

Community Health Events

Atlantic Health System

Virtual Classes and Programs - October 2022

October is Breast Cancer Awareness Month

Did you know that only 5 to 10% of breast cancer is hereditary, which means that most women who get breast cancer have no family history. Breast cancer risk increases with age, and the greatest risks for breast cancer are being a woman and getting older. However, when caught in its earliest stage, breast cancer has a survival rate of 99%. A mammogram is the single most important thing women can do for early detection of breast cancer. Schedule an appointment online today and ask the women in your lives to do the same. Visit: atlanticealth.org/askher or call 1-844-343-3540. For more information about cancer screening services for people without insurance, call 973-971-5952.



26th Annual Community Health Day Hybrid Event

Saturday, October 8
9:00am to 1:00pm

A day of wellness and service for the community. Keeping our community healthy, whole and informed. This day will hold free health screenings and educational tables at Calvary Baptist Church as well as next door at The Church of God In Christ in Morristown. Free virtual health presentations that can be viewed from the event or from home will also be offered. This day of wellness was initiated in 1996, through a partnership between The Church of God in Christ and Morristown Medical Center to bring health screenings and education into the community. It now includes the support of several houses of faith, including Calvary Baptist Church, Bethel AME Church, as well as sororities, fraternities, charitable and education organizations. The event is partially funded by a grant from the Foundation for Morristown Medical Center. For more information or to view the virtual events, please visit <https://www.communityhealthday.com/>

VIRTUAL PRESENTATIONS

Gallbladder and Biliary Disease Wednesday, October 12, 12:00pm

Get to know the gallbladder, its function, and understand why it can sometimes be a source of pain. We will discuss diagnosis of common biliary ailments, treatments, complications, and what to expect after gallbladder surgery. Presented by Ebube Bakosi, MD, Surgeon, Chilton Surgical Associates.

Parenting Toolbox Series: Family Connections

Join experts from Atlantic Health System Goryeb Children's Hospital and Atlantic Behavioral Health for these unique and powerful trainings that focus on meaningful conversations, mindfulness, and lighthearted ways to create opportunities for family connections. All parents, caregivers, and school personnel are welcome to attend.

Thursday, October 13, 6:00pm: Coping Skills for Parents of Special Needs Children

Presented by Stacy Alper, LCSW, Goryeb Children's Hospital and Heather Hernandez, LMFT, CCLC, Goryeb Children's Hospital. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_UgUncEtvQsCHLFxmue759Q

Tuesday, October 25, 6:00pm: Mindfulness Tools for Families.

Presented by Sharon Kelly, LCSW, Atlantic Behavioral Health and Megan Calabro, MA, MT-BC, IMH-E®I, Goryeb Children's Hospital. To register, visit https://atlanticealth.zoom.us/webinar/register/WN_2ItDmBEPT4ygT22KLXzTIQ

Let's Get to the Bottom of Things! Providing Best Care for Your Feet

Thursday, October 13, 1:00pm

A presentation on foot care, shoe sizing and selection, and first aid for injury and wounds. This event is for diabetic and non-diabetic people, families, and caregivers, and will review how daily foot care improves overall well-being, decreases pain, and reduces falls. We will discuss what to do when there is an injury or wound and who to see for care and follow up. An opportunity for questions

and answers will be provided. Presented by Beth Blanchard, RN, CWON, CFCN, Wound Healing Center, Morristown Medical Center

Healthy in a Hurry

Monday, October 17, 10:00am

Learn time-saving tips to create and enjoy delicious meals and snacks that are good for you, too! Join our dietitian as she shows you how to navigate healthy food prep in a hurry. Presented by Evelyn Minolfo, MS, RDN

What You Should Know About Breast Cancer Prevention and Treatment

Tuesday, October 18, 12:00pm

Learn about risk factors, genetic testing, and other prevention strategies, including ways to diagnose and treat breast cancer. Presented by Bonni Guerin, MD, Director, Breast Cancer Treatment and Prevention, Overlook Medical Center

The 10 Warning Signs of Alzheimer's

Wednesday, October 19, 12:00pm

This program will help you recognize common signs of the disease in yourself and others. Join us to learn about next steps to take, including how to talk to your doctor. Presented by Paula Muller, Certified Alzheimer's Disease Dementia Care Trainer (CADDCT) and Certified Dementia Practitioner (CDP)

Breast Cancer Management: A Multidisciplinary Approach

Wednesday, October 19, 2:00pm

Breast cancer is the most commonly diagnosed cancer in women in the United States. Managing breast cancer involves a multidisciplinary, three-pronged approach with the following specialties:

- Breast Surgical Oncology
- Breast Medical Oncology
- Breast Radiation Oncology

Also included will be a review of current guidelines for surveillance after completing active treatment. Presented by Rebecca C. Yang, MD, FACS, Medical Director, Breast Surgery at Overlook Medical Center, Breast Surgical Oncology, Atlantic Breast Associates

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.

Las 10 Señales de Advertencia de la Enfermedad de Alzheimer

Lunes, Octubre 24, 12:00 el mediodía

Este programa le ayudará a reconocer las señales comunes de la enfermedad, en usted y en los demás. Unase con nosotros para conocer los próximos pasos a seguir, incluyendo la forma de hablar con su médico. Presentado por Paula Muller, Entrenadora Certificada del Cuido de la Enfermedad de Alzheimer's y Demencia (CADDCT) y Practicante Certificada de Demencia (CDP) Para inscribirse, visite el siguiente enlace: https://atlanticealth.zoom.us/webinar/register/WN_lvaRQIEGQYSelR1s-LVuoQ o llame al 844-472-8499 opción numero dos (2)

Healthy Holiday Eating with Diabetes

Wednesday, October 26, 12:00pm

With the holiday season coming up, no one wants to turn down enjoying a meal with loved ones but it can be challenging when managing diabetes. Often gatherings start with bottomless bowls of snacks and dips, then move onto the main course with sides to fill the table, ending with more dessert than the eyes can see! Learn nutrition tips and tricks for managing your diabetes during the holiday season by having a plan to choose balanced meals and snacks. Presented by Elizabeth Iozzino, RD, CDCES

Living with Grief

Tuesday, October 4, 7:00pm: Part 1

Tuesday, October 11, 7:00pm: Part 2

Tuesday, October 18, 7:00pm: Part 3

Tuesday, October 25, 7:00pm: Part 4

A four-week lecture series to explore the normal, natural and unavoidable reactions to loss. Participants will gain a deeper understanding of the effect grief has on our lives, our loved ones, and our relationships. Hosted by Rev. Randy Parks, Chaplain at Newton Medical Center with presentations by Cecelia Clayton, MPH

The Bill and Nancy Conger Art of Caregiving Series: A Course About Caring for Aging Loved Ones

Thursdays, 7:00 to 8:00pm

October 6, Session 1: Navigating the Eldercare Maze

October 13, Session 2: Normal Aging/Talking with Health Care Providers/Basics of Hands-on Care

October 20, Session 3: Legal and Financial Concerns

October 27, Session 4: Self-Care and Caregiver support

November 3, Session 5: Navigating the End-of-Life Journey

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a FREE live virtual five-part series that addresses key areas you need to know about and get some guidance on how to best care for your aging loved one. For questions about the course, please contact Rebecca Abenante, LSW, at 973-971-5839 or HealthyAging@atlanticealth.org

To register, visit https://atlanticealth.zoom.us/webinar/register/9416621440383/WN_2rv7psAbRxqnePUgWHQ7_Q

Safe Sitter® Babysitting Class

Saturday, October 29 and

Saturday, November 5

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.

VIRTUAL FITNESS

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

October 17 to December 19

\$50 for each ten-week session

Gentle activities help increase joint flexibility and maintain range of motion. Registration closes on 10/24. Instructor: Dawn Hanna-Amodio

Barre Method

Tuesdays, 5:30 to 6:15pm

October 18 to December 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 10/25. Instructor: Denise Swan

Better Bones Beginner

Thursdays, 11:30am to 12:30pm

October 20 to December 29

(no class 11/24)

\$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 10/27 at 11:30am. Instructor: Edie Manzo-Calvitti

Better Bones Intermediate

10:15 to 11:15am

Tuesdays, October 18 to December 27

(no class 11/22) AND/OR

Thursdays, October 20 to December 29

(no class 11/24)

\$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. Registration closes on 10/25 for the Tuesday class, and 10/27 for the Thursday class. Instructor: Edie Manzo-Calvitti

Chair Yoga (formerly Gentle Yoga)

Wednesdays, 10:30 to 11:30am

October 19 to December 21

\$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. Registration closes on 10/26 at 10:30am. Instructor: Jillian Keller

Lite & Fit

2:00 to 3:00pm

Tuesdays, October 18 to January 3

(no class 10/25 & 11/22) AND/OR

Thursdays, October 20 to January 5

(no class 10/27 & 11/24)

\$50 for each ten-week class

Light strength training, some chair exercises, no floor work. A light set of handheld weights are needed. Registration closes on 10/25 for the Tuesday class and 10/27 for the Thursday class. Instructor: Mary Ann Taragano

Muscles in Motion

Mondays, 4:30 to 5:30pm

October 17 to January 9

(no class 10/24, 12/26 & 1/2)

\$50 for all ten weeks

Increase your core strength and overall muscle tone. A mat and handheld weights are needed. Registration closes on 10/24 at 4:30pm. Instructor: Mary Ann Taragano

The Power Hour

Wednesdays, 5:00 to 6:00pm

October 19 to January 4

(no class 10/26 & 11/23)

\$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 10/26. Instructor: Mary Ann Taragano

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.

Intro to Tai Chi for Mobility & Balance

Wednesdays, 11:00am to 12:00pm

October 19 to December 28

(no class 11/23)

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility, flexibility and balance. Registration closes on 10/26

Instructor: Stan Cohen

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

October 17 to December 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. Registration closes on 10/24. Instructor: Linda Dumoff

Seated & Standing Yoga

Fridays, 10:00 to 11:00am

October 21 to December 30

(no class 11/25)

\$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 10/28. Instructor: Jillian Keller

Yoga for Beginners

Tuesdays, 10:00 to 11:00am

October 18 to December 20

\$50 for all ten weeks

This gentle class involves floor and standing poses, focusing on restoring range of motion, stretching, improving breathing and posture. Registration closes on 10/25 Instructor: Jillian Keller.

Support Groups

COVID-19 Peer Support Group

Wednesdays, 6:00 to 7:00pm

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

Healthy Aging Program at Atlantic Health System

This free hotline provides phone and email-based consultation and referral to community

services and resources for seniors and caregivers. Call 973-971-5839, email healthyaging@atlanticealth.org, or visit atlanticealth.org, keyword "senior services."

Glasser Brain Tumor Center Support Group

3rd Thursday of the month

5:00 to 6:00pm, Virtual via Zoom

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlanticealth.org or 908-522-5159.

Grief and Loss Support Group

Wednesdays, 12:00 to 1:00pm

Have you lost a loved one recently and are having difficulties coping? Atlantic Health System offers a forum for you to meet with others experiencing loss. For more information, please call Julianna Cummings at 973-753-2718.

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

2nd 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 men and women who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Diabetes Support Group

For more information, call 973-831-5229.

Ostomy Support Group of North Jersey

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

Atlantic Health Virtual Stroke Support Group at Morristown

3rd Thursday of the month

Caregiver meeting: 1:00 to 2:00pm

Survivor meeting: 2:00 to 3:00pm

For more information, call 973-971-4412.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

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

Breast Cancer Support Group

2nd Wednesday of the Month

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

Open to those who have been diagnosed with Breast Cancer and are currently receiving or completed treatment. Facilitated by Dorothy Coffey, LCSW, OSW-C, and 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

3rd Tuesday of the Month, 7:00 to 8:00pm

For more information, call 973-971-5524.

Heart Failure Virtual Group

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

Male Caregiver Group

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

Overeaters Anonymous

For more information, call 973-960-1564.

Post Cancer Treatment Group

1st Tuesday of the Month, 12:00 to 1:30pm

To register, call 973-971-5169.

Atlantic Health Virtual Stroke Support Group at Morristown

3rd 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

3rd 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.

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580.

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

Younger-Onset Alzheimer's Virtual Group

For those diagnosed at age 65 or younger. For information, call Suzanne at 973-580-0697 or Alzheimer's NJ at 1-888-280-6055.

OVERLOOK MEDICAL CENTER

Cancer 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

3rd 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

3rd 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

3rd 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.

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.

Atlantic Behavioral Health Access Center

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

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

Project SEARCH

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

Project SEARCH is now accepting referrals and applications for the class of 2022. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

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

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

Information About COVID-19

Visit atlantichealth.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.

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. 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 Health Pavilion

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.