

January
2018



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

All Heart Program Strives to End Sudden Cardiac Death in Youth Sports

Coaches will be taught life-saving CPR in new Saint Peter's state of the art simulation center



Jim Fisher with his son Sean, who died of sudden cardiac arrest in 2008 on his 13th birthday while at football practice.

"All Heart was born from a deep belief in the powerful emotional connection great teams have with each other.

We live All Heart not just for ourselves but for our teammates and our families." Coach Jeremy Beardsley, Players Development Academy

Sudden cardiac arrest is the leading cause of death in young athletes, according to the American Heart Association, yet many athletes playing for private sports clubs do not have access to the same lifesaving equipment or trained medical professionals mandated on the fields of high school and college sports. The Children's Hospital at Saint Peter's University Hospital is partnering with the Players Development Academy, a nationally recognized elite soccer club, to change this. Beginning this month, club coaches will be trained in cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED) at the new Saint Peter's Simulation Center for Interprofessional Learning (SCIL). Coaches completing the program will earn the American Heart Association Basic Life Support Certification.

"We recognize the integral role our coaches can play in keeping our children alive," said Mike O'Neill, head coach of the Rutgers Women's Soccer Team and executive director of the Players Development Academy Girls Program. "At most sporting events, where there is an athlete, there is a coach. A coach is in a position to react, respond quickly, and help save a life."

All Heart was born from a deep belief in the powerful emotional connection great teams have with each other, says Jeremy Beardsley, the Players Development Academy coach who co-developed the concept of *All Heart*.

The goals of the program are

- to educate the youth athletic community on sudden cardiac death in athletes
- enhance the safety of players through training coaches in CPR and AED use
- raise national awareness in all sports communities

According to the American Heart Association, the incidence of sudden cardiac death in athletes is one in 200,000 and is considered to be a rare occurrence. Yet many experts believe that the published statistics are an underestimation of the problem. This past fall season two young athletes in our region died of sudden cardiac death – one a high school lacrosse player from Holmdel, the other a high school football player from the Bronx.

Any death of a young athlete is one too many, says Jim Fisher, an advocate for the *All Heart* program for whom these tragedies are very personal. For nearly a decade Jim has worked to raise awareness through the Sean Fisher Memorial Foundation named after his son, who died on a football field on his thirteenth birthday. Sean had no signs or symptoms prior to his cardiac arrest. Jim has been an advocate for widespread screening initiatives, greater public training in CPR and placement of AEDs on fields.

"We believe that this initiative will be a game changer in youth athletics," says Coach Gerry McKeown, director of the United States Olympic Development Program and executive director of the Players Development Academy Boys Program. "We needed to bring the solution to the field because when you solely rely on EMS, often the lifesaving response through defibrillation does not arrive in time."

For more information about the All Heart sudden cardiac arrest training program, call James Spaulding, coordinator, Simulation Center for Interprofessional Learning, at 732-745-8600, ext. 5185, or by email at simlab@saintpetersuh.com



New Simulation Center for Interprofessional Learning at Saint Peter's

What is Sudden Cardiac Arrest?

Sudden cardiac arrest is a medical emergency that results from an electrical disturbance in the heart that compromises the ability of the heart to pump blood to vital organs. Without immediate treatment, through cardiopulmonary resuscitation (CPR) and defibrillation, death follows.

It is more common: in males than in females; in football and basketball than in other sports; and in African-Americans than in other races and ethnic groups, according to the American Academy of Pediatrics.

Special Events

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.

EMS Education Series Thursday, January 25 7:00 PM

ABDOMINAL AND CHEST TRAUMA

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

National Sisters Program - Move More, Eat Better Program Thursday, January 4 6:00 PM - 7:00 PM Sister Marie de Pazzi Conference Center

Presenter: Laura Vetter, RDN, CDE,
CSO, CSP, Outpatient Nutritionist

Diabetes Support Group Saint Peter's University Hospital's Center for Ambulatory Resources (CARES) **FREE** Wednesday, March 14

Saint Peter's University Hospital Auxiliary
presents



Fashion Runway 2018 Annual fashion show sponsored by the Saint Peter's Auxiliary benefiting the Saint Peter's Breast Center.

Saturday, March 24
10:00 AM - 3:30 PM

The Pines, Edison

Call 732-745-8600, ext. 8588
for more information.

Leapfrog Hospital Safety Grade

Saint Peter's University
Hospital is the only
institution in Middlesex
County to earn an "A" in the
Fall 2017 Leapfrog Hospital
Safety Grade. Leapfrog rates
how well hospitals protect
patients from accidents,
errors, injuries and
infections.



Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an
allogeneic transplant.

In person

January 18 • 2:00 PM - 3:30 PM

By phone

January 2 • 6:30 PM - 8:00 PM

Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group

January 3 and 17 • 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

January 9 • 7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey
732.235.6792 • **FREE**

Latinos with Cancer Support Group

January 13 • 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

January 11 • 6:00 PM - 7:30 PM

Call 732.235.6792 to register. • **FREE**

Living with Cancer Support Group

January 10 and 24 • 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

January 14 • 3:00 PM - 5:00 PM

877.886.9462 • **FREE**

Alzheimer's/Dementia Caregivers Support Group

January 9 • 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**

SHARE Support Group

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

January 18 • 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

January 11 • 1:30 PM - 3:00 PM

Saint Peter's Adult Day Center
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
732.745.8600, x8903

Blood Pressure/ Blood Sugar Screenings

January 6 • 11:30 AM - 1:30 PM

Sacred Heart Church, Holy Family Parish,
New Brunswick • **FREE**

January 12 • 9:30 AM - 10:30 AM

New Brunswick Senior Center,
New Brunswick • **FREE**

January 12 • 11:30 AM - 12:30 PM

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

January 16 • 11:00 AM - Noon

Halls Corner, East Brunswick
Residents only.

January 17 • 12:30 PM - 1:30 PM

SHIPS at St. John's Church, Somerville

January 19 • 11:30 AM - 1:00 PM

Milltown Public Library, Milltown

January 21 • 11:30 AM - 1:30 PM

St. George Greek Orthodox Church,
Piscataway

January 23 • 11:00 AM - 12:30 PM

Metuchen YMCA, Metuchen

January 30 • 10:00 AM - 11:00 AM

Crescent Park, Spotswood • Residents only.

Blood Pressure/Blood Sugar Screenings/Body Mass Index Measurement and Nutrition Information

January 24 11:00 AM - 2:00 PM

Middlesex County Project Homeless
Connect at Elijah's Promise, New Brunswick

Body Mass Index Measurement/ Nutrition Education

January 4 • 2:30 PM - 3:30 PM

Buster DeForest B. Soaries, Jr. Residences
at Somerset • Residents only.

Bone Density Screenings

January 9 • 10:00 AM - 11:30 AM

Somerset County Senior Wellness Center,
Basking Ridge • Members only.

Falls Prevention Presentation

January 18 • 10:00 AM - 11:00 AM

New Brunswick Senior Center,
New Brunswick • **FREE**

January 3 • 10:45 AM - 11:45 AM

Hillsborough Senior Center, Hillsborough
Members only.

Health Fairs

January 14 • 1:00 PM - 3:00 PM

Our Lady of Peace Church, North Brunswick

January 17 • 9:00 AM - Noon

Franklin Township Municipal Hall
Employees only.

January 27 11:00 AM - 1:00 PM

Middlesex County Education Association
PRIDE in Public Education Fair
Brunswick Square Mall, East Brunswick

January 31 • 9:30 AM - 12:30 PM

Sayreville Police Department

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 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

January 9 • Noon - 1:00 PM

Spanish

January 2 • Noon - 1:00 PM

For Children and Families

January 21 • 3:00 PM - 5:00 PM

Call 732-745-8600, x8610 for more information.
FREE

Parent Education

For information, fees and registration, visit
saintpetershcs.com/parented or call Parent
Education at 732.745.8579.

Baby Care

January 8 and 15 • 7:00 PM - 9:30 PM

January 27 • 9:00 AM - 1:00 PM

Breastfeeding Class

January 13 • 9:00 AM - 11:30 AM

Breastfeeding Support Group

January 5 • 1:00 PM - 2:30 PM

Marvelous Multiples

January 13 • 9:00 AM - 5:00 PM

New Mom Support Group

January 5 • 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

Wednesday and Thursday Evenings (series)

Saturday and Sunday (single day)

Registration required.

Sibling Class

January 13 • 12:30 PM - 1:30 PM

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.

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.



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732.745.8600 | 800.269.7508 | saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen



State-designated children's hospital and regional perinatal center

