

Healthy

DIRECTIONS

The full circle of health and wellness
dedicated to excellence.



CentraState
Healthcare System®

Freehold, New Jersey
www.centrastate.com

July/August 2007

Coming Soon:

CentraState's Ambulatory Campus



The Total Joint Center of New Jersey...

New at CentraState



CentraState Medical Center
is a Magnet® hospital



President's Message

Health, as defined by the World Health Organization, is "a state of complete physical, mental, and social well-being," not just the absence of disease or illness. At CentraState, we couldn't agree more. Our new Ambulatory Campus will open in October to provide a range of programs and services for healthy living.

Services include an expanded Health Awareness Center and a 40,000-square-foot Fitness and Wellness Center, which will offer 150 or more classes each week for all ages along with the latest fitness equipment and therapeutic pools.

Adjacent to the hospital, the 171,000-square-foot facility also will be home to outpatient services that focus on restoring quality of life such as physical therapy, cardiac diagnostics and rehabilitation, wound care, diabetes education and care, and The Center for Sleep Disorders, among others.

Obesity, diabetes, heart disease, and other chronic diseases take a vast toll on American society, from reduced quality of life and productivity to skyrocketing healthcare costs. The good news is we now understand that many of these conditions can be prevented and better managed when we take control of our own health. The Ambulatory Campus at CentraState will provide a supportive, structured environment for doing just that.

In fact, a campus is exactly what our new addition will be—a place of learning where individuals are provided the tools to achieve their goals and at the same time are asked to step up to the challenge and be accountable for their choices.

Increasingly, hospitals are places people visit when they are well—in order to stay well. CentraState is proud to be at the leading edge of this new trend. Partnering with our community members, we are sure to create a healthier society, with fewer hospital stays and lower healthcare costs for everyone.


John T. Gribbin, FACHE
President and CEO

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July/August 2007

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We hope you enjoy this issue of *Healthy Directions*. Comments about the publication can be directed to the Public Relations and Marketing Department, CentraState Healthcare System, 901 West Main Street, Freehold, NJ, 07728. (732) 234-7080.

Healthy Directions is published by CentraState Healthcare System to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a healthcare provider.

CENTRASTATE HEALTHCARE SYSTEM, INC.

TRUE NORTH
(800) 624-7496



Community Voices

Dear Sir or Madam,

On July 19, 2006, I received a minor surgical procedure in the Medical Arts Building. This was not my first visit to CentraState for a medical procedure, but I am happy to say that each visit is always an outstanding one.

For this procedure, the person who called me to schedule the surgery was very patient on the phone. She also wished me well, which was kind.

On the day of the surgery, the receptionist was cheerful and patient. This may not sound like a big deal but it means a lot to a person who is nervous on the day of the procedure.

I cannot say enough good things about the nurse who was with me. Marian Bauman was so nice to my family and me, I felt as if she were a long time family friend. She took great care of me right through the entire procedure. She made me feel totally at ease.

Dr. Matthew Lynch, who performed the procedure, made sure I understood everything that was happening from start to finish. Both Dr. Lynch and Ms. Bauman were constantly concerned for my comfort. Their skills and professionalism were exemplary.

After the procedure was finished, Dr. Lynch took the time to speak with my family and me. He made sure we had a clear understanding of everything. He is also a gifted surgeon. I feel that I made an excellent choice.

I am more than satisfied with all of my experiences at CentraState. Please keep up the outstanding performance.

Sincerely yours,
Anessa Perry

▶ Anessa Perry (center) thanks Marian Bauman, RN, CNOR, and Matthew Lynch, MD, for the comforting and professional care she received at CentraState's Ambulatory Surgery Center.



On the cover: CentraState's Ambulatory Campus, scheduled to open in the fall, is connected to the west side of CentraState Medical Center by an enclosed walkway at ground level.

SAFER PROCEDURE,

Lifesaving Results

More than a year ago, retired American Broadcasting Co. executive Angelo J. Cipriano noticed he was feeling unusually fatigued and restless. These feelings, accompanied by symptoms of gout and arthritis, led the Old Bridge resident to visit his primary care physician.

“My physician was concerned that high levels of calcium were causing my symptoms, and he referred me for further care,” says Angelo. “It wasn’t long before I made an appointment with Dr. Sadek at CentraState Medical Center.”

CONFIRMING THE DIAGNOSIS

Ragui Sadek, MD, a fellowship-trained and board-certified general surgeon on staff at CentraState who specializes in minimally invasive surgery, performed a nuclear study to confirm his suspicion that Angelo had a parathyroid

adenoma (a benign tumor on one of the parathyroid glands in the neck).

“The parathyroid glands help regulate calcium in the body by producing a hormone called parathyroid hormone, but when a tumor is present it can interfere with this process, resulting in high levels of calcium in the blood,” says Dr. Sadek. “In Mr. Cipriano’s case, his initial test reading was elevated much higher than the maximum normal number of 65.”

REMOVING THE PARATHYROID GLAND

Because of the severity of Angelo’s condition and his high risk of renal failure if left untreated, Angelo soon underwent surgery to remove the gland. Dr. Sadek performed the procedure using the latest minimally invasive techniques available at CentraState, which have better cosmetic outcomes and reduce the risk of injury to neck structures such as the laryngeal nerve and other glands.

“We’re excited to bring procedures like minimally invasive parathyroidectomy, which is considered the most advanced level of care, to CentraState,” says Dr. Sadek. “Primary hyperparathyroidism is one of the most common causes of elevated calcium in the blood,” says Kenneth Ordene, MD, medical director of Endocrinology. “It’s a problem that is easily treated with appropriate parathyroid surgery, which we now have the capability of doing in selective cases with minimally invasive procedures at CentraState.”

Dr. Sadek was able to remove Angelo’s parathyroid gland through a one-inch incision, resulting in less scarring and pain. During the procedure, Angelo received an intraoperative parathyroid hormone assay (a blood test), which showed that his hormone levels had dropped dramatically to a normal level.

“My fatigue is gone, and I’m happy to enjoy my favorite leisure activities, such as gardening and golf,” says Angelo, who is the father of Joseph Cipriano, MD, FACOG, board-



▲ Angelo Cipriano has his energy back and is active again since undergoing a minimally invasive parathyroidectomy performed by Ragui Sadek, MD.

certified Ob/Gyn on staff at CentraState. “I am thankful for the compassionate care and attention to details I received and will definitely choose CentraState if I ever need surgery and medical assistance again.”

For more information about parathyroidectomy at CentraState, call (866) CENTRA7.

For more information on endocrinology/ Novo Nordisk Diabetes Center at CentraState, call (732) 294-2574. HD



Ragui Sadek, MD, board-certified general surgeon

General Surgeons and Otolaryngologists on Staff at CentraState Privileged to Perform Minimally Invasive Parathyroidectomy

Sapna Brahmhatt, MD

Central Jersey Surgical Associates

Viswanath K. Ashok, MD, FACS

Gabor Kovacs, MD

Endo-Surgical Associates of Central Jersey

Lisa Dobruskin, MD

Ragui Sadek, MD

Morris Washington, MD, FACS

Freehold ENT Associates, PA

Arun S. Kumar, MD

Honorio M. Cruz, MD

Mark Lehman, MD, FACS

Earl Noyan, MD

Kenneth R. Pozner, MD

Sadeq A. Razvi, MD

Mark Roessler, DO

Paul Rossos, MD

An Ob/Gyn Near You

Pregnancy brings anticipation, joy, and many decisions from the name of your new baby to the colors in the nursery to the physician you choose to help you deliver the newest member of your family. Thankfully, CentraState Healthcare System offers a number of options throughout the surrounding area to provide women and their families with quality care.

“We offer premier maternity care at CentraState,” says Dawn Kline, director of Maternal Child Health at CentraState Medical Center. “The pregnancy and birthing experiences should be wonderful, and we make that possible for women every day.”

PRENATAL CARE

Getting a solid start is important for mother

and baby, and CentraState makes it easy by offering prenatal care right in your neighborhood. Full-service Ob/Gyn offices—located in Colts Neck, East Windsor, Freehold, Hightstown, Jackson, Matawan, and Monroe—provide everything from prenatal counseling to prenatal vitamins and education. Ob/Gyns at these various locations are dedicated to helping mothers-to-be obtain and maintain optimal health before, during, and after pregnancy.

TIME FOR BABY

Once your delivery date arrives, turn to the First Impressions Maternity Pavilion at CentraState Medical Center, where new mothers experience one-on-one care throughout their stay in a calm and inviting environment. Private labor, delivery, and recovery rooms offer home-like comfort

with the expertise of board-certified doctors and specially trained nurses. New parents also have peace of mind from 24-hour onsite neonatal care and a perinatal program staffed by specialists from UMDNJ–Robert Wood Johnson Medical School.

“It’s important that women know a full-service obstetrics unit is available right here,” says Norman Back, MD, board-certified Ob/Gyn and chair of the Department of Obstetrics/Gynecology at CentraState. “Women who turn to us for the birth of their children really enjoy their experiences, and it’s a privilege to play a role in helping families grow.”

For more information or to schedule a tour of the First Impressions Maternity Pavilion, call (732) 308-0570. HD

MAP KEY

- H** Medical Center
-  Health Awareness Center
- A** Amer Ob/Gyn Associates, PC
Doctor's Park
900 West Main St., Suite 4, Freehold, NJ
- B** Colts Neck Ob/Gyn
 - 1 Donna O'Donnell, RN, Medical Arts Building, 901 West Main Street, Suite 103, Freehold, NJ
 - 2 24 Highway 34, Colts Neck, NJ
 - 3 300 Princeton Hightstown Road, Building A East Windsor, NJ
- C** Drs. Back, Tarnoff, Seigel & Goldstein
 - 1 501 Iron Bridge Road Suite 4, Freehold, NJ
 - 2 CentraState Medical Office at Jackson 100 W. Veterans Highway, Jackson, NJ
- D** Robert P. Mayson, M.D.
 - 1 Donna O'Donnell, RN, Medical Arts Building, 901 West Main Street, Suite 103, Freehold, NJ
 - 2 569 Abbington Drive, Suite C, East Windsor, NJ
- E** Woman to Woman Obstetrics and Gynecology Associates
 - 1 Donna O'Donnell, RN, Medical Arts Building, 901 West Main Street, Suite 103, Freehold, NJ
 - 2 41 Highway 34 South, Colts Neck, NJ
- F** Women's Physicians and Surgeons
 - 1 501 Iron Bridge Road Suite 10, Freehold, NJ
 - 2 510 Bridge Plaza Drive, Manalapan, NJ
 - 3 245 A Main Street, Matawan, NJ
 - 4 350 Forsgate Drive, Monroe, NJ



Lead Sports Therapist IS FORMER NBA TRAINER

Ryan Singler of Millstone Township launched his football career in first grade playing in a Pop Warner league, and he never looked back. Eleven years later, as a senior at Allentown High School, he played right guard on the varsity football team. But on a chilly November day, an opposing team player's helmet crashed into Ryan's knee, tearing his anterior cruciate ligament (ACL), one of the most important ligaments connecting the bones of the knee joint.

To repair the ligament, Ryan would require surgery along with extensive physical therapy. A family friend recommended he contact Charles Weingroff, a former strength and conditioning coach and assistant athletic trainer for the NBA's Philadelphia 76ers, now working as the lead therapist for CentraState Rehabilitation Department's Sports Therapy Program.

PHYSICAL THERAPY SPECIFICALLY FOR ATHLETES

Sports physical therapy is a specialized area of physical therapy that concentrates on the rehabilitation of musculoskeletal athletic injuries with the mission of returning active people to their maximum functional levels. Treatment and rehabilitation areas include the joints, shoulder, neck, back, hip, and ankle. After an initial consultation with Weingroff, Ryan began physical therapy on his knee, even before his surgery took place.

"I had never worked with a physical therapist before and had no idea what to expect. But I wanted the best therapist in the area who understood athletic injuries," says Ryan. "From the first day I started my rehab, I saw Charlie knew what he was doing. His experience working with professional athletes was obvious from the beginning."

Weingroff, a former high school baseball and hockey player and competitive power lifter, fully understands the passion that competitive athletes have for their sports. Holding a master's degree in physical therapy from the University of Medicine and Dentistry of New Jersey, he also worked for several years as assistant trainer for the New Jersey Nets.

DEDICATED TO FULL RECOVERY

"Ryan was the ideal rehab patient. Although he was only 17 years old, he was focused on getting his knee back into the best shape possible," says Weingroff. "He is an athletic person and is dedicated to doing whatever it takes to get back in the game."

Through both education and rehabilitative treatment, CentraState's Sports Therapy Program provides clients with the necessary tools to achieve optimal performance levels and help prevent future injuries. CentraState's rehabilitation department



▲ Charles Weingroff (right), lead therapist at CentraState Medical Center's Sports Therapy Program, uses the skills and experience he gained as assistant athletic trainer for the NBA's Philadelphia 76ers to help patients like Ryan Singler achieve full function and get back in the game.

will be headquartered in the new Ambulatory Campus, which will also include a 40,000-square-foot Fitness and Wellness Center. Weingroff will lead the Sports Therapy Program at the new center, featuring state-of-the-art equipment, a Junior Olympic lap pool, a warm water therapy pool, and a whirlpool.

AHEAD OF THE GAME

Recently, Ryan returned to his surgeon for his three-month checkup.

"My doctor was pleased at my rehabilitation progress. He said the mobility and strength in my knee was about three months ahead of what he normally expects to see."

For more information about sports therapy or rehabilitation services at CentraState, call (732) 294-2700. HD



▲ Alan Nasar, MD, medical director of The Total Joint Center of New Jersey, demonstrates a rotating platform by DePuy, used for knee replacement procedures.

Total Care for Joints

The Total Joint Center of New Jersey at CentraState offers patients the latest minimally invasive techniques and prosthetic materials for optimal outcomes.

Arthritis, injuries, or simply years of use can damage joints, causing a breakdown in the cartilage that cushions the joints. When this happens, the bones become more exposed and rub together with every movement, resulting in joint pain, swelling, stiffness, and loss of mobility.

About 450,000 Americans seek surgical treatment for joint pain every year, usually when conservative methods such as anti-inflammatory medications or cortisone injections no longer relieve their pain. Total joint replacement can provide these patients with a new lease on life.

“Severe joint pain has prevented many of our patients from doing the activities they love,” says Alan S. Nasar, MD, orthopedic surgeon with fellowship training in joint replacement surgery and medical director of The Total Joint Center of New Jersey. “Our new program provides a seamless surgical experience designed to get patients back to a quality of life they haven’t enjoyed in years.”

SMALL INCISIONS

CentraState’s orthopedic surgeons perform minimally invasive surgery through incisions several inches shorter than those used during conventional surgeries. Small, flexible instruments

allow physicians to repair tissues and bones or replace joints with enhanced precision. The benefits of this innovative approach include:

- Minimal damage to surrounding tissue
- Reduced risk for complications such as infection
- Less scarring
- Reduced pain

As a result, minimally invasive joint replacement surgeries often yield shorter hospital stays and recovery times for patients.

OPERATION ORIENTATION

To ease the scheduling burden for patients, a clinical coordinator at CentraState will plan all pre-operative appointments and consultations. A therapist guides patients through individually tailored exercise regimens to prepare them physically for surgery, because pre-operative strength-training activities have been shown to reduce recovery periods and make physical rehabilitation easier.

Additionally, twice monthly education classes introduce patients to the nurses and physical therapists who will be working with them, medical devices they may see, and the unit in which they will stay following their operation.

“We ease patients’ anxieties by familiarizing them with our facility, our staff, the procedure they’ll undergo, and the rehabilitation process,” says Brian Mason, DPT, clinical director of Rehabilitation at CentraState. “We want to help them form realistic expectations, because adequate orientation enhances surgical outcomes and contributes to a positive care experience.”

ADVANCED OPTIONS

Orthopedic surgeons at CentraState offer a range of total joint replacement surgeries for knees, hips, and shoulders and use the latest prosthetic implants for longer-lasting results. During surgery, a CentraState surgeon replaces the damaged joint with specially shaped all-metal or metal-on-ceramic surfaces that help restore normal, pain-free movement. These durable prostheses allow joints to bend more easily and glide more smoothly, helping patients regain mobility and range of motion.

“We use a rotating platform design that increases flexion and longevity for knee implants,” says Dr. Nasar. “Additionally, hip replacement joints are made of such durable components that they’re likely to last for the rest of patients’ lives even when patients are physically active.”

In the past, surgeons used metal rods and other alignment devices to determine the correct position of an implant. Surgeons participating in CentraState’s new Total Joint Program, however, have the advantage of computer assistance. This sophisticated technology determines the ideal position of the implant and provides real-time feedback to the surgeon on a computer monitor, making the surgery more precise and ultimately translating into a better fit and increased durability of prosthetic joints.

Patients are pleased with the results. People who have undergone total knee or hip replacement at CentraState give high marks. For the second quarter of 2007, CentraState’s total joint program rated in the 94th percentile, as measured by Press Ganey Associates, the nation’s leading patient satisfaction measurement and improvement firm.

BETTER OUTCOMES

Patients who undergo joint replacement surgery at CentraState participate in group physical therapy sessions designed to help them walk soon after surgery.

As a result of this encouraging team approach, patients are generally able to return home within three days of their operations and significantly increase activity after only three to six weeks of outpatient physical therapy sessions. Additionally, continual monitoring of patients’ surgical outcomes enables CentraState practitioners to use the latest research to maintain standard quality care practices.

“This kind of consistency provides exceptional outcomes, which go beyond impressive clinical data and translate into better living,” says Mason. “Our dedicated team members work with patients and help them achieve their goals. One patient recently participated in a 150-mile bike trip after not having ridden his bike for five years.”

EXTRA CARE DURING RECOVERY

Some patients may require more intense therapy after joint replacement. They can get the specialized care they need at CentraState’s sub-acute care center at The Manor, CentraState’s 123-bed skilled nursing facility on the CentraState campus. Qualified therapists and clinicians on staff provide comprehensive therapy services after elective surgeries such as joint replacement, as well as a range of other services from wound care to dialysis to hospice and palliative care.

Orthopedic Surgeons on Staff Privileged to Perform Total Joint Replacements

Advanced Orthopedics and Sports Medicine Institute

Manuel T. Banzon, MD, FAAOS
Gregg S. Berkowitz, MD, FAAOS
James Cozzarelli, MD
Gerardo Goldberger, DO
Michael Greller, MD, FAAOS
Alan S. Nasar, MD

Central Jersey Sports Medicine and Orthopedics Center

Andrew Harrison, MD, FAAOS

See “Many Happy Returns” on page 9 for more information on sub-acute care after knee replacement.

For more information about total joint replacement at CentraState, call (866) CENTRA7. ^{HD}

Total Knee Replacement for Women

CentraState Medical Center now offers the Zimmer® Gender Solutions™ Knee, the first and only knee replacement shaped to fit a woman’s anatomy.

“The new Gender Solutions knee, the only knee shaped and sized to optimally fit the female knee, should make women more amenable to having a knee replacement,” says Michael Greller, MD, board-certified orthopedic surgeon.

This replacement joint is designed to alleviate knee pain and restore mobility, while offering fit and function specifically for female patients.

Michael Greller, MD, and his patient Karen Settlekowski study the vast improvements of her new knee (left) compared to her old knee as shown in the digital X-ray images. Dr. Greller replaced Karen’s knee with a Zimmer Gender Solutions Knee in May. Karen says she’s looking forward to riding bikes and horseback riding with her kids since undergoing the surgery to replace a knee damaged in a skiing accident when she was a teen. ►



NEW AMMUNITION IN THE Battle against Cancer

Prior to Karen Necela's battle with cancer, she had taken a course at CentraState Medical Center's Health Awareness Center in the art of Reiki, a system of therapeutic touch that promotes healing by strengthening vital fields within the body.

"After I was diagnosed with cancer, I knew right away that both my spirituality and Reiki would play important roles in my treatment and recovery," says the Monroe Township resident.

BLENDING ART AND SCIENCE

Linda Geisler, RN, MNEd, CNA, BC, vice president of Patient Care Services, says that today's cancer treatment extends beyond just the physical needs of patients.

"Practitioners of integrated therapies for disease treatment believe the potential benefits are extensive: stress and anxiety reduction, relaxation enhancement, quality of sleep improvement, immune system strengthening, nausea reduction, and overall improvement of the patient's quality of life," says Geisler.

Anne Giblin, RN, CentraState Health Awareness Center's certified Reiki master/teacher—as well as Karen's Reiki instructor—provided treatment.

"From the beginning, Karen was positive about her prognosis with cancer and trusted that her body would be able to beat the disease," Giblin recalls.

GRANT AWARDED FOR INTEGRATED THERAPIES TRAINING

Thanks to a recent \$35,000 grant from the Walter and Louise Sutcliffe Foundation, the entire oncology nursing team received specialized training in pain management therapies that are recognized as techniques to help offset the discomfort of cancer symptoms. The nurses were trained to administer Reiki; guided imagery, meditation, and relaxation techniques; the "M" technique (a series of therapeutic stroking movements); aromatherapy; and massage therapy.

The Sutcliffe Foundation provides grants to institutions for nursing education and cancer research, and supports program development, student nursing scholarships, and excellence in research, primarily at institutions within New Jersey.

CentraState's Medical Oncology unit admits 450 patients per year. Several oncology nurses had previously received training in complementary care therapies including Reiki, massage therapy, aromatherapy, guided imagery, and/or relaxation techniques. The grant award provided training for the entire nursing team working in the 16-bed oncology unit. Additionally, training was extended to the medical center's surgical unit nursing staff, which treats nearly 300 surgical oncology patients each year.

FINDING PEACE AND SPIRITUAL HEALING

Curing disease is not always possible. However, using these healing modalities helps strengthen the mind and the spirit.

"Anne was so understanding about what I was going through," says Karen. "My husband saw how I benefited from my Reiki treatments and has since started treatments with Anne for relaxation and stress reduction."

For more information about CentraState's comprehensive range of oncology services, call (866) CENTRA7 or visit www.centrastate.com. For more information about Reiki and massage therapy, call CentraState's Health Awareness Center at (732) 308-0570. HD

◀ Anne Giblin, RN, certified Reiki master/teacher, provides Reiki treatment to Karen Necela at CentraState's Health Awareness Center.





▲ Danielle Scozzari, DPT, physical therapist, provides therapy to a patient at The Manor, CentraState's health and rehabilitation center.

Many Happy Returns

William Galvin of Old Bridge knew he needed a new knee. Last winter, the retiree from Con Edison chose CentraState Medical Center for his knee replacement surgery.

A CLOSE CALL

William's knee replacement surgery was successful, but that's not where his story ends. Following surgery, William was transferred to the Sub-Acute Care Center at The Manor, CentraState's health and rehabilitation center, to begin his therapy.

"The continuum of care throughout the CentraState Healthcare System is seamless," says Charles Benjamin, administrator of The Manor. "The Manor, its staff, and the organization are committed to providing the best care possible to residents and patients. Focusing on individual needs, we hold ourselves to a higher standard to promote the health and safety of everyone in our care."

HEALING RECOVERY

William worked with physical therapists for several hours each day, bending, kneeling, walking up and down stairs, performing leg raises, and using a special machine to improve range of motion.

"I had the determination to improve, and the staff was fun, but all business. I could bend my knee only 30 degrees at first, but now I'm improving more to a normal knee," says William. "The people are fantastic—from the nurses to the administrator, who was checking on the welfare of patients personally. You don't see that very often."

Now at home, William is using a walker and continues to do his exercises every day with the help of his wife, Deborah. He is thankful for the expert care he received at The Manor Care Center.

For more information about sub-acute care and rehabilitation at The Manor, call (732) 431-5200. HD

SENIORSFIRST CALENDAR OF EVENTS

JULY & AUGUST 2007

Call (732) 780-3013 for reservations for all programs.

STROKE SUPPORT GROUP

Jackson

Mondays, July 9 & August 13, 2 p.m.

DINING OUT PROGRAM AND SENIOR GAMES

Old Country Buffet, Route 9 North, Freehold

Join us for good food and fun with other seniors. Breakfast rolls and coffee, buffet lunch, cards, or board games (bring your own).

\$6 pay at door.

Wednesdays, July 11 & August 8, 9:30 a.m.–1 p.m.

PARKINSON SUPPORT GROUP

Manalapan Senior Center

211 Route 522, Manalapan

Tuesdays, July 17 & August 21, 11:15 a.m.

SENIORSFIRST—AARP DEFENSIVE DRIVING CLASS

Health Awareness Center—Freehold

Raceway Mall—Route 9 South

A two-day class to improve your driving skills & insurance discount. Make \$10 check payable to AARP and send to SeniorsFirst.

Tuesdays and Thursdays, July 24 & 26 and August 28 & 30, 12:30–4:30 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—"STARS AND STRIPES FOREVER"

Freehold Senior Center

116 Jackson Mills Road, Freehold

Professional entertainment and prizes. **\$9.**

Wednesday, July 25, 11:30 a.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—"ON THE BEACH IN WAIKIKI"

Freehold Senior Center

116 Jackson Mills Road, Freehold

Professional entertainment and prizes. **\$9.**

Wednesday, August 22, 11:30 a.m.

To learn more about "the lifecare advantage" at Applewood Estates, attend an information session held every Wednesday at 11 a.m. Please RSVP to (732) 303-7416.

Student Health Awareness Center

Call (732) 308-1850 for information or to register. Programs for students at all grade levels include substance abuse prevention, family life, general health, and nutrition.

COMING SOON!

Watch for the grand opening of our fun and exciting new interactive experience, **ADVENTURE TO HEALTH!** Our 18 exhibits promote an understanding of the human body to assist families in making healthy lifestyle choices. **ADVENTURE TO HEALTH** is open to schools, community groups, and families. Come visit us when we open in Fall 2007.

Weight Management for the Whole Family

Nutrition consultation and personal training by appointment.

Measure Your Metabolism

Med/Gem. Determine resting metabolic rate and fine-tune weight-control efforts. **\$49.**

Program Options for Nutrition and Weight Loss

- **Naturally Simple**
Nutrition and weight management for adults.
- **SHAPEDOWN**
Nutrition and weight management for children and their families.
- **Just for Kids**
School-based nutrition and weight management for kids. **HD**

HEALTHY KIDS

Fun, nutrition, and exercise for kids ages 8–14 and their parents. Saturdays, beginning July 7, five weeks, **\$149.**

Call (732) 308-0570 for more information. **HD**

CPR First Aid Training

Use of these materials in the educational course does not represent course sponsorship by the American Heart Association, and any fees for this course and/or material do not represent income for the American Heart Association.

Call (732) 308-0570 for more information.

Friends and Family CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. This is a non-certification class. **\$35/\$60 (couple).**

Heartsaver AED (Adult/Child CPR with AED) \$50.

Heartsaver CPR

Adult, child, and infant. **\$40/\$70 couple.**

Heartsaver First Aid \$50.

Healthcare Provider Renewal CPR \$45.

Healthcare Provider CPR (full course) \$65. HD

Integrative Therapies

Please call (732) 308-0570 for information or to register.

Hatha Yoga

8 weeks, **\$60.**

T'ai Chi

(Beginner) 8 weeks, **\$68.**

Massage Therapy

One hour, **\$60**, 1/2 hour, **\$35.**

T'ai Chi for Arthritis

Keep joints moving to improve strength and balance with specially trained instructors. Wednesdays, 11:30 a.m.–12:30 p.m. 7 weeks, July 11. **\$48.**

Prenatal Massage Therapy

One hour, **\$65.**

Prenatal Yoga

6 weeks, August 1, **\$60.**

Raindrop Technique

One hour, **\$72**. 1/2 hour, **\$35.**

Reiki

One hour, **\$60**. 1/2 hour, **\$35.**

Yoga for Those with Multiple Sclerosis

Work your muscles at your own pace with specially trained Yoga instructors. Mondays, 1:30–2:30 p.m. **8 weeks, May 7, \$60.**

Reiki Certification Classes \$150.

Meditation for Self-Renewal, Health, and Well-Being

Experience and explore several sitting, easy movement, and visualization meditation techniques. Ease tension, feel more positive, and boost your immune system.

Thursdays, 7–8:15 p.m.

4 weeks, July 12, \$75. HD

Freehold Raceway Mall Programs

Call (732) 294-0011 for information or to register.

Afterwork Workout

Tuesdays and Thursdays, 5:30–6:30 p.m. **8 weeks, \$68.**

Fabulously Fit

Mondays, 5:15–6:15 p.m. **8 weeks, \$35.**

Beginner Yoga

Bring a yoga mat. Wednesdays, 7–8 p.m. **8 weeks, \$68.**

Pilates

Mondays, 6:15–7 p.m. **8 weeks, \$35.**

Babysitting Clinic

Saturday, July 28 or August 18, **\$30. HD**

SCREENINGS

Preregistration required. Call (732) 294-0011. **Blood Pressure and Cholesterol Screening** Thursday, July 19, 2–5 p.m.

Fitness Classes

Fitness Classes held at **65 Gibson Place, Freehold.** Call (732) 308-0570 for information or to register.

Pilates

(with rings) 8 weeks Mondays, 9–10 a.m., **\$64.**

Pilates Plus

Wednesdays, 7:30–8:30 p.m. **8 weeks, \$64.**

AM Workout

Tuesdays and Fridays, 9–10 a.m. **8 weeks, \$68.**

Let's Get Physical

Tuesdays and Thursdays, 4:15–5:15 p.m. **8 weeks, \$68.**

Strengthen and Lengthen, Stretch, and Relax

Tuesdays, 11:15 a.m.–12:15 p.m. **8 weeks, \$34.**

Move It & Lose It

Mondays and Thursdays, 5:30–6:30 p.m., or 6:30–7:30 p.m. **8 weeks, \$68.**

Kickboxing

Tuesdays, 6–7 p.m., **8 weeks, \$40.**

Pro-Fit

Tuesdays and Thursdays, 10:15–11 a.m. or 5:15–6 p.m. **8 weeks, \$68.**

Total Body Workout

Fridays, 11:15 a.m.–12:15 p.m. **8 weeks, \$34.**

Pro-Fit Plus

Monday evenings and Monday and Wednesday mornings, 5:30–6:30 p.m. or 10:15–11:15 a.m. **8 weeks, \$68. HD**

Kid's Classes

Registration for all new classes listed below at Freehold Raceway Mall can be prorated for current classes if space is available. Call (732) 294-0011 for information or to register.

Kids Crafts

Ages 3–5.
Mondays or Wednesdays
7 weeks, \$65.

Tumbling Tots

Ages 3–5.
Fridays
7 weeks, \$65.

Two Doodle

Ages 2 1/2–3 1/2
and their parents.
Mondays or Wednesdays
7 weeks, \$65.

Musical Munchkins

Ages 2–3 with parents,
3–5 without parents.
Thursdays
7 weeks, \$65. HD

Novo Nordisk Diabetes Center

Recognized by the **American Diabetes Association**, this comprehensive program teaches people with diabetes all they need to know to lead normal, healthy lives.

Classes include:

- Survival skills
- Meal planning, including carb counting
- Stress management and exercise
- Blood glucose monitoring and medications
- Risk reduction

We also offer an insulin pump program, a gestational diabetes program, individualized insulin starts, carbohydrate counting with insulin adjustment protocols, and a diabetes support group.

For more information, please call (732) 294-2574. HD

Childbirth Preparation

Call (732) 308-0570 for information or to register. All prenatal and childhood programs taught by registered nurses.

Journey Through Childbirth

Understanding comfort measures for labor and birth.

- 5 weeks, \$120 (*\$175 package price available for prepared childbirth, breastfeeding, and infant care*).
- One-Day Class: Monthly, \$130.
- Breastfeeding Class, \$45.
- Infant Care Class, 4 weeks, \$63.

Prenatal Yoga

6 weeks, \$60.

Sibling Preparation

Ages 3–10, \$15 each child, discounts for multiple children.

Breastfeeding Support Group

Medela retail and rental station available.
First and third Fridays, \$15 month. HD

THE HAPPIEST BABY ON THE BLOCK

New and expectant parents will learn step-by-step how to help their baby sleep better and how to soothe even the fussiest baby in minutes!

Saturday, July 14, 10:30 a.m.–12:30 p.m.

\$55 (includes DVD and CD).

Call (732) 308-0570 for more information. HD

STRESS IN PREGNANCY WORKSHOP

Manage stress and turn it into a more positive force to avoid complications during pregnancy, such as pre-term labor and low birth weight.

East Windsor Ob/Gyn office, 300A Princeton-Hightstown Road.

East Windsor, NJ

Tuesday, July 17, 7–8 p.m., \$15.

To register, please call (732) 308-0570. HD

Infant/Toddler Classes

A variety of parenting programs for moms, dads, and infants/toddlers up to 3 years old are offered with age-appropriate topics by an RN instructor. Class size is small, and registration can be prorated into currently running sessions if space is available. Call (732) 308-0570 for information or to register.

Newborn Parenting

For parents and newborns up to 4 months.
August 3
4 weeks, first week free, then \$10 per class.

Baby & Me

Ages 2–6 months.
Thursdays
6 weeks, \$72.

Wee Two

Ages 7–12 months.
Mondays
6 weeks, \$72.

Jumping Jacks & Jills I

Ages 12–18 months.
Tuesdays or Thursdays
6 weeks, \$72.

Jumping Jacks & Jills II

Ages 19–25 months.
Tuesdays or Wednesdays
6 weeks, \$72.

Fun Time

Ages 26–36 months.
Tuesdays or Wednesdays
6 weeks, \$72.

Stroller Strides

Stroller Strides is a total fitness program that new moms can do with their babies. Taught by a nationally certified instructor. (732) 294-0011.
Mondays, Wednesdays, or Thursdays
10 classes, \$100.

Expectant Grandparents

Rediscover what it's like to care for a child.
Friday, June 1, 7:30–9:30 p.m.,
\$15, couples \$20. HD

CORPORATE HEALTH SERVICES

The Health Awareness Center offers a full range of health screenings, informative seminars, a mobile wellness van, health fairs, and customized corporate health programs. Some screenings included are blood pressure, vision, hearing, and cholesterol checks. Call (732) 308-0570. HD

Some health education programs and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach are co-sponsored by the Visiting Nurse Association of Central Jersey. HD

The Health Awareness Center in Freehold Raceway Mall will be closing its doors at the end of October 2007.

Most of the programs will be relocated to the *new* Health Awareness Center, which will be located next to CentraState Medical Center, opening in the fall of 2007. Look for clearance sales to begin on the mall store's merchandise beginning July 2007, and, most importantly, look for grand opening announcements for the *new* Health Awareness Center. HD

CENTRASTATE BRIEFS

SAVE THE DATES FOR AMBULATORY CAMPUS CELEBRATION

You're invited to a community open house and a series of dedications to celebrate the grand opening of CentraState's new Ambulatory Campus and relocated outpatient services.

Community Open House

Sunday, October 7, 11 a.m.–5 p.m.

CentraState Medical Center's Ambulatory Campus Activities include exhibits and demonstrations, health fair and screenings, tours, and entertainment.

Family Day Open House

Saturday, October 13, 10 a.m.–5 p.m.

Student Health Awareness Center Activities include exhibits, demonstrations, and health fair.

Novo Nordisk Diabetes Center Dedication and Lecture

Saturday, October 13, 2 p.m.



Applewood Performing Arts Center Opens

Executive Director Gloria Zayankosky (right) joins with more than 200 residents of Applewood Estates to celebrate the opening of the performing arts center at the lifecare community. Other new amenities include a full-service fitness center with junior Olympic-sized pool, a spa with a massage room, and a 175-seat formal dining room.

To help promote a healing environment, Devin Korwin, Jake Girard, Matt Peters, Jamie Migliaro, and Samantha Dyevoich, art students from Colts Neck High School, paint a serene mural designed by Devin on a wall in CentraState's Emergency Department staff lounge. The Freehold Regional High School District, which has a longstanding, collaborative relationship with CentraState, submitted 12 paintings by the students, which also will be raffled to raise money for a memorial to deceased CentraState employees.



Marlboro Mayor Robert Kleinberg poses at the Marlboro Recreation Center with six of the 300 people who attended the kick-off of the "Marlboro Mayor's Weight-Loss Challenge," a 10-week program to motivate and help residents lose weight. The Mayor partnered with CentraState to offer the program. CentraState Health Awareness Center nurses provided health screenings and education on fitness and nutrition.



Jay Miller, DDS, a dentist on staff at CentraState Medical Center, performs oral surgery on a woman in Honduras during a goodwill mission to the impoverished area to provide free dental care for residents. Dr. Miller extracted several hundred teeth and donated equipment and supplies while on the volunteer trip he made with a colleague.