

# HAPPENINGS

PRINCETON HEALTH

JUNE 2023

## NATIONAL NURSES WEEK

Princeton Medical Center



## AN *Extraordinary* WEEK AT **PRINCETON HEALTH**



Princeton Medical Center (PMC) and Princeton House Behavioral Health were abuzz with activities during the second week of May 2023, including a full menu of festivities to honor **National Nurses Week**; a Penn Medicine-wide celebration on May 11 marking the end of the COVID-19 public health emergency; and a **5K fun run/walk** on May 9 that was the final *Step Into Spring* event hosted by James Demetriades' CEO Step Club.

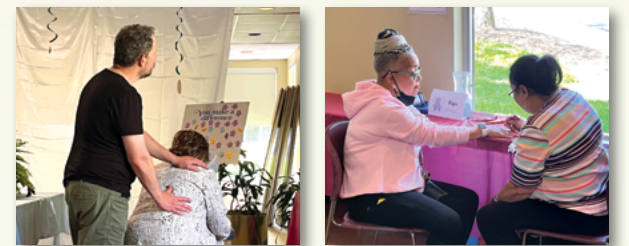
For Nurses Week, Princeton Health nurses received gifts, pizza lunches, appreciation breakfasts, ice cream, Bundt cakes, and opportunities for massages, henna tattoos, and Reiki sessions. All week, the Gallery of Scholarly Excellence was on display at PMC, exhibiting 21 posters detailing research projects led by nurses across Princeton Health.

The Tuesday, May 9 broadcast on Magic 98.3 FM Radio marked Nurses Week by airing interviews with four Princeton Health staff members: **Erica Norris, RN**, Admissions, **Joan Jaczko, RN**, assistant nurse manager of Telemetry, **Alexander Opperman, RN**, Float, and **George Sproul**, a mental health associate at Princeton House Behavioral Health.

Visit <https://magic983.com/nurses-week-2023-pmph> to play the interviews.

## NATIONAL NURSES WEEK

Princeton Behavioral Health



## STEPPING INTO SPRING



## BIDDING SWEET FAREWELL TO THE COVID-19 EMERGENCY



## *Congratulations* ARE IN ORDER...

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On Friday, May 12, the final day of National Nurses Week, Princeton Health announced the winners of this year's nursing excellence awards.

### University of Pennsylvania Health System Awards

<b>Diane Lanham Award for Leadership</b>	<b>Alicia Laing, RN</b> , Surgical Care Unit
<b>Helen McClelland Award for Research and Innovation</b>	<b>Victoria Norton, RN</b> , Acute Care for the Elderly
<b>Lillian Brunner Award for Exemplary Practice</b>	<b>Linda Farmer, RN</b> , Penn Medicine Princeton Cancer Center
<b>Rosalyn J. Watts Award for Community/Patient/Family Relationships</b>	<b>Sheila Troiano, RN</b> , Princeton House Behavioral Health
<b>Victoria L. Rich Award for Transformational Leadership</b>	<b>Mindi Nahoum, RN</b> , senior nurse manager, Surgical Services

### Penn Medicine Princeton Health Awards

<b>Diane Corado Achievement in Nursing</b>	<b>Sheuree Alexander, RN</b> , Princeton House Behavioral Health
<b>Organizational Leadership</b>	<b>Kristyn Compitello, RN</b> , Department of Education
<b>Unit Leadership</b>	<b>Debra Brian-Taft, RN</b> , Surgical Services
<b>Nurse Leader</b>	<b>Jeffrey Cliver, RN</b> , Float/TCU
<b>Nurse of the Year</b>	<b>Samuel Tootleman, RN</b> , Telemetry
<b>Support Staff Member of the Year</b>	<b>Andy Vargas</b> , Clinical Decision Unit
<b>Physician of the Year</b>	<b>Lauren Hogshire, MD</b> , Princeton Medicine Physicians Hospitalist Service
<b>Advanced Practice Nurse</b>	<b>Anne J. Boucard, APN</b> , Princeton House Behavioral Health



## PRINCETON HEALTH'S DEBBIE MILLAR NAMED

# Woman of Achievement



**Deborah Millar, RN**, director of community wellness and engagement at Penn Medicine Princeton Health, will be honored this month in the Women of Achievement Awards, which are presented annually by the Princeton Mercer Regional Chamber of Commerce.

The chamber will celebrate Millar and three other outstanding female leaders on Wednesday, June 21 during an awards breakfast at Jasna Polana in Princeton, N.J.

A nomination letter submitted by Community Wellness staff member **Maria Benerofe** noted that Millar began her career with Princeton Health 31 years ago as a Labor & Delivery nurse and now manages a department

that provides 1,700 health education programs each year serving more than 45,000 community members.

"Debbie is a thoughtful, approachable leader who has created a culture of openness and comradery for her team," the nomination letter reads. "She leads by example and empowers her staff to be autonomous and have confidence that they can handle the task at hand."

Community Wellness provides comprehensive education and outreach, including programs and support groups for new or expecting parents as well as individuals who are managing chronic conditions. In recent years, the department added new classes designed to teach people to effectively intervene in medical or mental health crises until professional help arrives.

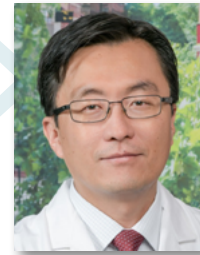
Millar introduced RAD — Rape Aggression Defense — self-defense courses to the community several years ago. She earned certification as an instructor/trainer and encouraged staff members to become instructors as well. Today, Community Wellness offers RAD courses that teach women, men, seniors, and children to recognize, avoid, and escape unsafe situations.

Community Wellness also provides annual training in CPR and basic lifesaving (BLS) skills to staff members and providers at Princeton Health and other healthcare organizations, in addition to Friends & Family CPR classes for non-professionals.

At the beginning of the COVID-19 pandemic, Millar and her staff were instrumental in setting up and carrying out screening protocols at Princeton Medical Center, Princeton House Behavioral Health, other Princeton Health locations, and community-based sites such as schools, churches, businesses, and recreation centers.

Beyond her work at Princeton Health, Millar is active in the community, serving on various boards and committees dedicated to fostering public education, business, and fitness and wellness. She is committed to promoting diversity, equity, and inclusion and works extensively with organizations that advocate for underserved groups such as low-income individuals and members of the LGBTQ+ community.

## Princeton Health Appoints New Chairman of Medicine



Congratulations and welcome to **Jonathan S. H. Woo, MD, FACP**, who joined Penn Medicine Princeton Health in mid-April as chairman of the Department of Medicine.

Hired after an extensive national search, Woo has more than a decade of experience in leadership positions at Stanford Hospital, Thomas Jefferson University Hospital, and the NorthShore University HealthSystem, which is affiliated with the University of Chicago. Most recently, Woo served as division head of Hospital Medicine at NorthShore, managing inpatient services of four hospitals.

As chairman of the Department of Medicine, he will provide direction, leadership, and support for all aspects of medical care at Princeton Health.

Woo has been a hospitalist since 2003 at WakeMed Cary Hospital, Stanford, Thomas Jefferson, and NorthShore. He completed his internship at Albany Medical Center, his residency at Duke University Medical Center, and a fellowship in nephrology at Stanford.

In a memo announcing Woo's hiring, CEO **James Demetriades**, **Craig Gronczewski, MD**, chief medical officer, and **Alexander Wolfson, MD**, medical staff president, said they look forward to working closely with Woo, whose widely published research "demonstrates an expertise in predictive modeling and artificial intelligence, which have great potential to help healthcare organizations become more efficient and deliver better outcomes for patients."

## Learn to Sharpen Your Financial Wellness Skills



Staff members across Penn Medicine Princeton Health are invited to in-person sessions of a program designed to give individuals the tools they need to foster financial well-being.

The Financial Education and Wellness Program is organized into three distinct age groups to tailor advice to help individuals in each stage of life.

The program covers fundamental financial tools and concepts such as:

- Budgeting
- Emergency (rainy day) funds
- Reducing debt
- Renting vs. buying a home
- Improving and managing credit

The financial wellness program is provided by Project Thrive, an initiative launched in 2022 to identify the key social determinants of health that pose a high risk to staff members and then provide the support and resources needed to eliminate these barriers to stability.

The program's first in-person sessions were held in May. Upcoming sessions include:

Group 1	Group 2	Group 3
Ages 18 to 35	Ages 36 to 50	Ages 51 and older
July 11 – 12 to 1 pm	July 12 – 11 am to 12 pm	July 12 – 12:30 to 1:30 pm

Each session will be held in the Schreyer Education Center at the Princeton Medical Center campus in Plainsboro, N.J. Walk-ins are welcome. No registration required.

Questions? Email [ProjectThrive@penmedicine.upenn.edu](mailto:ProjectThrive@penmedicine.upenn.edu).

# SAVE THE DATE FOR THE CENTRAL NEW JERSEY HEART WALK

October 28, 2023

Join the Penn Medicine Princeton Health team for this year's Central New Jersey Heart Walk, which will be chaired by CEO **James Demetriades** as part of a yearlong partnership with the American Heart Association (AHA).

The walk is scheduled for Saturday, October 28 in Skillman Park, Skillman, N.J. Visit <https://tinyurl.com/ywpt3z9x> to join the team or learn more about the event.

"Optimal health starts with your heart," Demetriades says to open a video message that was recently posted to YouTube announcing the AHA partnership and Princeton Health's *Keeping Hearts Healthy* public education campaign.

"I am proud to serve as chair of the Heart Walk this year," Demetriades says, "as we celebrate the 100th anniversary of

the American Heart Association and honor their achievements toward advancing breakthroughs in preventing and treating heart disease."



View the video at <https://www.youtube.com/watch?v=1VHYId68DVc>.



Watch the Video



Join the Team

## HAPPENINGS

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