

August  
2018



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*



## Reaching Parents for College, too

A variety of emotions can arise when kids go off to college.

“In my experience, parents have been so focused on their child getting into the right college, or how they are going to pay for it, that they haven’t always thought through the emotional changes that come with sending a child away for possibly long periods of time.”

A research study done at the University of Kansas shows that being able to communicate through texting and other channels can help a parent feel more connected and have a more satisfying relationship with grown kids.

Gone are the days when parents had to wait by the phone for a call from a college student. Today parents and guardians can send and receive text messages and emails anytime. And video chats provide “face-to-face” conversation.

What’s more, the more mediums you use, the better. According to the Kansas survey, which sampled a few hundred families with children age 18 to 29, students with the most satisfying parent relationships use at least three different methods of communication.

These methods include:

Cell phone • Texting  
Email • Video calls

Social media such as Facebook, Twitter, Instagram and Snapchat  
[betterhealth.saintpetershcs.com](http://betterhealth.saintpetershcs.com)

## Back to School With a Little Help from Your Doctor

Each August, area high school graduates pack up their belongings and head off to college. Whether they are traveling two miles or 2,000, they’re moving from dependent teen to independent young adult. Students should be prepared emotionally and medically for the experience, says Susan Brill, MD, chief of Adolescent Medicine at The Children’s Hospital at Saint Peter’s University Hospital.

Most incoming college students need their physicians to fill out medical history forms, conduct a pre-registration physical exam and confirm that all required immunizations are up to date. This is a good time for a physician to go over anything the young adult may need to know about managing chronic health conditions such as asthma or diabetes, says Dr. Brill.

“If they are on medications, we talk about how they will obtain them at college and what to do if they have an acute health issue,” she says. “Saint Peter’s has an online portal with access to their electronic medical records, so I make sure the teens know how to use that if they need medical care at college. I also make sure they are able to reach me at any time, if necessary.”

While most 18-year-olds don’t have serious ongoing physical health concerns, almost all have some anxiety about leaving home. Even students who will live at home and commute to class will face new challenges and new freedoms.

“Some can’t wait to leave; others feel more uncertain,” says Dr. Brill. “Some have never been away before. Most are a bit ambivalent, feeling excited about taking the next step and at the same time a little scared. And that’s healthy.”

It’s important for the young adult’s doctor to take the time to discuss several “big topics” regarding college life. The first is alcohol and drug use. “The data around first-semester freshman alcohol use is astonishing,” she

says. “Many kids are completely unprepared to handle the amount of drinking that is routinely encountered at college.” Dr. Brill gives her patients a brochure detailing facts about drinking and the dangers of alcohol poisoning and sexual vulnerability that come with it.

“Sexuality is also an important topic,” she says. “Many young people are surprised at how open hook-ups are in college. There is more pressure to be sexually active. I counsel them that college can be a time for sexual exploration, but that it should be done safely and without compromising one’s values.” With openly lesbian, gay, bisexual or transgender patients, Dr. Brill discusses making sure there is a like-minded community on campus where they can feel comfortable.

She also talks about basic health issues such as getting enough sleep, eating well, exercising, stocking a first-aid kit and personal hygiene. “Kids often get so caught up in college life that they forget these things,” she says.

Dr. Brill finds that most of her college-age patients are well prepared, but she sometimes refers more anxious patients—and parents—for counseling. “Parents may need help with their feelings and expectations too, especially for the first child they’re sending off to college—or the last,” she says.

“Most of the time all is fine, and I tell my patients, ‘I think you’re ready.’ But sometimes they need a little extra help to prevent a crash landing.”

**For more information about adolescent medicine services at Saint Peter’s, call 732.565.5487, or visit [saintpetershcs.com/adolescent-medicine](http://saintpetershcs.com/adolescent-medicine). Visit [spanj.com/Brill](http://spanj.com/Brill) to make an appointment with Dr. Brill.**



# Special Events

# Community Calendar

**EMS Education Series**  
**Thursday, August 30 • 7:00 PM**  
**Neonatal Resuscitation**  
 Call 732.745.8600, x6671 to register.  
**FREE** Parking, **FREE** CEUs,  
**FREE** Light Dinner.

**Franklin**  
**Week of the People**  
**Annual Back to School Event**  
**Saturday, August 25**  
**2:00 PM – 7:00 PM**  
**Naaman Williams Park,**  
**Somerset**

## SAVE THE DATE

### Diabetes Support Group

Saint Peter's University Hospital

September 12  
 10:30 AM - NOON

Center for Ambulatory Resources (CARES)

Call 732-339-7630

**Saint Peter's Golf Classic**  
**Tuesday, September 4**  
**The Ridge at Back Brook,**  
**Ringoes, NJ**



For more information, call the Saint Peter's Foundation at 732.745.8542.

### Saint Peter's Opioid Task Force

A repeat of the spring education programs in response to community demand.

**What You Need to Know about the Opioid Crisis**

**Wednesday**  
**October 10**



**Road to Recovery**

**Wednesday**  
**November 7**

Sister Marie de Pazzi Conference Center

RSVP to Marcia Linico at [mmlinico@saintpetersuh.com](mailto:mmlinico@saintpetersuh.com) or call 888.682.8636

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: August 16 • 2:00 PM – 3:30 PM**  
 Rutgers Cancer Institute of New Jersey

**By phone: August 7 • 6:30 PM – 8:00 PM**  
 Call 732.235.8522 to register. • **FREE**

### Breast Cancer Support Group

**August 6 and 20 • 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 14 • 7:00 PM – 8:30 PM**  
 Rutgers Cancer Institute of New Jersey  
 732.235.6792 • **FREE**

### Latinos with Cancer Support Group

**August 11 • 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 9 • 6:00 PM – 7:30 PM**  
 Rutgers Cancer Institute of New Jersey  
 Call 732.235.6792 to register • **FREE**

### Living with Cancer Support Group

**August 8 and 22 • 7:00 PM – 8:30 PM**  
 Rutgers Cancer Institute of New Jersey  
 Barbara Hale, LCSW • 732.235.7557 • **FREE**

## Support Groups

### Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.  
 Call 732.745.8600, x 8113 for information.

### MyGOAL Autism Family Support Group

**August 12 • 3:00 PM – 5:00 PM**  
 877.886.9462 • **FREE**

### SHARE Support Group

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

**August 16 • 7:00 PM – 9:00 PM**  
 First-floor employee cafeteria conference room. Irina Mariano-Brown, MSW, LCSW  
 732.745.8522 • **FREE**

### Spouse/Partner Caregiver Support Group

**August 9 • 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**

### 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** program Please call: 732-339-7772  
 Space is limited. Classes are offered in English and Spanish.

## 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 Screenings

**August 7 • 6:00 PM – 9:00 PM**  
 National Night Out @ South Brunswick, Rowland Park, South Brunswick

### Blood Pressure/ Blood Sugar Screenings

**August 7 • 5:00 PM – 9:00 PM**  
 National Night Out @ South River, South River High School, South River

**August 7 • 6:00 PM – 9:00 PM**  
 National Night Out @ Spotswood, Municipal Building, Spotswood

**August 7 • 3:30 PM – 7:30 PM**  
 National Night Out @ New Brunswick, War Memorial Park, New Brunswick

**August 9 • NOON – 1:30 PM**  
 Piscataway Library, Piscataway

**August 10 • 9:30 AM – 10:30 AM**  
 New Brunswick Senior Center, New Brunswick

**August 10 • 11:30 AM – 12:30 PM**  
 Elijah's Promise Soup Kitchen, New Brunswick

**August 15 • 10:00 AM – 11:30 AM**  
 South River Food Bank, South River NJ

### Bone Density Screening

**August 2 • 2:30 PM – 3:30 PM**  
 DeForest B. Soaries, Jr. Residences at Somerset, Franklin

**August 8 • 5:00 PM – 6:00 PM**  
 Sacred Heart Church/Holy Family Parish, New Brunswick

**August 29 • NOON – 1:30 PM**  
 East Brunswick Senior Center, East Brunswick

### Community Talks

**Falls Prevention**  
**August 7 • 1:30 PM – 2:30 PM**  
 Concordia Adult Community, Monroe

**Sun Safety**  
**August 13 • 10:30 AM – 11:00 AM**  
 Basking Ridge Senior Center, Basking Ridge

### Skin Cancer Screenings

**August 4 • NOON – 4:00 PM**  
 Perth Amboy Family Day, Perth Amboy Waterfront, Sadowski Parkway, Perth Amboy

**August 15 • 10:00 AM – 1:00 PM**  
 Spotswood Senior Center, Spotswood

**August 17 • 9:00 AM – 1:00 PM**  
 Crescent Park, Spotswood

### Sun Damage Screening Using the DermaScan Machine

**August 6 • 12:30 PM – 1:30 PM**  
 Spotswood Library, Spotswood

**August 6 • 2:30 PM – 3:30 PM**  
 East Brunswick Library, East Brunswick

**August 16 • 9:30 AM – 11:00 AM**  
 Old Bridge Senior Center, Old Bridge

**August 22 • 2:00 PM – 3:30 PM**  
 Includes Sun Safety Presentation  
 Highland Park Library, Highland Park



## 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 a doctor's prescription required. 732.339.7630

### Diabetes Support Groups for Adults

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 14 • NOON – 1:00 PM**  
**Spanish: August 7 • 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 6 and 13 • 7:00 PM – 9:30 PM**  
**August 26 • 9:00 AM – 1:00 PM**

### Breastfeeding Class

**August 11 • 9:00 AM – 11:30 AM**

### Breastfeeding Support Group

**August 3 • 1:00 PM – 2:30 PM**

### Meet the Midwife

Certified nurse-midwife Jennifer Santos, MS, CNM, will lead the first of the monthly new Parent Education classes featuring a Saint Peter's midwife.

**Monday, August 6 • 6:00 PM – 7:30 PM**  
 Perinatal Center, Women and Children's Pavilion, Saint Peter's University Hospital

### New Daddy Class

**August 23 • 7:00 PM – 9:00 PM**

### New Mom Support Group

**August 3 • 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

**August 11 • 12:30 PM – 1:30 PM**

**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

