

Hamilton Health Lines

A Newsletter for the Members of RWJ Hamilton Center for Health & Wellness

VOLUME 2 ♦ ISSUE 2

SUMMER 2005



RWJ HAMILTON
CENTER FOR HEALTH & WELLNESS

Highlights

- ◆ Punch Your Way to Fitness & Fun
- ◆ Makeover Contest Winner Making Big Changes
- ◆ Carol's Bones May Break, But Not Her Spirit
- ◆ Team Up With Team Journey To Raise Money for Cancer
- ◆ President Bush Presents Hospital with Highest Quality Award
- ◆ Diet Dilemma – Tune-up or a Total Overhaul?
- ◆ Pilates Reformer Helps Heal the Body
- ◆ Bring Beauty and Well-Being Into Your Life

Craft Show – Crafters Wanted!
Hand-crafted holiday gifts for sale. Save the Date!
Saturday, October 15
RWJ Hamilton Center for Health & Wellness
Crafters call 609.584.6580



Operating Hours

Mon. – Fri.: 5am – 11pm
Sat & Sun.: 7am – 7pm

These are *Not* Your Father's Aqua Classes!

If you think aqua classes are just for seniors, you haven't tried Intensive Cardio, a new water class designed for serious workout enthusiasts.

"This is an intensive workout," says Fitness Instructor Graciela Frenck who teaches a wide variety of classes for people of all ages and abilities. "Our aqua classes are so much fun. We exercise to upbeat music and follow a routine, just like classes on land."

But Graciela says it's often hard to convince active people to take time for a water class – until they understand the benefits. "This is such a great way to strengthen muscle tone, increase flexibility and lose body fat. Water is very therapeutic for muscles and joints – not just for people with arthritis and injuries, but for everyone who works out on land on a regular basis."

Of course, benefits for seniors and arthritis sufferers are legendary. "The buoyancy of the water – coupled with our soothing 90° water temperature, makes it easier to move without pain," says Graciela adding that she sees amazing changes in participants. "The water reduces their pain and enhances their feeling of well-being. They feel stronger, more relaxed and so much more confident. Many of them even play tennis together outside of class."

You don't have to know how to swim!

Aqua classes are perfectly safe and Graciela says you don't have to know how to swim. "We do everything in the shallow end and we have the best flotation and resistance devices including belts and noodles...everything you need to keep you safe."

Fitness Director Pam Paley says Graciela's water classes are extremely popular. "She is always energetic and has such a positive attitude about everything. Everybody just loves her classes."

In addition to water classes (Cardio, Intensive Cardio, Cross, Aquatone, Tone & Stretch and Arthritis Aqua), Graciela also teaches Ball, BodyPump and Latin Dance. ♦



GRACIELA'S INTENSIVE CARDIO CLASSES are a great way to reduce body fat, increase muscle tone and enjoy a workout that is really fun.



Our Sales Team Is Here For You

Need help or have questions? Bring them to us and we'll be glad to help. And remember to refer a friend to be eligible for valuable prizes. Pictured left to right. Front row: Ryan Dolinsky, Copley Szostak (Assistant Sales Manager), Martin Reidy (Sales Manager). Back row: Anthony Calderon, Bryan Hopkins, Fred Seitz. Not shown: Marsha Lewis. ♦

Members Get Free Personal Training Advice



GEORGE PODURGIEL GETS PERSONAL TRAINING ADVICE from Rob as a benefit of Center membership.

"What's better when joining a fitness center than getting free personal training advice? It's one of the many benefits of Center membership," says head trainer Rob Gregory. "I encourage everybody to take advantage of it."

Your free Personal Training Package starts with an *Orientation* meeting with one of our trainers. This includes a discussion about your goals, abilities and medical history. Based on this information, your trainer will design a workout program especially for you.

Then every eight to 12 weeks you can schedule a *Re-Evaluation* to track your progress.

"If you are reaching a plateau or want to vary your routine, this is your chance to get professional direction – at no extra cost to you."

For even more personal and constant feedback about your progress, you may choose to schedule individual personal training sessions with a trainer of your choice. While these one-on-one workout sessions are not free, Rob says they are extremely valuable in terms of the guidance and motivation they provide. "People derive greater benefits from having someone by their side during a workout. Not only do they enjoy it more, they often find it more productive because they experience better results."

If you're looking for a personal trainer you should check our trainer bio board for pictures and biographies of Center trainers. You may also want to talk to members who work with our trainers. You can purchase personal training packages at the front desk. If you'd like more information, contact Rob. ♦

A Message from the CEO...

Dear Wellness Center Member,

As the summer continues to fill our days with fun and the making of great family memories, we hope that you are continuing to take advantage of the great summer classes and programs offered at the RWJ Hamilton Center for Health & Wellness.

If you have never taken one of our healthy cooking classes, now is the time. Our team, comprised of registered dietitians and a weight management educator, has prepared incredible cooking programs designed for the many needs of our community. If you have questions or concerns regarding diet and nutrition, stop in or schedule an appointment anytime.

Our Family Health Challenge, which began in early April, is reaching its midway point. Participating families have been attending our many classes and working to make lifestyle changes that benefit everyone in

the household. The challenge will wrap up in early October and one lucky family will receive a grand prize trip to Disney World.

All of the health education and fitness classes offered at the RWJ Hamilton Center for Health & Wellness can be found in our quarterly *HealthCheck* calendar, delivered to homes in early July. If you are not on our mailing list, call our HealthConnection call center at (609) 584-5900.

Healthy wishes to each of you and enjoy the rest of the summer! ♦

Christy Stephenson
CHIEF EXECUTIVE OFFICER



**Christy Stephenson,
President & CEO**

Betty Klein Sits Out Her Work-Out

At 83, Betty Klein is active, alert and knows how important it is to get up and move. That made it easy to let her daughter talk her into joining RWJ Hamilton Center and signing up for Chair Yoga.

"Yoga is so good for me but I have bulging discs and can't do a lot of things. Chair Yoga is much easier for me than lying on the floor. I feel so relaxed afterward, even when I only do a few of the positions."



BETTY LOVES CHAIR YOGA because it's easier for her than lying on the floor and the benefits are the same as regular Yoga.

Indeed, Chair Yoga, which instructor, Jayadeva describes as "full-fledged yoga performed in a chair" is becoming very popular with today's yoga lovers. "Busy people love it because they can do it in their office, while waiting for an appointment – virtually anywhere there's a chair. And it's wonderful for people like Betty who aren't comfortable lying down on the floor."

Betty says Jayadeva is really a great instructor. "He doesn't make anyone do what they can't do. If you can't complete a position, he modifies it for you."

Jayadeva says that's not necessary in Betty's case. "She's one of our strongest participants. She does everything – full yoga poses, everything. Betty is so inspiring to have in class. It's amazing to discover how old she is."

Betty says people are always asking her how she can afford the cost of membership. "I tell them there's always a way." And Betty's way is to reduce her huge cable bill. "I realized I didn't need all those tv channels. I don't need to sit and watch tv – it's the worst thing for me. I need to be up and moving so now I just get the basic channels and I can afford my Center membership." ♦

Nicole Takes a Tumble for the Team

Not long ago, Nicole Patsaros came to rehab on crutches. Today she's doing back flips and cartwheels and is fully recovered.

"I was performing a tumbling move at a football game in the fall when I accidentally landed the wrong way on my ankle. I tried not to think about the pain but I really couldn't walk without crutches."

A 16-year old junior at Nottingham High School, Nicole was a cheerleader, a gymnast and in great physical condition. But when she first came to rehab, her ankle was in pretty bad shape according to Dr. Jeffrey Gontarski, PT, CEAS, Clinical Supervisor at RWJ Rehabilitation Dept.

"Nicole was suffering from ankle instability, range of motion difficulties, decreased strength, pain and tenderness. She was unable to bear any weight on her ankle and even after some therapy her doctor decided she needed surgery."

After surgery, Nicole started coming to physical therapy three times a week. "It really helped a lot and Dr. Jeff made it so much fun. He incorporated the things I liked to do so it was never boring," says Nicole, adding that they played games such writing the alphabet with her foot, throwing balls back and forth and playing baseball. "He even let me practice balance on the trampoline."

Nicole admits that physical therapy was hard work. "Sometimes it made me sore but I never really left in pain. It was lots of fun and it definitely helped."

Nicole worked on strength, sport specific activities and proprioception (the brains awareness of where your foot is at any given point), which Dr. Gontarski says is very important for athletes. "The bottom line is Nicole was able to go back to cheerleading, gymnastics and tumbling pretty quickly. Back to her life of full activity."

According to Mike Long, PT, MS, FABC, Rehabilitation Services Director, the Hamilton Center provides comprehensive rehabilitation services including physical therapy, occupational therapy, speech therapy, audiology and cardiac rehabilitation as well as aquatic therapy, lymphedema treatment and urinary incontinence. For more information call 609.584.6640. ♦



NICOLE WORKS WITH DR. JEFF after her injury to strengthen her ankle and get her foot back in shape.

Community Raises \$166K+ for Cancer



ABOVE: MEMBERS PARTICIPATE IN CIRCUIT CONDITIONING as part of our Relay For Life pre-event fundraiser which yielded \$1,500 in one day. BELOW: TEAM JOURNEY IS TOP 2005 FUNDRIASER raising \$10,433! Photos courtesy of AWB Photos. More photos are available for purchase at www.awbphotos.com.

Relay For Life is the American Cancer Society's signature activity – a unique 18-hour event we participate in each June to fight cancer. As always, teams camp out overnight at Mercer County Community College in support of Team Journey's all-night walk where members take turns walking, jogging and running the track. There are refreshments, a disc jockey and activities galore including games, crafts and complementary massages to keep people of all ages motivated and having fun. And the best part – we raised \$166,367 in the fight against cancer.

Congratulations to Team Journey who raised \$10,433 event making them the top fundraiser in 2005!

In preparation for *Relay For Life*, Center members also participated in a pre-event fundraiser in May that included spinning, sports circuit conditioning, fun-on-the-ball and yoga stretch classes – all for a \$10 donation. By selling over 90 workout slots, luminarias and bracelets, we raised over \$1,500 in just one day.

By all accounts, this year's *Relay For Life* was a huge success. Our heartfelt thanks to so many people for a job well done – to group fitness director Pam Paley and her instructors who generously donated so much of their time, to members who participated, to our managing partners for snacks and refreshments and to all who shared in the fun and helped the cause. ♦

Happy Anniversary!

A Heartfelt Thank You

To All RWJ Hamilton Members
and Staff For Making Our
First Year Such A Huge Success!

Celebrating Our First Anniversary
August 30, 2005



Take the Plunge!

Summer's here – time for water lovers to brush up on the swimming skills that will keep your head above water. Swim classes are in full swing with new ones starting all the time. So take the plunge and jump right in.



New! Swim At Home

Private swimming lessons are available for all levels – in your own pool at home. All instructors are American Red Cross certified.

Parents & Me – Helps children get comfortable in the water and learn the basics of swimming. Great fun for parents and their kids from 4-months to 4-years.

Water Safety Instruction (WSI) – Become an instructor – get certified to teach swimming classes of your own.

Lifeguard Training – Intensive 30-hour course taught according to American Red Cross standards.

Private Lessons – One-on-one instruction at your convenience.

Call Aquatics, extension 121 for more information. ♦

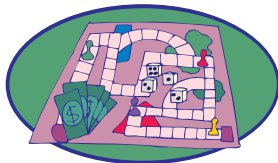
New! Child Care for the Older Set

If you have kids six years and older, you will be happy to hear that Child Care is introducing a new Summer Morning Program especially for them.

Starting July 1, we will be using the “overflow room”

as a Rec Room where older children can play their favorite board games such as

Monopoly and *Sorry*, do crafts, watch movies and listen to music – with the supervision they need but without the distraction of having the little ones around. Hours are 8:30 to noon. For more info, contact Camille. ♦



Lifestyle Makeover Winner Progress Update...Gail Taliaferro

Winner of *The Times of Trenton* Healthy Lifestyle Makeover Contest

Background – Since March 2005, *Times* writer, Fay Reiter, has been working with Gail and reporting on her progress in her *Focus on Fitness* column. “Every month Gail and I focus on another aspect of good health. She is such a great student. She soaks everything up like a sponge and always follows through.”

Weight – Started at 227 pounds. At time of printing, Gail weighed 209 pounds for a weight loss of 18 pounds.

Exercise – Once a stranger to exercise, Gail now has a Personal Trainer, George Samuelson and works out at the Center 3 to 5 times a week.

Strength – Initially afraid of push-ups, Gail says she never thought she'd be able to do them. “George pushed me to start with one push-up. It took me quite a while to do just one. Now I'm doing sets of 10.” George says Gail quickly got the hang of it and “started doing push-ups like the best of them”.

Diet – Gail completely changed her eating habits. “I eat more fruits and vegetables and my tastes have changed a lot. I used to love junk food, especially Slim Jims. The last time I tried one I could actually taste the fat. It was disgusting. And now fried foods make me queasy.”

Overall Happiness and Well-Being – George says Gail's clothes fit better, she carries herself with more confidence, she jokes around more, her personality is more upbeat and she seems so happy with how things are going. Gail says she feels better and has a lot more energy. “I can tell by the way I'm walking. I'm not huffing and puffing anymore.” ♦

New Weight Loss Mentoring Program Starts Here

Center members now have access to the same weight-loss mentoring program featured in the *Times Lifestyle Makeover* story above thanks to Fay Reiter, MA, a certified social worker who is now providing weight-loss coaching and mentoring on an individual basis.

Fay has personally lost over 80 pounds and has successfully maintained her weight loss for many years through a multifaceted approach she developed herself. “So many people tell me their lives are out of balance,” Fay says. “I had been on many diets and always gained weight back until I realized that focusing on just one aspect of the problem – such as what you eat – is not enough.”

Fay's method explores the physical, emotional, mental and spiritual aspects of weight loss because she believes that people with weight problems have to go through a re-learning process to establish new habits. Participants in her classes learn to enjoy their food more, eat consciously with all five senses and eliminate eating for immediate gratification. They also learn new ways to reduce stress, make exercise more enjoyable, cope more effectively and bring balance into their lives.



EVERYONE CAN LOSE WEIGHT AND KEEP IT OFF. Find out how in Fay's new mentoring program.

“Anyone can lose weight but many people give up because they failed so many times.” Fay thinks they don't believe it's possible to achieve permanent weight loss. “But that is *not* true. Thousands of people have successfully lost and sustained weight. I am one of them. The way you eat is as important as what you eat. What I teach is not a diet, it is a way of life.” For more information, call 609.333.8698 or email fayreiter@aol.com. ♦

You've Come a Long Way Laurie Barrows!

For someone who didn't start exercising until she was past 40, Laurie Barrows has come a long way! Now 56, she is a certified Fitness Instructor who teaches a wide variety of classes including Aquatone, Arthritis Aqua Class, Body Pump, Step, Stretch, Ramping and Yoga. And she's currently training with Group Fitness Director Pam Paley to teach Pilates.

So how did this long-time smoker, who says her lack of eye-hand coordination put most sports out of her reach, become such an ardent exercise enthusiast? Three ways: She stopped smoking. She broke her foot. And she met Pam Paley.

"When I decided to stop smoking I replaced smoking with Jazzercise – to keep my hands and body busy and to take the edge off. That was the beginning. I discovered I could move beautifully to music.

I am so grateful to Jazzercise. It opened the door for me."

By the time Laurie broke her foot she was already working out regularly. But her debilitating injury forced her to stop working for months. "I was a full-time computer teacher and had to be on my feet all day. After my injury I had no mobility and had to stop. I missed my exercise so much. I sunk into such a deep depression that I ate 24-hours a day for two whole weeks. Breaking my foot made me realize that we have the gift of movement which is a truly special gift."

That's when Laurie came to terms with her passion and changed the course of her life. "I decided to make exercise a career choice. I realized I wanted to exercise for the rest of my life."

So Laurie quit her job and got the training and certification to become a Fitness Instructor. Then she met Pam who hired her as a full-time Instructor at Hamilton Fitness & Wellness Center.

Pam says she liked Laurie as soon as she auditioned her. "Laurie showed passion, creativity and an incredible wealth of knowledge. She was willing to step out of her comfort zone and become certified in areas that were new and physically challenging to her. She is truly an amazing instructor."

Laurie feels the same way about Pam. "Pam is incredible – a real taskmaster who makes sure we do things right. And she has such a big heart!"

Today Laurie teaches a variety of classes and loves them all for different reasons.

"Arthritis (AFAP)...because I see the most visible changes in participants – in their



Laurie's Gentle Yoga Classes are very popular with Center members who are looking to reduce stress, stretch their muscles, relax their minds and temporarily leave their busy lives behind.

posture, strength, physical well-being – and in their freedom from pain."

"Ramping...because it's such wonderful aerobic exercise for people with knee problems or other physical limitations who want to move but find Step too strenuous. We have so much fun in this class."

"And Yoga...a very gentle and meditative class that allows us to close the door and leave the world outside.

"Breaking my foot turned out to be very lucky because it led me to Pam. I'm indebted to her for making me what I am. I love my classes. I love teaching – and now I'm teaching what I love. This is such a gift to me." ♦

Forget Something? Ask the Front Desk

Just in case you forget something you need for your workout, check with the Front Desk to see if they can help. For your convenience, for example, we sell headphones, locks and towels – just in case you forgot yours. ♦



Real Men Do Pilates. Ask Bob!



Bob works with Pam on Pilates Reformer because he likes the discipline, precision and challenge of the equipment.

Bob Tarantino is a founding member who says he joined RWJ Hamilton Center "to drop some pounds. I had tried outside gyms before and I have a basement full of equipment that is great for hanging up clothes. But this was the first time I participated in group exercises."

And one of Bob's favorite exercises is Pilates. "I started with Pilates Mat and really enjoyed it. We used little or no equipment in that class – only a ring, a ball or a bar – and we did most of the exercises on the floor lying down. The class was extremely intense."

Then Bob tried Pilates Reformer because he wanted to use the Reformer equipment. "The equipment is great for exercises you *can't* do on a mat – and for exercises you can do *better* on equipment than you can on a mat," says this president and CEO of DataRam, a company that makes memory for super and high-performance computers. "I was trained as an engineer and I like the discipline of Pilates. It's so precise – you really have to work at it."

As proof, Bob takes private Pilates Reformer lessons because he says that as he gets better at it, it actually gets more difficult. "It becomes increasingly more difficult to do it well."

Along with Pilates, Bob takes 10 classes a week including Cycling, BodyPump and Cardio Boot Camp. "This is the most sustained exercise I've ever had because it fits in with what I like. The group exercises classes are fun and I meet lots of people here. I like the Center very much."

Bottom line, of course – did Bob drop pounds? "I started at 210 and am down to 186-pounds. I've also improved my posture and I feel great." ♦

Our Center is Totally Heart Friendly

Our Nursing Department now offers Cardiovascular Fitness Assessment testing during regular re-evaluations according to Nurse Manager Keilynn Alicea. "The VO2 Submax Oxygen Test we use tells how hard your heart is working and how much oxygen it is pumping into your blood."



CHRISTINA ZIMMERMAN SEES HOW HARD HER HEART IS WORKING when Keilynn administers the VO2 Cardiovascular Fitness Test.

Keilynn says the test is targeted to high-endurance athletes, cyclers and those training for marathons. "This gives them a measure of their heart health and equates to about 85% of maximum heart rate or about a 3-7 (moderate to hard) level of effort. This is important because the healthier your heart is, the more calories you can burn – and the more energy you will have."

INTERESTING VO2 Max Facts

- **Genetics:** Studies show that heredity plays a significant role (at least 40%) in a person's maximum oxygen consumption.
- **Gender:** VO2 max scores are typically 15%-30% lower for women than they are for men, a difference attributed to variance in body composition and hemoglobin content.
- **Age:** Maximum oxygen consumption declines steadily after the age of 25 – about 1% per year for both men and women. However, research indicates that regular exercise more than age is a major determinant of aerobic capacity.

Members need a referral from a physician or trainer for this test.

For more information or to schedule a Nursing Re-Evaluation, contact Keilynn. ♦

Feast on the Fruits of the Season

Summertime – it's the perfect time to relax...walk on the beach...read a book in the hammock. And after a long winter of eating processed and fast foods, it's a great time to savor the delicious selection of fruits and vegetables that are so readily available at farm stands and farmers' markets throughout the Garden State.



**Helene Dubin, MS, RD
Nutritionist**

Fresh foods found naturally in the environment are risk free and bursting with flavor. Most of them are portable, come in their own packaging and can be taken anywhere, to say nothing of how delicious they taste.

Plant foods, for example, are filled with numerous nutrients, water, antioxidants, fiber and especially phytochemicals – natural components that have cancer-fighting properties. Major sources of phytochemicals include tomatoes, sweet potatoes, soybeans, cherries, watermelon, herbs and cruciferous vegetables such as cabbage, radishes and broccoli.

Antioxidants are wonderful because they prevent the formation of potential disease agents known as free radicals which can damage the structure and function of the body's cells. They can also prevent and delay the progression of age-related eye disease such as macular degeneration. New research indicates that they can also improve immune function and guard against heart disease by controlling inflammation.

You'll find antioxidants in fruits and vegetables which are rich in vitamins A, C and E such as berries, broccoli, red peppers, avocados, greens, melons and citrus fruits to name a few.

Tap Into Your Creative Side...

Here are some fun and delicious ways to incorporate these foods into your meals:

- Layer berries in a wine glass with plain yogurt whisked with maple syrup.
- Arrange melon chunks on a platter with toothpicks or on a skewer with berries.
- Slice peaches, add to small amount of boiling water, lower heat, cover and simmer briefly – especially if you buy too much.
- Grill sliced fruit.
- Boil edamame (fresh or frozen soybeans) in their pods. Salt, pop open and enjoy.

For more information on eating close to the farm or to schedule an appointment with nutritionist, Helene Dubin, call the Center or ask at the front desk. ♦

RECIPE

Watermelon Sparkler

(adapted from *Vegetable Heaven* by Mollie Katzen)

Ingredients:

1/4 watermelon, seedless cut in chunks	1/2 lime, freshly squeezed
1/2 jicama, peeled and diced	2 Tbsp. crystallized ginger, minced or cut with scissors

Directions:

Combine all ingredients in a glass or attractive bowl and toss. Cover tightly and chill. Serves 6.

Per Serving: Calories: 125. Protein: 2.1 grams. Carbs: 29.6 grams. Fat: 1.3 gm. Fiber: 2.3 gm. Potassium: 403.6 mg. Vitamin C: 30 mg. Cholesterol: 0 mg.



Have Pain Walking? You May Be at Risk!

Free Lecture and Screening Will Help You Find Out

If you have leg, calf or buttock pain when walking – but feel better at rest, you may be at risk for Peripheral Arterial Disease, a condition that involves cholesterol blockages in the arteries of the leg.



Not only can this condition limit your activity level, it can lead to severe circulation problems says David Drucker, MD, Board

Certified Interventional Cardiologist, member of CHW Medical Advisory Panel (MAP) and expert on Peripheral Arterial Disease. "This problem is very common as people age and can lead to non-healing wounds on your feet and, in the worst-case scenarios, to amputation."

The good news, according to Dr. Drucker, is there are lots of therapies for this problem – both to prevent the disease

and its progression and to relieve the symptoms and prevent amputation.

"The first thing to do is to reduce the risk factors – by stopping smoking, staying active and controlling cholesterol, blood pressure, diabetes and sugar intake."

Along with surgical procedures, there are also many minimally invasive therapies today that can help. Some of the newest techniques include: *Balloon Angioplasty* – to open blocked arteries; *Cryoplasty* – to deliver cooling which can prevent scar tissue function; and *Atherectomy* – to remove plaque from blood vessels.

To help members understand this disease, Dr. Drucker will present a lecture at the Center complete with demonstrations and hands-on products to help patients feel better. The lecture is free for Center members and will be held Tuesday, Sept. 6 from 6 to 8pm in Conference Rooms A and B. Dinner and refreshments will be served. Registration is required.

Also, a free screening to test for Peripheral Arterial Disease will be held on Wednesday, Sept. 21 from 4 – 7pm in the Exam Room behind Rehab. For more info or to register, call 609.584.5900. ♦

A Message From the Chairman of the Medical Advisory Panel

Summer is the most important time to focus on skin care and water safety. Physicians of the MAP urge members to take caution in the summer sun as its effects can be life-threatening. Use sunscreen at all times and reapply as necessary. If you are concerned about a particular spot on your skin that looks like it may have changed its shape or the edges have become irregular, have a physician look at it immediately. RWJ Hamilton offers numerous cancer screenings at the CHW throughout the year, including skin cancer screenings. Check our quarterly *HealthCheck* calendar or call the HealthConnection for dates and times.

Water safety is just as important. Keep a very close and watchful eye on your little ones at the pool, on the beach or near any body of water. Accidents can happen in a mere split second. Consider taking a CPR or basic first aid class at the CHW as a way to ensure you are prepared for any emergency. Being proactive and taking the necessary precautions is the best way to enjoy the summer! ♦



Ronald Ryder, DO

About the Medical Advisory Panel

The Medical Advisory Panel (MAP) is composed of dedicated physicians representing various medical specialties and sub-specialties who continually strive to present programs that educate the community on their health and well-being. The panel researches trends, new treatments, and the latest advances in health care and cutting edge technology and brings the information directly to the community. It is their commitment to your good health. ♦



RWJ HAMILTON
CENTER FOR HEALTH & WELLNESS

MEDICAL ADVISORY PANEL

Chairman: Ronald G. Ryder, DO
CARDIOLOGY

Robert Collins, MD
RADIOLOGY

Joseph DeBlasio, MD
INTERNAL MEDICINE

Aurora Dela-Rosa, MD
PHYSICAL MEDICINE & REHABILITATION

David W. Drucker, MD
CARDIOLOGY

Jarad Fingerman, DO
UROLOGY

Dorota Gribbin, MD
PHYSICAL MEDICINE & REHABILITATION

Joshua Hornstein, MD
ORTHOPEDICS

Matthew Lynch, MD
PLASTIC & RECONSTRUCTIVE SURGERY

Mark Magariello, MD
INTERNAL MEDICINE

Shivaprasad Marulendra, MD
GASTROENTEROLOGY

Ruben Ong, MD
GENERAL SURGERY

Michael Resnick, MD
OBSTETRICS/GYNECOLOGY

Mark Risi, DO
FAMILY PRACTICE

Syed W. H. Rizvi, MD
ENDOCRINOLOGY

David Rosvold, MD
CARDIOLOGY

Feroz Safdar, MD
IMMUNOLOGY/PULMONARY MEDICINE
CHIEF OF STAFF, RWJUH

Mahmood Siddique, DO
INTERNAL/PULMONARY MEDICINE/
CRITICAL CARE

Richard Siderits, MD
PATHOLOGY

Sizzling Summer Specials Help You Chill Out

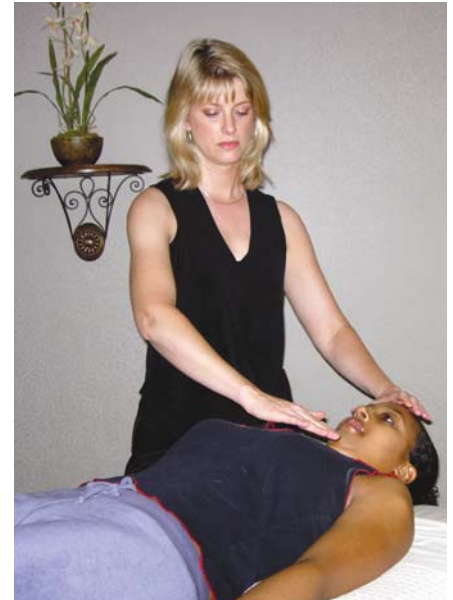
Taking care of mind, body and spirit is essential to good health. That's why Reiki is such a wonderful healing technique for today's fast-paced lifestyle – because it helps reduce stress, ease pain, balance emotions, enhance mental clarity and facilitate personal and spiritual growth.

Often called “a massage for the soul,” Reiki's origins can be traced to ancient Eastern philosophies, mystic knowledge of energetic fields and the long tradition of healing practices of Asia. This natural, non-invasive technique came to the west over 20-years ago and is credited with supporting the body's natural healing processes and leaving lucky recipients with an overall sense of well-being.

Modeled after upscale spas at fabulous vacation resorts, JeanneMichel is a complete, full-service spa that features a relaxation room, seven separate treatment rooms, a couples and Vichy shower room as well as private, custom-built pedicure stations and a spacious nail salon.

Catering to your personal and corporate needs, we offer fabulous spa parties for every occasion. We also invite you to visit our lobby store where you'll find skincare and makeup products from around the world along with boutique items, workout clothes, chenille robes and slippers.

Both spa and store are open to the public and free tours are available. Visit our website at www.jmspa.com for a complete list of services. For more information call 609.890.4515. ♦



REIKI, CALLED 'A MASSAGE FOR THE SOUL,' supports natural healing and leads to an overall sense of well-being.



SUMMER SPECIALS!

Tuesday & Wednesday Specials

25% off Reiki, massage and body treatments

First Time Guests

50% off massage and body treatments

Free Vichy Shower

With every body treatment and sea salt scrub

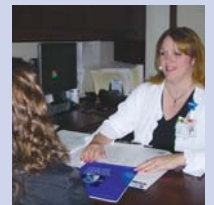
NEW! Diabetes Education – A Sweet Addition for Members

Onsite Diabetes Education

Monday – Wednesday • 8 am to 12 noon – by appointment

Call 609.689.7151

For more information or to schedule an appointment with Trish Patsaros, Diabetes Education Manager, RNC, BSN, CDE (Certified Diabetes Educator).



HOSPITAL-RELATED ARTICLES SUBMITTED BY:

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