

Community Health Events

Atlantic Health System

February 2023

February is National Cancer Prevention Month!

The best ways to prevent cancer are to live a healthy lifestyle, stay tobacco free, get your recommended immunizations, know your family history and get your regular cancer screenings. Reach out to your health care provider to discuss cancer prevention. If you need a health care provider, call 1-800-247-9580 or visit atlanticealth.org/cancerhides. To find out more about screenings for people without health insurance, please call 973-971-5952. To learn more about Atlantic Health System's Lung Cancer Screening Program or Virtual Smoking Cessation Program, go to the last page of this calendar.

VIRTUAL PRESENTATIONS

Programa Para Dejar de Fumar Lunes, 6 de Febrero al 13 de Marzo, 9:30 - 10:30am

Seis reuniones de grupo semanales para aprender técnicas que la ayudarán a dejar el cigarro y mantenerse sin fumar. Llame al 844-472-8499 para obtener más información e inscribirse. <https://atlanticealth.zoom.us/meeting/register/tZwoduuqrT8iHNNlwUcNAjSzKkiMw30H8Wr1>

Mighty Minerals

Friday, February 10, 11:00am

Calcium? Zinc? Magnesium? What are the functions and importance of these and other minerals? Find out which foods are valuable sources of the nutrients we require for good health. Presented by Barbara Galvin, RD, CDCES, dietitian at ShopRite of West Caldwell and ShopRite of Parsippany

Cancer Genetics: From Family History to Prevention

Tuesday, February 14, 12:00pm

Join us as we review hereditary cancer 'red flags' and their implications for family members. We will discuss genetic counseling and testing, including an overview of genetic discrimination laws. Presented by Jessica Heinzmann, MS, Certified Genetic Counselor

Lung Cancer Screening: Why It's so Important

Wednesday, February 15, 12:00pm

Join us to learn about lung cancer screenings and preventive measures you can take to mitigate the possibility of getting lung cancer. Presented by Monica Gilles, MAS, RRT, NCTTP, in collaboration with Rutgers Cancer Institute of New Jersey and ScreenNJ

DASACC Teen Dating Violence Awareness Series: A Workshop to Understand Teen Dating Abuse

Wednesdays, 3:00pm

February 15 - Session #1: Understanding Teen Dating Violence and Abuse

February 22 - Session #2: Apply Your Knowledge: An Interactive Workshop to Test Your Knowledge from Session 1

Learn about teen dating abuse and how to identify the patterns of controlling behavior. Participants will learn how power and control are used against someone in a teen dating relationship. Presented by the Domestic Abuse & Sexual Assault Crisis Center (DASACC) of Warren County. Please register through the following link: https://atlanticealth.zoom.us/webinar/register/WN_x0vDRs1RS2eBSGPV8twqmQ

Chuckles, Chortle and Giggles: The Benefits of Laughter for Seniors

Monday, February 20, 10:00am

Whether it was a medium-sized chuckle or a full belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can also help you feel better and live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator

What to Know About Heart Disease and Cardiac Rehabilitation

Tuesday, February 21, 1:30pm

Join us to learn about heart disease and the benefits of cardiac rehabilitation. Topics include open heart surgery, heart attacks, congestive heart failure, and more,

with a focus on women's heart disease. Presented by Dawn Siek, RN-BC, Assistant Nurse Manager, Cardiac Rehab and Christine Dorenbusch, MS, Senior Exercise Physiologist

Fraud Watch: Online Romance Scams

Wednesday, February 22, 12:00pm

Scammers are eager to take advantage of people looking for love and connection online. This presentation will teach you how to spot the warning signs and protect yourself while connecting with others. Presented by Barry Bittenmaster, AARP

IN-PERSON EVENTS

Six-Week Quit Smoking Program

Wednesdays, 1:00pm

February 8 to March 15

Liberty Towers Housing
32 Liberty Street, Newton, NJ 07860

This free program will help support your efforts to quit smoking for good by providing you with the tools and resources needed. Participants will receive free nicotine replacement therapy products during the six-week groups. Participants must register and have an assessment done in advance to participate. Please call 1-844-472-8499 for more information.

The Secret Life of a Healthy Heart

Thursday, February 23, 6:30pm

Butler Library, 1 Ace Road, Butler, NJ
Join us to discuss Heart Health. Presented by Elizabeth Van Dyk, DNP, APN, FNP-C, ANP-BC. To register, please call 973-838-3262.

Heart Health First Aid

Friday, February 24, 11:30am (Hybrid)

In-Person: Boonton Holmes Library
621 Main Street, Boonton, NJ 07005

Virtual: https://atlanticealth.zoom.us/webinar/register/WN_8oyyXquPRX2plxJ5Uj4Fig

This program will be offered virtually, and participants will be able to attend an in-person watch party. Heart disease may often be "silent" and not be diagnosed until a person experiences signs or symptoms

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580. For all inquiries regarding Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499.

of a heart attack, or other emergency heart event. Join us to learn more about the seven strategies to live a heart-healthy life, how to recognize signs of a heart attack, and what to do if you suspect you or a loved one are having a cardiac emergency. Presented by Michael Gerardi, MD, AdvancED Urgent Care of Mountain Lakes

SUPPORT GROUPS

COVID-19 Peer Support Group Wednesdays, 6:00 to 7:00pm

During these challenging times, we're here to provide emotional support when you're struggling with the aftereffects of COVID-19. For more information, call 973-579-8573 or email jennifer.carpinteri@atlantichhealth.org.

Healthy Aging Program at Atlantic Health System

This free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email healthyaging@atlantichhealth.org, or visit atlantichhealth.org, keyword "senior services."

Glasser Brain Tumor Center Support Group

3rd Thursday of the month
5:00 to 6:00pm, Virtual via Zoom

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlantichhealth.org or 908-522-5159.

Grief and Loss Support Group Wednesdays, 12:00 to 1:00pm

Have you lost a loved one recently and are having difficulties coping? Atlantic Health System offers a forum for you to meet with others experiencing loss. For more information, please call Julianna Cummings at 973-753-2718.

United Way Caregivers Coalition

This coalition offers family caregivers support, information, resources, and education to help them with their vital role. The Caregivers Coalition has developed a range of responses and programs that are free and open to all, promote knowledge and action around critical issues, and provide access to help for unpaid family caregivers

in our region. For more information, visit: <https://caregiversupport.unitedwaynj.org>.

Ostomy Support Group

2nd Monday of the month, 7:00pm, Virtual
For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, call 1-844-472-8499.

Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Diabetes Support Group

For more information, call 973-831-5229.

Ostomy Support Group of North Jersey

For more information, call 973-831-5168 or 973-831-5303.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm
Survivor meeting: 2:00 to 3:00pm
For more information, call 973-971-4412.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

For more information, call 1-800-247-9580.

Breast Cancer Support Group

2nd Wednesday of the month
12:30 to 1:30pm, Virtual via Zoom

Open to those who have been diagnosed with Breast Cancer and are currently receiving or completed treatment. Facilitated by Dorothy Coffey, LCSW, OSW-C, and Breast Nurse Navigator Karen DeRenzi, BSN, RN, OCN, ONN-CG. Call 973-971-5169 for registration and information.

Diabetes Self-Management Education Program

For information or to schedule an appointment, call 973-971-5524.

Diabetes Virtual Group

3rd Tuesday of the month, 7:00 to 8:00pm
For more information, call 973-971-5524.

Heart Failure Virtual Group

For more information, call 973-971-7061 or 973-971-7901.

Male Caregiver Group

For more information, call Alzheimer's NJ at 1-888-280-6055.

Overeaters Anonymous

For more information, all 973-960-1564.

Post Cancer Treatment Group

1st Tuesday of the month, 12:00 to 1:30pm
To register, call 973-971-5169.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm
Survivor meeting: 2:00 to 3:00pm
For more information, call 973-971-4412.

Survivorship Series

3rd Tuesday of the month
1:00 to 2:00pm, Virtual via Zoom

Do you enjoy reading and having interactive discussions with others? Connect with other cancer survivors and find some common themes in what defines survivorship. Facilitated by Dorothy Coffey, LCSW, OSW-C. Call 973-971-5169 for information and selected monthly readings.

Younger-Onset Alzheimer's Virtual Group

For those diagnosed at age 65 or younger. For information, call Suzanne at 973-580-0697 or Alzheimer's NJ at 1-888-280-6055.

OVERLOOK MEDICAL CENTER

Aphasia Support Group

February 22, 3:15pm, In-person
550 Central Avenue, New Providence, NJ
This support group is for individuals with aphasia. Aphasia is an acquired language disorder resulting from injury to the brain. Aphasia involves varying degrees of impairment in four primary areas: spoken language expression, spoken language comprehension, written expression, and reading comprehension. Joining our support group will allow you to strengthen your communication skills by interacting with others with similar communication challenges in a supportive, structured environment. To register, send an email to AtlanticRehabilitation@atlantichhealth.org

Cancer Groups

The Carol G. Simon Cancer Center at Overlook Medical Center offers free programs for patients and their caregivers both during and after treatment. Programs include support groups and integrative programs like Yoga, Qigong, Meditation and Stress Management. For more information, call Lauren Curtis at 908-522-6168.

Caregiver Programs

Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including Qigong, art and music therapy. For information, call 908-522-6348.

Pre-registration is required for all virtual classes and programs. To register, visit atlantichhealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlantichhealth.org or call 1-844-472-8499.

Ostomy Group

Supported by the Union County Chapter of the OAA. For more information, call 908-522-4652.

Pain Group

For those affected with chronic pain. For more information, call 908-665-1988.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

NEWTON MEDICAL CENTER

Better Breathers Club

A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 973-579-8373.

Cancer Group

For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.

Diabetes Group

Offering mutual support and education for adults with diabetes, including a discussion of a variety of issues. Preregistration is required, call 973-579-8341.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

HACKETTSTOWN MEDICAL CENTER

Aphasia Support Group

February 22, 10:00am, In-person

Conference Dining Room, First Floor
657 Willow Grove Street, Hackettstown, NJ

This support group is for individuals with aphasia. Aphasia is an acquired language disorder resulting from injury to the brain.

Aphasia involves varying degrees of impairment in four primary areas: spoken language expression, spoken language comprehension, written expression, and reading comprehension. Joining our support group will allow you to strengthen your communication skills by interacting with others with similar communication challenges in a supportive, structured environment. To register, send an email to AtlanticRehabilitation@atlantichhealth.org

Better Breathers Club

Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

Cancer Caregiver Connections

4th Wednesday of the month

4:00 to 5:00pm, In-person

Joan Knechel Cancer Center, West Wing
Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ

A support and education group for individuals who are caring for a loved one with cancer. Gain insight and connection with others in the caregiver role through shared experiences. Learn practical information and discover effective coping strategies for optimal self-care. Join us in discussing the stresses, challenges, and rewards of providing care for someone with cancer. Facilitated by

Lisa Frasca, MSW, LCSW, clinical oncology social worker. Group is complimentary but registration is required. To RSVP or for more information, contact Lisa at 908-441-1534.

Diabetes Group

Offering mutual support and education for adults with diabetes, including a discussion of a variety of issues. Preregistration is required, call 908-441-1258.

Healthy Hearts Group

For people with any form of cardiac disease. To register, call 908-850-6819.

Newly Diagnosed Cancer Group

2nd Wednesday of the month

3:00 to 4:00pm, In-person

Joan Knechel Cancer Center, West Wing
Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ

Inviting newly diagnosed individuals who are within the first year of cancer treatment. Learn practical tools, gain useful resources, develop positive coping skills, and expand insights on navigation the daily challenges of life with cancer. Come connect with others in the inspiring and nurturing experience of group support. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Group is complimentary but registration is required. To RSVP or for more information, contact Lisa at 908-441-1534.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

Information About The Flu

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

For more information, visit atlantichhealth.org/flu

Lung Cancer Screening Program

Lung cancer screening is used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal of lung cancer screening is to detect lung cancer earlier, when it's easier to cure. The U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit atlantichhealth.org/lungcancerscreening.

Pre-registration is required for all virtual classes and programs. To register, visit atlantichhealth.org/events or call 1-800-247-9580.

For all inquiries regarding Community Health, email communityhealth@atlantichhealth.org or call 1-844-472-8499.

Atlantic Behavioral Health Access Center

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

Project SEARCH

Atlantic Health System is proud to partner with Project SEARCH at Overlook Medical Center and Newton Medical Center.

Project SEARCH is now accepting referrals and applications for the class of 2022. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at johara@sussexesc.org.

Information About COVID-19

Visit atlanticealth.org for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

Register for COVID-19 Vaccine Appointment

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting atlanticealth.org/covidvaccine. You'll be asked a series of questions about the patient's eligibility. Then, you'll pick a date and time and provide the patient's information. Be sure to enter an email or mobile phone number to receive an appointment confirmation.

Virtual Quit Smoking Program: It's Not Quitting, It's Living!

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and six weekly group meetings to learn techniques that can help you quit and stay smoke free. Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center

Tuesdays, 3:00 to 4:30pm

Call 973-579-8588 for more information and to enroll.

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm

Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm

Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm

Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm

Call 908-522-2296 for more information and to enroll.