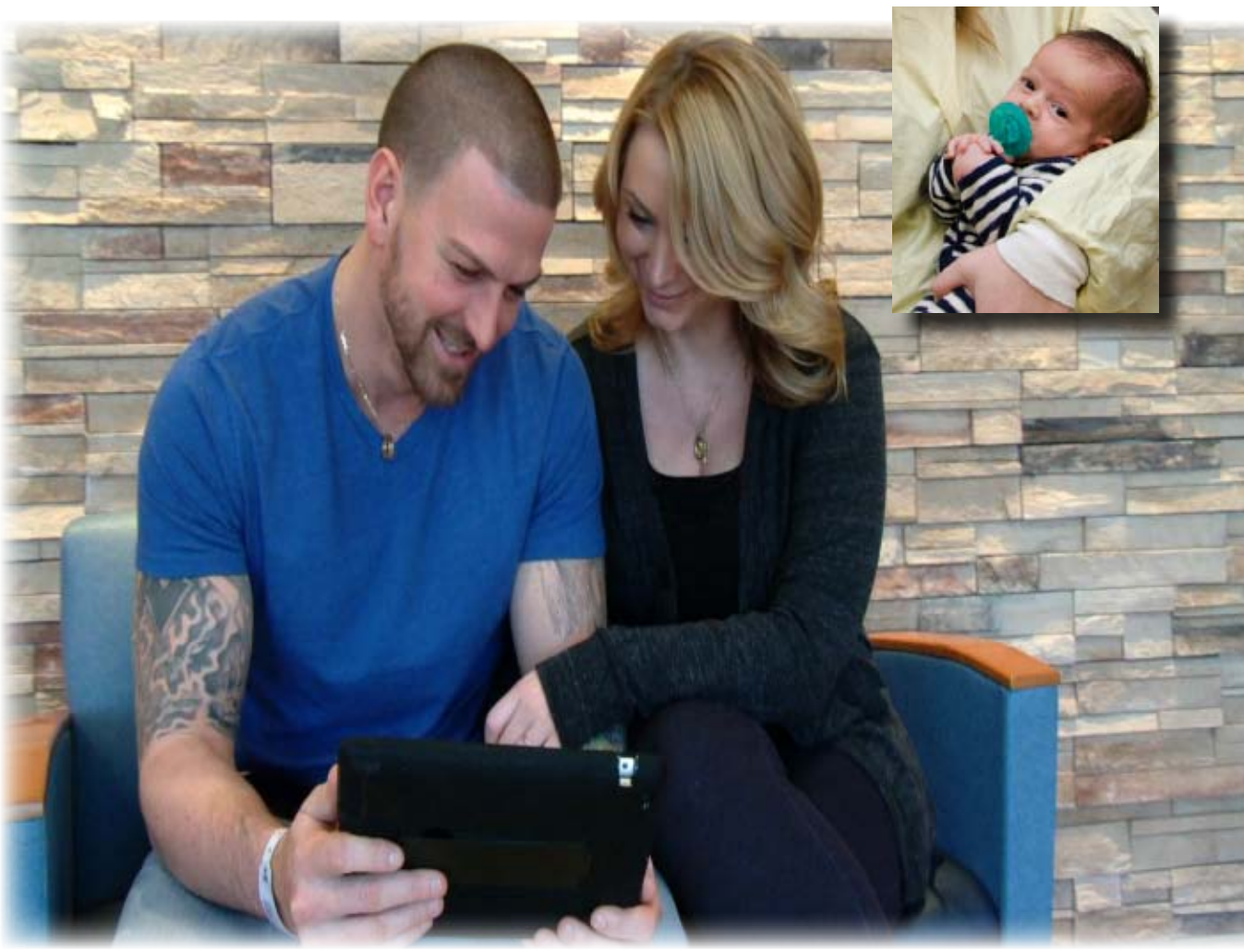
SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

COMMUNITY CALENDAR MAY 2014

A Secure Camera System Provides Peace of Mind to Parents of Babies in the Neonatal Intensive Care Unit

Jeffrey's arrival was a milestone for Joyce Carrion. He was her very first grandchild, the first child of her daughter, Alison, and husband, Eric Hornecker. She couldn't wait to see him, carry him, cuddle with him, and talk to him. And she got to do all of this when he came home to South River from the hospital for two days before having to be rushed back with a medical problem that required surgery and an admission to the Neonatal Intensive Care Unit (NICU) at The Children's Hospital at Saint Peter's University Hospital. She was thankful that Saint Peter's was the only hospital in Central Jersey that still made it possible for her to see her grandson morning, noon, and night, even if she couldn't touch him those first few days following surgery.



Eric and Alison Hornecker watch their first son on a tablet using NICVIEW.

Mrs. Carrion was able to see her grandson thanks to NICVIEW, a small camera placed at the infant's bassinet that is equipped with technology that broadcasts real-time video 24-hours-a-day through a secure online portal. Parents can view their child from any computer or mobile device, phones included. This goes for extended family members, too; only those who are given a password by parents can access the system. A mobile app is not required.

Joyce Carrion of South River with her daughter Alison Hornecker and baby Jeffrey

"The camera was a God-send," Mrs. Carrion said while visiting Jeffrey in the NICU at Saint Peter's, days before he was released. "I would look in on him when I got up in the morning, every chance I got during the day, and right before I went to bed every night."

Needless to say being able to see their son was a comfort for mom and dad too. They spent almost every waking moment at the hospital with Jeffrey, but when they couldn't, they checked in on him on their tablet. "The camera gave us peace of mind," says Alison. So when dad returned to work after a few weeks of being off, he watched his son proudly on NICVIEW too.

The arrival of a new baby is an amazing time for a family. For some whose babies need to be admitted to the NICU, those first days, or weeks, can be difficult.

The Level III Neonatal Intensive Care Unit (NICU) at The Children's Hospital at Saint Peter's University Hospital is part of New Jersey's first state-designated Regional Perinatal Center. The NICU, licensed for 54 bassinets, provides the most comprehensive neonatal care in the state for newborns and infants with medical or surgical problems. The NICU is staffed 24-hours-a-day by board certified neonatologists, nurse practitioners, a physician assistant, registered nurses, respiratory therapists, a neonatal-trained pharmacist, and a social worker. Also available on call 24-hours-a-day are specialists in multiple pediatric specialties.

Recognizing the importance of nurturing the special bond between a family and their infant, Saint Peter's has equipped all the bassinets in its NICU with a NICVIEW camera, becoming the first regional perinatal center to do so in Central Jersey. The project was made possible thanks to a generous $100,000 donation by The Provident Bank Foundation.

"It was not a difficult decision," says Karen McMullen, The Provident Bank Foundation board member who suggested the donation be made following her first visit to the NICU. "By giving parents and families the ability to see their child when they couldn't be with them, we knew we had done something to help during this emotional time."

For information about Saint Peter's NICU services, including NICVIEW, please call Ann Marie Tvedt, nurse manager, at 732-745-8600, ext. 8448. To make a donation to the NICU or the NICVIEW project, call 732-745-8542.

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

MAY 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.**

SUPPORT GROUPS

Autism Family Support Group
MAY 11, 3:00 PM – 5:00 PM
877-886-9462

Alzheimer's/Dementia Caregivers Support Group
MAY 13, 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
MAY 8, 6:00 PM – 7:00 PM
Lisa Lapinski, RD • 732-745-8600, x8159

Bereavement Support Group
MAY 1 & 15, 7:00 PM – 8:30 PM
732-745-8565

Bereavement Support Group
MAY 20, 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
609-409-1363, option 5

Caregivers Support Group/Monroe
MAY 8, 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)
MAY 8, 7:00 PM – 9:00 PM
Irina Mariano-Brown, MSW, LCSW
732-745-8522

PARENT EDUCATION

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

Baby Care
MAY 17, 9:00 AM – 1:00 PM

MAY 12 & 19, 7:00 PM – 9:30 PM

Breastfeeding Class
MAY 24, 9:00 AM – 11:30 AM

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

Grandparent Class
MAY 15, 4:00 PM – 6:00 PM

Marvelous Multiples
MAY 5 & 12, 7:00 PM – 9:30 PM

New Mom Support Group
MAY 2, 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.

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
MAY 24, 12:30 PM – 1:30 PM

FREE COMMUNITY LECTURES

BACK PAIN IN OLDER ADULTS
MAY 5, 1:00 PM
Presenter: Manan Patel, MD, orthopedics
Greenbriar at Whittingham Adult Community, Monroe Township. Residents only.

SCREENING FOR LUNG CANCER
MAY 7, 1:00 PM
Presenter: Howard Waksman, MD, pulmonologist
Stonebridge Adult Community, Monroe Township
Residents only.

MEDICAL FITNESS: BACK PAIN AND STENOSIS
MAY 12, 1:00 PM
Presenter: Sang Song, DO, Physical Medicine and Rehabilitation
Rossmoor Adult Community, Monroe Township
Residents only.

MEAL PLANNING – EASY AND HEALTHY
MAY 12, 2:00 PM
Presenter: Teresa Grasso, RD, CDE
The Ponds Adult Community, Monroe Township
Residents only.

DIZZINESS
MAY 13, 1:30 PM
Presenter: Seema Dixit, DO, neurologist
Concordia Adult Community, Monroe Township
Residents only.

ADVANCES IN ARTHROPLASTY
MAY 13, 3:00 PM
Presenter: Sunil Thacker, MD, orthopedics
Clearbrook Adult Community, Monroe Township
Residents only.

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
MAY 5 & 19, 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
MAY 13, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey • 732-235-6792

Latina Women with Cancer Support Group
MAY 14, 10:00 AM – 1:00 PM
MAY 28, 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
MAY 14 & 28, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
Barbara Hale, LCSW • 732-235-7557

DIABETES EDUCATION

Children's Insulin Pump Group
MAY 13, 6:30 PM – 8:30 PM
Donna Dziedzic, RN, MSN, CDE
732-745-8600, x8751

Diabetes Education and Support Group/ Monroe Township
MAY 27, 1:30 PM – 2:30 PM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Contact: Therese Wyman, RD, CDE, at 609-409-1363.

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/Blood Sugar Screenings
MAY 6, 11:00 AM – 12:30 PM
Alliance Center for Independence, Edison

MAY 9, 11:00 AM – 12:30 PM
Elijah's Promise Soup Kitchen, New Brunswick

MAY 18, 11:30 AM – 1:30 PM
Our Lady of Mount Carmel Church, New Brunswick

Blood Pressure/Blood Sugar and Bone Density Screenings
MAY 12, 9:00 AM – 11:00 AM
North Brunswick Senior Health Center,
North Brunswick. Senior Center Residents only.

Bone Density Screening
MAY 9, 9:30 AM – 10:30 AM
New Brunswick Senior Center, New Brunswick

MAY 20, 11:00 AM – NOON
South River Senior Center, South River

Skin Cancer Screening
MAY 12, 10:00 AM – 1:00 PM
Woodbridge Township Health Department,
Woodbridge. Residents only by appointment.

Sun Damage Screening Using the DermaScan Machine
MAY 18, 12:30 PM – 2:00 PM
Reformed Church of North Brunswick, North Brunswick

Health Fair
MAY 5, 10:00 AM – 1:00 PM
John Neumann Diocesan Center, Piscataway

MAY 29, 10:00 AM – 2:00 PM
Quailbrook Senior Center, Franklin. Employees only.

SPECIAL EVENTS

JUST FOR THE HEALTH OF IT
SUNDAY, MAY 4 • NOON - 3:00 PM
Takes place in Buccleuch Park across the street from Saint Peter's University Hospital. Annual health fair and community celebration sponsored by Saint Peter's Healthcare System and the City of New Brunswick. Saint Peter's staff will provide free screenings and health education information. Call **732-745-8551.**

BARIATRIC WEIGHT LOSS SEMINAR
THURSDAY, MAY 8 • 7:15 PM - 9:30 PM
For more information, and to register, call Lisa Lapinski, RD, at **732-745-8600, x8159.**

ANNUAL ADULT COMMUNITY HEALTH FAIRS IN MONROE TOWNSHIP

Saint Peter's University Hospital staff and local vendors provide health screenings and education and information. Call **609-655-2220** for more details.

THURSDAY, MAY 8 • 10:00 AM - 1:00 PM
Concordia Adult Community
FRIDAY, MAY 16 • 10:00 AM - 1:00 PM
Rossmoor Adult Community
THURSDAY, MAY 19 • 10:00 AM - 1:00 PM
Greenbriar @ Whittingham Adult Community
FRIDAY, MAY 29 • 5:00 PM - 7:00 PM
Encore Adult Community

EMS EDUCATION SERIES
THURSDAY, MAY 29 • 7:00 PM
TOPIC: RESPIRATORY EMERGENCIES
Free; refreshments served. CEU credits.
Call **908-238-3254** to register.

STROKE AWARENESS MONTH SCREENINGS

Community Mobile Health Services staff will provide a free stroke screening. Call **732-745-8600, x8903** for information.
THURSDAY, MAY 1 • 5:00 PM - 8:00 PM
THURSDAY, MAY 15 • NOON - 3:00 PM
SATURDAY, MAY 31 • 10:00 AM - NOON
Sister Marie de Pazzi Conference Center.

WEDNESDAY, MAY 22 • NOON - 1:30 PM
Margaret McLaughlin McCarrick Care Center, Somerset

WEDNESDAY, MAY 28 • NOON - 1:30 PM
Family Health Center, New Brunswick

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; call **1-877-557-7497**.

SATURDAY, MAY 3 • 9:00 AM
Saint Matthias
168 John F. Kennedy Boulevard, Franklin
THURSDAY, MAY 7 • 9:00 AM
Cranbury Inn
21 South Main Street, Cranbury
THURSDAY, MAY 8 • 9:00 AM
Hibernian Foundation of Trenton
2419 Kuser Road, Trenton
FRIDAY, MAY 16 • 9:00 AM
Holy Trinity Church
100 Main Street, Helmetta
FRIDAY, MAY 23 • 9:00 AM
Hightstown Engine Company
140 North Main Street, Hightstown
WEDNESDAY, MAY 28 • 9:00 AM
Edison Elks Lodge
375 Old Post Road, Edison

BONE DENSITY SCREENING

FRIDAY, MAY 16 • 2:30 PM - 4:30 PM
Sister Marie de Pazzi Conference Center
Community Mobile Health Services staff will provide screening and education.
Call **732-745-8600, x8903** for information.

DON'T FRY DAY - SUN DAMAGE SCREENING USING THE DERMASCAN MACHINE

FRIDAY, MAY 23 • 11:00 AM - 1:00 PM
Community Mobile Health Services staff will provide screening. Call **732-745-8600, x8903** for information.

PEDIATRIC ASTHMA AWARENESS MONTH EVENT
WEDNESDAY, MAY 28 • 6:30 PM - 8:00 PM
Presenter: Archana Singh, MD, pediatric pulmonologist, The Children's Hospital at Saint Peter's University Hospital. Sister Marie de Pazzi Conference Center. Parents will learn about the signs and symptoms of asthma, testing and diagnosis, and treatments, as well as how to help their children manage their asthma. Children, ages 11-18, are welcome to join their parents and learn ways to keep their asthma under control. To register for this free program, call Pediatric Pulmonology at **732-565-5467**, prompt #1.

SAVE THE DATE

SEVENTH ANNUAL BIKE RIDE FOR AMY
SUNDAY, JUNE 1
7:00 AM check-in; 8:00 AM start
South Brunswick High School
To register or donate visit The Amy Foundation.org/bikreride

COMMUNITY GOLF OUTING
TUESDAY, JUNE 10
Forsgate Country Club, Monroe Township
For more information, call Saint Peter's Foundation at **732-745-8542**.

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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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