from Cornell University, Ithaca, NY. Prior to entering medical school, Dr. Waters worked as a psychologist providing group and individual therapy to adults with mental health issues.

Breast Cancer Detection, Diagnosis and Management at HRMC

By JKCC Medical Director Nancy Low, M.D. and 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 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, 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.

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 to

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

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CANCER WALK

Joan Knechel Memorial Walk

Sunday, October 21, 2007

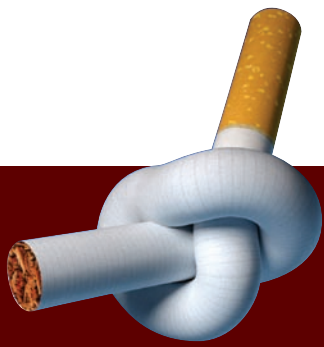
at the Mt. Lake Fire Co., Liberty Township

*Proceeds to benefit the
Joan Knechel Cancer Center at
Hackettstown Regional Medical Center*



Breast cancer

will affect one in seven women in the U.S. at some point in their lives.



Great American Smokeout

THE AMERICAN CANCER SOCIETY (ACS) HOLDS THE GREAT AMERICAN SMOKEOUT® EACH NOVEMBER TO HELP SMOKERS QUIT CIGARETTES FOR AT LEAST ONE DAY, IN HOPES THEY WILL QUIT FOREVER. THIS YEAR'S EVENT WILL BE HELD ON NOVEMBER 15, 2007.

Plan Your Quit Day

To Get Ready to Quit Smoking, Ask Yourself These 3 Questions

- 1. Why do I want to quit smoking?**
- 2. What method will I use to quit smoking?**
- 3. How do I stay smoke free?**

Cigarettes and cigarette smoke contain over 4,000 chemicals, including 43 known to cause cancer. Many of these chemicals are added in the processes of tobacco farming and cigarette production. The tobacco burns while a cigarette is smoked, exposing the smoker to these deadly chemicals, tars and gases.

Nicotine occurs naturally in tobacco and does not cause cancer, but it does keep many people addicted to smoking. Nicotine in cigarettes can be very addictive. Each puff of a cigarette delivers a concentrated dose of nicotine straight to the brain – and reinforces the need for the next puff.

Even after you've given up nicotine, you may still have the urge to smoke. To maximize your chances of staying smoke-free for good, you need a plan.

Your plan should have three phases:

- 1. Deciding To Quit**
- 2. Preparing To Quit**
- 3. Following Through**

Moving from one step to the next requires careful thought and preparation. For help in developing a plan and for more information, visit www.cancer.org and search on "Great American Smokeout." ■

Source: American Cancer Society



NEGATIVE PRESSURE THERAPY

The Wound Healing Center at Hackettstown Regional Medical Center offers specialized treatment of chronic wounds, those that show no signs of improvement within 30 days.

With a panel of eight specially-trained physicians, the Wound Healing Center offers a comprehensive range of modalities for wound care. Among them, Negative Pressure Therapy is a mechanical process that uses a controlled, localized negative pressure to stimulate the growth of healthy tissue. By removing wound fluids, the body is better able to manage bacteria and support a moist environment to enhance faster healing.

If you or someone you know has a slow-healing wound that has not seen improvement within 30 days, call the Wound Healing Center at (908) 979-8788.

 **Hackettstown Regional Medical Center**

WOUND HEALING CENTER

Expect Better Get Better

Lung Cancer Detection, Diagnosis and Management at HRMC

By JKCC Medical Director Nancy Low, M.D. and JKCC Director Robert P. Braun, M.Ed, RN, RT (T) (R)



Currently there are no standardized recommendations for routine monitoring for lung cancer. A person believing that he or she is a candidate to develop lung cancer and wishing to be screened should discuss this with his or her personal physician. The low dose, multi-slice, high resolution CT scan that is most effective for detecting mass lesions of the lung is available here at HRMC's Diagnostic Imaging department.

Of course, about 90% of lung cancer is smoking related, and the most useful measure an individual can undertake in this regard is certainly smoking cessation. Even after a diagnosis of cancer is made, smoking cessation is of benefit in terms of survival.

SYMPTOMS OF LUNG CANCER CAN INCLUDE:

- chest pain
- coughing up blood
- loss of appetite
- cough with or without sputum production and fever
- shortness of breath
- unexplained weight loss, malaise (a vague sense of not being well)

See your doctor if concerned about any of these symptoms. A chest x-ray can be quickly done, followed by a CT scan of the chest for better imaging of any abnormalities.

If a cancer is suspected, tissue for pathologic diagnosis must be obtained. This can be done by bronchoscopic transbronchial biopsy, by fine needle aspiration under CT guidance or in some instances by a surgical procedure called mediastinoscopy. During this procedure, a specially trained surgeon uses a fiber optic device designed for the purpose to explore and sample the center part of the chest, called the mediastinum. This is most useful because if the lymph nodes of the mediastinum prove to contain cancer cells, this provides information about the cancer type and also its stage.

A minority of lung cancers are eligible for primary surgery for cure when first detected. Many require the use of radiation therapy, chemotherapy or both for the most effective treatment. A recently developed, promising approach is the use of chemotherapy, or combined chemotherapy and radiation therapy to shrink a localized but unresectable cancer so that it can be resected for cure. Chemotherapy and immunotherapy, alone or combined with radiation, are often used in modern lung cancer treatment.

Here at the Joan Knechel Cancer Center, we are indeed fortunate to have the Platinum Series 21 EX Varian Linear Accelerator

equipped with respiratory gating capability. This allows treatment of a lung cancer which moves during the respiratory cycle, as is often the case, with a smaller field of radiation only when it lies in the beam. This results in saving much of the normal lung tissue. The lung is very radiation sensitive, and most smokers have already caused themselves lung damage, sometimes to severe degree. Thus, the respiratory gating capability offers a meaningful quality of life improvement to the average lung cancer patient receiving treatment. Attempting to cure a patient is no longer sufficient; leaving the person with the best breathing function possible is also our goal. ■



18th Annual Foundation Cotillion to Raise Funds for New Outpatient Infusion Center

Mark your calendar for Saturday, November 3, 2007! That's when some 400 attendees will gather at the Hanover Marriott in Whippany, NJ for the 18th Annual HRMC Foundation Cotillion. The spirit of the evening will include recognition of the 2007 Cotillion honorees – Physician Honoree Valsala Narayanan, M.D., and Honorary Chairs Norman and Deirdre Worth of WRNJ Oldies 1510. Dr. Narayanan is an anesthesiologist with a lengthy affiliation with HRMC, and the Worths are well known to the community and the hospital thanks to their many charitable endeavors and affiliations.

Proceeds from this year's Harvest Cotillion will go toward the development of an Outpatient Infusion Center, which will provide chemotherapy, hydration, antibiotic therapy and transfusions to patients in this region. "This hospital has done a remarkable job of consistently elevating the level of healthcare in our region. How could we not support the efforts of so many people who make HRMC such a special place?" said Honorary Chair Norman Worth.

During this popular black-tie gala, Cotillion attendees will enjoy music from two bands, "Souled Out" and "The Blues Brotherhood...A Tribute to the Blues Brothers." 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. For more information, please call the Foundation office at 908-850-6876. ■



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 20 from 10am-2pm at the Warren County Technical School on Route 57, Washington.

Dozens of vendors will be present providing everything from important information to great food, as well as answering your questions related to services for seniors. Hackettstown Regional Medical Center, one of the Expo's Gold Sponsors, will offer a variety of 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, for which local seniors

may submit their art work in advance for display at the event. The winner's work may be used in promotional material to support next year's Expo. Call the Chamber for more information.

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.

Parking is plentiful and rides are available from the parking lot to the entrance for those who need assistance. For more information, call the Warren County Regional Chamber of Commerce at 908-835-9200. ■

HRMC PRESENTS: AN EVENING OF INSPIRATION

CONTINUED FROM PAGE 1

the release of Western hostages in Lebanon in January 1987, Mr. Waite himself was kidnapped and held in captivity for 1,763 days, the first four years of which were spent in total solitary confinement.

Mr. Waite will share his views on the power of the human spirit, resolving conflict, and the interface of personal faith and public service. His honesty, straightforward manner and captivating sense of humor endear him to people of all ages.

The evening will also feature special operatic vocalist, Robert Clausnitzer, recipient of the Governor's Award at the New Jersey Opera Festival.

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



Autumn = THE JOAN KNECHEL MEMORIAL WALK

The sights and sounds of autumn are in the air, and for many, that's a sign that the 5th Annual Joan Knechel Memorial Walk is on the horizon. This year's Walk will be held on Sunday, October 21st at scenic Mountain Lake in Liberty Township. The 2.5- or 5-mile walks will benefit the Joan Knechel Cancer Center at Hackettstown Regional Medical Center.

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 in 2002, but her courageous journey through her illness and

her positive attitude continues to serve as an inspiration to many. It was always Joan's wish that there could be a healthcare facility that offered state-of-the-art cancer treatment closer to home. That wish was realized with the opening of the Joan Knechel Cancer Center in the summer of 2005.

Registration forms for the JKMW are now available, and teams and individual walkers are encouraged to participate. New this year is the opportunity to purchase a silver "dove" for the "Dove Tree" to honor or memorialize someone you know who has battled cancer. There will be a special prize

drawing for anyone raising \$50 or more in pledges, and event day festivities will include food, music and prizes.

Sanofi Aventis is the presenting sponsor of the 5th Annual Joan Knechel Walk. Organized by a volunteer planning committee, the Walk has raised over \$210,000 for the cancer center.

For information about participating in the Walk, please call 908-850-6836 or visit www.hrmcnj.org for an event form and directions to Mountain Lake. Join the fun and the community spirit by participating in the JKMW on October 21st! ■

HRMC Committed to Quality

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international leader with a long proven ability to identify, test and specify standardized performance measures.

Our staff has worked diligently to improve documentation of HRMC's performance in 2007. We are pleased with the results to date and want to share our best practices improvements with you.

HRMC's goal is to be in the top 10% of New Jersey hospitals with regard to these four measures. As you can see, we have made tremendous progress in 2007 to date. We are well on our way to reaching our goal! ■

Breast Cancer Detection

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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, call (908) 441-1500. ■

Calendar

PROGRAMS AND EVENTS FOR OUR COMMUNITY

Presented by the Center for Healthier Living



Calendar A:

HealthLink Senior Programs (pages 8-10)

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

THURSDAYS, BEGINNING OCT. 4 (10 WEEKS),
2 – 3PM

For the series \$27; For a single class \$3

This exercise program uses gentle activities to help increase joint flexibility and range of motion. With the guidance of certified Arthritis Foundation instructor Erin Altis 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.

Non-Surgical Treatment of Heart Disease

WEDNESDAY, OCTOBER 24, 10AM

FREE

Dr. Bruce Haik, M.D., F.A.C.C., F.A.C.P., Medical Director of HRMC’s Cardiac Catheterization Lab will discuss non-surgical treatment of heart disease. This informative program will include information about the diagnosis and treatment of heart disease for both men and women.

Tai Chi for Arthritis

6 WEEKS BEGINNING WED., OCT. 24, 3 – 4PM

Fee: \$20

Tai Chi from the Arthritis Foundation is a program that was designed to improve the quality of life for people with arthritis. This program includes exercises that may improve mobility, breathing and relaxation. Joan Cummins, a Certified Tai Chi and Exercise Instructor for the Arthritis Foundation will conduct this new movement program. Joan is the Director of Recreational Services at Paragon Village.

Stitch and Chat

WEDNESDAYS, OCT. 31 & NOV. 28, 10:30AM

FREE

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

Hearing Screening

CRAIG BARTH, M.S., CCC-A
TUESDAY, NOVEMBER 6
1-4PM APPOINTMENTS REQUIRED
Fee: \$10

Does it seem that the people around you are mumbling or not speaking clearly? Do you need to turn the volume up on the television? HealthLink will be offering a hearing screening conducted by Audiologist Craig Barth. This screening will be held at the Medical Office Building next door to the hospital. Call HealthLink for an appointment.

Brown Bag Medication

TUESDAY, NOVEMBER 13, 11AM
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 medications or supplements that you use. Lunch will be provided courtesy of funding from the Hackettstown Municipal Alliance.

All About the Eye

THURSDAY, NOVEMBER 15, 1PM
FREE

Dr. Sean Lalin of Retina Specialists of New Jersey will present this program which will include information about age-related problems and diseases of the eye and various treatment options. Dr. Lalin will also discuss some of the more common treatments and surgeries.

AARP Driver Safety Program

TUESDAY, NOV. 27 & THURSDAY, NOV. 29,
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 participants for an automobile insurance premium reduction or discount. Check with your insurance agent. This course must be renewed every three years.

Back in Time: D-Day – The Invasion of Normandy

TUESDAY, DECEMBER 4, 10:30AM
FREE

Bob Stead will lead a discussion of the planning for the invasion of Normandy. Topics will include the special equipment used, deception efforts, plans and tactics devised to ensure the success of Operation Overlord.

Computer Class

WEDNESDAY, DECEMBER 5, 11:45AM
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.

HealthLink Senior Programs (continued on p. 10)



HealthLink Senior Programs (continued from p. 9)

Chronic Pain Management

MONDAY, DECEMBER 3, 10:30AM

FREE

Dr. George Mellendick and the Counseling and Addiction Center will discuss chronic pain and a new pain management program which helps people learn to cope with and assume control of their pain. Chronic pain is pain that has persisted for at least three to six months and is not responding to available medical options. Lunch will be provided through a grant from the Hackettstown Municipal Alliance.

Annual Holiday Party

WHERE: MINEBROOK GOLF CLUB, HACKETTSTOWN
THURSDAY, DECEMBER 13, 12 NOON

Fee: \$16

This year's 2007 Holiday Luncheon will once again be held at the Minebrook Golf Club. 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. Doors open at 11:45am.

Programs for Everyone

CPR Classes

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

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.

Heartsaver CPR

TUESDAY, NOVEMBER 6, 6PM

TUESDAY, DECEMBER 4, 6PM

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.

CPR for Family and Friends

SATURDAY, OCTOBER 20, 9AM

SATURDAY, NOVEMBER 10, 9AM

MONDAY, NOVEMBER 26, 6PM

SATURDAY, DECEMBER 15, 9AM

THURSDAY, DECEMBER 20, 6PM

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, OCTOBER 25, 6PM

TUESDAY, NOVEMBER 13, 6PM

WEDNESDAY, DECEMBER 19, 6PM

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 (AED). Students will receive a course completion card upon successful skills testing.

Save a Life!

About 75 percent to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.

American Heart Association

BLS for Healthcare Providers

TUESDAY, NOVEMBER 6, 9AM
TUESDAY, NOVEMBER 27, 6PM
THURSDAY, DECEMBER 6, 9AM
TUESDAY, DECEMBER 11, 6PM

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

TUESDAY, OCTOBER 23, 6PM
WEDNESDAY, NOVEMBER 7, 9AM
THURSDAY, NOVEMBER 29, 6PM
THURSDAY, DECEMBER 13, 6PM
TUESDAY, DECEMBER 18, 9AM

Fee: \$50

Heartsaver First Aid Class

THURSDAY, NOVEMBER 8, 6PM
TUESDAY, DECEMBER 18, 6PM

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

MONDAYS,
OCTOBER 15 & 22, 5 – 8PM
NOVEMBER 5 & 12, 5 – 8PM
DECEMBER 3 & 10, 5 – 8PM

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.



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

Breast Cancer Support Group

This group is 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

This group is designed 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.

Additional Support Groups

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.

Look Good...Feel Better®

MONDAY, OCTOBER 22, 6:30 – 8:30PM

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 (800) 227-2345.

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, OCTOBER 22, NOVEMBER 26, 7PM

FREE

This support group is open to anyone with diabetes. It is an opportunity to share information and ideas and receive education. This group will meet the 4th Monday of each month 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, NOVEMBER 19, DECEMBER 17, 7PM

FREE

This new 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. This group will meet the third Monday of each month at 7PM in the Conference Dining Room of Hackettstown Regional Medical Center. Facilitator is Patricia Merritt, a holistic RN, and Patricia Santoro, an occupational therapist. Both Instructors are living with chronic pain and have taught many people how to increase their quality of life while living with chronic pain. For more information and to register, please call (908) 850-6935. Participation criteria applies to attend this group.

Programs and Screenings

Blood Pressure Screenings

WEDNESDAYS, NOV. 7, DEC. 5, 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.

Snoring Clinic

WHERE: CARDIOLOGY DEPARTMENT/HRMC

WEDNESDAYS, NOV. 14, DEC. 12,

5:30 – 7:30PM

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.



Continuous Glucose Monitoring Clinic

WHERE: HRMC CONFERENCE DINING ROOM

FRIDAY, NOV. 16, 1 – 3PM

FREE

The Diabetes Education Department, in conjunction with the Diabetes Alert Program, will be offering two free Continuous Glucose Monitoring Clinics. Continuous Glucose Monitoring offers people with diabetes insight that a finger stick can not. Continuous monitoring records glucose levels automatically every 5 minutes, 24 hours a day. It can provide information on the patterns and trends of glucose levels that will help develop a plan for better glucose control.

To participate, a prescription from your physician is required and you must wear a tiny sensor that is easily inserted under the skin for 72 continuous hours.

To register, call Debra Wesley, RN CDE at 1-800-999-9859 ext. 2710. For questions, call Donna Kendrick, RN, BSN, CDE at 908-850-6937

Flu & Pneumonia Vaccination

THURSDAY, OCT. 25, 8:30AM – 12PM

Fee: Flu – \$25, 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 Management

AN EDUCATION PROGRAM FOR PEOPLE WITH DIABETES

TUESDAYS, NOV. 6, 13 & 20, 6:30 – 8:30PM

FREE

This education program 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.

Diabetes Screening

WEDNESDAY, NOVEMBER 14, 9 – 11AM

FREE

While an estimated 11.1 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 three-hour fast is required before coming in for this quick finger stick. Results are immediate.

No appointments are necessary.



Cholesterol Screening

COMPLETE 4-PART CHOLESTEROL TEST

TUESDAY, NOVEMBER 20, 7 – 9AM

FREE

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.

Preparing for Pregnancy

WHERE: CENTER FOR HEALTHIER LIVING

MONDAY, NOVEMBER 26, 7PM

FREE

This informative lecture is for anyone considering pregnancy in the next year or who is now in the early stages of pregnancy. The program will be led by Kim Schad, MS,CNM and Kelly Murphy, MSN, CNM of All About Women OB/GYN Associates in Hackettstown. Topics covered will include pre-conception testing, genetics screening, nutrition, medication use, vitamins and supplements, and exercise. Concerns and questions to ask your provider prior to pregnancy will also be discussed.

Stroke Screening

WHERE: HRMC

WEDNESDAY, NOVEMBER 28, 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. This screening is funded through the NJ Department of Health and Senior Services Stroke Center Grant.

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 the 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, DEC. 1 & 8, 8AM – 1PM

WEDNESDAYS, OCT. 3 – NOV. 7, OR

NOV. 14 – DEC. 19, 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. 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.

Sibling Class

WHERE: HRMC CONFERENCE DINING ROOM

SATURDAY, DEC. 8, 10 – 11:30AM

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

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

Newborn Baby Care

SUNDAY, DEC. 9, 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.

Breastfeeding Classes

TUESDAY, NOV. 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.



Born Beautiful!

Families choose the Childbirth Family Center for compassionate care, comfortable rooms, expert medical treatment—and a safe delivery. We want what's best for you and your new baby.



Healthier Living

Don't miss...
18th Annual
Foundation Cotillion
Saturday, November 3
See p. 6



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