

Community Health Events

 Atlantic Health System

July 2023

It's Summertime! Don't Forget to Protect Your Skin and Get Screened

Each year over five million people are diagnosed with skin cancer in the United States. Skin Cancer is the most common type of cancer, and it is the most preventable form of cancer. Routine screening and preventative care help detect and prevent skin cancer. 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 atlanticealth.org. To find out more about free or low-cost cancer screenings for people without health insurance, please call 973-971-5952.

VIRTUAL PRESENTATIONS

The ABCs of Diabetes: Prevention and Management Tuesday, July 11, 12:00pm

Diabetes is a common condition that can seriously impact your quality of life, but just knowing the signs and symptoms can help you manage and prevent complications. Learn how diabetes impacts a person and what actions you can take to protect yourself! Presented by Melanie Betancur, MPH, CPLD, CHES, Health Educator, Community Health, Atlantic Health System

Skin Nourishing Foods Friday, July 14, 11:00am

Beautiful, healthy skin begins from the inside out! Learn what foods nourish our skin and how we can keep it protected, strong, and healthy. Presented by Barbara Galvin, Registered Dietitian, ShopRite of West Caldwell and ShopRite of Parsippany

Caring for Others: Introduction to the Prepare to Care Guide

Monday, July 17, 10:00am

Caring for a family member or a close friend is one of the most important roles one can play. However, one may feel lost while navigating the process. Join us as AARP discusses best practices to make plans to care for friends, family members or loved ones. AARP's Prepare to Care guide will be available to all who attend. Presented by Marty Siederer, AARP

Programa Para Dejar de Fumar Lunes, 6:00 to 7:00pm

17 de Julio al 21 de Agosto

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://atlanticealth.zoom.us/meeting/register/tZcu2uqqjksGNDVrQUdYWjLmSvTi1Z2fB4Q>

Be on the Sunny Side: Tips for Detecting and Preventing Skin Cancer

Wednesday, July 19, 12:00pm

Help keep you and your family safe from the dangers of unprotected sun exposure. Join us as we learn about:

- Different types of skin cancers
- Early detection strategies and guidelines
- Along with sun safety tips for skin cancer prevention

Presented by Shantelle James, MPH, in collaboration with ScreenNJ and Rutgers Cancer Institute of New Jersey

It's What's Inside That Counts! Understanding the Nutrition Label

Monday, July 24, 12:00pm

Are you aware that the Nutrition Facts Label, as we previously have known it, has recently made some changes? Join us to learn what new additions have been made and why. Presented by Ashley Lucyk, CHES, Health Educator, Community Health, Atlantic Health System

Atrial Fibrillation (A-Fib)

Tuesday, July 25, 12:00pm

Atrial fibrillation is the most common heart rhythm problem and increases a person's chances of having a stroke by about five times. Learn how you can reduce your chances of having A-Fib and what treatments are available to manage it. Presented by Lorrie Koonz, BSN, RN, CEN, EMT, Stroke Program Manager, Hackettstown Medical Center

Are You at Risk for a Heart Attack?

Wednesday, July 26, 12:00pm

Genetics can be crucial to predict certain risk factors for heart disease. Join us as we discuss how genes can affect heart health, diagnostic and treatment options, and further explore new therapies on the horizon. Presented by Robert D. Fishberg, MD, FACC, Associates in Cardiovascular Disease

IN-PERSON PRESENTATIONS

ABCs of Diabetes: Prevention and Maintenance

Thursday, July 13, 3:30pm

Dennis Branch Library
101 Main Street, 2nd Floor, Newton, NJ
Diabetes is a common condition that can seriously impact your quality of life but just knowing the simple ABCs of this condition can help you manage it and prevent complications. Learn how diabetes impacts a person from their head to their toes, and what actions you can take to protect yourself! Presented by Beatrice Thibodeau, MA, DRCC, CHES, PRS, TTS, Health Educator, Community Health, Atlantic Health System

Heart Health at Any Age

Tuesday, July 18, 11:00am

Center for Healthier Living
108 Bilby Rd., Suite 101, Hackettstown, NJ
Join us to learn about steps you can take in your 40s, 50s, 60s and beyond to improve your heart health. Presented by Dicey McGrath, Nurse Practitioner, Cardiac Imaging, Atlantic Health System. Pre-registration is required. Visit atlanticealth.org/events or call 1-800-247-9580 to register.

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.

Safe Sitter® Babysitting Class

Thursday, July 20, 9:00am to 3:30pm

Registration fee: \$60

(includes manual and completion card)

This program is taught exclusively by certified Safe Sitter® Instructors and is open to those 11 to 14 years of age. Class includes choking infant/child rescue, infant/child CPR, injury prevention/injury management, behavior management, safety for the sitter, childcare essentials, and the important skills of babysitting as a business. Seats are limited. Pre-registration is required. To register, please call 973-579-8653.

The Bill and Nancy Conger Art of Caregiving Conference

Saturday, August 12, 8:30am to 3:30pm

Atlantic Adult Day Center

200 Mount Airy Road, Basking Ridge, NJ

An in-person event for caregivers presented by Morristown Medical Center. Hosted by Atlantic Adult Day Center. 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 FREE interactive full-day conference addressing key areas and get personalized guidance on how to best care for your aging loved one. Topics will include Navigating the Eldercare Maze, Legal and Financial Concerns, Self-Care and Caregiver Support, Normal Aging and Tips for Talking with Health Care Providers, Basics of Hands-on Care and Demonstrations, Caregiving at End-of-Life. Complimentary Breakfast and Lunch will be provided. For questions, please contact Rebecca Abenante, LSW, at 973-971-5839 or HealthyAging@atlanticealth.org. Please register by August 3.

VIRTUAL FITNESS

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

July 17 to September 25 (no class 9/4)

\$50 for all ten weeks

Gentle activities to help increase joint flexibility and maintain range of motion. Instructor: Dawn Hanna-Amodio. Registration closes on 7/14 at 1:30pm

Barre Method

Tuesdays, 5:30 to 6:15pm

July 18 to September 26 (no class 9/12)

\$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 7/17 at 5:30pm

Chair Yoga

Wednesdays, 10:30 to 11:30am

July 19 to September 20

\$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 7/18 at 10:30am.

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

July 17 to September 25 (no class 9/4)

\$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 7/14 at 6:30pm

Seated & Standing Yoga

Fridays, 10:00 to 11:00am

July 21 to September 22

\$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 7/20 at 10:00am.

Strength & Stretch

Mondays, 10:00 to 11:00am

July 17 to October 2 (no class 9/4, 9/11)

\$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 7/14 at 10:00am.

Yoga for Beginners

Tuesdays, 10:00 to 11:00am

July 18 to September 19

\$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 7/17 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.

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.

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

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.

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.

Ostomy Support Group

2nd 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.

Type 1 Diabetes Support Group

**3rd Tuesday of every other month
7:00 to 8:00pm**

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 1 diabetes. The support and encouragement you will receive from peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and classes to all our patients living with diabetes for an opportunity to compare challenges and successes. Registration required. Register for each support group you would like to attend. For more information, please call your local diabetes education center.

Type 2 Diabetes Support Group

**1st Tuesday of every other month,
12:00pm: January, March, May, July,
September, and November
6:00pm: February, April, June, August,
October, and December**

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 2 diabetes. The support and encouragement you will receive from peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and classes to all our patients living with diabetes for an opportunity to compare challenges and successes. Registration required. Register for each support group you would like to attend.

For more information, please call your local diabetes education center.

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>.

Weight Loss Surgery Support Group

3rd Tuesday of each month at 6:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have had weight loss surgery. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced after surgery. We offer support group meetings and classes to give our post-operative patients an opportunity to compare challenges and successes. We encourage people who are thinking about having the surgery to attend. Registration required. Register for each support group you would like to attend. For more information, please call 973-971-7212.

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.

Chilton Diabetes Education Support Group

1st Thursday of each month at 10:00am

Atlantic Health Pavilion
2nd Floor, Community Conference Room
242 West Parkway, Pompton Plains, NJ
A Diabetes Support Group can be a valuable resource for people living with diabetes. The Diabetes Education Center at Chilton Medical Center offers a safe environment for people with diabetes to share their experiences, learn from each other and receive emotional support. It is also a great place to find out information about medical treatments, research and strategies as well as practical tips and resources. Pre-registration is not required. For more information or for weather cancellations please call 973-831-5229

Diabetes Self-Management Education Program and Nutritional Services

The Diabetes Self-Management Education Program at Chilton Medical Center helps adults with diabetes take steps that will make them feel better and stay healthier. This program is recognized by the American Diabetes Association for Quality Self-

Management Education. The center is staffed by dedicated registered dietitians and nurses who are Certified Diabetes Care and Education Specialists. This program offers educational services for people and their significant others with prediabetes, type 1, type 2, and gestational diabetes, continuous blood glucose monitoring studies are also available. In addition, individual nutrition counseling services from a registered dietitian are available for medical conditions such as heart disease, obesity, and gastrointestinal disorders. Schedule an appointment by calling 973-831-5229.

Ostomy Support Group of North Jersey

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

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 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.

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:99060362355> Passcode: 615871 If you have any questions, please call 973-971-6514

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.

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.

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.

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 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

**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

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.

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 atlantichealth.org/lungcancerscreening.

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.

Spanish Language Quit Group

Mondays, time and location may vary based on participation.

Call 1-844-472-8499, option 2 for more information or to enroll.