

Community Mobile Health Services Drives Saint Peter's into the Community

On any given day of the week, a Community Mobile Health Services (CMHS) registered nurse from Saint Peter's University Hospital can be found at a church, homeless shelter, worksite, senior center, school, or even the local mall. If members of the community can't get to Saint Peter's, CMHS brings Saint Peter's to them, often delivering screenings and education aboard the 34-foot mobile unit the department operates on behalf of the hospital.

The department's team, which includes physicians, registered nurses, advanced practice nurses and technicians, travels thousands of miles a year into communities throughout Middlesex and Somerset counties. CMHS has broadened its reach in recent years by partnering with health departments in Middlesex and Somerset counties to provide wellness programs to residents.

"We know that those we serve benefit from our health screenings because we follow up," says Marge Drozd, MSN, RN, APRN-BC, director of Community Mobile Health Services. "When abnormal results are detected, our registered nurses refer patients to area physicians, healthcare facilities or wherever their medical home is."

Last month Community Mobile Health Services was awarded a 2013 Community Outreach Award for Enhancing Access and Quality of Care to Reduce Disparities. Awarded to Saint Peter's by the New Jersey Hospital Association's Health Research and Educational Trust of New Jersey, the award recognized the Clergy Health Initiative, a wellness program for the priests of the Roman Catholic Diocese of Metuchen. In partnership with the Diocese, which serves as the sponsor of Saint Peter's University Hospital, CMHS provided a health fair for priests at their annual retreat.



"The program gave Saint Peter's the opportunity to offer care to those clergy who normally are busy caring for their flock," says Drozd. "It led to many other health fair opportunities at various parishes within the Diocese."

Health services included flu shots and cholesterol, blood pressure, blood sugar, body mass index, skin cancer and memory screenings provided by registered nurses. Individual consultations with registered dietitians, pharmacists, and physicians also were provided.

Having experienced first-hand the work of CMHS, the priests in turn requested that CMHS visit their parishes, leading to a larger outreach initiative that provided health screenings for many members and residents in the communities served by the churches.

In the past two years alone, Community Mobile Health Services has provided health education and screenings to 30,000 people at hundreds of sites. Since 2002, services provided have been funded partially by more than \$800,000 in grants.

Services

CMHS continues its outreach to all faith-based organizations, businesses, and civic groups in the community offering services which include:

- Blood pressure screenings
- Blood sugar screenings
- Breast health education
- Cholesterol screenings
- Hearing screenings
- Height, weight and body mass index measurements
- Immunization testing
- Osteoporosis screenings
- Prostate screenings
- Skin cancer screenings
- Stroke risk assessment screenings
- Sun damage screening using a DermaScan machine
- Vaccines
- Vision screenings

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Call 732-745-8600, ext. 8903 or visit SaintPetersHCS.com/CMHS for more information about Community Mobile Health Services.

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
MARCH 10, 3:00 PM – 5:00 PM
 877-886-9462

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

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

Bereavement Support Group
MARCH 5 & 19, 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
MARCH 14, 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
MARCH 12, 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

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)
MARCH 14, 7:00 PM – 9:00 PM
 732-745-8600, x8522

DIABETES EDUCATION

Children's Insulin Pump Group
MARCH 12, 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

BACK PAIN AND ARTHRITIS
MARCH 4, 1:00 PM
 Presenter: Sang Song, D.O.
 Greenbriar @ Whittingham Adult Community,
 Monroe Township
 Residents only.

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

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

MARCH 9, 10:00 AM – 12:30 PM
 Affinity Credit Union, 2190, Route 27, Edison

MARCH 15, 12:30 PM – 2:30 PM
 Plainsboro Senior Center, Plainsboro

MARCH 21, 1:00 PM – 2:00 PM
 Spotswood Senior Center, Spotswood

Blood Pressure/Blood Sugar and Cholesterol Screenings
MARCH 13, 10:00 AM – NOON
 Saint Peter's Family Health Center
 123 How Lane, New Brunswick

PARENT EDUCATION

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

Baby Care
MARCH 4 & 18, 7:00 PM – 9:30 PM

MARCH 9, 12:30 PM – 4:30 PM

Breastfeeding Class
MARCH 9, 9:00 AM – 11:30 AM

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

Infant Massage Class
MARCH 6, 6:00 PM – 7:30 PM

Marvelous Multiples
MARCH 4 & 18, 7:00 PM – 9:30 PM

New Mom Support Group
MARCH 1, 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
MARCH 19, 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
MARCH 2, 10:00 AM – 11:00 AM

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

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
MARCH 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
MARCH 12, 7:00 PM – 8:30 PM

Cancer Institute of New Jersey
 732-235-6792

Latina Women with Cancer Support Group
MARCH 9, 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.

Living with Cancer Support Group
MARCH 13 & 27, 7:00 PM – 8:30 PM

Cancer Institute of New Jersey
 Barbara Hale, LCSW
 732-235-7557

SPECIAL EVENTS

WEIGHT LOSS SEMINAR
THURSDAY, MARCH 14, 7:15 PM - 9:30 PM
 For more information, and to register, call Lisa Lapinski at **732-745-8600, x8159**

FOR WOMEN WITH CANCER LOOK GOOD/FEEL BETTER
MONDAY, MARCH 11, 6:00 PM - 8:00 PM
 Center for Ambulatory Resources (CARES). A program of the American Cancer Society. Free makeovers for women undergoing treatment for cancer. Call **1-800-227-2345** to preregister.

SUPPORTING FAMILY MEMBERS WITH DEMENTIA
TUESDAY, MARCH 12, 5:30 PM
 Saint Peter's Adult Day Center, 200 Overlook Drive, Pondview Plaza, Monroe Township. Discussion and screening of video on family support. Presenter: Teepa Snow, occupational therapist. Complimentary admission and refreshments. Call **609-655-6853** by March 11 to register.

"SPRING IS IN THE AIR" FASHION SHOW
SATURDAY, MARCH 23, 11:30 AM - 4:00 PM
 Sponsored by The Auxiliary of Saint Peter's University Hospital to benefit the hospital's Breast Center programs. Pines Manor, 2085 Lincoln Highway, Edison. Price: \$60. For details call **732-745-6641** or email saintpetersfashionshow@gmail.com.

DIABETES: FROM HEAD TO TOE
SATURDAY, MARCH 23, 8:30 AM - 3:30 PM
 Fourth Annual Education Conference North Brunswick Township High School 98 Raider Road, North Brunswick. Call **732-469-7979, ext. 3510** for more information. Community Mobile Health Services will provide free medical screenings from 11:00 AM to 3:00 PM. Also scheduled: bilingual seminars, cooking and fitness demonstrations, and children's activities.

KIDFEST
SATURDAY, MARCH 23, 11:00 AM - 3:00 PM
 Rutgers University College Avenue Gymnasium. Staff of The Children's Hospital at Saint Peter's will provide health information and education. Co-sponsored with Magic 98.3 FM. Visit magic983.com for more information.

AMERICAN DIABETES ALERT DAY
TUESDAY, MARCH 26, 1:00 PM - 4:00 PM
 Sister Marie de Pazzi Conference Center, Room 5. Saint Peter's Community Mobile Health Services staff will provide blood sugar screenings and body mass index measurements.

SAVE THE DATE

OPEN HOUSE FOR THE NEW DOROTHY B. HERSH PEDIATRIC EMERGENCY DEPARTMENT
THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL
TUESDAY, APRIL 9, 2:00 PM - 7:00 PM
 Tour of and information about the new 14-bed plus minor care pediatric emergency department featuring private rooms and fast-track area.

RUTGERS DAY 2013
SATURDAY, APRIL 27, 10:00 AM - 4:00 PM
 College Avenue. Various Saint Peter's departments and Community Mobile Health Services will provide health education services and screenings.

SAVE THE DATE

BABY FAIR

Sunday, April 28, 2013 · Noon – 3:00 p.m.
 Sister Marie de Pazzi Conference Center

For more information, please call Parent Education at 732-745-8579.

SAINT PETER'S UNIVERSITY HOSPITAL
 A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM
 Treating you better...for life.
www.saintpetershcs.com/babyfair

SPECIAL DELIVERY

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