

Community Health Events

 Atlantic Health System

March 2023

March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second leading cause of cancer death when rates for men and women are combined. However, colorectal cancer is highly preventable and can be detected early at a curable stage. Routine screenings aid in the detection and removal of precancerous polyps have helped lower the number of deaths per year from this disease. Screenings save lives, but only if people get screened. We encourage you to contact your health care provider to discuss the colorectal screening options that work best for you. If you need a provider, call 1-800-247-9580 or visit atlanticealth.org. For more information about colorectal cancer screening for people without health insurance, please call 973-971-5952.

VIRTUAL PRESENTATIONS

The Bill and Nancy Conger Art of Caregiving Series: A Course About Caring for Aging Loved Ones

Thursdays, 7:00 to 8:30pm

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a live virtual series that addresses key areas and get guidance on how to best care for your aging loved one.

March 2 – Session 1: Navigating the Eldercare Maze

March 9 – Session 2: Legal and Financial Concerns

March 16 – Session 3: Normal Aging/Talking with Health Providers/Basics of Hands-On Care

March 23 – Session 4: Self-Care and Caregiver Support

March 30 – Session 5: Navigating the End-of-Life Journey

For questions, please contact Rebecca Abenante, LSW at 973-971-5839 or HealthyAging@atlanticealth.org. To register, click the following link: https://atlanticealth.zoom.us/webinar/register/5616454644781/WN_bVqtdRhCTISWIP4mMSdrhA

Eating Disorders 101

Wednesday, March 1, 1:00pm

Come learn the diagnostic criteria for various eating disorders and casual factors that could contribute to these illnesses. It will include learning the physical and psychological warnings signs, common myths about eating disorders will be debunked, and finally types of treatment and the various levels of care will be discussed. Presented by Meghan Freehan, PsyD, Licensed Psychologist, Program Manager, Pediatric Eating Disorder Center, Atlantic Health System

International Women's Day: Women and Mental Health

Wednesday, March 8, 6:00pm

Please join us to celebrate International Women's Day. Women are often the caretakers and that often leaves them feeling depleted and exhausted. Taking time to care for yourself is not selfish. It is important for your own well-being and mental health. This program will: Explore why self-care is not a luxury, but essential; Identify ways to include self-care in your daily life. Presented by Sharon Kelly, LCSW, Atlantic Behavioral Health

Stroke & Hypertension

Thursday, March 9, 7:00pm

Do you know the risk factors associated with a stroke? Join us to learn how hypertension (high blood pressure) can affect your risk of a stroke, learn what to do if you or a loved one has a stroke, and how to BE FAST! Presented by Heather Gasser, BSN, RN, SCRNP, ASC-BC, Stroke Program Manager, Newton Medical Center and Lorrie Koonz, BSN, RN, CEN, EMT, Stroke Program Manager, Hackettstown Medical Center

Managing Gut Health and Challenges

Monday, March 13, 10:00am

Join us to learn how to manage and support your gut health and to help you feel better. Presented by Evelyn Minolfo, MS, RDN, at ShopRite of West Caldwell and ShopRite of Parsippany

Cold, Flu, RSV, Pneumonia and COVID-19

Thursday, March 16, 1:00pm

Join us to learn more about these illnesses, preventive measures and treatments. Presented by Smita S. Shah, MD, Atlantic Medical Group

Understanding My Colorectal Health

Monday, March 20, 12:00pm

Colon cancer is the third most common form of cancer among men and women. This program will cover general aspects of colon health and the importance of colon cancer screening as well as various screening tools available. Presented by Eliezer Weiss, MD, Atlantic Medical Group

Nutrition for Better Colorectal Health

Tuesday, March 21, 11:00am

Join us in celebrating National Nutrition Month! We will discuss nutrition tips, screening guidelines, and lifestyle habits that can reduce your risk of colorectal cancer. Presented by Cecilia Gomez in collaboration with SCREENNJ and Rutgers Cancer Institute of New Jersey

Preventing Abuse Against People with Disabilities

Wednesday, March 22, 12:00pm

Individuals with disabilities are at greater risk for violent victimization and re-victimization due to perceived vulnerabilities. Join the Domestic Abuse & Sexual Assault Crisis Center (DASACC) of Warren County for a conversation to understand the impact of abuse in this community, and learn how to engage in identification, response, and prevention. Presented by DASACC and The Arc of Warren

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.

Are You Dreaming of a Good Night's Sleep?

Monday March 27, 11:00am

Join us for to learn about a few of the most common sleep disorders and tips for better sleep. Presented by Alicyn Link, RPSGT, Lead Technologist, Atlantic Health Sleep Centers

Leaders in the Anti-Violence Movement

Wednesday, March 29, 12:00pm

Join the Domestic Abuse & Sexual Assault Crisis Center (DASACC) of Warren County for a conversation discussing the leaders of the anti-violence movement and key individuals who: have advocated for domestic violence, sexual violence, and intimate partner violence; stressed the importance of bringing attention to violence prevention in marginalized communities. Presented by DASACC

Healthy Living for Your Brain and Body: Tips From the Latest Research

Friday, March 31, 11:00am

For centuries, we've known that the health of the brain and body are connected. Now science can provide insights into how to make lifestyle choices. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging. Presented by Alzheimer's Association

IN-PERSON PRESENTATIONS

El Corazón Latino: Importante Información Sobre Su Salud Cardiovascular

Miércoles, Marzo 1, 7:00pm

89 Washington Avenue
Victory Gardens, NJ 07801

Acompáñenos y juntos identificaremos los hábitos y factores de riesgo que afectan la salud del corazón. Conozca los consejos y recursos disponibles para prevenir las enfermedades del corazón y mejorar la salud de su corazón. Presentado por el Dr. Cristian Politi González. No es necesario registrarse.

Understanding and Responding to Dementia-Related Behavior

Thursday, March 9, 5:30pm

Atlantic Health Day Center
200 Mt. Airy Road, Basking Ridge, NJ 07920
Behavior is a powerful form of communication

and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and strategies to help manage some of the most common behavioral challenges of Alzheimer's disease. An education program presented by the Alzheimer Association® in partnership with Atlantic Visiting Nurse. Registration is required, call 800-272-3900 or visit <https://action.alz.org/mtg/89346293>. For more information, email mallory.dubuisson@atlanticealth.org.

"BE FAST" for Stroke

Tuesday, March 21, 6:00pm

Franklin Library
103 Main Street, Franklin, NJ 07416

A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to "BE FAST". Please register: <https://sussexcountylibrary.org/event/be-fast-for-stroke-franklin/>

Balance and Healthy Eating for Seniors

Wednesday, March 29, 12:00pm

Chatham Senior Center
58 Meyersville Road, Chatham, NJ 07928

Join us to learn why healthy eating is important as we age, how to overcome barriers to preparing balanced meals at home, and how to develop healthy eating habits on-the-go. Presented by Elizabeth Iozzino, RD, CDCES, Diabetes Education Center. To register, please call Jane Pritsker at 973-635-4565

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@atlanticealth.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@atlanticealth.org, or visit atlanticealth.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@atlanticealth.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.

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.

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, call 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.

Self-Help Energy Techniques

Tuesdays, 12:00 to 1:00pm

Learn ways to help balance your mind, body and spirit by using your hands to support your healing. Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner and Health Educator. Zoom meeting link: <https://atlanticehealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09>
Meeting ID: 990 6036 2355 Passcode: 615871
If you have any questions, please call 973-971-6514

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

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.

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

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.

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

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

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 atlanticealth.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 atlanticealth.org/lungcancerscreening.

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.

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 2024. 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.

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 7:00pm
Call 908-522-2296 for more information and to enroll.