



Serving the Severely Injured FOR 18 YEARS... AND COUNTING

Bristol-Myers Squibb Trauma Center Reverified as Level II Trauma Center

The Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center has been recertified as a Level II Trauma Center by the Committee on Trauma of the American College of Surgeons (ACS). The center is also designated as a Level II Trauma Center by the New Jersey Department of Health.

THIS ACHIEVEMENT IS THE SIXTH VERIFICATION FOR CAPITAL HEALTH SINCE 1998.



"A team of nationally recognized trauma experts from the ACS recently reviewed our resources and performance and found that our trauma center continues to provide the best care for severely injured people across our region. This means patients have access to important injury prevention programs, pre-hospital care and transportation, acute hospital care, rehabilitation and research," said **DR. LOUIS D'AMELIO**, director of the Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center.



What is a Trauma Center?

According to the Centers for Disease Control and Prevention, injury is the fourth leading cause of death in the U.S. each year. Care provided in a trauma center decreases the chance of death following injury by 20 – 40% compared to care in ordinary hospitals.

The Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center is a Level II New Jersey state-designated Trauma Center. One of only 10 designated trauma centers in New Jersey, we are the regional referral center for injured patients in Mercer County and adjacent parts of Somerset, Hunterdon, Burlington, and Middlesex counties as well as nearby areas of Pennsylvania.



"Severely injured patients are brought to us by ambulance or helicopter," said **DR. DOMINICK EBOLI**, associate director of the Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center. "Our trauma program offers resources and expertise not found in most general hospitals, including 24-hour immediate access to trauma surgeons and other specialists, operating rooms, trauma/medical ICU, surgical trauma unit, blood bank, radiology, and dialysis services."

A COMMUNITY CONNECTION

Perhaps one of the most important parts of treating a serious injury is trying to prevent it from happening in the first place.

"Our Injury Prevention Program brings awareness of potential hazards to a wide variety of audiences, including day care centers, schools, and senior community centers, to help keep our community as safe as possible," said **NANCY DISTELCAMP**, injury prevention coordinator at the Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center.



Here are some of the injury prevention programs offered:

-  **Pedal Power** — Safe bike riding skills, rules of the road, and importance of wearing helmets when riding bikes and other wheeled sports.
-  **Staying Safe in the Car** — Keep infants, toddlers, school age, and older children safe in and around motor vehicles, including how to prevent injuries, trunk entrapment, and hypo/hyperthermia.
-  **Are We There Yet?** — Help children better understand importance of properly buckling-up in a vehicle.
-  **Don't Just Walk On By** — Pre-school and school-age children learn to cross streets safely, to be careful around parked cars and practice pedestrian safety rules.
-  **Prom Night Partnership** — Honest portrayal of the consequences of driving too fast, driving under the influence, distracted driving and driving without seatbelts (for high school students).
-  **Safety Awareness, In and Around Your Home** — Reinforce potential dangers at home that can cause injury. This includes older adults' awareness of home safety and fall prevention.
-  **Distracted Driver Prevention** — Focuses on ways drivers can get distracted and how simple distractions become disasters (for "soon-to-be" drivers).

If you're interested in having one of our programs at your school or center, please call **609.394.6305** or e-mail ndistelcamp@capitalhealth.org.

CREENTIALS



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center



NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER



**Capital Health – Endocrinology Specialists
MOVING TO HOPEWELL**

Starting June 27, 2016,

Capital Health – Endocrinology Specialists will begin to see patients at its new office location at Capital Health Medical Center – Hopewell. Our new address will be:

Two Capital Way, Suite 290
Pennington, NJ 08534

Later this fall, we will also offer limited hours in Suite 218 at Capital Health – Hamilton (1401 Whitehorse-Mercerville Road, Hamilton, NJ 08619).

Call 609.303.4300 or visit capitalendocrinology.com.

Capital Health – Endocrinology Specialists is part of the larger Capital Health Medical Group, a network of more than 220 healthcare practitioners including primary care and specialty care physicians and surgeons, and other practitioners, dedicated to providing high quality healthcare carefully coordinated between providers.

Learn more at capitalmedicalgroup.org.

FIND US at the Farmer's Market this Summer



Heather Keller, nurse manager of Pediatric Services at Capital Health, answers questions at Pennington Farmer's Market.

At Capital Health, we're supporting fresh, local produce and healthy living by participating in two farmer's markets in Trenton and Pennington. While you're out at these wonderful events, stop by our tables for free health screenings and learn more about our services.



Join us on **MONDAYS, JULY 25, SEPTEMBER 26, and OCTOBER 24** from 2 to 6 p.m. through **October 24, 2016** at the Greenwood Avenue Farmer's Market, located at 427 Greenwood Avenue in Trenton, NJ (behind the Trenton Transit Center.) Enjoy live music, fresh fruits and vegetables and fun activities. To learn more, visit greenwoodavefm.org.



PENNINGTON FARMERS MARKET

Join us on **SATURDAYS, JULY 9, AUGUST 13, SEPTEMBER 10, and OCTOBER 8** from 9 a.m. to 1 p.m. through

October at the Pennington Farmer's Market, located at Rosedale Mills, 101 Route 31 North in Pennington, NJ. Shop produce from local growers and discover sustainable living, arts and culture in and around the Hopewell Valley area. To learn more, visit penningtonfarmersmarket.org.



Congratulations to **JOSEPHINE FLORES, BSN, RN, CCRN** on Trauma Medical Intensive Care Unit and **BETTY WOODS, LPN** on Endoscopy/GI Unit for being recipients of the **DAISY Award** for nurses at Capital Health.

We partner with the **DAISY Foundation** to present the **DAISY Award** to recognize the work of our exceptional nurses based on nominations from patients and their loved ones, as well as colleagues.



Learn more at capitalhealth.org/daisy.



CAPITAL HEALTH

in partnership with **HOPEWELL VALLEY ARTS COUNCIL**
is pleased to present

**Outside In –
NATURE'S MEDICINE**

An exhibit by the members of **GALLERY 14 FINE ART PHOTOGRAPHY**

JULY 13 TO AUGUST 31 · 2016

Opening Reception: Thursday, July 21, 2016 · 6 to 7:30 PM
Featuring the music of The Sforzando Trio

photographs: top, Sibling · Carl Geisler
bottom left, Blue Poppy Center · Charles Miller
bottom right, Cherry Blossom Time · Alice Grebanier

INVESTORS BANK ART & HEALING GALLERY
at Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



TOTALLY HIP



Continued Commitment to High Quality Hip Replacement Earns Capital Health National Re-Certification

The Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center– Hopewell has earned The Joint Commission’s Gold Seal of Approval® for Total Joint Hip Replacement for the second time by demonstrating compliance with their national standards for healthcare quality and safety.



“This latest accolade for our orthopedics program speaks to the amazing work of our surgeons, specially trained nurses and therapists, as well as other medical professionals who are helping people achieve a better quality of life,” said **AL MAGHAZEHE**, president and CEO, Capital Health.



“To earn Joint Commission certification, we underwent a thorough on-site review from experts who evaluated our use of nationally recognized care standards, specifically in the field of hip replacement. Our highly trained team proved that we continue to offer the highest quality care and safety measures for those who choose Capital Health for their hip replacement,” says **DR. HARI BEZWADA**,

orthopedic surgeon and medical director of the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell.

Capital Health has nearly 50 of the area’s finest orthopedic surgeons on staff and highly trained on the latest surgical procedures. For more information, visit capitalhealth.org/ortho.



HIP and KNEE REPLACEMENT: TALK TO THE TEAM

Tuesday, November 15, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534

DR. HARI BEZWADA, medical director of the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell, will be joined by representatives from departments involved in hip and knee replacement surgery to provide a complete picture of your joint replacement surgery and answer your questions.

SIGN UP for a FREE HIP & KNEE SCREENING or CLASS
To register for one or both of these events, visit capitalhealth.org/events or call 609.394.4153.



HIP & KNEE SCREENINGS

Saturday, October 15, 2016 | 9 – 11 a.m.

Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534

Have you been experiencing hip or knee pain? Wondering if you are a candidate for joint replacement? Meet one-on-one with an orthopedic surgeon — DR. HARI BEZWADA, DR. ARJUN SAXENA or DR. MICHAEL AST — who will conduct a free screening and recommend next steps. Please wear shorts or loose clothing.



ADVANCED TREATMENT for HIP and KNEE OSTEOARTHRITIS

Tuesday, October 25, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534

Arthritis is the leading cause of joint replacement surgery. Join DR. ARJUN SAXENA, a board certified orthopedic surgeon, to learn about the latest implant technology, surgical techniques, what to expect for a rapid return to normal function after surgery. A physical therapist will discuss rehabilitation after surgery, and a case manager will talk about care after surgery.

Having Hip or Knee Surgery at Capital Health? WE’LL GET YOU READY.



Getting ready for hip or knee replacement surgery can be stressful, but we’re here to help. Capital Health’s orthopedic-trained Magnet nurses help you prepare for your hip or knee replacement surgery at the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center– Hopewell by offering classes to patients and their loved ones.

Classes are taught every Tuesday and Thursday in the 4th Floor Conference Room adjacent to the 4M Surgical Care Unit where patients stay after surgery.

Our nurses provide an overview of expectations for your hospital stay with topics including (*but not limited to*):

- Preparing your home before surgery
- What happens the day before, the morning of and the days following surgery
- Pain management and physical therapy during your stay
- Follow-up care after you leave the hospital

Registration is not required and classes are conveniently scheduled so you can do it while you are here for your pre-admission testing.



UPCOMING HEALTH PROGRAMS

YOGA BLEND CLASS AT OASIS SPA AT HOPEWELL

Fridays, July 1 – August 19, 2016 | 4:30 p.m. to 5:30 p.m.
Capital Health Medical Center – Hopewell
8-Week Session | \$80 for all eight classes;
\$15/class drop-in rate

Learn to lengthen and strengthen the muscles and move through each pose with ease and grace. This slow flow class is for yogis with various experience levels or who may be ready for a bit more of a challenge. Familiarity with Sun Salutation is suggested for this class, however modifications will be shown. Call 609.537.6544 to register.

BABY CARE BASICS

Thursday, July 7, 2016 | 6:30 p.m.
Capital Health Medical Center - Hopewell
Cost is \$50 per couple.

This 2 ½ hour class helps prepare first-time expectant parents and prospective adoptive parents to care for their newborn. Topics include how to handle sleeping, crying, comforting, bathing, and diapering, as well as nurturing yourselves as parents. Call 609.303.4139 for more information and register by visiting capitalhealth.org/childbirth.

PRENATAL YOGA CLASSES

July 16 – September 10, 2016 (no class September 3)
Saturdays | 10:30 a.m. to 11:30 a.m.
Capital Health Medical Center – Hopewell
8-Week Session | FEE: \$90

Learn beneficial yoga positions for the pregnant woman, with emphasis on adapting your yoga practice throughout pregnancy. This practice will help prepare you for childbirth and after. Call 609.303.4139 for more information and register by visiting capitalhealth.org/childbirth.

GENTLE YOGA CLASS AT OASIS SPA AT HOPEWELL

Wednesdays, August 10 – September 28, 2016
4:30 – 5:30 p.m.
Capital Health Medical Center – Hopewell
8-Week Session | \$80 for all eight classes;
\$15/class drop-in rate

This alignment-based class is tailored to the individual needs of each student. Detailed instructions and modifications will be provided to allow for greater accessibility in the poses. Whether you are new to yoga or further along in your practice, this deep-stretching, muscle-engaging class will be appropriately paced for your unique needs. Call 609.537.6544 to register.

ONE-DAY BABYSITTING CLASS

Wednesday, August 24, 2016 | 9 a.m. – 4 p.m.
Hopewell Township Municipal Building

This one-day program for adolescents ages 12–15 includes emergencies, safety, playtime, basic first aid and CPR. This program is led by the Mercer County 4-H Program and Capital Health's Community Education Department. Class size is limited and cost is \$28. Bring a bag lunch. Pre-registration and prepayment are required. Call 609.394.4153 for visit capitalhealth.org/events to register.

FREE Diabetes Education Series at the Novo Nordisk Family Resource Room at Capital Health Medical Center – Hopewell

Call 609.537.7081 or visit capitalhealth.org/events to register for these events.

Preventing Diabetes Complications Monday, July 11, 2016 | 1 p.m.

Are you concerned about developing complications caused by diabetes? Discuss ways to prevent these complications with Laura Moran, our registered nurse and certified diabetes educator.

Benefits of Exercise Wednesday, July 13, 2016 | 4:30 p.m.

Learn the effects of physical activity on blood glucose. Dan LaBonte, certified cardiac technician, will provide an opportunity to discuss goal-setting and creating a plan for an exercise program.

Speak to the Dietitian Thursday, July 14, 2016 | 3 p.m.

Do you have diabetes and you're unsure about what to eat? Mindy Komosinsky, registered dietitian and certified diabetes educator, will focus on how foods affect your blood glucose and discuss meal planning strategies.

Managing Pre-Diabetes Monday, August 1, 2016 | 1 p.m.

Proper management of pre-diabetes can delay and even prevent the development of diabetes. Laura Moran, a registered nurse and certified diabetes educator, will discuss the effect of nutrients on the blood glucose and how weight loss and physical activity can help reduce your risk for diabetes.

Capital Health Medical Center – Hopewell
One Capital Way
Pennington, NJ 08534

Hopewell Township Municipal Building
201 Washington Crossing Pennington Road
Titusville, NJ 08560



send in the clowns!



New Clowns Graduate, Join CAPITAL HEALTH Therapeutic Clowns

Capital Health and its Volunteer Services Department celebrated the graduation of two new clowns (from left, retired teacher Linda Kreshover (aka Dr. Hedda Class) and realtor Helene Rubin (aka Dr. Apple A. Day), into its therapeutic clown program. The program is run through Bumper T. Caring Clowns, Inc., an organization that provides clowns for visits with patients and visitors.

The therapeutic clown program is one of many programs offered by Capital Health's Volunteer Services Department. Learn more about the program and how you can get involved at capitalhealth.org/volunteers. If you are interested in volunteering, you can e-mail us at volunteer@capitalhealth.org or call 609.303.4023.