

November
2017



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



l-r Sayreville Chief of Police John Zebrowski, Marge Drozd, director, Saint Peter's Community Health Services, and Spotswood mom Jean Stevenson are delivering presentations about the dangers of addiction in the community.

Opioids are a class of drugs that include the illegal drug heroin, synthetic drugs such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

The Saint Peter's task force is currently focused on two areas:

Education

Providing physicians and healthcare providers at Saint Peter's and in the community, including schools, with information about opioid legislation and treating patients who experience pain or addiction.

Community Engagement

Education about naloxone—which goes by the brand name Narcan—the medication used to block the effects of opioids during an overdose; working with recovery coaches to help patients as part of a grant with the city of Woodbridge; classroom outreach; and collaboration with local chiefs of police.

#EndOverdose Saint Peter's Spearheads a Campaign to Tackle Opioid Addiction

Barbara Stevenson took the pain killers her doctor prescribed for debilitating back pain. Her mother, Jean, never imagined that first prescription would eventually contribute to Barbara becoming ill with addiction and eventually dependent on the street opioid of choice - heroin. Nor could she have imagined that she would suffer the hell of withdrawal during two inpatient stays in a rehabilitation facility. Nor that just a day short of returning to rehab for a third time, Barbara would die of an overdose at home.

It is thought that the opioid epidemic is the nation's fastest growing public health crisis. Approximately 175 people die every day in America from a drug overdose. In the last four years alone, the rate of deaths associated with heroin overdoses has increased by 420 percent in Middlesex County, and opioid prescription pain relievers were responsible for more overdose deaths than heroin and cocaine combined.

"I am sharing my story because I don't want any other mother to have to suffer," says Jean, who is partnering with Saint Peter's University Hospital to present community talks about the medical disease that is addiction.

The talk entitled, "The Opioid Epidemic: A Perspective on Addiction," has been presented in local schools and to local law enforcement. The talk, delivered by Jean, Marge Drozd, MSN, RN, director of Saint Peter's Community Health Services, and Sayreville Chief of Police John Zebrowski, is part of the outreach component of a new initiative created to help reverse the alarming trend of opioid abuse.

The initiative is the work of the newly-created Opioid Addiction Treatment Task Force led by senior leadership, physicians, nurses, care coordination social workers, emergency services, and pharmacy operations within Saint Peter's Healthcare System, in partnership with resource-sharing community groups such as the Wellspring Center for Prevention and its Coalition for Healthier Communities; Woodbridge Opioid Overdose Recovery Program; Healthier Middlesex Consortium; and law enforcement, including the Middlesex County Chiefs of Police Association. The Woodbridge program is providing recovery coaches, men and women who are recovering addicts working to help those suffering from substance abuse. As in other hospitals around the country, recovery coaches visit patients in the Saint Peter's Emergency Department who are there to be treated following an overdose.

"Prescription pain medication is the nation's fastest-growing public health crisis, with upward of nine million people in this country using prescription medications for non-medical uses," said Linda Carroll, RN-BC, MSN, vice president of Patient Care Services and chief nursing officer at Saint Peter's. "Opioid pain relievers are involved in more overdose deaths than cocaine and heroin combined. This is an insidious public health crisis unlike anything we've seen before."

"From my perspective as a community nurse, this is an epidemic that knows no economic, racial or geographic limits," Drozd says. "It's so dangerous to our families and the social fabric of our neighborhoods that a solution must be found."

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.

Special Events

Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events. Most programs are **FREE** unless noted; please call for information.

EMS Education Series Thursday, November 30 7:00 PM

DOCUMENTATION REVIEW

Call 732.745.8600, x6671 to register.
FREE Parking, **FREE** CEUs,
FREE Dinner.

National Sisters Together - Move More, Eat Better Program

Thursday, November 2
6:00 PM - 7:00 PM

Sister Marie de Pazzi Conference Center

Blood pressure screening provided
by the Community Health Services staff.

SAINT PETER'S UNIVERSITY HOSPITAL AUXILIARY

THIRD ANNUAL DESIGNER POCKETBOOK BINGO FUNDRAISER

Designer Pocketbooks
50/50 Raffle • Gift Basket Raffles

FRIDAY,
NOVEMBER 3, 2017

Our Lady of Peace Auditorium
1740 Route 130, North Brunswick
Doors Open 5:30 PM • Game Starts 7:00 PM
\$35 per person includes 20 Bingo sheets



Great American Smokeout

November 16
11:00 AM - 1:00 PM

Representatives from Saint Peter's, Wellspring Center for Prevention, American Cancer Society, Family Health Initiatives (NJ Quit Line) will provide smoking cessation program and health education information.

National Diabetes Awareness Month

November 28, Noon - 2:00 PM

Blood Sugar Screening
Sister Marie de Pazzi
Conference Center

#GIVING TUESDAY

November 28

Please join the thousands who support the Saint Peter's Foundation by making a donation today.

saintpetershcs.com/Donate/Giving-Tuesday

Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person

November 16 • 2:00 PM - 3:30 PM

By phone

November 7 • 6:30 PM - 8:00 PM

Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group

November 6 and 20 • 7:00 PM - 8:30 PM

Registration required.

Rutgers Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW

732.235.7011 • **FREE**

Gynecologic Cancer Support Group

November 14 • 7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

Latinos with Cancer Support Group

November 11 • 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. • **FREE**

Life after Cancer Support Group

November 9 • 6:00 PM - 7:30 PM

Call 732.235.6792 to register. • **FREE**

Living with Cancer Support Group

November 8 and 22

7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • 732.235.7557 • **FREE**

Support Groups

MyGoal Autism Family Support Group

November 12 • 3:00 PM - 5:00 PM

877.886.9462 • **FREE**

Alzheimer's/Dementia Caregivers Support Group

November 14 • 10:00 AM - 11:30 AM

Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, MPA, CSW, CALA

Bereavement Support Group For Men Only

(for men who have experienced the miscarriage or stillbirth of a child)

November 16 • 6:00 PM - 7:00 PM

First-floor employee cafeteria conference room.
Registration required.

732.745.8522 • **FREE**

SHARE Support Group

(for those who have suffered miscarriage, stillbirth or neonatal death)

November 16 • 7:00 PM - 9:00 PM

First-floor employee cafeteria conference room.
Irina Mariano-Brown, MSW, LCSW

732.745.8522 • **FREE**

Spouse/Partner Caregiver Support Group

November 2 • 1:30 PM - 3:00 PM

Saint Peter's Adult Day Center
Stephanie Fitzsimmons, EdD, MSN, RN,
APRN-BC

732.745.8600, x8662 • **FREE**

Community Health Services



For more information about screenings and educational programs, or the CHS corporate flu shot program, please call 732.745.8600, x8903

Body Mass Index Measurements and Nutrition Information

Fathers Matter

November 18 • 10:30 AM - 1:00 PM

Crowne Plaza, Edison

Blood Pressure/ Blood Sugar Screenings

November 2 • 9:30 AM - 10:30 AM

New Brunswick Senior Center,
New Brunswick • **FREE**

November 3 • 11:00 - Noon

Elijah's Promise, New Brunswick • **FREE**

November 10 • 10:00 - 11:30 AM

Maher Manor Adult Community, Old Bridge
Residents only.

November 30 • 9:30 AM - 11:30 AM

Old Bridge Senior Center • Members only.

Bone Density Screenings

November 15 • TIME

Ethicon, Bridgewater • Employees Only.

Cholesterol/Blood Pressure/Blood Sugar Screenings

November 12 • 9:00 AM - Noon

St. Augustine's Church, Kendall Park

Community Walks/ Health Fairs

November 16 • 1:00 PM - 4:00 PM

Canal Walk Adult Community, Franklin
Residents Only.

Falls Prevention Presentation

November 13 • 11:30 AM - 12:30 PM

North Brunswick Senior Center,
North Brunswick • Residents only.

November 14 • 1:00 PM - 2:00 PM

Spotswood Senior Center, Spotswood

November 29 • 1:00 PM - 2:00 PM

Monroe Township Library, Monroe

Flu Shots

November 1

1:30 PM - 3:30 PM • 5:30 PM - 7:00 PM

Alice's CUP Food Pantry & Saint Peter's
Soup Kitchen, Saint Peter's Episcopal
Church, Parish Hall, Spotswood

November 8

Edison Senior Center, Edison
Residents only.

November 9

Aspire Pharmaceuticals, Franklin
Employees only.

November 15 • 12:30 PM - 1:30 PM

SHIP's GALLEY I (Soup Kitchen)
St. John's Church, Somerville

Heart Health Lecture

November 13

Canal Walk Adult Community Men's Club
Residents only.

Diabetes Support/ Education*

Diabetes Self-Management Education

Mondays or Tuesdays

Registration and doctor's prescription
required. • 732.339.7630

Gestational Diabetes Self-Management Education

Wednesdays or Thursdays

Registration and a doctor's prescription
required. 732.339.7630

Diabetes Support Groups For Adults

The Diabetes and Hypertension Center at
Saint Peter's University Hospital's Family Health
Center • 123 How Lane, New Brunswick
Call 732.339.7672 for more information. • **FREE**

English

November 14 • Noon - 1:00 PM

Spanish

November 7 • Noon - 1:00 PM

For Children and their Families

November 19 • 3:00 PM - 5:00 PM

Call 732-745-8600, x8610 for more information.
FREE

Parent Education

For information, fees and registration, visit
saintpetershcs.com/parented or call Parent
Education at 732.745.8579.

Baby Care

November 6 and 13 • 7:00 PM - 9:30 PM

November 19 • 9:00 AM - 1:00 PM

Breastfeeding Class

November 4 • 9:00 AM - 11:30 AM

Breastfeeding Support Group

November 3 • 1:00 PM - 2:30 PM

Grandparent Class

November 2 • 4:00 PM - 6:00 PM

Marvelous Multiples

November 18 • 9:00 AM - 5:00 PM

New Mom Support Group

November 3 • Noon - 1:00 PM

Refreshments are served.

Prenatal Yoga and Exercise Class (four-week sessions)

Wednesdays and Fridays

7:00 PM - 8:30 PM

Registration required.

Prepared Childbirth/ Lamaze Classes

Includes maternity services tour

Wednesday and Thursday Evenings

(Series)

Saturday and Sunday (single day)

Registration required.

Sibling Class

November 4 • 12:30 PM - 1:30 PM

Saint Peter's Annual Public Meeting
Monday, December 11, 7:00 PM
Sister Marie de Pazzi Conference Center

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

Also available, online scheduling with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

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

