

November  
2019



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

The Age-Friendly Health Systems initiative was launched in 2017 by The John A. Hartford Foundation and the Institute for Healthcare Improvement.

An Age-Friendly Health System is one in which care is provided according to four geriatric care practices known as the 4Ms: **What Matters, Medications, Mentation and Mobility.**

**What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care

**Medication:** If medication is necessary, use age-friendly medications that do not interfere with what matters to patients

**Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium

**Mobility:** Ensure that older adults move safely every day in order to maintain function



## Saint Peter's Is First and Only Hospital in NJ Recognized as An Age-Friendly Health System

Saint Peter's University Hospital is leading the way in New Jersey to make sure that older adults receive age-friendly expert care. In recognition of that effort, Saint Peter's recently became the **first and only hospital** in New Jersey to be recognized as an Age-Friendly Health System by the Institute for Healthcare Improvement (IHI). With this designation, Saint Peter's, which recently earned a high performing rating in Geriatrics from *U.S. News and World Report*, joins a nationwide movement to improve health care for older adults.

Saint Peter's now joins more than 100 health systems in the United States working to improve care for older adults by providing expert, high-quality, individualized treatment tailored to the goals and preferences of patients and their families. As part of the Age-Friendly Health System initiative, The John A. Hartford Foundation and the Institute for Healthcare Improvement, in partnership with the American Hospital Association and the Catholic Health Association of the United States, are helping hospitals and other care settings implement a set of evidence-based interventions specifically designed to improve care for older adults.

Hospitals such as Saint Peter's test and adapt interventions designed to provide good care by participating in teams referred to as Age-Friendly Health Systems Action Communities. These communities are collaborative entities comprised of healthcare teams from all over the country who are committed to sharing data and learning together. Teams strive toward reliably implementing best practices across emergency departments, intensive care units, medical-surgical units, general wards, and primary and specialty care settings.

Saint Peter's has been focused on providing senior-friendly care for many years, developing programs such as those designed to develop a plan of care for patients who suffer from Alzheimer's disease and other forms of dementia. When Saint Peter's unveiled the larger, newly constructed, 29,000-square foot Robert and Joan Campbell Adult Emergency Department (ED)

Age-Friendly  
Health Systems



a few years ago, for example, the facility included geriatric-friendly enhancements such as softer lighting and mattresses. Areas of geriatric specialty at Saint Peter's include diabetes; diagnosis and treatment of depression and anxiety; diagnosis and treatment of memory loss;

hormone replacement therapy; minimally invasive surgery; nutrition; orthopedic services, including hip resurfacing and knee replacement; pain management; promoting and maintaining health, strength and functional abilities; and wound care and hyperbaric oxygen therapy (HBOT) for nonhealing chronic wounds.

For decades Saint Peter's nurses have staffed offices in Monroe Township in the many adult residential communities, providing care that includes blood pressure checks and drawing blood for testing. Back in 2012, the hospital's NICHE program – Nurses Improving Care for Healthsystem Elders – was recognized for providing excellent care to patients 65 years and older.

"All older adults deserve safe, high-quality health care that is based on what matters most to them as individuals, and delivered reliably in every setting," said Leslie D. Hirsch, president and chief executive officer, Saint Peter's Healthcare System. "Our age-friendly initiative is an important part of our overarching vision to provide every older adult with high-quality, state-of-the-art care that addresses multiple, chronic conditions and aligns with their personal needs. We look forward to sharing our best practices, learning from others, and continuing to improve the care of older adults so that they may enjoy optimum quality of life."



# Special Events

# Community Calendar

In recognition of **Pancreatic Cancer Awareness Month**



## Lunch and Learn Education Event

**Tuesday, November 12, 2019**

**Sister Marie de Pazzi Conference Center**

In conjunction with the Middlesex County Office of Health Services

**9:30 AM – 10:15 AM**

"Walk with the Doc" Join Andrew Korman, MD, gastroenterologist, pancreatic disease specialist at the gazebo in Buccleuch Park

**10:00 AM – Noon**

Giveaways • Educational Materials • Free Parking

**Noon**

Lunch (provided) and Lecture by Dr. Korman  
Registration required. Contact Melissa Manies 732.339.7769 or mmanies@saintpetersuh.com

Remember to Wear Purple!

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:**

**November 21 • 2:00 PM – 3:30 PM**

Rutgers Cancer Institute of New Jersey  
**FREE**

**By phone:**

**November 5 • 6:30 PM – 8:00 PM**

732.235.8522 • **FREE**

### Breast Cancer Support Group

**November 18 • 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**

**November 12 • 7:00 PM – 8:30 PM**

Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

### Living with Cancer Support Group

**November 13 and 27 • 7:00 PM – 8:30 PM**

Rutgers Cancer Institute of New Jersey

Barbara Hale, LCSW • 732.235.7557 • **FREE**

## Support Groups

### Bariatric Support Group

**November 14 • 6:00 PM – 7:00 PM**

Call Daniela Velastegui, MS, RDN, CSG at 732.339.7450 for information. • **FREE**

732.339.7450 for information. • **FREE**

### Bereavement Support Group

**November 7 and 21 • 7:00 PM – 8:30 PM**

Call Pastoral Care at 732.745.8565 for more information. • **FREE**

732.745.8565 for more information. • **FREE**

### Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.

**FREE**

Call 732.745.8600, x8113 for information.

### Epilepsy Education Support Group

**FREE**

Call 732.339.7870 for more information.

### MyGOAL Autism Family Support Group

**November 10 • 3:00 PM – 5:00 PM**

877.886.9462 • **FREE**

### SHARE Support Group

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

**November 21 • 7:00 PM – 9:00 PM**

Sister Marie de Pazzi Conference Center, Room 5. Irina Mariano-Brown, MSW, LCSW

732.745.8522 • **FREE**

### Spouse/Partner Caregiver Support Group

**November 14 • 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**

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 732.339.7675

### Blood Pressure/ Blood Sugar Screenings

**November 6 • 10:00 AM – 11:30 AM**

South River Food Bank • **FREE**

**November 8 • 11:30 AM - 12:30 PM**

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

**November 10 • 1:00 PM – 2:00 PM**

La Victoria Seventh Day Adventist Church, Perth Amboy • **FREE**

Perth Amboy • **FREE**

### Body Mass Index Measurements and Nutrition Information

**November 4 • 9:30 AM – Noon**

Monroe Senior Center, Monroe

Members only • **FREE**

### Bone Density Screening

**November 6 • 9:00 AM – Noon**

Ethicon, Bridgewater • Employees only.

### Community Presentations

**Colorectal Cancer Awareness Education**

**November 6 • 11:00 AM – Noon**

Raritan Valley YMCA, East Brunswick

Members only

**Nutrition for Seniors**

**November 6 • 2:30 PM – 3:30 PM**

DeForest B. Soaries, Jr. Residences

Residents only • **FREE**

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## 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

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

**November 17 • 3:00 PM – 5:00 PM • FREE**

Call 732.745.8600, x8610 for more information.

## 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

**November 4 and 16 • 7:00 PM – 9:30 PM**

**November 11 • 9:00 AM – 1:00 PM**

### Birth Center Class

**November 10 • 9:00 AM – 1:00 PM**

Registration Required

### Breastfeeding Class

**November 2 • 9:00 AM – 11:30 AM**

### Breastfeeding Support Group

**November 1 • 1:00 PM – 2:30 PM**

### Grandparent Class

**November 7 • 4:00 PM – 6:00 PM**

### Hypnobirthing

**Five-week session begins November 14.**

Course fulfills the requirement for first-time families wishing to give birth in the Mary V. O'Shea Birth Center. Call for fee information.

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