

Community Health Events

Atlantic Health System

January 2024

January Is Cervical Cancer Awareness Month

Did you know that cervical cancer is almost completely preventable when you get an HPV vaccine and get screened regularly? Cervical cancer screening is recommended for women between the ages of 21 to 65. The HPV vaccine is recommended for children ages 9 to 12, but it can help people up to age 45. Cervical cancer screening includes either a Pap test or an HPV test or both. Talk to your health care provider about what screening option is right for you. If you need a provider, call 1-800-247-9580 or visit atlanticealth.org. To find out more about free cervical cancer screenings for people without health insurance, please call 973-971-5952.

VIRTUAL PRESENTATIONS

Caring for Caregivers

Thursday, January 11, 11:00am

Being a caregiver comes with a lot of responsibilities. This role can be overwhelming between caring for your loved one, and caring for yourself physically, mentally and emotionally. This presentation will focus on the signs of caregiver burn out, and prevention strategies. Presented by Mallory Dubuisson, CDP, Assistant Manager, Atlantic Adult Day Center. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_q-AcaO5mSjKpA94-NwUKPw

Osteoarthritis and Total Joint Replacement

Thursday, January 18, 12:00pm

Osteoarthritis is a degenerative joint disease that worsens over time, resulting in chronic pain. Join us to discuss causes, symptoms and available treatment options that are both nonoperative and operative. Presented by Angelo Mannino, MD, Orthopedic Surgeon, Atlantic Medical Group Orthopedics at Paramus. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_J47LpfCVROCo1JAOg-qcGQ

Sustainable Nutrition Changes for 2024

Monday, January 22, 10:00am

Make healthy sustainable nutrition changes for 2024! Discussion will include tips and tricks for developing good nutrition and wellness habits. Presented by Evelyn Minolfo, MS, RDN, ShopRite of Parsippany and West Caldwell. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_vrxjM1ARaK5JJ1P6BJ6g

Diabetes and Pregnancy: What You Should Know

Wednesday, January 24, 11:00am

Gestational diabetes is a type of diabetes that can develop during pregnancy. It can lead to complications and affect the health of both the mom and the baby, now and in the future. Join us to learn more about what causes this health issue, the risks it carries and the best preventive measures you can take to have a safe and healthy pregnancy. Presented by Melanie Betancur, MPH, CPLD, CHES, Health Educator, Atlantic Health System. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_W8UPqdkwT8atWtDqWNhYJg

Grief and the New Year

Thursday, January 25, 11:00am

The new year for many means the start of something new. Grieving for all types of loss can be especially difficult during this time. Join us for a webinar to learn how to work through grief and healing. We will practice different techniques, including grief movement, breath practice, meditation and self-compassion. Presented by Marian Teehan, MSW, LCSW, Thomas Glasser Caregivers Center, Overlook Medical Center. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_W5D4fhAJRXm90JrxExfjwQ

Understanding Your Cervical Health

Thursday, January 25, 12:00pm

Learn about your cervical health and best practices to prevent health issues. Discussion to include early-stage preventive measures. Presented by Nana Tchabo, MD, Gynecologic Oncology. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_ekuNPTYgRTC8hRFoWcFTHw

Walking and Driving Safely in a Winter Wonderland

Tuesday, January 30, 11:00am

Snow and ice challenge our ability to walk and drive safely during the winter. Learn how to navigate winter conditions confidently and safely. Presented by Denis Kelleher, program specialist, Avenues in Motion. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_4eA7EiFRT9OE6ovZaQLIVg

Fall Prevention: What Physical Therapy Can Do for You

Wednesday, January 31, 1:00pm

Join us to learn about who is at risk for falls and how they can occur, and how physical therapy can help you. We will also discuss some winter safety tips to keep you healthy this season. Presented by Jennifer Krekel, PT, DPT, EdD. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_MbphBHP5SnW4Zc_0CuCgg

Programa Para Dejar de Fumar

Lunes, 5 de Febrero al 11 de Marzo, 10:00am

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/tZAsc-ypqDkpG9D7JooygoGuQByUAR3EKAKR>

IN-PERSON PRESENTATIONS

Healthy Eating for Healthier Living (English)

Thursday, January 18, 5:30pm

GRACE Refrigerator
100 Morris Avenue, Summit, NJ
Learn how to prepare healthy and affordable meals using fresh produce and other ingredients to reduce your risk for cancer and other health problems. Our registered dietitians will: demonstrate a healthy recipe and provide recipes to try at home; answer questions and share information on healthy eating. Presented by Johannah Sakimura, MS, RD, CSO and Natalia Capodanno, RD, oncology dietitians, Carol G Simon Cancer

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

Center, Overlook Medical Center. All are welcome. Free giveaways will be provided.

Alimentos saludables para una vida más saludable (español)

Jueves, 18 de enero, 5:30 p.m.

GRACE Refrigerator

100 Morris Avenue, Summit, NJ 07901

Únase a nuestra presentación en inglés para aprender cómo preparar comidas saludables y asequibles con productos frescos y otros ingredientes para reducir el riesgo de cáncer y otros problemas de salud. Nuestros dietistas registrados, con la asistencia de educadores de salud de habla hispana, harán lo siguiente: demostrar una receta saludable y proporcionar recetas para probar en casa; responder preguntas y compartir información sobre alimentación saludable. Presentado por Johannah Sakimura, MS, RD, CSO y Natalia Capodanno, RD, dietistas oncológicos, Carol G Simon Cancer Center, Overlook Medical Center, Todos son bienvenidos. Se proporcionan obsequios gratuitos.

Supporting Speech and Language Development

Thursday, January 18, 6:00pm

Envision Center, Phillipsburg Housing

Authority, 535 Fisher Avenue, Phillipsburg, NJ

During this in-person session we will discuss what contributes to the speech and language development of your child over time. Discussion will include strategies on how to help your child as they grow in their communication. Presented by Lindsay Marino-Porro, M.S., CCC-SLP, Hackettstown Medical Center. To register, call Becky at 908-859-0122 ext. 107 or email rjohnson@phillipsburgha.com

Substance Misuse

Thursday, January 25, 11:00am

Center for Healthier Living

108 Bilby Road, Suite 101, Hackettstown, NJ

How much do you know about substance misuse? Learn the definitions of substance misuse, dependence, and misuse disorder. Discussion will include risk and prevention factors, symptoms, and available resources. Presented by Linda DeNude, MPH, CHES, health educator, Community Health, Atlantic Health System. Registration is required. Please register by emailing CommunityHealth@atlanticealth.org Attn.: Linda DeNude or call 1-844-472-8499, option 3.

VIRTUAL FITNESS

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

January 22 through April 1 (no class 2/19)

\$50 for all ten weeks

Join us for a class where you'll engage in a blend of stretching, strength-building, and neuro integration exercises. This includes balance and stability activities that heighten your awareness of range of motion and daily life activities, all aimed at protecting your joints. The class is designed to be fun and interactive, with the option to participate in either standing or seated movements. We incorporate weights and stretch bands into our routines for a comprehensive workout experience. Instructor: Dawn Hanna-Amodio. Registration closes on 1/19 at 1:30pm. To register, visit https://atlanticealth.zoom.us/meeting/register/tZEtduquqTovG9GS1kQ7P5hL8vhoLIWgAN_j

Barre Method

Tuesdays, 5:30 to 6:15pm

January 23 through April 2 (no class 3/19)

\$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 1/22 at 3:30pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZYpce2rrzwiHtMgWZBEjqAvOMdkQEcsCmeb>

Better Bones Beginner

Thursdays, 11:30 to 12:30pm

January 25 through March 28

\$50 for all ten weeks

Work your muscles to increase core strength, overall muscle tone and improve balance. A mat and handheld weights are needed. Instructor: Kerri Kerr-Apito. Registration closes on 1/24 at 12:30am. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZAvfuirrjgvG91EmPKrcF5-btPvQsNgpY7s>

Better Bones Intermediate

\$50 for each ten-week class

For individuals who have already completed at least two sessions of Better Bones Beginner. 1-, 2- or 3-pound handheld weights are needed. Instructor: Kerri Kerr-Apito.

Tuesdays, 10:15 to 11:15am

January 23 through March 26

Registration closes on 1/22 at 10:15am.

To register, visit https://atlanticealth.zoom.us/meeting/register/tZMode6qpzsqE9VRqJb5tU_IUBHIZyMwNWaD

Thursdays, 10:15 to 11:15am

January 25 through March 28

Registration closes on 1/24 at 10:15am.

To register, visit https://atlanticealth.zoom.us/meeting/register/tZUsdeGupz8jHdZ_phhL7oyhhrRuK5h5m_Uu

Chair Yoga

Wednesdays, 10:30 to 11:30am

January 24 through March 27

\$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 1/23 at 10:30am. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZIkfu6sqjgvGd3NfvGvi8BpNEDNPuSyymj5Z>

Chi Move and Grove Class

Wednesdays, 12:30 to 1:15pm

January 24 through March 27

\$50 for all ten weeks

This is a gentle exercise that includes breathing and movements to help us feel connected to our entire body in a lively and flowing way. We will breathe, stretch, and move our "chi" energy to create a sense of calm and peaceful awareness, which can improve our health. This enjoyable exercise is a great way to learn about tai chi/qigong principles, whether you're standing or sitting. It's open to everyone who wants to feel more energetic. Instructor: Dawn Hanna-Amodio. Registration closes on 1/23 at 12:30pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZMucumoqDkqHNFxrRjVIMU4LX11gwE-AI3T>

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

January 22 through April 1 (no class 2/19)

\$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 1/19 at 3:30pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZUrfuyhrzwtEtH9IoFVBWOfTIWbR9Qoly>

Seated & Standing Yoga

Fridays, 10:00 to 11:00am

January 26 through April 5 (no class 3/29)

\$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 1/25 at 10:00am. To

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

register, visit <https://atlanticealth.zoom.us/meeting/register/tZYpucu2vrj0vE907cF1YszMGEDEW23P4HaH3>

Strength & Stretch

Mondays, 10:00 to 11:00am

January 22 through April 8

(No class 2/19, 3/18)

\$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 1/19 at 10:00am. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZYqc-uqrTMqH9yAKszgerq2RrtQJbbHMjUI>

Yoga for Beginners

Tuesdays, 10:00 to 11:00am

January 23 through March 26

\$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 1/22 at 10:00am. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZModeuhqzkoH9CmFF-bdK08jJUOYh4d4X1n>

SUPPORT GROUPS

Breastfeeding Support Group

Mondays and Tuesdays

10:00am to 12:00pm (virtual)

Breastfeeding can be a wonderful experience for both moms and babies. Breast milk is nature's food designed specifically for babies. Breastfeeding has many benefits for moms and babies, helping reduce allergies, ear and respiratory infections, childhood obesity and SIDS. Breastfeeding also helps to prevent women's cancers and type 2 diabetes. We welcome you to our support group. The group is free of charge to join and participate, all we ask is for you to register. To register, please call 908-522-2946, email overlook.parented@atlanticealth.org or visit atlanticealth.org/overlookparented

Chronic Pain Support Group

1st Monday of the month

5:30pm to 7:00pm (virtual)

Free and confidential chronic pain support group providing education and support for people with chronic pain and their families. Affiliated with the American Chronic Pain Association and led by Patricia Hubert, DNP, APRN. For more information, call 908-665-1988.

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.

Glasser Brain Tumor Center Caregiver Support Group

1st Thursday of the month

5:00 to 6:00 pm (virtual)

This group offers a safe space for the loved ones of individuals diagnosed with a brain tumor. During this hour, caregivers have the chance to share thoughts and feelings with others who understand your experience. The group is co-moderated by a social worker as well as by a member of the Glasser Brain Tumor Center treatment team. 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

Wednesdays, 10:30am to 12:00pm

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

Cada miércoles, 10:30am – 12:00pm
Por 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

Area-wide Support Group for Ostomates (people of any age with potential, new or mature ileostomies, colostomies, or continental diversions) and caring supporters. OSGNJ is affiliated with United Ostomy Association of America, Inc. (UOAA). We provide direct aid and mutual support to Ostomates both individually and within a group setting. We conduct support via telephone and e-mail to dialogue and present ourselves as role models to potential and new Ostomates. We arrange programs and activities for Ostomates, spouses, children, parents and their friends, as appropriate. For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

Overlook Perinatal Bereavement Support Group

2nd Monday of every month

7:30pm to 8:30pm

We invite you to come sit ... share ... be heard ... feel seen. This support group provides free and unconditional support for individuals and families that have experienced a miscarriage, stillbirth, or the loss of an infant. The group will be led by two Overlook registered nurses who together, have over 60 years' experience as labor and delivery nurses. Christine is an educator, a certified doula and has been leading this support group for many years. Tara is a Certified Bereavement Facilitator and teaches yoga and meditation. Registration is required please call 908-522-2946. Once registered, an invitation will be sent via Zoom Link prior to meeting.

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.

Stroke Survivors Support Group

3rd Thursday of the month, 2:00 to 3:00pm

A virtual support group for stroke survivors to share lived experiences of navigating stroke recovery. Group members can expect a welcoming environment to connect with other survivors and learn about community resources available to them. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Open to survivors of all ages and phases of recovery. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlantichhealth.org.

Stroke Caregivers Support Group

**3rd Wednesday of the month
2:00pm to 3:00pm**

A virtual support group for caregivers of stroke survivors. Group members can expect a welcoming space to receive support from other caregivers, exchange personal stories and experiences, and learn about caregiving resources in the community. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlantichhealth.org.

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.

Younger-Onset Alzheimer's

**1st Saturday of the month
9:30 to 10:30am, via Zoom**

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

CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, please email christine.dimovski@atlantichhealth.org.

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.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

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

Diabetes Self-Management Education Program

- Thursdays: from 1:00 to 2:30pm
- Thursdays: from 5:00 to 6:30pm
- One Saturday class every month

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

Hands-On Health and Wellness

Tuesdays, 12:00 to 1:00pm

Harmonize your body and mind through the healing art of Jin Shin Jyutsu. Holistic Health Practitioner and Health Educator Lynn Pridmore will guide you through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed. Zoom meeting link: <https://atlantichhealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09> Meeting ID: 990 6036 2355 Passcode: 615871 If you have any questions, please call 973-971-6514

Heart Failure Virtual Group

Support group for patients with heart failure or their caregivers that offers support through mutual sharing and education. Run by Ellen Berry, MSW, and Kathy Hollasch, Certified Heart Failure Nurse. For more information, call Ellen Berry at 973-971-7061 or Kathy Hollasch at 973-971-7901.

Post Cancer Treatment Group

2nd Tuesday of the month, 10:30 to 11:30am

Registration is not required. For more information, please call 973-971-6514.

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:

- Expressive Writing for Caregivers, Wednesdays, 2:00pm
- TaijiFit, Mondays & Thursdays, 12:00pm

To register and receive a Zoom invitation, please call Marian Teehan or Valerie Gagliano at 908-522-6348.

Ostomy Group

This professionally led group is for ostomy survivors and their families. For a location, schedule and to register, please call 908-522-5552.

NEWTON MEDICAL CENTER

Better Breathers Club

Last Thursday of the month, 12:45 to 2:15pm

Newton Medical Center, Romano Conference Center, 175 High Street, Newton, NJ

A program for people with chronic lung disease and their loved ones. To register, call Debra Zimmerman, BBC coordinator and COPD educator at Newton Medical Center at 973-579-8588.

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.

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.

Parkinson's Support Group

3rd Tuesday of the month

3:30 to 5:00pm, In-person

Hackettstown Medical Center, Cafeteria Conference Room 651 Willow Grove Street, Hackettstown, NJ

This FREE support group is for individuals living with Parkinson's disease. Care partners are also welcome to attend. If you have questions or would like more information, please contact James Moran at 917-991-5980 or Marcia Guberman at 845-476-1008.

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 atlantichealth.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 77 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. 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 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 908-895-8585.

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.

Llame al 1-844-472-8499, opción 2 para obtener más información y para inscribirse.