

# Community Health Events

 Atlantic Health System

Virtual Classes and Programs - July 2022

## 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/cancerhides](http://atlanticealth.org/cancerhides).

## VIRTUAL PRESENTATIONS

### Safe Sitter® Babysitting Class July 6 and July 7, 9:00am to 12:00pm

\$40 (includes manual and completion card)  
This program is open to those 11 to 14 years of age, and includes care of choking infant/child rescue, infant/child CPR, injury prevention/injury management, behavior management, safety for the sitter and childcare essentials and the skills of babysitting as a business. Pre-registration is required. To register, call 973-579-8653. Limited spots are available.

### How to Eat Healthy When You Have No Time

Wednesday, July 13, 12:00pm

Join us and learn how to eat healthy when you have no time. Whatever the reason – limited time to cook or no desire to prepare meals – there is hope! Come learn how to whip up healthy delicious meals without investing tons of time. Presented by Cathy Olmstead, MS, RDN, CDCES, BC, ADM, Diabetes and Nutrition Center

### You Have a Medical Emergency: Where Do You Go?

Monday, July 18, 10:00am

When medical emergencies happen to you or a loved one, where do you go? Emergency departments (ED) are always available. However, there are other options that can address your medical crisis. New advanced urgent care facilities are available where you will receive most services that exist in emergency departments. Join us for an interactive webinar with an emergency physician with 35+ years of experience who will present your best options for care so you can be prepared. Presented by Michael Gerardi, MD, Emergency Medicine, Atlantic Advanced Urgent Care

### Introduction to Alzheimer's and Dementia

Monday, July 18, 12:00pm

Join us to understand the impact of Alzheimer's disease, the risk factors and warning signs and how you can join the fight against this disease. Presented by Robyn Kohn, MA, CPD, CMDCP

### Humans vs. Superbugs: Who Wins That Battle?

Wednesday, July 20, 12:00pm

Proper use of antibiotics could help mitigate the growing problem of antibiotic resistance. Join us to learn more about our use of antibiotics to help ensure a safer future. Presented by Michael Botros, PharmD, BCPS, Clinical Pharmacist, Newton Medical Center

### Summer Safety Tips from the New Jersey Poison Control Center: Bites and Stings

Wednesday, July 20, 1:00pm

Health Education Specialist from the New Jersey Poison Control Center will discuss poison center services and share tips on how to keep you, your family and friends safe from poison exposures during the summer season. Presented by Danielle Bartsche, CHES

## VIRTUAL FITNESS

### Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

July 18 to October 3 (no class 9/5, 9/26)

\$50 for all ten-weeks

Gentle activities to help increase joint flexibility and maintain range of motion. Registration closes on July 25 at 1:30pm. Instructor: Dawn Hanna-Amodio

### Barre Method

Tuesdays, 5:30 to 6:15pm

July 19 to September 20

\$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. Registration closes on July 26 at 5:30pm. Instructor: Denise Swan

### Better Bones Beginner

Thursdays, 11:30am to 12:30pm

July 21 to October 6 (no class 8/18, 9/8)

\$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. Registration closes on July 28 at 11:30am. Instructor: Edie Manzo-Calvitti

### Better Bones Intermediate

Tuesdays, 10:15 to 11:15am

July 19 to October 4 (no class 8/16, 9/6);

AND/OR

Thursdays, 10:15 to 11:15am

July 21 to October 6 (no class 8/18, 9/8)

\$50 for each ten-week session

For individuals who have already completed at least two sessions of Better Bones Beginner. 1-, 2- or 3-pound handheld weights are needed. Registration closes on July 26 at 10:15am for the Tuesday class and on July 28 at 10:15am for the Thursday class. Instructor: Edie Manzo-Calvitti

### Gentle Yoga

Wednesdays, 10:30 to 11:30am

July 20 to September 21

\$50 for all ten weeks

This gentle yoga class is for older

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adults. Mostly chair and standing poses, but instructor modifies class based on attendees. Registration closes on July 27 at 10:30am. Instructor: Jillian Keller

## Hatha Yoga

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

**July 19 to September 20**

\$50 for all ten weeks

Integration of body, mind and breath. Will need a yoga mat. Two yoga blocks recommended. Registration closes on July 26 at 6:30pm. Instructor: Leigh Irwin

## Yoga Intermediate

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

**July 19 to September 20**

\$50 for all ten weeks

Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class. Registration closes on July 26 at 10:00am. Instructor: Jillian Keller

## Lite & Fit

**Tuesdays, 2:00 to 3:00pm**

**July 19 to September 27** (no class 8/9);  
**AND/OR**

**Thursdays, 2:00 to 3:00pm**

**July 21 to September 29** (no class 8/11)

\$50 for each ten-week session

Light strength training, some chair exercises, no floor work. A light set of handheld weights is needed. Registration closes on July 26 at 2:00pm for the Tuesday class and on July 28 at 2:00pm for the Thursday class. Instructor: Mary Ann Taragano

## Meditation for Mindful Well-Being

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

**July 18 to October 3** (no class 9/5, 9/26)

\$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. Registration closes on July 25 at 6:30pm. Instructor: Linda Dumoff

## Muscles in Motion

**Mondays, 4:30 to 5:30pm**

**July 18 to October 10**

(no class 8/8, 9/5, 9/26)

\$50 for all ten weeks

Increase your core strength and overall muscle tone. A mat and handheld weights are needed. Registration closes on July 25 at 4:30pm. Instructor: Mary Ann Taragano

## The Power Hour

**Wednesdays, 5:00 to 6:00pm**

**July 20 to September 28** (no class 8/10)

\$50 for all ten weeks

Promotes muscular endurance, balance and bone strengthening. A set of handheld weights and a mat are needed. Registration closes on July 27 at 5:00pm. Instructor: Mary Ann Taragano

## Seated & Standing Yoga

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

**July 22 to September 23**

\$50 for all ten weeks

If you think you can't try yoga because you can't do floor exercise, this class incorporates standing and balancing poses with the support of a chair and gentle stretching and relaxation to realign, re-center and strengthen your mind, body and heart. Modifications will always be available. Registration closes on July 29 at 10:00am. Instructor: Jillian Keller

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

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

**July 20 to September 21**

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility, flexibility and balance. Registration closes on July 27 at 11:00am. Instructor: Stan Cohen

## T'ai Chi Chih – Intermediate

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

**July 21 to September 29**

\$50 for all ten weeks

This class will introduce Seijaku (advanced T'ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class. Registration closes on July 28 at 11:00am. Instructor: Steve Koblick

## Support Groups

### COVID-19 Peer Support Group

**Wednesdays, 6:00 to 7:00pm**

During these challenging times, we're here to provide emotional support when you're struggling with the aftereffects of COVID-19. For more information, call 973-579-8573 or email [jennifer.carpinteri@atlanticealth.org](mailto:jennifer.carpinteri@atlanticealth.org).

## Healthy Aging Program at Atlantic Health System

This free hotline provides phone and email-based consultation and referral to community services and resources for seniors and caregivers. Call 973-971-5839, email [healthyaging@atlanticealth.org](mailto:healthyaging@atlanticealth.org), or visit [atlanticealth.org](http://atlanticealth.org), keyword "senior services".

## 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.

## United Way Caregivers Coalition

This coalition offers family caregivers support, information, resources, and education to help them with their vital role. The Caregivers Coalition has developed a range of responses and programs that are free and open to all, promote knowledge and action around critical issues, and provide access to help for unpaid family caregivers in our region. For more information, visit: <https://caregiversupport.unitedwaynj.org>.

## Ostomy Support Group

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

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

## CHILTON MEDICAL CENTER

### Arthritis Virtual Group

For more information, call 1-844-472-8499.

### Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

### Diabetes Education And Group

For more information, call 973-831-5229.

### Ostomy Support Group of North Jersey

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

### Atlantic Health Virtual Stroke Support Group at Morristown

3<sup>rd</sup> Thursday of the month

**Caregiver meeting:** 1:00 to 2:00pm

**Survivor meeting:** 2:00 to 3:00pm

For more information, call 973-971-4412.

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## MORRISTOWN MEDICAL CENTER

### Better Breathers Club

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

### Breast Cancer Support Group

2<sup>nd</sup> Wednesday of the Month

12:30 to 1:30pm, Virtual via Zoom

Open to those who have been diagnosed with Breast Cancer and are currently receiving or completed treatment. Facilitated by Dorothy Coffey, LCSW, OSW-C, and Breast Nurse Navigator Karen DeRenzi, BSN, RN, OCN, ONN-CG. Call 973-971-5169 for registration and information.

### Diabetes Self-Management Education Program

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

### Diabetes Virtual Group

3<sup>rd</sup> Tuesday of the Month, 7:00 to 8:00pm

For more information, call 973-971-5524.

### Heart Failure Virtual Group

For more information, call 973-971-7061 or 973-971-7901.

### Male Caregiver Group

For more information, call Alzheimer's NJ at 1-888-280-6055.

### Overeaters Anonymous

For more information, call 973-960-1564.

### Post Cancer Treatment Group

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

To register, call 973-971-5169.

### Atlantic Health Virtual Stroke Support Group at Morristown

3<sup>rd</sup> Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

### Survivorship Series

3<sup>rd</sup> Tuesday of the Month

1:00 to 2:00pm, Virtual via Zoom

Do you enjoy reading and having interactive discussions with others? Connect with other cancer survivors and find some common themes in what defines survivorship. Facilitated by Dorothy Coffey, LCSW, OSW-C. Call 973-971-5169 for information and selected monthly readings.

### 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 Group

The Carol G. Simon Cancer Center at Overlook Medical Center offers free programs for patients and their caregivers both during and after treatment. Programs include support groups and integrative programs like Yoga, Qigong, Meditation and Stress Management. For more information, call Lauren Curtis at 908-522-6168.

### Caregiver Programs

Thomas Glasser Caregivers Center at Overlook offers free programs for caregivers, including Qigong, art and music therapy. For information, call 908-522-6348.

### Ostomy Group

Supported by the Union County Chapter of the OAA. For more information, call 908-522-4652.

### Pain Group

For those affected with chronic pain. For more information, call 908-665-1988.

### Atlantic Health Virtual Stroke Support Group at Morristown

3<sup>rd</sup> Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

## NEWTON MEDICAL CENTER

### Better Breathers Club

A program by the American Lung Association for people with chronic lung disease and their loved ones. To register, call 973-579-8373.

### Cancer Group

For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.

### Diabetes Group

Offering mutual support and education for adults with diabetes, including a discussion of a variety of issues. Preregistration is required, call 973-579-8341.

### Atlantic Health Virtual Stroke Support Group at Morristown

3<sup>rd</sup> Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

## HACKETTSTOWN MEDICAL CENTER

### Better Breathers Club

Discuss pulmonary disease and learn how to best manage your chronic lung disease. To register, call 908-979-8797.

### 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.

### Atlantic Health Virtual Stroke Support Group at Morristown

3<sup>rd</sup> Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

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

## Information About The Flu

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

**For more information, visit [atlantichealth.org/flu](http://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 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](http://atlantichealth.org/lungcancerscreening).

## Information About COVID-19

Visit [atlantichealth.org](http://atlantichealth.org) for useful 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.

### **COVID-19 Community Support Line**

The COVID-19 Community Support Line is available to all members of our community experiencing symptoms of COVID-19 or looking for additional support. A highly-trained Atlantic Health System nurse will answer your call, consult with you, and direct you to the resources you need. This support line is open Monday to Friday from 8:00am to 4:00pm by calling 973-494-9585, OPTION 3.

### **Register for COVID-19 Vaccine Appointment**

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting [atlantichealth.org/covidvaccine](http://atlantichealth.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 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](mailto:jbornstein@ucesc.org) or 908-233-9317, ext. 1026.**

**For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at [johara@sussexesc.org](mailto:johara@sussexesc.org).**

## Virtual Quit Smoking Program: It's Not Quitting, It's Living!

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

### **Newton Medical Center**

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

### **Morristown Medical Center Health Pavilion at Rockaway**

Tuesdays, 6:00 to 7:30pm  
Call 973-895-6606 or 862-432-6159 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, 2:00 to 3:00pm  
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, 4:30 to 6:00pm  
Call 908-522-2296 for more information and to enroll.