

Community Health Events

 Atlantic Health System

April 2024

Tuesday, 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 (a living will) to put into writing what types of treatment you would or would not want. It also includes designating who 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

Let's Get to the Heart of It: What You Need to Know About Heart Disease

Friday, April 5, 11:00am

Heart disease is a generic term that includes many types of heart issues. Join us to learn more about heart disease, the risk factors and what to do if you have them. Learn about what a cardiologist can do to help you. Presented by Vignesh Raghunath, MD, Cardiologist, Atlantic Health System

Spring Into Sports: What You Need to Know to Participate Safely in Sports and Exercise

Thursday, April 11, 5:30pm

Join us to discuss the short- and long-term health benefits of sports and exercise. Recommendations for how much exercise is beneficial as well as quality. We will also discuss injury prevention methods to keep you healthy and active. Presented by Timothy O'Sullivan, MD, CAQSM, FAAPMR, Physiatrist, Primary Care Sports Medicine, Atlantic Medical Group Orthopedics at Wayne

The Union County Board of County Commissioners Presents: Overcoming Alcohol in 2024

Thursday, April 11, 6:00pm

Ten percent of American adults struggle with addiction to alcohol, but only a small fraction of patients seek or receive treatment. Join us to discuss the signs of alcohol addiction (referred to as "Alcohol Use Disorder" by mental health professionals). Learn how to approach loved ones who may be struggling and available treatment options. Understanding these options can make the difference between a successful recovery and continued relapse. Presented by James Sherer, MD, Medical Director, Addiction Psychiatry, Overlook Medical Center, Atlantic Health System. To register, visit <https://ucnj.org/aam/>

Nutrition and Healthy Lifestyle for Cancer Prevention

Wednesday, April 17, 11:00am

Join us to discuss healthy eating strategies and lifestyle changes that can help reduce your risk for many of the most common cancers. Learn simple and realistic changes you can make to transition to a more plant-based diet. Presented by Johannah Sakimura, MS, RD, CSO, Oncology Dietitian, Carol G. Simon Cancer Center, Overlook Medical Center

Historical Series: The Doolittle Raid of 1942

Thursday, April 18, 11:00am

Join us to discuss The Doolittle Raid, a historical air raid that occurred on April 18, 1942, by the United States on the Japanese capital Tokyo and other places on Honshu during World War II. The raid served as an initial retaliation for the December 7, 1941, attack on Pearl Harbor, and provided an important boost to American morale.

Presented by Robert Stead

Substance Misuse

Wednesday, April 24, 12:00pm

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 Trixy Thibodeau, MA, CHES, DRCC, PRS, TTS, Health Educator, Community Health, Atlantic Health System

Be Fast for Stroke: Know the Sudden Signs of Stroke

Tuesday, April 30, 7:00pm

A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms. Learn what to do if you or a loved one has a stroke and how to BE FAST! Presented by Annjill Singh, MSN, RN-BC, Stroke Program Manager, Overlook Medical Center

IN-PERSON PRESENTATIONS

Healing Your Grieving Heart

Every Tuesday, 2:00 to 3:30pm

April 2 through May 7

Overlook Medical Center
Caregivers Conference Room
99 Beauvoir Avenue, Summit, NJ

The Carol G. Simon Cancer Center and The Thomas Glasser Caregivers Center at Overlook Medical Center are sponsoring a six-week bereavement support group for those who have experienced a recent death of a spouse or partner within the last year. The purpose of this group is to provide a safe environment where one can share feelings and experiences and explore ways of coping with the death. The group is led by professionals trained in grief related issues and is held weekly for six weeks in a welcoming environment. You are not alone. Find strength in others as you share your experience together. The group is free, but registration is required. For more information, please contact: Maggie Brady MSW, LCSW, OSW-C, Oncology Social Worker, 908-522-5255 or Marian Teehan MSW, LCSW, Coordinator, 908-522-6348.

Simple Solutions to Common Intestinal Problems

Tuesday, April 9, 11:00 to 12:00pm

Greater Morristown YMCA
79 Horse Hill Road, Cedar Knolls, NJ

Got a grumpy gut? Join us for a program where we'll break down everyday gut issues and give you practical fixes to feel better. Our expert will explain why your stomach might be acting up and share simple ways to calm it down. Presented by Christopher Tait, MD, Gastroenterologist, Atlantic Medical Group, Morristown Medical Center. Registration not required.

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.

Alzheimer's and Healthy Eating for the Brain

Wednesday, April 10, 10:00am

Sussex County YMCA

15 Wits End Drive, Hardyston, NJ

We will discuss the many foods studied for their potential cognitive benefits. Call 973-209-9622 to register or for more information.

Clases prenatales en español

Miercoles, 10 de abril, 5:30pm

Overlook Medical Center

5th Floor, Conference Room 4

99 Beauvoir Avenue, Summit, NJ

Nuestros Doctores Residentes brindarán toda la información necesaria sobre el proceso de labor y parto. Podrán responder sus preguntas y ofrecerle orientación, apoyo y valiosa educación. Esta clase es para nuestras futuras mamás y sus parejas. Tendremos una rifa de una canasta para su bebe y otros regalos. Para registrarse favor de llamar a la clinica. Telefono: 908-522-5730.

Substance Use in Older Adults

Thursday, April 18, 11:00am

Center for Healthier Living

108 Bilby Road, Suite 101, Hackettstown, NJ

As we age, our bodies change, and we may become more vulnerable to substance misuse. Due to these physical changes and possible chronic conditions, older adults are prescribed more medications. Join us to discuss the increased risk of substance misuse for older adults. Light refreshments will be available. Presented by Ashley Harper, CARN, Certified Addiction and Recovery Nurse, Crossroads. Registration is required. To register, email CommunityHealth@atlanticealth.org ATTN: Linda DeNude or call 1-844-472-8499 option 3.

Healthy Aging Symposium

Friday, April 19, 10am-2pm

Morris Plains Community Center

51 Jim Fear Drive, Morris Plains, NJ

Join us for a day dedicated to aging well! Enjoy educational presentations, complimentary lunch, resource tables and health screenings. Onsite raffle to win a free grab bar, including installation! Health Screenings include blood pressure, balance screening, memory screening and CarFit evaluation (reserve your spot when you register). Call 1-844-472-8499, option 3 to register or for more information.

Urinary Incontinence: A Common Issue Meets Practical Solutions

Tuesday April 23, 12:00pm

Center for Healthier Living

108 Bilby Road, Suite 101, Hackettstown, NJ

Join us to discuss urge and stress urinary incontinence and leave with ready-to-go

strategies for management. Learn about the pelvic floor, how pelvic floor therapy can be beneficial for a myriad of diagnoses and dysfunction, and why incontinence does not need to be a "normal" part of aging. Presented by Jennifer Silverman, MS, OTR/L, PCES, Occupational and Pelvic Floor Therapist, Hackettstown Medical Center

AARP Smart Driver Class

Wednesday April 24 and Thursday

April 25, 9:00am to 12:30pm

Center for Healthier Living

108 Bilby Road, Suite 101, Hackettstown, NJ

Refresh your driving skills and knowledge of the rules of the road during this two-day smart driver class. Learn techniques for handling left turns, right of way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. Participants must attend both days to receive a certificate of completion. \$20 for AARP Members \$25 for non-members Payment by check or money order only. Payment will be collected by the course instructor and is due at the start of Day 1. Upon completion of the course, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. Registration is required. To register, email [Linda DeNude](mailto:Linda.DeNude@atlanticealth.org) at linda.denude@atlanticealth.org or call 908-441-1257

Get the Facts on Fats

Tuesday, April 30, 1:00pm

Center for Healthier Living

108 Bilby Road, Suite 101, Hackettstown, NJ

Fat gets a bad rap, even though it's a nutrient we need in our diets. Fats provide energy and help our guts absorb certain vitamins from foods. But what types of fat should you be eating? Are there any fats you should avoid? If you are looking for answers to the above questions, then this presentation is for you! Presented by Julia Davidson, MS, RDN, CSNC, Hackettstown Medical Center Diabetes and Nutrition Center. Registration is required. To register, email 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

April 29 through July 15

(no class 5/27 and 7/1)

\$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. To register, visit https://atlanticealth.zoom.us/meeting/register/tZEsdO2tqz0uHdCKxuYMRETqF3I-SGr_7lxc

Barre Method

Tuesdays, 5:30 to 6:15pm

April 30 through July 16

(no class 6/18 and 7/2)

\$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 4/22 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZMtcqprzMuGd3YROWqXre1QERx3QNjglkN>

Better Bones Beginner

Thursdays, 11:30 to 12:30pm

May 2 through July 11 *(no class 7/4)*

\$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 4/24 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZUtuurrjwjGNVxAEElvdo0DARz3Ds-iveF>

Better Bones Intermediate

Thursdays, 10:15 to 11:15am

May 2 through July 11 *(no class 7/4)*

\$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. Registration closes on 4/24 at 12:00pm. To register, visit https://atlanticealth.zoom.us/meeting/register/tZclcu2hqDwvGtQFOkKvMNSe_Etf1rHTqym8

Chair Yoga

Wednesdays, 10:30 to 11:30am

May 1 through July 10 *(no class 7/3)*

\$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 4/23 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZApdu-trDosGNX6s8fXBumgYYI9PtP1dfub>

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.

Chi Move and Grove Class

Wednesdays, 12:30 to 1:15pm

May 1 through July 10 (no class 7/3)

\$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 4/23 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZEuDeqrjyouHdYZI6UVKBGgwuQtMop4pQYJ>

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

April 29 through July 22

(no class 5/27, 6/24, and 7/1)

\$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 4/19 at 12:00pm. To register, visit https://atlanticealth.zoom.us/meeting/register/tZwrfu2ppzwrGdbrwPgPMPOB1nD_eSvJHPBu

Seated & Standing Yoga

Fridays, 10:00 to 11:00am

May 3 through July 12 (no class 7/5)

\$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 4/25 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZlqdeqorDsoGNDocWwKA3ylEj9Bi8OxBUXC3>

Strength & Stretch

Mondays, 10:00 to 11:00am

April 29 through July 22

(No class 5/27, 6/17 and 7/1)

\$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 4/19 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZAqdeihpjsvH9d-ocTZWvSguTbVlHsFNdBQ>

Strong Core, Better Balance

Tuesdays, 10:30 to 11:30am

April 30 through July 9 (No class 7/2)

\$50 for all ten weeks

Join our full-body session, emphasizing core strength and targeting all muscle groups. This routine combines mat-based exercises, stretches, and standing balance poses inspired by Yoga and Pilates. Benefits can include improved stability, posture and flexibility. It’s an effective way to tone your abdomen, glutes, and legs without excessive muscle gain. This practice establishes a connection between mind, body, and breath. Instructor: Kerri Kerr-Apito. Registration closes on 4/22 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZEKf-ppzosHNWwuRNfndBtDV3B6pC3eBZZ>

Yoga for Beginners

Tuesdays, 10:00 to 11:00am

April 30 through July 9 (No class 7/2)

\$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 4/22 at 12:00pm. To register, visit <https://atlanticealth.zoom.us/meeting/register/tZctf-qqrj8pGNX-c1NjSFncNxuV-pd1nlx1>

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.

Living and Coping with Gynecological Cancer

Last Wednesday of each month in 2024

3:00 to 4:00pm (virtual)

Join us for our monthly group and meet other individuals in active treatment for gynecological cancer (cervical, endometrial, ovarian, uterine, and vaginal). This group will provide a supportive space to connect, share resources, feel empowered, and learn ways to cope. To register, please call 973-971-6656.

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.

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.

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://atlanticealth.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.

Morris County Ostomy Support Group

**3rd Wednesday of the month
7:00 to 9:00pm, available in-person and virtual**

3rd Floor Conference Room
435 South Street, Morristown, NJ

The Morris County Ostomy Association holds monthly meetings. The meetings consist of an informal gathering of ostomates and individuals who may be contemplating ostomy-related procedures. The evening also involves an informal talk by a physician, ostomy resource specialists or ostomy vendors. Family and friends are always welcome. Please call 973-971-4039 or email ostomymorris@gmail.com to receive information and meeting notifications. For other support group locations, please visit the United Ostomy Association of America (UOAA) website at www.ostomy.org.

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 atlanticealth.org/flu

LUNG CANCER SCREENING PROGRAM

Lung cancer screening is used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal of lung cancer screening is to detect lung cancer earlier, when it's easier to cure. The U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit atlanticealth.org/lungcancerscreening.

INFORMATION ABOUT COVID-19

Visit atlanticealth.org for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

Register for COVID-19 Vaccine Appointment

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting atlanticealth.org/covidvaccine. You'll be asked a series of questions about the patient's eligibility. Then, you'll pick a date and time and provide the patient's information. Be sure to enter an email or mobile phone number to receive an appointment confirmation.

ATLANTIC BEHAVIORAL HEALTH ACCESS CENTER

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

PROJECT SEARCH

Atlantic Health System is proud to partner with Project SEARCH at Overlook Medical Center and Newton Medical Center.

Project SEARCH is now accepting referrals and applications for the class of 2024. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at johara@sussexesc.org.

VIRTUAL QUIT SMOKING PROGRAM: IT'S NOT QUITTING, IT'S LIVING!

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and six weekly group meetings to learn techniques that can help you quit and stay smoke free. Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center

Tuesdays, 3:00 to 4:30pm
Call 973-579-8588 for more information and to enroll.

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm
Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm
Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm
Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm
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.