

# Community Health Events

Atlantic Health System

May 2023

## May Is Women's Health Month

This is a reminder for all women to feel empowered to take care of themselves and make their health a priority. During this month, it is especially important to increase awareness on health issues such as breast, ovarian, cervical and colorectal cancer, as well as heart disease. Routine screenings and preventative care can aid in the detection and prevention of such diseases. Screenings save lives, but only if people get screened. Reach out to your health care provider to go over screening options. If you need a provider, call 1-800-247-9580 or visit [atlanticehealth.org](http://atlanticehealth.org)

## VIRTUAL PRESENTATIONS

### Genetics and Cancer: Controlling Your Cancer Risk Wednesday, May 10, 12:00pm

This presentation explains hereditary and lifestyle risk factors for cancer. Join us in learning: how and why cancer forms in cells, how cancer may "run in a family," methods to identify your personal cancer risk, and information on genetic testing and genetic risk assessment. Presented by Ashley Purper, MPH, Community Cancer Control Specialist, Rutgers Cancer Institute of New Jersey

### Lupus in the African American Community Thursday, May 11, 5:00pm

Lupus is an autoimmune condition that can affect up to 1 in 250 African American females. In recognition of Lupus Awareness Month in May, we will explore disease signs, symptoms, and treatment obstacles in the African American community. Presented by Nicole Daver, DO, rheumatologist, Institute for Rheumatic and Autoimmune Diseases, Overlook Medical Center

### Programa Para Dejar de Fumar Lunes, 10:00 to 11:00am

**15 de Mayo al 26 de Junio** (no clase 5/29)  
Seis reuniones de grupo semanales para aprender técnicas que la ayudarán a dejar el cigarro y mantenerse sin fumar. Llame al 844-472-8499, opción 2, para obtener más información e inscribirse. <https://atlanticehealth.zoom.us/meeting/register/tZUKfuiqDwqGtDr4zUhCTouKDJHfVjNJu>

### Bystander Intervention Monday, May 15, 12:00pm

What does bystander intervention look like in the context of domestic abuse and sexual assault? This training will help participants understand the historical impact of bystander intervention, while defining the difference between active and passive bystanders. Participants will learn a framework for safe and effective bystander intervention to mitigate the harm of domestic abuse and sexual assault when it is safe to do so. Presented by Jamie Coleman, LSW, DASACC

### Do You Walk Safely in a Distracted World? Thursday, May 18, 11:00am

We know how to walk, but do we walk safely? Learn how walking more and safely can help older adults remain independent, mobile and enhance their well-being. Presented by Denis Kelleher, Avenues in Motion

### Downsizing and Decluttering: You Can't Take It With You Monday, May 22, 11:00am

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practice, easy-to-follow tips on downsizing and decluttering. Presented by Patricia Loud, AARP

### What You Should Know About the HPV Vaccine Tuesday, May 23, 12:00pm

Join us to learn about human papillomavirus (HPV) and the benefits of receiving the vaccine to prevent six different types of HPV-related cancers. Presented by Yareni Sime, Public Health Program Coordinator of Immunization

Initiatives, Partnership for Maternal and Child Health of Northern New Jersey

### Summer Safety: Understanding the Importance of Skin Health Wednesday, May 24, 1:00pm

Join us as we explore different techniques to prepare for skin safety this summer. This program will provide information to understand best practices in protecting your skin, symptoms that should not be neglected, and what to do if you notice differences in your skin that could be caused by sun damage. Presented by Irene Rossmer, MD, FACS, Atlantic Surgical Oncology, Atlantic Medical Group

### Bladder Matters Thursday, May 25, 12:00pm

You can't always control your bladder. However, you can adopt good habits to help keep your bladder as healthy as possible. Join Dr. Dhariwal, a board-certified OB/GYN and urogynecologist in a discussion of matters of the bladder and pelvic floor. Presented by Laura Dhariwal, MD, FACOG, Female Pelvic Medicine & Reconstructive Surgery, Atlantic Health System

### BE FAST for Stroke Thursday, May 25, 7:00pm

May is National Stroke Awareness Month. 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! Presented by Lorrie Koonz, BSN, RN, CEN, EMT, Stroke Program Manager, Hackettstown Medical Center

## IN-PERSON PRESENTATIONS

### Angst: Raising Awareness Around Anxiety Monday May 1, 7:00pm

Martin J. Ryerson Middle School Mini Auditorium, 130 Valley Road Ringwood, NJ 07546

Join Ringwood Stigma Free / AWARE ASAP for a film screening of the movie "Angst" which aims to remove the stigma and start a conversation about mental health. A panel

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

discussion will follow the film screening, featuring local mental health experts. Community members and school-aged children are welcome at this event. To register, please call 973-962-4343.

### **The Need to Grieve: Helping Yourself, Your Family and Your Friends**

**Wednesday, May 17, 11:30am**

Berkeley Heights Town Hall  
29 Park Avenue, Berkeley Heights, NJ 07922  
Please join us to learn more about helping friends and family who are experiencing grief or loss. The past three years have been very difficult to endure, and we have suffered many types of loss. Together we will explore these different losses and find ways to acknowledge and better understand our grief. Presented by Marian Teehan, MSW, LCSW, APHSW-C, Caregiver Center, Overlook Medical Center

### **Is It the Blues or Something Else?**

**Tuesday, May 23, 1:30pm**

Butler Senior Community  
9 Ace Road, Butler, NJ 07405

We experience many changes as we age, but it's important to distinguish what is normal and what is not. Join us for a conversation on common mental health challenges and how depression is not a normal part of aging. Learn how these specifically can impact older adults, how to recognize signs, when to seek help, and some resources available. Presented by Leah Scilingo, Nurse Practitioner, Crisis Intervention, Chilton Medical Center

### **Healthy Eating for Seniors**

**Wednesday, May 24, 11:00am**

Decorso Community Center New Providence  
15 East 4th Street, New Providence, NJ 07974  
Join us to learn how to incorporate macronutrients in your diet to create balanced meals and snacks. Identify simple carbohydrates that can raise blood sugars and how to plan and create meals to prevent elevated blood sugars. Presented by Lia Ferranti, RD, Overlook Diabetes Center. To register, please call the DeCorso Community Center at 908-665-0046 or email [decorsocenter@newprov.us](mailto:decorsocenter@newprov.us)

## **HYBRID (VIRTUAL AND IN-PERSON)**

### **Grow Your Mental Health: Practical Strategies to Cultivate Your Mental Health and Resilience**

**Tuesday, May 16, 6:00pm**

Overlook Medical Center, Bouras Auditorium  
99 Beauvoir Avenue, Summit, NJ 07901  
The past few years have been stressful. Period. Mental health has come into sharp focus – we have realized it has a tremendous impact on our whole health. This May, Atlantic Behavioral Health is encouraging you to Grow Your Mental Health! Please join Dana Risteska, as she shares information about mental health, self-care, and resiliency. Discover how planting seeds of gratitude, hope, and self-care today can lead to a flourishing garden tomorrow! Presented by Dana Risteska, MSW, LCSW, Behavioral Health Clinician. This presentation will be held in-person and streamed live. For more information, please visit [atlanticealth.org/events](http://atlanticealth.org/events).

## **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>.

**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.**

## 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, 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

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.