

June  
2019



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

## Attention to Maternal Health Gains Statewide Attention Saint Peter's Continues Long History of Leading the Way

A regional leader in maternal health services, delivering thousands of babies every year, Saint Peter's University Hospital was New Jersey's first state-designated Regional Perinatal Center to provide exceptional high-risk maternity care for women and their newborns. With services that range from a midwifery service to an award-winning Level III Neonatal Intensive Care Unit (NICU), Saint Peter's has set the standard for maternal and newborn care.



*The Mary V. O'Shea Birth Center, pictured here, is the next step in the evolution of comprehensive women's health services provided at Saint Peter's.*

Saint Peter's University Hospital is the first and only New Jersey hospital in the Council of Women's and Infants' Specialty Hospitals (CWISH), a collaborative of 14 hospitals across the country that works to establish best practices for women's and infants' healthcare services. Widely recognized for its Level III Neonatal Intensive Care Unit (NICU) which has earned awards for its expert nursing care of premature or fragile newborns, mothers experiencing high-risk pregnancies often seek out Saint Peter's for its advanced diagnostic testing and high-risk pre- and postnatal care. With the birth of more than 5,400 babies last year, Saint Peter's continues to be one of the region's top hospital choices for families.

At a time when maternal death due to complications such as postpartum hemorrhage gains attention, Saint Peter's — as it has for many years — stores O-negative blood in its Labor and Delivery Unit. It is standard protocol in the event a mother may need a transfusion due to blood loss. At its two-year-old Simulation Center for Interprofessional Learning, hospital staff is trained to recognize and treat postpartum hemorrhage and reduce complications.

Saint Peter's is also the first in New Jersey to offer Enhanced Recovery After Surgery (ERAS), a specialized program for expectant women experiencing a Caesarean section. The nationally recognized program reduces the need for opioid pain medication while concurrently reducing the length of hospital stay and recovery time. Women can go home sooner yet are connected to the medical team via a mobile app.

Four years ago, The Children's Hospital at Saint Peter's University Hospital became the first regional hospital in the metropolitan area to fully equip its NICU with live-streaming cameras that make it possible for parents to view their babies from a secure, password-protected portal. Recognizing the importance of nurturing the special bond between a family and their infant, Saint Peter's equipped all 54 bassinets in its NICU with a NICVIEW camera. The project was made possible thanks to a generous donation by The Provident Bank Foundation.

This spring the NICU staff launched FaceTime Rounding, the first initiative of its kind in the state to deliver a live audio and visual feed to parents whose infants need specialized long-term care. With the rollout of this new program, parents remain connected to their babies and are able to contribute to real-time discussions and decision-making about their newborn's care while at work or home.

When the Mary V. O'Shea Birth Center is completed this summer, Saint Peter's University Hospital will mark another milestone in its premier role as a regional leader in the state for providing expert maternal health services. Located in the Women and Children's Pavilion, just a few floors down from the hospital's labor and delivery suites and NICU, the birth center will be the first one in the state to be housed on a hospital campus. Women will be able to choose personalized options for giving birth in a home-like environment, with the advantage that should an emergency arise, emergency care is immediately available.

The center is the next step in the evolution of comprehensive women's health services provided at Saint Peter's. Certified nurse midwives will practice at the new, state-of-the-art birth center, providing not just health care for pregnant women, but also wellness care for women of all ages. Saint Peter's introduced midwifery services in 2017 and today three certified midwives make up the team of providers.

In April, the hospital welcomed Carlos W. Benito, MD, (right), maternal fetal medicine specialist, as its new chair of the Department of Obstetrics/ Gynecology.

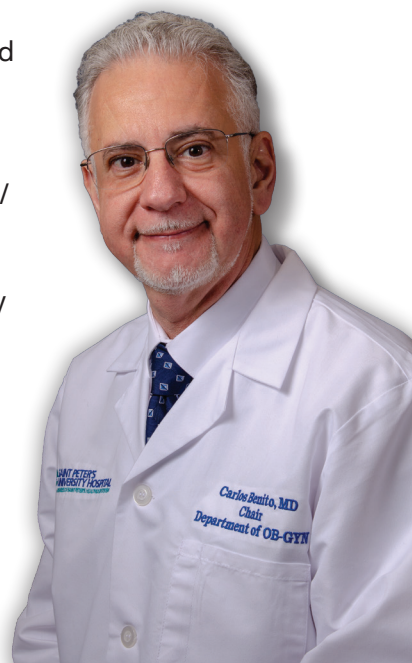
Dr. Benito is a member the New Jersey Maternal Mortality Review Committee and is committed to continuing his advocacy for advancing maternal health outcomes during his tenure and leadership at Saint Peter's.



*Photo: Michael Castronova*

*Joanne Cunha, MS,  
Certified Nurse Midwife (CNM)  
and her patient, Ariana Heinsdorf.*

[saintpetershcs.com/maternity](http://saintpetershcs.com/maternity)





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

## Cancer Support Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

**In person:**  
**June 20 • 2:00 PM – 3:30 PM**  
Rutgers Cancer Institute of New Jersey  
**By phone:**  
**June 4 • 6:30 PM – 8:00 PM**  
**732.235.8522 • FREE**

## Breast Cancer Support Group

**June 3 and 17 • 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

**In partnership with the Cancer  
Support Community Central NJ**  
**June 11 • 7:00 PM – 8:30 PM**  
Rutgers Cancer Institute of New Jersey  
**732.235.6792 • FREE**

## Living with Cancer Support Group

**June 12 and 26 • 7:00 PM – 8:30 PM**  
Rutgers Cancer Institute of New Jersey  
Barbara Hale, LCSW • **732.235.7557 • FREE**

## Support Groups

**Bariatric Support Group**  
**June 13 • 5:00 PM – 6:00 PM Spanish**  
**6:00 PM – 7:00 PM English** **NEW!**  
**Bilingual sessions • FREE**  
**Call Daniela Velastegui, MS, RDN, CSG**  
**at 732.339.7450 for information.**

## Bereavement Support Group

**June 6 and 20 • 7:00 PM – 8:30 PM**  
**Call Pastoral Care at 732.745.8600, x8565**  
**for more information. • FREE**

## Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.  
Group resumes in September.  
**Call 732.745.8600, x8113 for information.**

## Epilepsy Education Support Group

**June 12 • 6:00 PM – 8:00 PM** **NEW!**  
Summer and seizure safety, and nutrition  
education. Light refreshments • **FREE**  
**Call 732.339.7870 for more information.**

## MyGOAL Autism Family Support Group

**June 9 • 3:00 PM – 5:00 PM**  
**877.886.9462 • FREE**

## SHARE Support Group

(for those who have suffered miscarriage,  
stillbirth or neonatal death) **NEW Location**  
**June 20 • 7:00 PM – 9:00 PM**  
Sister Marie de Pazzi Conference Center,  
Room 2. Irina Mariano-Brown, MSW, LCSW  
**732.745.8522 • FREE**

## Spouse/Partner Caregiver Support Group

**June 13 • 1:30 PM – 3:00 PM**  
Parker Adult Day Center, Monroe  
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**

## Community Health Services mobile health van



Welcomes patients:  
**Monday, June 3, Saturday, June 8**  
**and Friday, June 21** in the parking lot  
of **Sacred Heart Church/Holy Family**  
**Parish** located at **56 Throop Street** in  
**New Brunswick.**

## Blood Pressure/Blood Sugar Screenings

**June 4 • 10:00 AM – 11:30 AM**  
Kiddie Keep Well Camp  
Senior attendees only.

**June 14 • 9:30 AM – 10:30 AM**  
New Brunswick Senior Center  
Residents only. • **FREE**

**June 14 • 11:30 AM – 12:30 PM**  
Elijah's Promise Soup Kitchen  
New Brunswick • **FREE**

**June 27 • 2:30 PM – 3:30 PM**  
DeForest B. Soaries Jr. Residences at  
Somerset, Somerset • **FREE**

## Blood Pressure/Blood Sugar/Stroke/Prostate/ Diabetes Education

**June 15 • Noon – 2:00 PM**  
Mount Zion Church, New Brunswick • **FREE**

## Bone Density Screening

**June 12 • 5:00 PM – 6:00 PM**  
Cedar Village, East Brunswick • **FREE**

## Community Presentations

**Falls Prevention Presentation**  
**June 3 • 12:30 PM – 1:30 PM**  
AARP Seniors  
North Brunswick Senior Center • **FREE**

## Health Fairs

**Green Living and Wellness Fair**  
**June 1 • 8:00 AM – 11:00 AM**  
Hillsborough Municipal Building,  
Hillsborough • **FREE**

## Neighborhood Health and Play Family Day

**June 1 • 11:00 AM – 2:00 PM**  
Recreation Park, New Brunswick • **FREE**

**June 10 • 10:00 AM – 1:00 PM**  
Greenbriar at Whittingham • Residents only.

**June 14 • 10:00 AM – 1:00 PM**  
Rossmoor Adult Communities  
Residents only.

**June 19 • 1:00 – 4:00 PM**  
Somerset Run • Residents only.

**June 20 10:00 AM – 1:00 PM**  
Encore Adult Community • Residents only.

## 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 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 doctor's prescription required.  
**732.339.7630**

### Diabetes Support Group

**June 12 • 10:30 AM – 11:30 AM**  
Saint Peter's University Hospital Center  
for Ambulatory Resources (CARES)  
**Call 732.339.7630**

### Type I Diabetes Support Group for Children and their Families

Saint Peter's University Hospital 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](http://saintpetershcs.com/parented)  
or call Parent Education at **732.745.8579**.

## Baby Care

**June 3 and 10 • 7:00 PM – 9:30 PM**  
**June 15 • 9:00 AM – 1:00 PM**

## Breastfeeding Class

**June 1 • 9:00 AM – 11:30 AM**

## Breastfeeding Support Group

**June 7 • 1:00 PM – 2:30 PM**

## New Daddy Class

**June 27 • 4:00 PM – 6:00 PM**

## New Mom Support Group

**June 7 • 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)*

**Thursday evening series (4 consecutive)**  
**7:00 PM – 9:30 PM**

**Saturday and Sunday (single day)**  
**9:00 AM – 5:00 PM**

## Sibling Class

**June 1 • 12:30 PM – 1:30 PM**

We invite those  
who have lost  
a loved one  
to a substance  
abuse addiction  
to a new



## SUPPORT GROUP

**Thursday, June 20**  
**7:00 PM – 8:30 PM**

**Saint Peter's Sports Medicine Institute**  
Conference Room  
**562 Easton Avenue • Somerset, NJ**

**No fee. On-site parking.**

**Questions/Additional Information:**  
**Care Coordination Department,**  
**732.745.8522 or**  
**[jdanyus@saintpetersuh.com](mailto:jdanyus@saintpetersuh.com)**

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## Meet the Midwife

**Monday, June 3**  
**6:00 PM – 7:30 PM**

Antenatal Testing Unit Waiting Room  
First floor, Women and Children's  
Pavilion

## Health Information Table

**Thursday, June 13**  
**6:00 PM – 8:00 PM**

Immaculate Conception  
Church Carnival, Somerville

LISA & DAVID OSTERMAN  
PRESENT

SAINT PETER'S HEALTHCARE SYSTEM'S  
**COMMUNITY GOLF**  
Outing & Networking Reception

IN HONOR OF THEIR SON, DANIEL

Tuesday, June 18, 2019  
Forsgate Country Club  
Monroe Township, NJ

Benefiting  
The NEONATAL INTENSIVE CARE UNIT  
at The Children's Hospital  
at Saint Peter's University Hospital

**THE CHILDREN'S HOSPITAL**  
AT SAINT PETER'S UNIVERSITY HOSPITAL  
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

**For more info call 732.745.8542**

## Summer Health Skin Cancer Screenings

**Thursday, June 6**  
**Thursday, June 27**  
**10:00 AM – 12:30 PM**

Monroe Senior Center  
Residents only.

**Friday, June 21**  
**10:30 AM – 1:30 PM**  
East Brunswick Senior Center,  
East Brunswick • Residents only.

**Saturday, June 29**  
**NOON – 4:00 PM**  
Milltown Pool

**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](http://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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State-designated children's hospital and regional perinatal center

