

OCF

Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

Every Meeting is a Learning Experience

Improving Outcomes in Treatment for OCD

By Rachel Strohl, Psy.M.

Deborah Roth Ledley, Ph.D thoroughly reported how to improve outcomes in treatment for Obsessive-Compulsive Disorder (OCD) during the NJOCF quarterly meeting on Monday, June 14, 2004. Dr. Ledley, an Assistant Professor of Psychology in Psychiatry and a staff member of the Center for the Treatment and Study of Anxiety at the University of Pennsylvania, covered the basics of OCD, including conceptualization, treatment, and research findings.

Dr. Ledley explained that OCD is defined by the presence of obsessions and / or compulsions, with the obsessions creating anxiety and the compulsions trying to "undo anxiety." The disorder persists without treatment because a functional relationship exists between the obsessions and compulsions in a "vicious cycle." She stated that the compulsions, or rituals, deny the opportunity to see that feared outcomes are highly unlikely to occur and anxiety will not persist forever.

Treatment of OCD includes pharmacotherapy and psychosocial treatments. She reviewed two choices for "first line" medications: clomipramine (tricyclic antidepressants) and selective serotonin reuptake inhibitors (SSRI's). The most evidenced-based psychosocial treatment for OCD is exposure and ritual prevention (EX/RP), which involves exposure to cues that trigger obsessions and refraining from rituals. Research shows that patients in EX/RP treatment reduced their Yale-Brown Obsessive Compulsive Scale (Y-BOCS) scores by 10 to 15 points, while patients taking medication reduced their scores by 6 to 10 points. Combined treatment was not superior to EX/RP or medication alone.

The comprehensive presentation then focused on how patients with OCD can make the most of treatment and maintain their gains. First, Dr. Ledley emphasized that good treatment planning gets to know the OCD, including the triggers, feared consequences, and avoidances. Self-monitoring was emphasized as an important component of treatment that reflects a picture of the OCD. Second, develop a

detailed hierarchy that serves as the road map for treatment. Subjective units of discomfort (SUDS) range from 0 to 100 and quantify the anxiety. A good hierarchy includes a wide range that usually begins with a SUDS of 50 and works gradually toward higher SUDS ratings to increase confidence.

Third, Dr. Ledley recommends making a treatment plan that works domain by domain. A starting point can be determined because the domain is lower on the hierarchy and easier to accomplish, or it is causing the most impairment. The treatment plan should also specify the type of exposure utilized. In vivo exposure occurs in real life and compulsions are refrained while confronting stimuli that brings on the obsessions. Imaginal exposure occurs in the imagination because the feared situation cannot be replicated (e.g., causing harm to others) or the feared consequence occurs in the future.

The practical presentation concluded with Dr. Ledley's useful comments on improving outcomes in EX/RP treatment. Tolerate the discomfort and seek the anxiety. Prevent mental or overt rituals. Make treatment a priority and do not leave parts of the OCD behind. Imagine life without the OCD! Also, maintain reasonable expectations by tackling the treatment in a systematic way, involve family as coaches, take time for homework, and learn relapse prevention skills. Tapes of this interesting and beneficial talk are available at NJOCF. Please visit the website at <http://www.njof.org>.

Rachel Strohl, Psy.M, is a Doctoral Student at the Graduate School of Applied and Professional Psychology (GSAPP), Rutgers University.



Dr. Ledley speaks at meeting.

Next Quarterly Meeting Scheduled for September 2004

Our next quarterly meeting will be held as usual at Robert Wood Johnson Hospital in New Brunswick on Monday, September 13th at 7 PM. The speaker will be William Hayes, MD, FAACAP. Dr. Hayes will be speaking about OCD medication issues in general, and in particular will be focusing on medication for children and adolescents with OCD.

Dr Hayes is a licensed physician in both New Jersey and Pennsylvania. He was previously Chairman of the Department of Psychiatry at Hunterdon Medical Center in Flemington, and is presently in practice at Alexander Road Associates in Princeton. He has previously been Treasurer, Secretary, and then President of the New Jersey Council of Child and Adolescent Psychiatry, and is presently a New Jersey Delegate to the American Academy of Child and Adolescent Psychiatry.

We are very much looking forward to having him as our guest speaker this September, and hope you can join us with your questions!

- Allen H. Weg, EdD

**See Page 3 for
Information on the
5th Annual
NJOCF
Conference
on
October 10, 2004**

PRESIDENT'S MESSAGE



I hope you all enjoyed a great summer!

By the time you read this message we will have packed, attended, and returned from the National OCF Conference in Chicago.

At the forthcoming September meeting, I hope to give you an overall view of the highlights of it.

See you at our next meeting, and of course, at our Annual Conference on October 10, 2004.

Ina Spero
President

Do you feel sad, irritable, tired and uninterested? Do you have concentration, appetite, and sleep problems?

You may be suffering from DEPRESSION!

Dr. Paul Lehrer at the Robert Wood Johnson Medical School is conducting a research study using a new non-drug technique to treat depression.

Treatment does not involve medication.

Participants must be ages 18-75 and medically stable. The investigational treatment is provided at **NO COST**.

If you or someone you know is interested, please call Dr. Karavidas at (732) 235-4628.

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 315-2190
Fax: (203) 315-2196

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

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YOU CAN HELP..

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

Disclaimer

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

NJAOCF MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

NJAOCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President, Newsletter Editor
Jeanne Yarrow - Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Dr. Rita Roslyn Newman - Advisory Board member

The New Jersey Affiliate of the Obsessive Compulsive Foundation *presents our Fifth Annual Conference...*

“Using Scripts to Counter the Voice of OCD”

by Jonathan Grayson, Ph.D

plus

“Ask the Experts” Panel

with various specialists that treat OCD, including Dr. Grayson

Sunday, October 10, 2004

Doubletree Hotel, Somerset, NJ

SCHEDULE

- 10:00-10:35 Registration and Brunch
10:35-10:45 Welcoming Remarks: NJOCF Board of Directors
10:45-12:50 Dr. Grayson's Presentation
(includes break time)
12:45-1:50 “Ask the Experts” Panel, Dr. Weg, Moderator
1:50-2:00 Closing Remarks, Ina Spero and Dr. Weg

OUR PRESENTER

The Fifth Annual NJOCF Conference and Brunch will take place at the Doubletree Somerset Executive Meeting Center at 200 Atrium Drive in Somerset, NJ from 10 AM to 2PM on Sunday, October 10th. Our main presenter will be Jonathan Grayson, Ph.D.

Dr. Grayson, who presented several years ago at one of our quarterly meetings, is a nationally known expert on the subject of OCD. He is the director of the Anxiety and Agoraphobia Treatment Center in the Philadelphia area, and is an assistant professor of psychiatry at Temple University Medical School. Dr. Grayson organized the first OCD support group in the country, is the author of "Freedom From Obsessive Compulsive Disorder" (Berkley Publishing Co), and has been featured in People Magazine for his famous OCD "camping trips."

Dr. Grayson's presentation is entitled, "Using Scripts to Counter the Voice of OCD." We know that the first line treatment for OCD is exposure and response prevention (E&RP). As successful as E&RP is, we can do better, because the difficult part of treatment is not in the designing of a program, but in convincing sufferers to accept the challenges of treatment and to help keep them motivated. In this presentation, Dr. Grayson will be discussing the use of scripts in treatment. Scripts represent a true fusion of cognitive and behavioral techniques: they include elements of imaginal exposure, while at the same time they guide sufferers to confront and correct underlying distortions. In explaining how sufferers can create their own scripts, Dr. Grayson provides a way for sufferers to develop within themselves the voice of a therapist.

After his presentation, Dr. Grayson will join several local psychologists on a panel to take general questions from the audience on the topic of OCD.

Please join us for what promises to be a wonderful presentation, panel, and brunch!!!

Please note: Confirmations of registration will not be sent.

CEU Credits for Social Workers and CEH Credits for Educators, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education

REGISTRATION FORM

Advance Registration (before 9/30/04) - \$45

Late/On-Site Registration - \$55

CEU Credits - Advance Registration - \$55

CEU Credits - Late/On-Site Registration - \$65

CREDIT CARDS ARE NOT ACCEPTED

(Includes full brunch) (kosher meals available with advance registration only)

Name _____

Organization _____

Address _____

City/State/Zip _____

Daytime phone: () _____

E-mail Address: _____

Mail checks payable to:

NJAOFC

237 Goat Hill Road, Lambertville, NJ 08530

Questions: Call Ina Spero (732) 828-0099

DIRECTIONS

Doubletree Hotel

200 Atrium Ave., Somerset, NJ 08873

Phone: (732) 469-2600

From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

From Route 287 - Traveling South:

Take exit 10 (Rte. 527). At the bottom of the exit ramp, get immediately into the left lane, and make a left hand turn. Once you have turned left, go straight (bearing to your right - 527 North) to the first traffic light, and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

The Outer Limits

by Allen H. Weg, Ed.D.

The Twilight Zone is widely known in our culture as one of the definitive fantasy/science fiction TV shows of the early 1960s. While more popular Sci Fi shows such as Star Trek and Lost In Space consisted of ongoing stories of characters and situations with which we became increasingly more familiar, The Twilight Zone introduced us each week to new characters and new situations with a "theatre" feel that was more common in earlier television, as opposed to the "movie" or big production feel that the other shows (and most shows today) utilized. But The Twilight Zone was not alone. Its most direct rival was The Outer Limits, a show almost identical in format, only one which focused more on space aliens and pure science fiction.

My memories of The Outer Limits are not particularly clear, but there was one episode in which I remember a very specific scene. A benevolent alien had visited Earth, and had a device which was attached to his wrist enabling him to create an invisible forcefield around himself, preventing anyone from entering his space, and thus protecting himself from attack. The human beings in this episode were not particularly nice people, and one woman had swiped this device, fatally injuring the alien, only to find herself "trapped" in this forcefield, apparently to be separated from all mankind until her death. At the last moment, the alien, with his last dying breath, was able to somehow enter her forcefield, fidgeted with the device, and successfully removed the forcefield.

With the expired alien at her feet, and the forcefield apparently removed, she runs towards her male lover for an end of show embrace, only to slam into an invisible wall separating the two of them. Apparently, the alien was only successful in widening the field, not removing it, and so the ending of the story changed drastically in the last few seconds of the show.

For some reason, this scene came to mind several times over the course of providing therapy to a number of my OCD clients one week. Sarah (not her real name) finds that when she goes food shopping, she obsesses over getting the "best" produce available. She would sometimes spend 20 minutes or more touching and examining different bunches of bananas, or strawberry containers, or cucumbers, looking "just the right" one. Her exposure work included purposely choosing an item that was obviously NOT the best, and to do so in a minute or less. If she took more than a minute, she was not allowed to buy the item that day. This worked well, until she began to report to me that she found herself obsessing as to whether the item she chose really WAS less than the best, or whether she might have gone over the 1 minute time limit or not.

Fred (also not his real name) has pervasive doubting obsessions. He essentially suffered with "the tip of the tongue phenomenon;" you know, when you were just about to say something, or you remembered someone's name, and when you opened your mouth to speak it left you? You KNOW you know it, but just can't find the name or the memory? Well, Fred felt that way all the time about everything. We developed a strategy of "just letting go" of these obsessional doubts, not attempting to mentally search or review repeatedly in an attempt to search for the lost information. Fred then returned, stating that he developed the ritual of saying to himself "Just let go of the thoughts" in response to his obsessions. But this ritual became more and more complicated over time, and before he knew it, he was stuck all over again.

This phenomenon of persons with OCD converting the therapeutic intervention into a new obsession or ritual reminded me of the Outer Limits

episode because in these situations, too, an attempt to free oneself from the entrapment of the OCD forcefield resulted only in expanding the field somewhat, keeping the OC sufferer trapped in it's clutches. While we are left to assume that the woman in the show never reunited with her lover, as the alien owner of the forcefiled device was dead and she did not have the power to readjust the forcefiled on her own, in OCD there is more hope. No matter how many times the OCD morphs, redirects, or slips you up, it is only at most as smart as you are, since it exists through your brain. You can always come back at it with yet another strategy. You are not dependent on alien knowledge, but on your own resources and limitless creativity.



Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at 732-390-6694, or see his website at www.StressAndAnxiety.com.

Have asthma? Often feel stressed or anxious?

Do you have one or more of these symptoms? racing heart, sweating, chest pain, choking, lightheadedness, dizziness, nausea, tingling, chills, shaking, feelings of unreality, a need to escape.

ALL OF THESE CAN BE SYMPTOMS OF PANIC!

Researchers at UMDNJ - Robert Wood Johnson Medical School are testing a non-drug treatment for people who have both asthma and panic. Treatment is free.

Volunteers are paid \$25 for each of three testing sessions and two follow-up sessions.

For more information, call Dr. Paul Lehrer at (732) 235-4413, or email lehrer@umdnj.edu

ESCAPE* (*Educational System for Control of Asthma and Panic Episodes)

**SAVE THE DATES
FOR THE 2004
MEETINGS!**

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

**September 13, 2004
December 13, 2004**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

NJOCF Newsletter Now Has a Subscription Fee!

After careful budget review, the NJOCF has come realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2004 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the September meeting or return the form below with payment by cash, check, or money order to: CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

We at the NJOCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

2005 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2005 Entertainment Book. You will save with **“Two-for-One”** and 50% off discounts at hundreds of great names you know in your area.

| | | | |
|-------------|--------|----------|-------------|
| Restaurants | Travel | Shopping | Hotels |
| Attractions | Golf | Movies | Car Rentals |

UP TO 50% SAVINGS on all the things you do!

“Entertainment” - The book that pays for itself!

2005 Entertainment Books will be available for purchase at our Fourth Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They’re specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

#52 - NORTH/BERGEN - \$22

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$22

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$22

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

#48 - CENTRAL/MIDDLESEX - \$30

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

#94 - CENTRAL/MONMOUTH - \$30

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

#76 - NJ SOUTH - \$30

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951

Questions? Call Ina Spero at 732-828-0099

Book #: _____ Quantity: _____ Book #: _____ Quantity: _____ Book #: _____ Quantity: _____

Include \$3.50 per book for shipping fee.

Total Enclosed: _____

Name _____

Address _____

City _____ State _____ Zip Code _____

WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJAOCF to help create more of these groups. We at NJAOCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732- 828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.

4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. WE ARE HERE TO HELP!

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-329-1378.

SUPPORT GROUP IN ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

SUPPORT GROUP TO BEGIN IN LIVINGSTON, NJ

Poonem Dutte is interested in starting a Support Group in the Livingston, NJ area. Anyone interested in attending her group, please call her at (973) 535-0826.

NEW OCA SUPPORT GROUP IN MATAWAN

There is a new OCA support group that meets in Matawan, New Jersey every Sunday of the month from 7:00 to 8:00 p.m. Meetings will be held at the First Presbyterian Church, Room 201, 883 State Highway 34 East and Franklin Street, Matawan, NJ. For information on this support group, please contact Matt C. at (732) 331-6494.

OCD SUPPORT GROUP IN MARLTON, NJ

The Marlton, New Jersey, Obsessive Compulsive Support Group meets on the **second** and **fourth Mondays** of each month from 7:00 to 9:00 p.m. It meets in the Scarborough Room, Virtua-West Jersey Hospital, Marlton, 90 Brick Road, Marlton, New Jersey.

This group is for those with OCD and OCD spectrum disorders and their families. There is no fee to attend.

For more information on this Support Group, please contact Betty Beach at (856) 751-1957.

SUPPORT GROUP IN BOONTON

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (973) 827-6818.

NJAOCF VIDEOTAPES

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

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|---|--------------|
| "Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD | \$15.00_____ |
| "Families and OCD: How to Coexist," Elna Yadin, PhD | \$15.00_____ |
| "Flying Towards the Darkness", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price) | \$25.00_____ |
| "Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference | \$15.00_____ |
| "Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference | \$15.00_____ |
| "Generalized Anxiety Disorder and OCD", David Raush, PhD | \$15.00_____ |
| "OCD Spectrum Disorders", Nancy Soleymani, PhD | \$15.00_____ |
| "Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference | \$15.00_____ |
| "The OCD Kids Panel" Part II- NJACOF 2nd Annual Conference | \$15.00_____ |
| NJAOCF- 2nd Annual Conference, Parts I and II | \$25.00_____ |
| "Panic and OCD", Allen H. Weg, EdD | \$15.00_____ |
| "Medications and OCD", Dr. Rita Newman | \$15.00_____ |
| "OCD", Dr. William Gordon | \$15.00_____ |
| "You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW | \$15.00_____ |
| "Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJOCF 3rd Annual Conference | \$15.00_____ |
| "The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference | \$15.00_____ |
| NJOCF - 3rd Annual Conference, Parts I and II | \$25.00_____ |
| "Neurobiology of OCD," Dr. Jessica Page | \$15.00_____ |
| "Getting Past Go", Dr. Allen H. Weg, EdD | \$15.00_____ |
| "Hoarding", Dr. Dena Rabinowitz | \$15.00_____ |
| "Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D | \$15.00_____ |

Add \$3.95 each for S & H: _____ @ \$3.95 ea _____

Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951
Questions? Call Ina Spero at 732-828-0099

Name _____

Address _____

City _____ State _____ Zip Code _____

DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, September 13, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

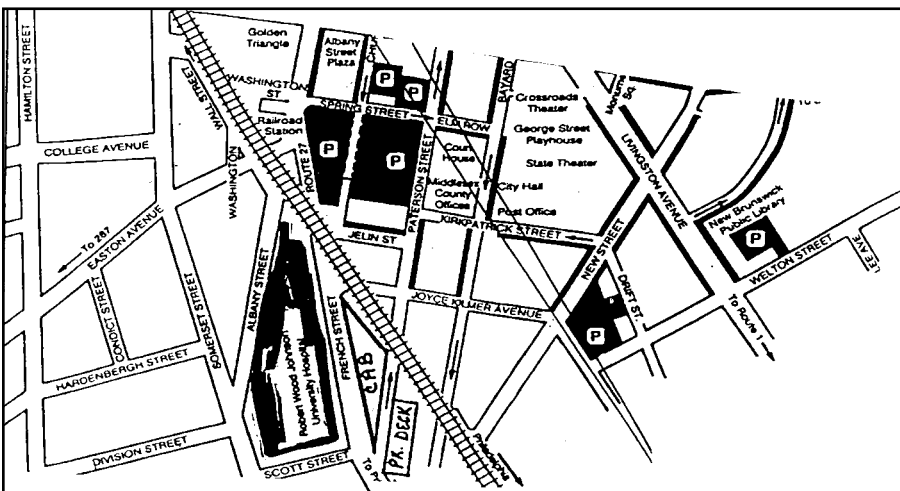
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

