SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

COMMUNITY CALENDAR AUGUST 2014

NICU Only One in Jersey to Earn Award for Excellence

Like so many first-time parents, Anthony and Lisa Nardino anticipated with joy and excitement the birth of their first children, a twin boy and girl. Complications arose when labor started two months early. Thanks to the great work of Saint Peter's high risk team, two small and fragile babies were delivered safely. Anthony David and Chiara Francesca spent a month and a half in the Neonatal Intensive Care Unit (NICU) at The Children's Hospital at Saint Peter's University Hospital.

"Although our pregnancy was high risk, we felt particularly secure knowing the excellent reputation of Saint Peter's NICU. Now we can speak from experience that the NICU is truly awesome and a gift to parents whose children need special care after birth," says Lisa Nardino. "We feel blessed and grateful that Anthony and Chiara are now thriving at home with us."

After several weeks in the nationally recognized NICU, they were released after they had gained weight and become stronger.

The Nardino children are among the nearly 6,000 babies born every year at Saint Peter's University Hospital, more than 500 of them low-birth-weight babies. The hospital welcomes more newborns than any other hospital in New Jersey. Most require only a brief stay, usually while their mothers are here, but some babies must remain for a longer period. When this is necessary, they are treated in the NICU. The American Association of Critical Care Nurses recently awarded Saint Peter's NICU the Silver Beacon Award for Excellence. The unit is the only NICU in New Jersey to achieve this honor and one of only five in the country to earn this distinction for providing exceptional care to infants. Licensed for 54 bassinets, the unit provides the most comprehensive neonatal care in the state for newborns and infants with medical or surgical problems.

"The Beacon Award is an external validation of the quality of care and caring provided by our NICU nurses on a daily basis," says Elizabeth Wykpisz, RN, MSN, MBA, NEA-BC, chief nursing officer and vice president, Patient Care Services. "This is an outcomes based award, where recognition is provided based on measurements that assess our quality of care."

Elizabeth Wyckpisz, RN, MSN, MBA, NEA-BC

The NICU at Saint Peter's is part of New Jersey's first state-designated Regional Perinatal Center. The Regional Perinatal Center at Saint Peter's, designated in 1981, is renowned throughout the state for the exceptional level of high-risk maternity and neonatal care provided. Board-certified physicians and specialized staff care for women experiencing high-risk pregnancies and infants born premature or with serious medical issues.

"Our NICU has the most sophisticated and modern technology, but it is the people who work here that make it extraordinary," says Mark Hiatt, MD, chief of Neonatology at Saint Peter's.

Anthony and Lisa Nardino at the baptism of their children Anthony and Chiara at St. Peter the Apostle Church in New Brunswick. Photo courtesy of Marites Allen.

In addition to state-of-the art medical expertise, the babies in the NICU receive care that is family-centered, ensuring that the best, the most individualized and extremely personal care possible. Parents and grandparents visit the unit and are actively involved in care that includes giving the children the skin-to-skin time needed for a baby's well-being and for psychological bonding between caregiver and child. The unit is staffed 24 hours-a-day by a board certified neonatologist, nurse practitioners, a physician assistant, registered nurses, respiratory therapists, and a neonatal-trained pharmacist, a board certified specialist in pediatric nutrition, and a social worker. Also available on call 24 hours-a-day are specialists in multiple pediatric specialties. Primary care nurses are assigned full-time to children whether they are admitted for a few days or months.

Thanks to a generous donation from The Provident Bank Foundation, Saint Peter's is the first hospital in New Jersey to provide parents and loved ones with the ability to see their children in real-time 24 hours-a-day via a secure online portal on their smartphones, computers and other mobile devices. This spring all bassinets in the NICU were equipped with a camera.

Recently Saint Peter's became the only hospital in New Jersey currently with a protocol for the use of Prolact+, a milk product that, when added to mom's milk, provides the nutrients a baby needs to develop while avoiding serious complications. The American Academy of Pediatrics recommends human milk for all infants, and especially those with low-birth-weight. For very premature babies, breast milk alone cannot provide what a preterm baby needs to grow as it would in the womb. The milk needs to be enriched with a fortifier, typically made from cow's milk. The new product Saint Peter's is using is made from banked, pasteurized human milk. The results of a study published in the *Journal of Pediatrics* demonstrate that extremely premature infants who are fed an exclusive human milk diet instead of preterm formula have a significantly lower incidence of surgery associated with the intestinal disease necrotizing enterocolitis (NEC) and require fewer days of intravenous feedings through total parenteral nutrition (TPN), when compared to infants receiving cow milk-based fortifier, or when mother's own milk was unavailable.

The NICU also utilizes the most advanced therapies using state-of-the-art technologies. These include high frequency jet ventilation, and high frequency oscillators which help babies without stressing the lungs, and brain cooling, a treatment that only recently became available to stop the damage caused by asphyxia or lack of oxygen to the brain. The NICU became one of the first to offer this procedure in 2011.

The Saint Peter's NICU was one of the first in New Jersey to evaluate the use of surfactant therapy, which is now routinely used to treat breathing problems in premature babies. "Because the NICU has attending neonatologists and highly skilled in-house staff coverage 24 hours-a-day, 7 days-a-week, we can assure families that their children are getting the best care available anywhere," says Dr. Hiatt.

Mark Hiatt, MD

To learn more about the NICU at Saint Peter's visit saintpetershcs.com/NICU. To find a doctor affiliated with Saint Peter's call 1-855-SP-MY-DOC (1-855-776-9362) or visit saintpetershcs.com/findaphysician.

A LISTING OF PROGRAMS OFFERED THIS MONTH CAN BE FOUND ON THE REVERSE SIDE.

NEED A DOCTOR? TO FIND A SAINT PETER'S PHYSICIAN, CALL 1-855-SP-MY-DOC (1-855-776-9362).

COMMUNITY CALENDAR

AUGUST 2014

All programs are designed for community members and are held at Saint Peter's University Hospital, unless otherwise noted.
For more information or to register for a program, call the contact number listed or visit **saintpetershcs.com/newsandevents.**

CANCER SERVICES

The **American Cancer Society** offers daily information and support to cancer patients and their families. Call **1-800-227-2345** to talk to a cancer information specialist 24 hours-a-day, seven days-a-week or visit us online at www.cancer.org.

Breast Cancer Support Group
AUGUST 4 & 18, 7:00 PM – 8:30 PM
Guest speaker and open discussion.
Registration required.
Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW • 732-235-7011

Gynecologic Cancer Support Group
AUGUST 12, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey • 732-235-6792

Latina Women with Cancer Support Group
AUGUST 9, 10:00 AM – 1:00 PM
AUGUST 22, 6:00 PM – 8:30 PM
Sister Marie de Pazzi Conference Center
Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish.
Call 908-658-5400 for more information.

Living with Cancer Support Group
AUGUST 13 & 27, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
Barbara Hale, LCSW • 732-235-7557

SUPPORT GROUPS

Autism Family Support Group
AUGUST 3, 3:00 PM – 5:00 PM
877-886-9462

Alzheimer's/Dementia Caregivers Support Group
AUGUST 12, 10:00 AM – 11:30 AM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, CSW • 609-655-6853

Bariatric Surgery Support Group
AUGUST 14, 6:00 PM – 7:00 PM
Lisa Lapinski, RD • 732-745-8600, x8159

Bereavement Support Group
AUGUST 7 & 21, 7:00 PM – 8:30 PM
732-745-8565

Caregivers Support Group/Monroe
AUGUST 14, 1:30 PM – 3:00 PM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Stephanie Fitzsimmons-Sexton, RN, NP
609-655-2220

SHARE Support Group
(for those who have suffered miscarriage, stillbirth or neonatal death)
AUGUST 14, 7:00 PM – 9:00 PM
Irina Mariano-Brown, MSW, LCSW
732-745-8522

DIABETES EDUCATION

Children's Insulin Pump Group
AUGUST 11, 6:30 PM – 8:30 PM
Donna Dziedzic, RN, MSN, CDE
732-745-8600, x8751

Diabetes Self-Management Education
HELD MONDAYS AND TUESDAYS
Registration and doctor's prescription required.
732-745-6667

Gestational Diabetes Self-Management Class
HELD WEDNESDAYS AND THURSDAYS
Registration and a doctor's prescription required.
732-745-6667

COMMUNITY MOBILE HEALTH SERVICES

For more information about screenings and educational programs, please call 732-745-8600, x8903.

Blood Pressure Screening
AUGUST 26, 10:30 AM – 11:30 AM
Manville Senior Center, Manville

Blood Pressure/Blood Sugar Screenings
AUGUST 8, 9:30 AM – 10:30 AM
New Brunswick Senior Center, New Brunswick

AUGUST 8, 11:00 AM – 12:30 PM
Elijah's Promise, New Brunswick

AUGUST 9, 10:00 AM – NOON
Greater Refuge Church of Christ, Plainfield

AUGUST 10, 1:00 PM – 4:00 PM
St. Lawrence Church, Lawrence Harbor

AUGUST 23, 11:30 AM – 1:00 PM
New Brunswick Community Farmers' Market, New Brunswick

Blood Pressure/Blood Sugar and Cholesterol Screenings
AUGUST 2, 11:00 AM – 2:00 PM
New Creation Apostolic Faith Church, Somerset

Skin Cancer Screening
AUGUST 13, 12:30 PM – 3:30 PM
Middlesex Borough High School, Middlesex

AUGUST 19, 11:00 AM – 12:30 PM
Crescent Park Senior Housing, Spotswood
Residents only.

AUGUST 22, 10:30 PM – 12:30 PM
Montgomery Senior Center, Skillman
Residents only.

Sun Damage Screening Using DermaScan Machine
AUGUST 6, 5:00 PM – 8:00 PM
Woodbridge Township Health Department, Woodbridge

AUGUST 27, 10:30 AM – 11:30 AM
Quailbrook Senior Center

PARENT EDUCATION

For information, fees and registration, call Parent Education at 732-745-8579, unless otherwise indicated.

Baby Care
AUGUST 2, 9:00 AM – 1:00 PM

AUGUST 4 & 11, 7:00 PM – 9:30 PM

Breastfeeding Class
AUGUST 23, 9:00 AM – 11:30 AM

Breastfeeding Support Group
AUGUST 1, 1:00 PM – 2:30 PM
732-745-8600, x8820

Grandparents Class
AUGUST 7, 4:00 PM – 6:00 PM

Marvelous Multiples
AUGUST 2, 9 & 16, 7:00 PM – 9:30 PM

New Daddy Class
AUGUST 28, 7:00 PM – 9:00 PM

New Mom Class
AUGUST 28, 2:30 PM
Classes on safe exercising and ergonomics taught by a Saint Peter's Sports Medicine Insittute physical therapist.

New Mom Support Group
AUGUST 1, NOON – 1:00 PM
Light lunch will be served at noon.
Registration required.

Postnatal Yoga and Exercise Class
(four-week sessions)
FRIDAYS, 6:00 PM – 7:15 PM
Registration required.

Pregnant Mom Class
AUGUST 28, 7:30 PM
Classes on safe exercising and ergonomics taught by a Saint Peter's Sports Medicine Insittute physical therapist.

Prenatal Yoga and Exercise Class
(four-week sessions)
WEDNESDAYS AND FRIDAYS
7:00 PM – 8:30 PM
Registration required.

Prepared Childbirth Classes
MONDAYS, THURSDAYS, OR ALL-DAY SESSIONS SECOND AND FOURTH WEEKENDS
Registration required.

Sibling Class
AUGUST 23, 12:30 PM – 1:30 PM

FREE COMMUNITY LECTURES

Weight Control: New Medicare Horizons
AUGUST 6, 1:00 PM
Presenter: Therese Wyman, RD
Stonebridge Adult Community, Monroe Township
Residents only.

Medical Fitness: Back Pain and Stenosis
AUGUST 6, 3:00 PM
Presenter: Sang Song, MD, Physical Medicine and Rehabilitation
Regency Adult Community, Monroe Township
Residents only.

How to Keep Your Heart Healthy
AUGUST 11, 2:00 PM
Presenter: Dinesh Singal, MD, cardiologist
The Ponds Adult Community, Monroe Township
Residents only.

Understanding Knee Pain in Active Adults
AUGUST 12, 1:30 PM
Presenter: Naimish Baxi, MD, Physical Medicine and Rehabilitation
Concordia Adult Community, Monroe Township
Residents only.

Children's Nutrition
AUGUST 14, 10:00 AM – NOON
Presenter: Teresa Grasso, RD, CDE
Kiddie Keep Well Camp, Edison
Campers only.

NEW COMMUNITY SERVICE

New patient-centered medical home focuses on treating and preventing diabetes and hypertension.

Saint Peter's Healthcare System has launched a "patient-centered medical home" for uninsured and underinsured adults with diabetes mellitus and hypertension who reside in central New Jersey. This highly targeted effort takes direct aim at two of the most serious but often preventable diseases. Patients will be referred into the new Saint Peter's program through outpatient services, the emergency department, inpatient services, same-day services, and community health screenings conducted by Saint Peter's clinical staff. Services will be provided at Saint Peter's Family Health Center, 123 How Lane, New Brunswick. The program will provide preventive care, education, lifestyle modification, nutrition consultation, medication management, care coordination and discharge planning, a dedicated patient navigation system, and improved social services.

SPECIAL EVENTS

EMS NIGHT AT SOMERSET PATRIOTS

FRIDAY, AUGUST 1
6:00 PM GATHERING BEFORE THE GAME UNDER THE SAINT PETER'S TENT
7:05 PM GAME
TD Ballpark, Bridgewater. Visit www.saintpetershcs.com/EMSNight to register. EMS members and guests only.

NATIONAL NIGHT OUT

TUESDAY, AUGUST 5
7:00 PM
Safety is promoted at street festival-style gatherings in communities throughout the country.
Spotswood Municipal Center • 5:00 PM - 8:00 PM
Feaster Park, New Brunswick • 4:30 PM - 7:30 PM
Rowland Park, South Brunswick • 6:00 PM - 900 PM

BARIATRIC WEIGHT LOSS SEMINAR
THURSDAY, AUGUST 7
7:15 PM - 9:30 PM
For more information, and to register, call Lisa Lapinski, RD, at **732-745-8600, x8159.**

EMS EDUCATION SERIES
THURSDAY, AUGUST 28
7:00 PM
TOPIC: NEWBORN RESUSCITATION
Free; refreshments served. CEU credits.
Call **908-238-3254** to register.

STROKE SCREENINGS
LIFE LINE SCREENING has partnered with Saint Peter's Healthcare System to provide health screenings throughout Central Jersey. Stroke screenings will be available at the following locations. Pre-registration is required. **All screenings begin at 9:00 AM. For more details about the screening and cost for screening, call 1-877-557-7497.**

SATURDAY, AUGUST 2
Good Shepherd Lutheran Church, Old Bridge

WEDNESDAY, AUGUST 6
United Reform Church, Somerville

THURSDAY, AUGUST 7
Scotch Hills County Club, Scotch Plains

TUESDAY, AUGUST 12
West Belmar United Methodist, Belmar

WEDNESDAY, AUGUST 13
Highland Park Senior Center, Highland Park

FRIDAY, AUGUST 15
Colonia VFW Post 6061, Colonia

THURSDAY, AUGUST 21
Comfort Inn Suites, Tinton Falls

SAVE THE DATE

28TH ANNUAL SAINT PETER'S GOLF CLASSIC
MONDAY, SEPTEMBER 8
The Ridge at Back Brook in Ringoes
Call Saint Peter's Foundation: **732-745-8542**.

DIABETES EDUCATION SUPPORT GROUP
TUESDAY, SEPTEMBER 10
10:30 AM - 11:30 AM
Center for Ambulatory Resources (CARES), 4th Floor conference room. For information call: **732-745-8600, x8079**.

LOOK GOOD...FEEL BETTER
MONDAY, SEPTEMBER 22
4:00 PM - 6:00 PM
Radiation Oncology Department. Free makeovers available for women undergoing cancer treatments.
Call **1-800-227-2345** to register.

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.

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Treating you better...for life.

254 Easton Avenue, New Brunswick, NJ 08901 | 732-745-8600 | 800-269-7508 | www.saintpetershcs.com

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Catholic hospital sponsored by the Diocese of Metuchen | State-designated children's hospital and regional perinatal center
Major clinical affiliate of Rutgers Biomedical and Health Sciences | Affiliate of The Children's Hospital of Philadelphia