



MUHLENBERG
REGIONAL
MEDICAL CENTER

For: Immediate Release

Date: July 20, 2006

Contact: Michael Anzelone

Phone: 908-668-2040

Solaris Health System's "Safe Sitters" Program to Begin

July 20, 2006 (Plainfield, NJ) – New plans are underway for an exciting program being offered by Solaris Health System. "Safe Sitters" is a program intended to instruct 11 to 13 year olds about the job of babysitting. Students will receive information about basic child care techniques; what to do if a child chokes, how to entertain children and keep them safe, how to call for emergency help and some business skills to promote themselves as "Safe Sitters" to their community.

"This will be an excellent program where the children are able to learn the skills and safety of babysitting which they could use throughout their lifetime," says Donna Wiegiers, Perinatal Education Coordinator, JFK Medical Center.

Currently, there are seven nurses from JFK Medical Center and Muhlenberg Regional Medical Center who have taken the instructor course and are presently prepared to present the first program which is scheduled to begin on August 12, 2006. "Safe Sitters" will run from 9:00 am to 4:00 pm on Saturdays at the JFK Conference Room on the fifth floor. There is a \$45 registration fee to join the program.

Solaris Health System encompasses a wide array of organizations, services and facilities in the Central New Jersey area. The System was created through the consolidation of JFK Medical Center and Muhlenberg Regional Medical Center in 1997. Solaris, which means "the sun" stands for warmth and energy - a highly appropriate name for an organization dedicated to improving the health of its communities. The System includes acute care hospitals, inpatient and outpatient rehabilitation centers, nursing and convalescent facilities and specialized treatment programs.

For further information or to register for the "Safe Sitters" program, please call Donna Wiegiers at (732) 632-1632.

###



Affiliates of SOLARIS Health System

JFK Medical Center • Muhlenberg Regional Medical Center • JFK Johnson Rehabilitation Institute • New Jersey Neuroscience Institute
JFK Hartwyck Nursing, Convalescent & Rehabilitation Centers • Muhlenberg Regional Medical Center, Harold B. & Dorothy A. Snyder Schools
Mediplex Surgery Center • Diabetes Center of New Jersey • Whispering Knoll – Assisted Living Community

Park Avenue & Randolph Road, Plainfield, New Jersey 07061 (908) 668-2000 www.solarishs.org