

May
2018



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Joanne Cunha, MS, CNM



Jennifer Santos, MS, CNM



Grace Fimbel, MS, CNM

Meet the Midwife

A Rutgers University graduate, **Joanne Cunha** earned a Master of Science from the Columbia University School of Nursing in New York City.

"I believe that women should have choices about tests done during their pregnancies, as well as options for labor, for nourishment, activity, and pain management. It's exciting that Saint Peter's is embracing this opportunity for women to have less intervention and more authority."

Also a Rutgers University graduate, **Jennifer Santos** earned a Master of Science degree from Georgetown University in Washington, D.C.

"I am very excited to offer true midwifery care to women who choose Saint Peter's based on a model that embraces pregnancy and birth as normal physiologic and developmental processes in a woman's life, and that highlights shared decision-making and empowerment of women as partners in their care."

A Hunter College graduate, **Grace Fimbel** earned a Master of Science degree from the Columbia University School of Nursing in New York City.

"My philosophy is that pregnancy is a normal part of life. Both my children and my grandson were born outside of the hospital into the competent hands of midwives. I truly believe in the kind of care that families are seeking."

Call the Midwife

The call to action in the title of the PBS television show could be for Saint Peter's University Hospital. Three midwives are now part of the complement of comprehensive women's health services offered at Saint Peter's. Certified Nurse-Midwife **Grace Fimbel** is the latest practitioner to become a part of the Saint Peter's Midwifery Program staff, joining certified nurse-midwives **Jennifer Santos** and **Joanne Cunha** as part of the expansion of services offered by the Obstetrics and Gynecology Department. All of the Saint Peter's midwives are certified by the American Midwifery Certification Board.

The midwives practice the hallmarks of midwifery care, including the empowerment of women as partners in their own care who share in making decisions about their birth experience and lifelong health and disease prevention.

"With close to 5,600 newborns delivered every year at Saint Peter's, we are excited to enhance our renowned maternity services with this new midwifery program," said Linda Carroll, MSN, RN-BC, chief nursing officer/vice president of Patient Care Services.

The Saint Peter's nurse midwives care for women during their pregnancies through delivery, but also can provide routine gynecologic care for women throughout their lives. Expectant mothers have the opportunity to create a birth plan which the midwives use as a roadmap for a mother's birth experience. The plan, available on the Saint Peter's website, makes it possible for women to document options for their birthing experience, including a medication-free birth and the use of birthing tools for comfort.

"The Saint Peter's Midwifery Program will incorporate a woman's birthing plan into the delivery experience," said Pam Harmon, MSN, RNC-NIC, CNML, nursing director, Women and Children's Division. "A plan might call for her to walk around during labor; experience labor without pain medication; include music therapy; and use of birthing tools.

The Saint Peter's Midwifery Program grows out of the hospital's "OB Lite" program which was introduced a few years ago in the Saint Peter's Labor and Delivery Unit. Women who choose this experience are encouraged to document their preferences for birthing alternatives such as bypassing intravenous medications and epidurals, avoiding C-sections and episiotomies, and a preference for tools such as a birthing ball during labor.

The addition of Fimbel, Santos and Cunha to the Obstetrics and Gynecology staff is part of the long-term plan to open a birth center within the hospital. Plans are in place to offer women experiencing low-risk pregnancies the option of giving birth in the center. It will be located a few floors down and easily accessible by a nearby elevator to the Labor and Delivery Unit should a patient need to be transferred due to any complication.

To make an appointment with Saint Peter's midwives, please call 732.339.7879.

The Saint Peter's Birth Plan can be found on the Saint Peter's website at saintpetershcs.com/midwife

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, May 31 • 7:00 PM
NALOXONE ADMINISTRATION
#EndOverdose
Call 732.745.8600, x6671 to register.
FREE Parking, **FREE** CEUs,
FREE Dinner.

Stroke Awareness Month Screenings
Tuesday, May 1
11:00 AM – 1:00 PM
Saint Peter's University Hospital's Family Health Center
Wednesday, May 2
10:00 AM – 1:00 PM
Sister Marie de Pazzi Conference Center

National Sisters Together Move More, Eat Better Program
MENTAL HEALTH
Thursday, May 3
6:00 PM – 7:00 PM
Sister Marie de Pazzi Conference Center

Community Health Services and/or other Saint Peter's staff will provide health information or free screenings at the events:
Sunday, May 6
8:00 AM – 11:00 AM
Highland Park Run in the Park 5K
Highland Park High School
Saturday, May 19
8:00 AM – 11:00 AM
Milltown Follow Me 5K
American Legion, Milltown

Osteoporosis Prevention and Awareness Month Bone Density Screenings
Monday, May 7
1:00 PM – 3:00 PM
Johnson & Johnson Employee Health Center Employees only
Wednesday, May 16
2:30 PM – 4:30 PM
Sister Marie de Pazzi Conference Center
Thursday, May 17
10:00 AM – 12:00 PM
West Windsor Library
Wednesday, May 23
10:00 AM – Noon
Saint Peter's Family Health Center (CARES) • **FREE**

Free Knee Pain Seminar
The Latest Robotic Surgical Techniques to Alleviate Knee Pain
Thursday, June 21
6:00 PM
Sister Marie de Pazzi Conference Center
Call 732-230-7474 to register.

Cancer Support
Bone Marrow Transplant Support Group
For patients who have had an allogeneic transplant.
In person
May 17 • 2:00 PM – 3:30 PM
By phone
May 1 • 6:30 PM – 8:00 PM
Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group
May 7 and 21 • 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
May 8 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
732.235.6792 • **FREE**

Latinos with Cancer Support Group
May 12 • 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
May 10 • 6:00 PM – 7:30 PM
Call 732.235.6792 to register • **FREE**

Living with Cancer Support Group
May 9 and 23 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • 732.235.7557 • **FREE**

Support Groups
Alzheimer's/Dementia Caregiver Support Group
May 8 • 10:00 AM – 11:30 AM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, MPA, CSW, CALA
609.655.6853 • **FREE**

Craniofacial Teen Girls
For ages 11 to 17 • Meets Sundays, monthly.
Call 732.745.8600, x 8113 for information.

MyGOAL Autism Family Support Group
May 13 • 3:00 PM – 5:00 PM
877.886.9462 • **FREE**

SHARE Support Group
(for those who have suffered miscarriage, stillbirth or neonatal death)
May 17 • 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
May 10 • 1:30 PM – 3:00 PM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
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

Blood Pressure/ Blood Sugar Screenings
May 1 • 2:00 PM – 3:30 PM
North Edison Township Free Public Library
FREE

May 11 • 11:30 AM – 12:30 PM
Elijah Promise Soup Kitchen • **FREE**

Blood Sugar/Cholesterol Screenings
May 3 • 2:30 PM – 3:30 PM
DeForest B. Soaries, Jr. Residencies at Somerset • Residents Only

May 11 • 9:30 AM – 10:30 AM
New Brunswick Senior Center • **FREE**

May 30 • 12:30 PM – 1:30 PM
SHIPS 1 Soup Kitchen • **FREE**

Community Talks
Falls Prevention
May 16 • 9:30 AM – 10:30 AM
Edison YMCA • Members only

Sun Damage Screening Using the DermaScan Machine
May 8 • 11:00 AM – 1:00 PM
Amarin Pharma, Bedminster Employees only

Health Fairs (Residents only)
May 10 • 10:00 AM – 1:00 PM
Concordia Adult Community, Monroe Township

May 15 • 10:00 AM – 1:00 PM
Stonebridge Adult Community, Monroe Township

May 22 • 10 AM – 1:00 PM
The Ponds Adult Community, Monroe Township

May 30 • 10:00 AM – 1:00 PM
Clearbrook Adult Community, Monroe Township

Skin Cancer Screening
May 14 • 10:00 AM – 1:00 PM
Woodbridge Township Health Department

Friday, May 25
National Don't Fry Day
FREE
Sun Damage Screening using the DermaScan Machine
10:00 AM – Noon
Sister Marie de Pazzi Conference Center
1:00 PM – 3:00 PM
Saint Peter's Family Health Center, New Brunswick

Are you at risk for diabetes and hypertension?
If you do not have insurance or sufficient coverage to manage chronic illnesses such as diabetes and hypertension, call Saint Peter's Diabetes and Hypertension Center at Saint Peter's Family Health Center, 123 How Lane, New Brunswick, at 732.339.7672.

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
May 8 • 12:00 PM – 1:00 PM

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: May 8 • Noon – 1:00 PM
Spanish: May 1 • Noon – 1:00 PM

For Children and Families Who Face the Challenges of Type 1 Diabetes
May 20 • 3:00 PM – 5:00 PM
Saint Peter's Center for Ambulatory Resources (CARES) • 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
May 7 and 14 • 7:00 PM – 9:30 PM
May 12 • 9:00 AM – 1:00 PM

Breastfeeding Class
May 5 • 9:00 AM – 11:30 AM

Breastfeeding Support Group
May 4 • 1:00 PM – 2:30 PM

Grandparent Class
May 3 • 4:00 PM – 6:00 PM

Marvelous Multiples
May 7, 14, 21 • 7:00 PM – 9:30 PM

New Mom Support Group
May 4 • 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
May 5 • 12:30 PM – 1:30 PM

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

