

August  
2017



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*



## Saint Peter's First in State to Scan Newborn's Footprints as an Added Safety Feature

Saint Peter's University Hospital is the first hospital in New Jersey and the state of New York to use the innovative Infant Safety System developed by CertaScan Technologies. The safety system uses LiveScan Technology to capture high resolution digital footprints of babies born at Saint Peter's. Saint Peter's is only the 38th hospital in the nation to adopt the system which has been endorsed in the most recent Infant Security Guidelines issued by the National Center for Missing & Exploited Children.

"The digital footprints along with a security photo of the baby are uploaded into the newborn's electronic medical record to serve as identification," says Pamela Harmon, MSN, RNS-NIC, CNML, nursing director of the Women and Children's Division at Saint Peter's.

Like fingerprints, footprints are biometric, unique to each baby, so they can be used as identification throughout a lifetime should it ever be needed during emergencies such as a natural disaster. During Hurricane Sandy and Hurricane Katrina, for example, babies were among patients evacuated from hospitals.

"Capturing these footprints digitally is an added feature to the security measures we already have in place while the newborn is in our care. It gives parents added peace of mind and an added sense of security," adds Harmon.

The system is entirely safe for use on babies. It takes seconds for Saint Peter's nurses to scan a baby's feet, and the digital footprints and child's security photo are efficiently stored in a newborn's electronic medical record.

"Our nurses prefer this system to the ink and paper method because it is easy to use, takes less time, and has a higher quality image," says Debbie Ford-Thomson, BSN, RNC-NIC, nursing manager of the Saint Peter's Mother/Baby Units.

Saint Peter's is a leader in providing maternity, prenatal, neonatal and pediatric health care. Last year its expert staff delivered 5,688 babies. The hospital regularly reviews its already strict safety measures. The National Center for Missing & Exploited Children has documented 300 infant abductions since 1983.

***In addition to being the first in the state, Saint Peter's is the hospital with the largest number of babies born annually to adopt the new system.***

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.**

**How else  
can parents  
use their  
child's digital  
footprint?**

**Parents of children born  
at Saint Peter's receive  
an attractive certificate  
featuring their newborn's  
footprint. Once  
discharged, they can visit  
a website that will make  
it possible for them to  
download a digital copy  
that they will be able  
to use as a picture on  
things such as T-shirts.**

# Special Events

# Community Calendar

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

Thursday, August 31  
7:00 PM

**TOPIC: CHILDBIRTH**

Call 732.745.8600, x6671 to register. FREE parking and FREE light dinner.

## Bereavement Support Group FOR MEN ONLY • FREE

NEW - For men who have experienced the miscarriage or stillbirth of a child. Registration required.

Call Irina Mariano-Brown, MSW, LCSW, at 732.745.8522 for information.

## National Night Out Events

Safety is Promoted at Street Festival-style Gatherings Throughout the Country

**TUESDAY, AUGUST 1**

Community Health Services staff will provide screenings and education.

6:00 PM – 9:00 PM

Municipal Building, 77 Summerhill Road, Spotswood

3:00 PM - 7:00 PM

War Memorial Park French Street and Jersey Avenue, New Brunswick

6:00 PM – 9:00 PM

Rowland Park Broadway Road, South Brunswick

## SAVE THE DATE

## Diabetes Support Group

Saint Peter's University Hospital's Center for Ambulatory Resources (CARES)

English

Wednesday, September 13  
10:30 AM – 11:30 AM

## Breast Reconstruction Day Lecture

Wednesday, October 18  
Breast Cancer's Effect on Families

More details next month

## Saint Peter's Golf Classic

Monday, September 11

Ridge at Back Brook, Ringoes

Call 732.745.8542 for more information



## Are you 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.

## Cancer Support

### Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person, August 17, 2:00 PM – 3:30 PM

By phone, August 1, 6:30 PM – 8:00 PM

Call 732.235.8522 to register. • **FREE**

### Breast Cancer Support Group

August 7 and 21 • 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

August 8 • 7:00 PM – 8:30 PM

Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

### Latinos with Cancer Support Group

August 12 • 10:00 AM – 1:00 PM

Sister Marie de Pazzi Conference Center

Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish. Call 908.658.5400 for more information. • **FREE**

### Life after Cancer Support Group

August 10 and 24 • 6:00 PM – 7:30 PM

Call 732.235.6792 to register • **FREE**

### Living with Cancer Support Group

August 9 and 23 • 7:00 PM – 8:30 PM

Rutgers Cancer Institute of New Jersey

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

## Support Groups

### MyGoal Autism Family Support Group

August 13 • 3:00 PM – 5:00 PM

877.886.9462

### Alzheimer's/Dementia Caregivers Support Group

August 8 • 10:00 AM – 11:30 AM

Saint Peter's Adult Day Center

200 Overlook Drive, Monroe Township

Rachel Kallish, MPA, CSW, CALA

609.655.6853 • **FREE**

### Spouse/Partner Caregiver Support Group

August 10 • 1:30 PM – 3:00 PM

Saint Peter's Adult Day Center

Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC

732.745.8600, x8662 • **FREE**

### SHARE Support Group

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

August 17 • 7:00 PM – 9:00 PM

Irina Mariano-Brown, MSW, LCSW

732.745.8522 • **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

### Blood Pressure/ Blood Sugar Screenings

August 4 • 11:00 AM – Noon

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

August 4 • 9:30 AM – 10:30 AM

New Brunswick Senior Center,

New Brunswick • **FREE**

August 7 • Noon – 1:30 PM

Spotswood Public Library, Spotswood

**FREE**

August 15 • 10:00 AM – 11:30 AM

Piscataway Senior Center, Piscataway

Members only

### Bone Density Screening

August 2 • 2:30 PM – 3:30 PM

DeForest B. Soaries, Jr., Residences at

Somerset • Residents only.

### Bone Density and DermaScan

August 31 • 9:30 AM – 11:30 AM

Old Bridge Senior Center, Old Bridge

Members only.

### Skin Cancer Screening

August 5 • Noon – 4:00 PM

Perth Amboy Waterfront, Sadowski Parkway

**FREE**

August 17 • 9:00 AM – 1:00 PM

Spotswood Senior Center, Spotswood

Members only.

August 17 • 11:00 AM – 2:00 PM

Crescent Park Senior Housing, Spotswood

Residents only

### Derma Screening

August 13 • 10:00 AM – Noon

Durga Temple, South Brunswick • **FREE**

## Do you have Prediabetes?

Join Prevent T2 – A lifestyle change program recognized to prevent or delay Type 2 Diabetes.

Learn to eat healthier, be more physically active, manage stress and lose weight

A year long program that meets every other week for the first six months and then monthly meetings for the second six months at Saint Peter's University Hospital's Family Health Center, 123 How Lane, New Brunswick, NJ 08901  
Group support • Lots of prizes!

For more information or to register for this **FREE** programming call: 732.339.7772

Space is limited. Classes offered in English and Spanish.

## Diabetes Support/ 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 a doctor's prescription required. 732.339.7630

### Diabetes Support Group

The Diabetes and Hypertension Center at Saint Peter's University Hospital's Family Health

Center • 123 How Lane, New Brunswick

Call 732.339.7672 for more information. • **FREE**

### English

August 8 • Noon – 1:00 PM

### Spanish

August 1 • Noon – 1:00 PM

## 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

August 7 and 21 • 7:00 PM – 9:30 PM

August 27 • 9:00 AM – 1:00 PM

### Breastfeeding Class

August 12 • 9:00 AM – 11:30 AM

### Breastfeeding Support Group

August 4 • 1:00 PM – 2:30 PM

### Grandparent class

August 3 • 4 PM – 6 PM

Refreshments are served.

### New Daddy Group

August 24 • 7 PM • 9 PM

Refreshments are served.

### New Mom Support Group

August 4 • 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

Wednesday and Thursday Evenings (Series)

Saturday and Sunday (single day)

Registration required.

### Sibling Class

August 12 • 12:30 PM – 1:30 PM

## FREE Maternity Tours

Visit our online interactive maternity tour at [saintpetershcs.com/MaternityTour](http://saintpetershcs.com/MaternityTour) to get an idea of what you can expect when you deliver at Saint Peter's. To schedule a tour, call Parent Education at 732.745.8579.

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.



254 Easton Avenue, New Brunswick, NJ 08901  
732.745.8600 | 800.269.7508 | [saintpetershcs.com](http://saintpetershcs.com)

Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center

