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The Doctor (And Nurse) Are In

Livingston's Health Fair will offer free screenings on Saturday.

By [L. Klonsky](#) [Email the author](#) September 16, 2011

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Catching a health problem early can make treatment easier, improve the prognosis, and lower health costs. That's why the Livingston Health Department is proud to present its 17th Annual Health Fair this Saturday, Sept. 17, from 8:30 a.m. to 12 p.m. in the lower level of the Senior/Community Center.

"Screenings are important for early detection," says Dolores ("Dee") Keller, Public Health Nurse and Health Educator who has been with the Livingston Nursing Division for its entire 18 years. The Health Department, which Nursing is part of, stresses how important blood screenings can be for early detection and intervention as they relate to diabetes, cardiac and respiratory illness and other diseases.

Indeed, some blood work is being offered at nominal prices by Medical Laboratories of West Orange. Tests will include: Lyme disease screen, PSA, T3, T4 and Thyroid TSH, Hepatitis B and C. There is also the popular Health Profile, which includes CBC, Chemistry and Lipid Profile and requires a 12-hour fast prior to the work. Cardiac screens include Homocystein and CRP. Note: you must fill out a Blood Work Registration Form and bring two stamped legal-sized envelopes – one addressed to you, the other to your doctor. Forms will be available at the event.

Free screenings will include vision (performed by Dr. A. Friedman of the Lion's Club), hearing (performed by A. Babbitt of Total Hearing of Springfield), chiropractic (screened by Dr. J. Sonners), dietary (done by Sonia Aram, Saint Barnabas Medical Center's Dietician), podiatric (done by Dr. C. Kurtzer), dermatological (performed by Dr. S. Nervi), and screening for bone mineral density (screened by Susan Allison, RN from Saint Barnabas Medical Center).

According to Melissa Kimmel, Livingston resident and Public Health Nurse, a few hundred people generally attend this health fair and several have found out about serious health problems as a result of the screenings. "The screenings are as good as you can do out in the field."

Also appearing at the Health Fair will be professionals from various medical and wellness fields who will offer education and information on a variety of topics. Home care assistance will be provided by SBHCS' (Saint Barnabas Health Care System) Home Health Care Agency, Senior Bridges and Senior Helpers. A pet therapy dog and handler will provide knowledge of the role of pet therapy in healing. Seton Hall University senior nursing students and instructors will also provide educational material on various medical topics. Last, but not least, representatives from township departments will be on hand.

The Nursing Division was started in 1992 when it initially consisted of Dee Keller and Mary Byer. After Byer left, it grew to include its current Nursing Supervisor Janet Traettino and Nurse Kimmel. The Division is part of The Department of Health, Welfare, and Human Services, which is headed by Director, Louis Anello.

The nurses have many duties which include tracking communicable diseases for Saint Barnabas (and investigating occurrences within its territory in Livingston, Short Hills, and Millburn), attending bioterrorism training, checking immunization records for the public schools, serving as guest speakers at various township groups, running blood pressure and adult immunization clinics, partnering with Overlook Hospital for stroke risk assessment, providing health information for employee wellness, providing health services, and performing home healthcare visits upon referral.

"We have a very good reputation of having one of the best nursing departments in Essex County. We hear that from first responders all the time," says Janet Traettino.

For more information on the Health Fair, call the Nursing Department at (973)-535-7961 ex 226, 227 or 228. You can also log onto the website at <http://www.livingstonnj.org/nursing.htm>.

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