

December  
2019



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

## U.S. News & World Report Names Saint Peter's University Hospital a High Performing Hospital in Five Adult Specialties

Saint Peter's University Hospital has been recognized as a High Performing Hospital in five specialty areas by *U.S. News & World Report*. This recognition comes on the heels of the June announcement that U.S. News had ranked The Children's Hospital at Saint Peter's University Hospital 34th in the country and tops in New Jersey for Neonatology. Saint Peter's Children's Hospital is the only New Jersey-based hospital to be recognized in the top 50 in this category. Another recent recognition for Saint Peter's is the receiving of an **"A" grade in the Fall 2019 Leapfrog Hospital Safety Grade Survey**.

Saint Peter's University Hospital earned "High Performing" ratings for **Gastroenterology and GI Surgery, Geriatrics, Nephrology, Neurology and Neurosurgery, and Orthopedics**, in recognition of care that was significantly better than the national average, as measured by factors such as patient outcomes. "High Performing" is the highest rating U.S. News awards.

The annual ratings, now in their fifth year, are designed to assist patients and their doctors in making informed decisions about where to receive care for common conditions and elective procedures. These ratings extend the U.S. News mission of providing consumers with patient decision support beyond the Best Hospitals rankings.

"We are honored to have five of our clinical areas recognized among the top 10% in the nation for their specialty," said Leslie D. Hirsch, president and chief executive officer, Saint Peter's Healthcare System. "Saint Peter's is dedicated to ensuring all of our clinical areas deliver the highest quality care possible to improve patient outcomes, and this rating from U.S. News reinforces that our clinical care teams are delivering on that commitment."

In addition to its recognition as a High Performing Hospital nationally in the five adult specialties mentioned above, based on scores published by U.S. News, Saint Peter's places amongst the **best in New Jersey** in the following specialties and service lines: **second in Gastroenterology and GI Surgery and Geriatrics; fourth in Neurology and Neurosurgery and Orthopedics; and fifth in Pulmonology and Lung Surgery and Cancer.**

For the 2019-20 ratings, U.S. News evaluated more than 4,500 medical centers nationwide in nine procedures and conditions. Less than a third of

all hospitals received any high-performing rating, and only 57 earned this rating in all nine procedures and conditions.

The state and metro area rankings recognize hospitals that received high performing ratings across multiple areas of care.

In addition to the U.S. News report honors and receiving a consecutive "A" grade in patient safety – first was awarded for the Spring 2019 Leapfrog Hospital Safety Grade Survey – Saint Peter's has recently been recognized with numerous awards for its expert and compassionate care including:

### **American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award**

The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

### **Women's Choice Award®**

The award signifies that Saint Peter's is one of the top healthcare providers in the country based on a review of nearly 5,000 hospitals. Saint Peter's has been recognized in four distinct areas: Best Hospitals for Cancer Care and Obstetrics; Best Breast Centers; and most notably for being named one of America's 100 Best Hospitals for Patient Experience.

### **Age-Friendly Health Systems**

Saint Peter's is the **first and only hospital** in New Jersey to be recognized as an Age-Friendly Health System – Committed to Care Excellence by the Institute for Healthcare Improvement. With this designation, Saint Peter's joins a nationwide movement to improve health care for older adults.



**To learn more about Saint Peter's award-winning services, visit [saintpetershcs.com](http://saintpetershcs.com).**

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.

## EMS Education Series



Friday, December 20  
7:00 PM

**CPAP and PEEP**

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

**#GIVING TUESDAY**

**December 3**

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

## National Sisters Together

Move More,  
Eat Better Program

**OSTEOPOROSIS SCREENING**

Thursday, December 5  
6:00 PM – 7:00 PM

Sister Marie de Pazzi  
Conference Center

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



## SUPPORT GROUP

Thursday, December 19  
7:00 PM – 8:30 PM

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

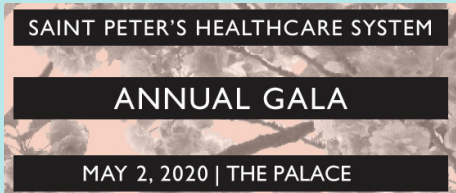
Private setting. No fee.  
Free on-site parking.

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

## SAVE THE DATE

**Saint Peter's Auxiliary Fundraiser**  
Benefiting the Division  
of Gastroenterology

Thursday, March 26, 2020  
Marigold, Somerset



**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.

## Cancer Support

### Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

**In person:**  
December 19 • 2:00 PM – 3:30 PM  
Rutgers Cancer Institute of New Jersey  
**FREE**

**By phone:**  
December 3 • 6:30 PM – 8:00 PM  
732.235.8522 • **FREE**

### Breast Cancer Support Group

December 2 and 16 • 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**  
December 10 • 7:00 PM – 8:30 PM  
Rutgers Cancer Institute of New Jersey  
732.235.6792 • **FREE**

### Living with Cancer Support Group

December 11 • 7:00 PM – 8:30 PM  
Rutgers Cancer Institute of New Jersey  
Barbara Hale, LCSW • 732.235.7557 • **FREE**

## Support Groups

### Bariatric Support Group

December 12 • 6:00 PM – 7:00 PM  
Call Daniela Velastegui, MS, RDN, CSG  
at 732.339.7450 for information. • **FREE**

### Bereavement Support Group

December 5 and 19 • 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.  
**FREE**  
Call 732.745.8600, x8113 for information.

### Epilepsy Education Support Group

**FREE** **NEW**  
Call 732.339.7870 for more information.

### MyGOAL Autism Family Support Group

December 8 • 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**  
December 19 • 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

December 12 • 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

December 2 10:30 AM - Noon  
Piscataway Public Library, Piscataway  
**FREE**

December 4 • 10:30 AM – 11:30 AM  
North Brunswick Library, North Brunswick  
**FREE**

December 4 • 1:00 PM – 2:00 PM  
Milltown Senior Center, Milltown • **FREE**

December 5 • 11:00 AM – Noon  
Quailbrook Senior Center, Somerset • **FREE**

December 10 • 9:30 AM – 11:00 AM  
St. George's Anglican Church/New Life Food Pantry, Helmetta • **FREE**

December 10 • 2:30 PM – 4:00 PM  
East Brunswick Public Library • **FREE**

December 11 • 10:30 AM – Noon  
Franklin Senior Center • **FREE**

December 13 • 9:30 AM – 10:30 AM  
New Brunswick Senior Center

December 13 • 11:30 AM – 12:30 PM  
Elijah's Promise, New Brunswick • **FREE**

December 18 • 2:30 PM – 4:00 PM  
Highland Park Library • **FREE**

### Community Presentations

**Colorectal Cancer**  
December 3 • 10:30 AM  
Monroe Public Library, Monroe • **FREE**

**Fall Prevention**  
December 3 • 11:00 AM  
Hall's Corner, East Brunswick  
Residents only • **FREE**

### Depression Screening

December 9 • 9:30 AM - Noon  
Monroe Senior Center, Monroe  
Members only • **FREE**

## 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 the Diabetes and Hypertension Center:

**Family Health Center at Saint Peter's University Hospital**  
123 How Lane, New Brunswick,  
at 732.339.7672.



Life's little miracles...  
our midwives call it  
a labor of love.

**Meet the Midwife**  
Monday,  
December 2  
6:00 PM – 7:30 PM  
Antenatal Testing Unit  
Waiting Room  
First floor  
Women and Children's  
Pavilion

## Diabetes Education\*

**Diabetes Self-Management Education**  
Mondays or Tuesdays  
Registration and doctor's prescription required.  
732.339.7630

**Diabetes Support Group**  
December 11 • 10:30 AM – 11:30 AM  
Saint Peter's University Hospital Center for Ambulatory Resources (CARES) • **FREE**  
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**  
December 13 • 3:00 PM – 5:00 PM • **FREE**  
732.745.8600, x8610

## 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**  
December 2 and 9 • 7:00 PM – 9:30 PM  
December 14 • 9:00 AM – 1:00 PM

**Birth Center Class**  
Call 732.745.8579 for information.  
Registration Required

**Breastfeeding Class**  
December 7 • 9:00 AM – 11:30 AM

**Breastfeeding Support Group**  
December 6 • 1:00 PM – 2:30 PM

**Hypnobirthing** **NEW**  
Five-week session, evenings.  
Call 732.745.8579 for information.

**New Daddy Class**  
December 26 • 4:00 PM – 6:00 PM

**New Mom Support Group**  
December 6 • 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**  
December 7 • 12:30 PM – 1:30 PM

