

# Community Health Events

Atlantic Health System

April 2023

## Sunday, April 16 is National Healthcare Decisions Day!

This nationwide day exists to inspire, educate and empower patients and their physicians about the importance of advance care planning. Advance care planning includes completing an advance directive (living will) to put into writing what types of treatment you would or would not want. It also includes designating whom you chose to speak for you should you be unable to speak for yourself (Health Care Power of Attorney). Take the time to speak to your physician(s) to complete or update your documents.

## VIRTUAL PRESENTATIONS

### Historical Series: Easter Rebellion, Dublin 1916

Thursday, April 6, 11:00am

Join us to learn about the 1916 Easter Week in Dublin, the rebellion that set the stage for the eventual creation of the Irish Republic following the First World War. Presented by Robert Stead

### Sexual Assault Awareness

Wednesday, April 12, 12:00pm

April is Sexual Assault Awareness Month (SAAM). Join us for a discussion on the prevalence of sexual assault, the impact, and how individuals and communities can learn prevention tools. Presented by Courtney Riseborough, Vulnerable Population Program Manager, DASACC

### Springtime Foods

Friday, April 14, 11:00am

Spring is a wonderful season for fresh, delicate produce. Learn about what foods are growing during these months and what you can look forward to this season. Presented by Barbara Galvin, RD, CDCES, Dietitian, ShopRite of West Caldwell and Parsippany

### Vapeo y Cigarrillos Electrónicos: Lo Que Debe Saber

Martes, Abril 18, 6:00pm

Infórmese sobre el vapeo y sobre cómo protegerse y proteger a su familia. Presento por Evelyn Fuertes, NDTR, Community Cancer Control Specialist, Rutgers Cancer Institute of New Jersey. Registración es requerido: [https://atlanticealth.zoom.us/webinar/register/WN\\_LB3CqgA0QwqVYqrwkqx8vQ](https://atlanticealth.zoom.us/webinar/register/WN_LB3CqgA0QwqVYqrwkqx8vQ)

### For Caregivers: Understanding Early Stage Alzheimer's

Wednesday, April 19, 12:00pm

Attendees will learn the symptoms of early-stage Alzheimer's disease, resource planning for early stage, the components of a care team and how to successfully work with each during the disease's early stages. Presented by Alzheimer's Association

### Vaping and E-Cigarettes: What You Need to Know

Thursday, April 20, 12:00pm

Join us for a discussion on what you should know about vaping, the dangers of vaping and how you can help yourself or someone in your life quit. Presented by Monica Gilles, MAS, RRT, NCTTP, Community Cancer Control Specialist, Rutgers Cancer Institute of New Jersey

### Aging in Your Own Space: Tips for Seniors on Staying in Your Home

Monday, April 24, 12:00pm

Aging-in-place involves being able to remain in the home of your choice, even as your needs may change. However, this decision requires advanced planning and not all seniors have a plan in place. Come learn about common areas of consideration when formulating an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns and legal preparations. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator

### Head and Neck Cancer: Risk Factors and Prevention

Thursday, April 27, 6:00pm

Join Dr. Erik Cohen in discussing risk factors for head and neck cancer. Learn

about how these risk factors have changed over time and the current strategies for head and neck cancer prevention. Presented by Erik Cohen, MD

### Medication Safety

Friday, April 28, 12:00pm

Medications are used regularly to treat diseases, manage conditions, and relieve symptoms. Generally, they are safe, but there are risks. Join us to learn about medication safety and how to reduce the risk of harm to you and your loved ones. Presented by Danielle Bartsche, BS, CHES, Health Educator, NJ Poison Control Center (NJPIES), Rutgers, The State University of New Jersey

## IN-PERSON PRESENTATIONS

### Arthritis: What You Need to Know

Tuesday, April 11, 1:00pm

Hackettstown Medical Arts Building, 108 Bilby Rd., Suite 101, Hackettstown, NJ  
Join us to learn about the various types of arthritis, treatments, and prevention strategies. Presented by Paul Cuntala, PT, DPT, Atlantic Rehabilitation, Hackettstown Medical Center. Pre-registration is required. Visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580 to register.

### The Secret Life of a Healthy Heart

Thursday, April 13, 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.

## VIRTUAL FITNESS

### Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

April 17 through June 26, (no class 5/29)

\$50 for all ten weeks

Gentle activities to help increase joint flexibility and maintain range of motion. Instructor: Dawn Hanna-Amodio. Registration closes on 4/14 at 1:30pm

Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580.

For all inquiries regarding Community Health, email [communityhealth@atlanticealth.org](mailto:communityhealth@atlanticealth.org) or call 1-844-472-8499.

## Barre Method

**Tuesdays, 5:30 to 6:15pm**

**April 18 through June 27** (no class 5/30)

\$50 for all ten weeks

Not ballet! A flowing mix of core techniques and floor work for total body strength, length, balance, flexibility and posture. A mat and 2- to 3-pound weights are needed. Instructor: Denise Swan. Registration closes on 4/17 at 5:30pm

## Chair Yoga

**Wednesdays, 10:30 to 11:30am**

**April 19 through June 21**

\$50 for all ten weeks

This restorative class is done in a chair with stretching, warming up the body, and poses that will improve posture and much more. Instructor: Jillian Keller. Registration closes on 4/18 at 10:30am.

## Meditation for Mindful Well-Being

**Mondays, 6:30 to 7:30pm**

**April 17 through June 26** (no class 5/29)

\$50 for all ten weeks

The art of meditation is to center the mind toward one focus. Experience various mindful contemplative exercises to discover what a sense of well-being means to you. Instructor: Linda Dumoff. Registration closes on 4/14 at 6:30pm

## Intro to T'ai Chi Chih – Mobility & Balance

**Wednesdays, 11:00am to 12:00pm**

**April 19 through June 21**

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility, flexibility and balance. Instructor: Stan Cohen. Registration closes on 4/18 at 11:00am.

## Seated & Standing Yoga

**Fridays, 10:00 to 11:00am**

**April 21 through June 23**

\$50 for all ten weeks

If you think you can't try yoga because you can't do floor exercise, this class incorporates standing and balancing poses with the support of a chair and gentle stretching and relaxation to realign, re-center and strengthen your mind, body and heart. Modifications will always be available. Instructor: Jillian Keller. Registration closes on 4/20 at 10:00am.

## Strength & Stretch

**Mondays, 10:00 to 11:00am**

**April 17 through June 26** (no class 5/29)

\$50 for all ten weeks

Strength training helps to preserve bone density, improve balance and mobility, as well as reduce your risk of falls. Stretching enhances flexibility and range of motion. This class incorporates gentle strength

training and stretching to help maintain independence and health. Activities will include standing (seated as necessary) moves and floor mat work. Participants will need a pair of one- to two-pound weights, a mat, and a chair (if needed). Instructor: Denise Swan. Registration closes on 4/14 at 10:00am.

## Yoga for Beginners

**Tuesdays, 10:00 to 11:00am**

**April 18 through June 20**

\$50 for all ten weeks

This gentle class involves floor and standing poses, focusing on restoring range of motion, stretching, improving breathing and posture. Instructor: Jillian Keller. Registration closes on 4/17 at 10:00am.

## 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](mailto: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](mailto:healthyaging@atlanticealth.org), or visit [atlanticealth.org](http://atlanticealth.org), keyword "senior services."

### Glasser Brain Tumor Center Support Group

**3<sup>rd</sup> 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](mailto: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.

## New Parent Support Group

**Meets weekly, call for dates and times.**

**Virtual via Microsoft Teams**

Are you a new parent? We know how wonderful this time can be. We also know how hard it can be. It may have been especially difficult because of COVID-19. New parents can sometimes feel alone and isolated even in the best of times, but the pandemic might have interrupted the support you would usually have received. Come join this free and confidential support group where we will talk about postpartum depression and baby blues, anxiety, loneliness, feelings of guilt, hormonal and emotional changes, and overall challenges of being new parents. To register, call CONCERN at 973-451-0025.

## Grupo de Apoyo Para Padres Primerizos

**Se reúne semanalmente, llame para fechas y horas. Únase a nosotros a través de Microsoft TEAMS.**

¿Es padre o madre primerizo? Sabemos lo maravillosa que puede ser esta etapa. Pero también lo difícil que puede llegar a ser. Es posible que haya sido especialmente difícil debido a la COVID-19. Los padres primerizos a veces se sienten solos y aislados incluso en los mejores momentos, y la pandemia puede haber interrumpido el apoyo que normalmente habrían recibido. Por ello, CONCERN ofrece un grupo de apoyo para madres y padres primerizos. Únase a este grupo de apoyo gratuito y confidencial en el que hablaremos sobre melancolía y depresión posparto, ansiedad, soledad, sentimiento de culpa, cambios hormonales y emocionales, y desafíos generales de ser padres primerizos. Para inscribirse, llame a CONCERN al 973-451-0025.

## 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

**2<sup>nd</sup> Monday of the month, 7:00pm, Virtual**

For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCA at 973-831-5168.

**Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580.**

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## **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**

**3<sup>rd</sup> 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**

**2<sup>nd</sup> 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 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**

**3<sup>rd</sup> 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**

**1<sup>st</sup> Tuesday of the month, 12:00 to 1:30pm**

To register, call 973-971-5169.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> 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://atlanticealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0Ttc3ZU1ueS95UT09MeetingID:99060362355Passcode: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**

**3<sup>rd</sup> 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**

**3<sup>rd</sup> 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**

**4<sup>th</sup> Wednesday of the month**

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

Joan Knechel Cancer Center, West Wing Conference Room, 1<sup>st</sup> 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 other caregivers. Learn practical information and discover effective coping strategies for optimal self-care. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Registration is required. 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**

**2<sup>nd</sup> Wednesday of the month**

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

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

For 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 navigating the daily challenges of life with cancer. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Registration is required. For more information, contact Lisa at 908-441-1534.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> 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 [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580.**

**For all inquiries regarding Community Health, email [communityhealth@atlanticealth.org](mailto:communityhealth@atlanticealth.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](http://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](http://atlanticealth.org/lungcancerscreening).

## Information About COVID-19

Visit [atlanticealth.org](http://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](http://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](mailto: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](mailto: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.