SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

COMMUNITY CALENDAR DECEMBER 2012

Emergency Department to Double in Size Creating One of the State's Largest Pediatric EDs

Saint Peter's Healthcare System has begun an exciting expansion of the Emergency Department at Saint Peter's University Hospital. The renovation and construction project, which will be done in five phases, calls for almost doubling the size of the adult and pediatric emergency departments from 18,000 square feet to approximately 29,000 square feet. The new Emergency Department will be large enough to accommodate 70,000 to 75,000 patients a year, creating shorter wait times while giving patients the space and privacy they deserve.

During Phase I, which is underway, a new and expanded Pediatric Emergency Department will be constructed along with a new front entrance to the Emergency Department. This renovation will create one of the largest pediatric emergency departments in New Jersey, with 14 beds plus a minor care area. The Children's Hospital at Saint Peter's University Hospital, which provides advanced and comprehensive, specialized services to infants and children, is a state-designated children's hospital. The new front entrance will include a redesigned visitors' area, a new area for walk-in patients, and a new and expanded entrance for ambulances that will also increase ambulance parking.

The work will be done in stages with no disruptions to services, explains Michael Hochberg, MD, chairman of Emergency Medicine. As each stage is completed, the newly designed areas are expected to be opened immediately. "Patient care will not be affected in any way, at any time," he says.

Michael L. Hochberg, MD, FACEP
Chair, Emergency Medicine

Today's Emergency Department dates back to the 1970s when about 40,000 patients were seen in a year.

Artist rendering of the new Saint Peter's University Hospital Emergency Department.

Over the years, the number of patients has grown to approximately 60,000 patients, including those treated by the staff of the hospital's Stroke Program. As a designated primary stroke center, the hospital is staffed by a specialized stroke team that includes emergency physicians, neurologists and nurses with special training in acute stroke management who are available 24 hours a day, seven days a week. In addition, Saint Peter's provides emergency angioplasty for patients who come to the Emergency Department during a heart attack.

"Ultimately, it's all about patient care," Dr. Hochberg says. "We already see patients effectively, safely and privately, but it can get cramped. This is going to open up the department and create a more patient-friendly environment."

During Phase 2, the Emergency Department will gain new adult and pediatric "fast-track" rooms as well as additional treatment beds. More treatment space will be added through Phases 3, 4, and 5. The renovations will also create three treatment "pods," each of which will focus on separate treatment areas: acute care, women's health, and rapid-treatment. The acute-care bay will be designed to treat emergency situations such as heart attack and stroke. Conditions such as early pregnancy complications and OB/GYN emergencies will be treated in the women's health area. The rapid-treatment section will provide more speedy services such as IV fluids and X-ray imaging, enabling patients to return home quickly and safely.

When the work is completed in about two-and-a-half years, the Saint Peter's Emergency Department will hold 56 beds. The vast majority will be four-walled private rooms with a small number of so-called "curtained rooms." The entire Emergency Department – from equipment to flooring – will be brand-new.

"Privacy, speed and comfort are really what we are going for," adds Heather Veltre, RN, administrative director, Emergency Services. "Patients want to be seen right away, be cared for by skilled and courteous staff in a nice environment, and be able to go home faster."

Visit saintpetershcs.com/services for more information about services at Saint Peter's University Hospital or call 732-745-8600.

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

COMMUNITY CALENDAR

DECEMBER 2012

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 our Web site at www.saintpetershcs.com/newsandevents/

SUPPORT GROUPS

Autism Family Support Group
DECEMBER 9, 3:00 PM – 5:00 PM
877-886-9462

Bariatric Support Group
DECEMBER 13, 6:30 PM – 8:00 PM
Lisa Lapinski, RD
732-745-8600, x8159

Bereavement Support Group
DECEMBER 6 & 20, 7:00 PM – 8:30 PM
732-745-8565

Bereavement Support Group
DECEMBER 4 & 18, 2:00 PM – 3:00 PM
For spouses and significant others 55 and older.
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Sean O'Brien, MSW, LSW
Lisa Sparaco, MSW, LSW
609-409-1363, Option 5

Caregivers Support Group/Monroe
DECEMBER 13, 1:30 PM – 3:00 PM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Stephanie Fitzsimmons-Sexton, RN, NP
1-800-269-7508 or 609-655-2220

Alzheimer's Support Group/Monroe
DECEMBER 11, 10:00 AM – 11:30 AM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, CSW
Lisa Sparaco, MSW, LSW
609-655-6853

Craniofacial Boys & Girls Support Group
(boys and girls ages 11 to 17 meet separately)
MEETS SUNDAYS DURING THE SCHOOL YEAR
Helene Knee, LCSW
732-745-7943

Interstitial Support Group
DECEMBER 18, 11:30 AM
732-390-0422

Jump Start New Parent Autism Support Group
DECEMBER 20, 11:30 AM
877-886-9462

NEW Latina Women with Cancer Support Group
DECEMBER 8, 10:00 AM – 1:00 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.

Pregnancy after Loss Support Group
(for pregnant women who have previously experienced a loss)
Registration required.
Dawn Brady, MSW
732-745-8600, x5214

SHARE Support Group
(pregnancy and infant loss support group)
DECEMBER 13, 7:00 PM – 9:00 PM
732-745-8600, x8522

COMMUNITY MOBILE HEALTH SERVICES

For more information about screenings and educational programs, or the CMHS **corporate flu shot** program, please call 732-745-8600, x8903.

Blood Pressure Screening
DECEMBER 1, 10:00 AM – 11:30 AM
Kiddie Keep Well Camp
Senior Campers only.

Blood Pressure/Blood Sugar Screenings
DECEMBER 1, 10:00 AM – 11:30 AM
Old Bridge Municipal Complex, Old Bridge

DECEMBER 3, 10:00 AM – NOON
Old Bridge Senior Center, Municipal Complex, Old Bridge

DECEMBER 12, 1:00 PM – 2:30 PM
Milltown Senior Center, Milltown

Health Fairs
DECEMBER 11, 2:00 PM – 5:00 PM
Canal Walk Adult Community
Residents only.

DECEMBER 16, 9:00 AM – NOON
Saint Joseph's Roman Catholic Church, New Brunswick

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
DECEMBER 3 & 17, 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
DECEMBER 11, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
732-235-6792

Living with Cancer Support Group
DECEMBER 12, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
Barbara Hale, LCSW
732-235-7557

DIABETES EDUCATION

Children's Insulin Pump Group
DECEMBER 11, 6:30 PM – 8:00 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

FREE COMMUNITY LECTURES

COMMON FOOT PROBLEMS AND TREATMENT
DECEMBER 3, 1:00 PM
Presenter: Nrupa Shah, MD
Whittingham Adult Community
Residents only.

LIVING WITH PAIN – WHAT YOU CAN DO ABOUT IT
DECEMBER 10, 1:00 PM
Rossmoor Adult Community
Presenter: Manan Patel, MD
Residents only.

DECEMBER 11, 3:00 PM
Clearbrook Adult Community
Presenter: Manan Patel, MD
Residents only.

DIZZINESS, PARKINSON'S GAIT AND BALANCE
DECEMBER 11, 1:30 PM
Concordia Adult Community
Presenter: Richard Behar, MD, and Seema Dixit, MD
Residents only.

PARENT EDUCATION

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

Baby Care
DECEMBER 3 & 10, 7:00 PM – 9:30 PM

DECEMBER 15, 12:30 PM – 4:30 PM

Breastfeeding Class
DECEMBER 15, 9:00 AM – 11:30 AM

Breastfeeding Support Group
DECEMBER 7, 1:00 PM – 2:30 PM
732-745-8600, x8820

Marvelous Multiples
DECEMBER 3, 10 & 17, 7:00 PM – 9:30 PM

New Daddy Class
DECEMBER 27, NOON – 1:00 PM

New Mom Support Group
DECEMBER 7, NOON – 1:00 PM
Light lunch will be served at noon.
Registration required.

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

Prenatal Nutrition Class and Tour
DECEMBER 11, 7:00 PM – 8:00 PM
Registration required.
Linda Hudak, MS, RD
732-745-7930

Prenatal Yoga and Exercise Class
(four-week sessions)
HELD 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
DECEMBER 1, 10:00 AM – 11:00 AM

Visit our website at saintpetershcs.com/maternity/ to watch our **Maternity Virtual Tour**

SPECIAL EVENTS

BARIATRIC WEIGHT LOSS SEMINAR
THURSDAY, DECEMBER 13
7:00 PM – 9:00 PM
For more information and to preregister, call Lisa Lapinski at **732-745-8600, x8159**.

SAVE THE DATE

MARTIN LUTHER KING ANNUAL LEGACY INTERFAITH PRAYER SERVICE
MONDAY, JANUARY 21, 2013
1:00 PM
Sister Marie de Pazzi Conference Center
Call **732-745-8551** for more information.

"SPRING IS IN THE AIR" FASHION SHOW
SATURDAY, MARCH 23, 2013
Sponsored by The Auxiliary of Saint Peter's University Hospital
Pines Manor
2085 Lincoln Highway, Edison
Price: $60.
Call **732-745-6641** for more information.

BABY FAIR
SUNDAY, APRIL 28, 2013
NOON-3:00 PM
Local vendors and various Saint Peter's departments will feature their services.
Sister Marie de Pazzi Conference Center
Call Parent Education at **732-745-8579** for more information about the event or about reserving a vendor table.

Saint Peter's is on Facebook and YouTube. Like us on the Saint Peter's University Hospital, The Children's Hospital at Saint Peter's University Hospital and Saint Peter's Adult Day Center Facebook pages. Subscribe to our Saint Peter's Healthcare System channel and join the community which has watched videos about our services more than 16,000 times.

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

Catholic hospital sponsored by the Diocese of Metuchen | State-designated children's hospital and regional perinatal center
Regional medical campus of Drexel University College of Medicine | Affiliate of The Children's Hospital of Philadelphia