

HealthyLiving

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

A Legacy of Maternal Care

New Brunswick Family Marks Fourth Generation Born at Saint Peter's University Hospital

From 1933 to today, the Torrissi family's connection to Saint Peter's continues with the birth of a new generation

A nearly century-long family legacy reached a new milestone on the morning of May 17, 2026, when Anne and Alexander Torrissi welcomed their son, Andrew Daniel Torrissi, making him the fourth generation of their family born at Saint Peter's University Hospital. Anne and Alexander were both born at Saint Peter's. The

Torrissi family's connection to Saint Peter's dates back to 1933, when Alexander's grandfather, Richard Diego Torrissi (left), was born there. That multi-generational history of delivering at Saint Peter's made this delivery even more meaningful as the couple welcomed their first child.



The Torrissi family's roots in New Brunswick run deep. Alexander's great-grandfather, Angelo Torrissi, was born in New Brunswick in 1901—just a few years before Saint Peter's was established in 1907. He served the New Brunswick community as a barber before eventually becoming the city's fire chief. Alexander's grandfather, Richard, grew up in the city before later moving to East Brunswick. Alexander's father, Daniel Angelo Torrissi, worked for the City of New Brunswick as both the city clerk and city administrator. Throughout the generations, many members of the extended Torrissi family were also born at Saint Peter's.

Continued on page 2

"Our experience delivering at Saint Peter's was absolutely incredible," said Anne. "The team always checked in with me and Alex, communicated thoroughly, was empathetic and calm when I needed time to breathe or think, and cheered me on. From walking into triage, to being in the delivery room for 12 hours, to staying in the maternity unit to recover for two days, we couldn't have asked for better care."

"We will be forever grateful for this experience and getting to follow in our families' footsteps by delivering at Saint Peter's," said Alexander. "We are so proud and thrilled to have had a fourth generation Saint Peter's legacy baby!"

On the morning of May 17, 2026, Anne and Alexander Torrissi welcomed their son, Andrew Daniel Torrissi, making him the fourth generation of their family born at Saint Peter's University Hospital.



A Legacy of Maternal Care *(continued)*

Anne's family, the Buccas, also have longstanding ties to the New Brunswick community, Saint Peter's, and Rutgers University. Her father, Benjamin Bucca Jr., formerly served on Saint Peter's Board of Trustees and was head coach of the Rutgers women's tennis team, in addition to his long-standing involvement in the New Brunswick community through civic and university leadership roles. Anne and Alexander grew up hearing stories about the compassion and care generations of mothers in their family experienced at Saint Peter's.

"There's such a strong sense of trust people have in Saint Peter's," said Anne. "My mom still talks about the breastfeeding support group she joined in 1991, and the lifelong friendships she made through it. Hearing those stories gave me so much comfort and peace about delivering here myself."

For Anne and Alexander, welcoming their son into the world at Saint Peter's was the continuation of the shared history between two families. The Torrisi and Bucca families have known each other for decades. Anne and Alexander first met as babies while growing up on Jefferson Avenue, just steps from each other and the hospital. Over the years, they attended the same schools, rode the same school bus, swam together, and worked as lifeguards before eventually becoming high school sweethearts. Now, with the birth of their son at Saint Peter's, the couple says the experience reflects a full-circle moment for both families.

The couple said Saint Peter's faith-based mission was also an important part of the reason for choosing Saint Peter's. Anne's family grew up across the street from the home of the Sisters of St. Joseph of Peace, the order of nuns that served in the administration of Saint Peter's and its healthcare ministry. The nuns were instrumental to the hospital and positively affected Anne as she grew up.

"Coming from Christian families, the values behind a faith-based healthcare system really resonate with us," said Alexander. "It was reassuring to experience care that reflects compassion, respect, and a focus on the whole family. We felt that compassion throughout the entire journey—from the Parent Education classes we took before the birth to the care and support we received when our son was born."

Alexander Torrisi (left) with his father, Daniel Angelo Torrisi (middle); his newborn son, Andrew Daniel Torrisi; and his brother, Nicholas Torrisi (right). All were born at Saint Peter's University Hospital.



Photos courtesy of the Torrisi family.

Saint Peter's has long been recognized as a leader in maternal and family-centered care and was the state's first designated Regional Perinatal Center. Among its recognitions, Saint Peter's has received Advanced Certification in Perinatal Care and a Level IV Maternal Levels of Care Verification from The Joint Commission, the highest designation available for maternal care. This designation recognizes hospitals that are equipped to care for the most complex maternal medical conditions and obstetrical complications, with access to advanced intensive care services for expectant mothers and 24/7 availability of highly specialized physicians, staff, and technology. It reflects Saint Peter's ability to provide seamless care across pregnancy, delivery, and postpartum recovery.

For expectant parents, Saint Peter's maternity services offer a full range of birthing options, including the Mary V. O'Shea Birth Center for low-risk pregnancies and comprehensive Labor and Delivery services for all levels of pregnancies, including medically complex births. Midwifery care is available in both the Birth Center and Labor and Delivery settings.

The hospital is also home to a Level IV Neonatal Intensive Care Unit (NICU), providing the highest level of care for premature and critically ill newborns, ensuring mothers and babies can receive advanced care in one coordinated system.

Saint Peter's delivered more than 5,400 babies in 2025, making it one of the busiest maternity programs in the region.

To learn more about Saint Peter's maternity services, visit saintpetershcs.com/maternity.

Saint Peter's Wound Care Centers Honored for Quality, Safety, and Patient Outcomes

Saint Peter's Wound Care Center® and Hyperbaric Services specializes in treating chronic and non-healing wounds, which can affect patients with diabetes, vascular disease, infections, limited mobility, and other complex medical conditions. Using advanced therapies such as hyperbaric oxygen therapy, and individualized treatment plans, the team works to accelerate healing and help patients avoid serious complications.

Saint Peter's Wound Care Center® and Hyperbaric Services in both New Brunswick and Monroe Township have received multiple national recognitions for excellence in patient care and clinical outcomes, including the 2025 Robert A. Warriner III Clinical Excellence Award. This honor is awarded to top-performing wound care centers nationwide for exceptional healing outcomes, patient satisfaction, and clinical performance. In addition, both centers received the 2025 Healogics Center of Distinction Award, recognizing programs that consistently achieve superior patient outcomes over an extended period. Healogics is the nation's largest provider of advanced wound care services and partners with hospitals and healthcare systems across the country to support specialized wound healing programs. The organization provides clinical expertise, quality benchmarking, and evidence-based treatment protocols focused on improving healing outcomes and patient satisfaction for individuals with chronic and non-healing wounds.

The program has also achieved its fourth reaccreditation from the Undersea and Hyperbaric Medical Society (UHMS). UHMS accreditation is considered the gold standard for hyperbaric medicine programs and signifies adherence to the highest standards of patient safety, clinical quality, and operational excellence.

Hyperbaric oxygen therapy is a medical treatment that requires a physician's prescription and ongoing oversight. During treatment, patients receive medical-grade oxygen while inside a pressurized hard-sided hyperbaric chamber. Each treatment session typically lasts between 90 and 120 minutes.

By breathing 100 percent medical-grade oxygen under increased atmospheric pressure, oxygen dissolves directly into the blood plasma, significantly enhancing oxygen delivery to tissues. This increased oxygen availability promotes wound healing, supports tissue repair, reduces inflammation, and facilitates recovery in conditions where normal oxygen levels may be insufficient.

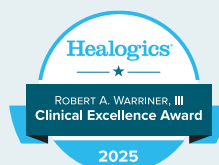
"These recognitions reflect the dedication and expertise of our wound care teams," said Kelly Kizner, RN, MSN, director of Saint Peter's Wound Care Center® and Hyperbaric Services in New Brunswick. "For the past 31 years, our goal has been to provide patients with advanced, evidence-based treatments that promote healing, reduce complications, and improve quality of life. We are proud to continue offering this level of specialized care to the communities we serve."

Patients may benefit from specialized wound care for the following, among other issues:

- Burns
- Infection of the skin and bone (severe)
- Pressure injuries and ulcers (bedsores)
- Radiation injury
- Reopened or slow to heal surgical wounds
- Skin graft flap at risk of tissue death
- Stoma care
- Venous and arterial ulcers
- Wounds (non-healing, diabetic foot ulcers)

To learn more or schedule an appointment at the New Brunswick location, call 732.846.6199.

To contact the Monroe location, call 609.860.0008.



Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education

Call for information: 732.339.7630

Gestational Diabetes Self-Management Education

Call for information: 732.339.7630

Prevent T2 Program
Call for information: 732.339.7772



Parent Education

Some classes online. Access information will be provided after registration.

Register at saintpetershcs.com/ParentEd. For more information, call 732.745.8579.

- | | |
|---|--|
| Baby Care | Hypnobirthing™ |
| Birth Center Class
<i>(for moms under midwifery care)</i> | New Daddy Class |
| Breastfeeding Class | Prenatal Breastfeeding
<i>(in Spanish)</i> |
| Childbirth Education
<i>(in Spanish)</i> | Prenatal Yoga/ Exercise Class |
| Grandparents Class | Prepared Childbirth/ Lamaze Classes |
| | Sibling Class |

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEd or call 732.745.8579.

New Moms Support Group "Life Will Never Be The Same"

1st Tuesday of each month
Next meeting: July 7 • 12 pm

Breastfeeding Support Group

1st Tuesday of each month
Next meeting: July 7 • 1 pm

Support Groups

Bariatric Nutrition Support

2nd Thursday of each month
Next meeting: July 9 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement

Call Pastoral Care for information: 732.745.8565

MyGoal Autism Family

2nd Sunday of each month
Next meeting: July 12 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information

SHARE

3rd Thursday of each month
Next meeting: July 16 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support

Call for information: 732.745.8600, x8653

Stroke Survivors

First Wednesday of each month
Next meeting: July 1 • 10 am
To register, call 732.565.5455 or email cknospe@saintpetersuh.com



BREAST CANCER

SCREENING RECOMMENDATIONS FROM THE AMERICAN CANCER SOCIETY



Women 40 to 44

Option to start annual mammogram

Women 45 to 54

Annual mammogram recommended

Women 55+

Maintain annual mammogram or switch to a mammogram every other year

Schedule a mammogram at Saint Peter's Women's Imaging Center by calling 732.339.7704



SAVE THE DATE

President's Golf Classic

MONDAY, SEPTEMBER 14, 2026
THE RIDGE AT BACK BROOK

saintpetershcs.com/foundation



Lung Cancer Screening

You may be eligible for lung cancer screening through a low-dose radiation CT scan if you meet all of the following criteria:

• Age: 50 to 80 years old
(50 to 77 for Medicare patients)

• **Smoking Status:** Currently smoke or have quit within the past 15 years

• **Smoking History:** At least 20-pack-years *(equivalent to smoking 1 pack a day for 20 years, 2 packs a day for 10 years, and so on)*

For more information or to see if you qualify, call 732.745.8600, ext. LUNG (5864).

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician. Online scheduling is also available 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

Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center

