

## *Each Day, Healthier Together* | 2010 Report to Community

### **Our Stories**

Hudson Hospital & Clinics is celebrated for its clinical excellence and its healing environment. But patients say that what matters most is the people – the compassionate staff members who clearly love their work and the volunteers who tenderly put patients and guests at ease. They bring a sense of determination to the pursuit of wellness that goes far beyond the walls of the campus.

#### **Engaging our Youth**

This past school year, Hudson Hospital & Clinics partnered with Somerset Middle School's 7th and 8th grade guidance counselors in support of the Career, Academic and Personal & Social Skills (CAPS) class and youth workforce development. Many hospital staff, from a variety of departments, presented interactive health care career learning modules. Games, interesting props, and role playing exercises all helped to make the presentations unique learning opportunities for the students. The hospital was a hit!

#### **Close to My Heart for Women**

Hudson Hospital & Clinics warmly welcomed over 70 community women to an evening of inspiration and information and invited them to look inward and focus on their own personal heart health.

At this gathering, Drs. Rynn Burke, Kiran Pandey, and Kristin Severson shared surprisingly simple steps women can do to reduce their risk of heart disease. Guests were in for more than just a lecture – they enjoyed taste-testing the unexpected, Tai Chi exercise demo, won prizes, and took home heart-healthy recipes and an ingredient starter kit donated by Hudson County Market. Due to an overwhelming response and a waiting list, the hospital offered the event again later in the year.