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 **PERFORMING** departments, intensive care units, medical-surgical units, **HOSPITALS** 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)



a few years ago, for example, the facility included geriatricfriendly 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-ofthe-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."

2019-20

HIGH

GERIATRICS

Special Events

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!

National Diabetes Month

Screenings and Education

November 21 11:00 AM - 12:30 PM **East Brunswick Senior Center East Brunswick**

November 25

9:30 AM - 11:00 AM **Saint Peter's University Hospital Family Health Center**

> **November 25** 12:30 PM - 2:30 PM Sister Marie de Pazzi **Conference Center**

Call 732.339.7675 for more information.

In conjunction with the SKN South Asian Diabetes **Center at Saint Peter's**

Monday, November 4 6:00 PM - 9:00 PM

> Sister Marie de Pazzi Conference Center

Diabetes and Heart Disease in South Asians

Presenter:

Ranganath Muniyappa, MD, PhD National Institute of Diabetes and Digestive and Kidney Diseases

In conjunction with the JDRF

Monday, November 11 6:00 PM - 9:00 PM

Sister Marie de Pazzi Conference Center

Diabetes Management: Hope for Today and Promise for Tomorrow

Presenter: Sanjoy Dutta, PhD Vice President, Research, JDRF

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.

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

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

Bereavement Support Group

November 7 and 21 • 7:00 PM - 8:30 PM Call Pastoral Care at 732.745.8565 for more information. • FREE

Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.

Call 732.745.8600, x8113 for information.

Epilepsy Education Support Group

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 NEW

(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

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

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

November 8 • 9:30 AM - 10:30 AM New Brunswick Senior Center Members only • FREE

Flu Shots

November 7 • 12:30 PM - 1:30 PM SHIPS at St. John's Episcopal Church, Somerville • FREE



SUPPORT GROUP

Thursday, November 21 7:00 PM - 8:30 PM

Saint Peter's Sports Medicine Institute Conference Room 562 Easton Avenue Somerset, NJ 08873

Private setting. No fee. Free on-site parking.

Questions/Additional Information: **Care Coordination Department** 732.745.8522 or jdanyus@saintpetersuh.com

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 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 NEW

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.

New Mom Support Group November 1 • 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

November 2 • 12:30 PM - 1:30 PM



Great American Smokeout

The Saint Peter's Opioid Task Force presents

Vaping: What You Need to Know

Thursday, November 21 • Noon to 1:00 PM • Sister Marie de Pazzi Conference Center

732.339.7675

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.



254 Easton Avenue, New Brunswick, NJ 08901 732.745.8600 800.269.7508 saintpetershcs.com









MAGNET

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