

# Community Health Events

Atlantic Health System

Virtual Classes and Programs - March 2022

## March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second leading cause of cancer death when rates for men and women are combined. However, colorectal cancer is highly preventable and can be detected early at a curable stage. Routine screenings aid in the detection and removal of precancerous polyps and have helped lower the number of deaths per year from this disease. 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](http://atlanticealth.org). For more information about colorectal cancer screening for people without health insurance, please call 973-971-5952.

## HEALTH

### Living Heart Smart

**Tuesday, March 1, 6:00pm**

Your heart works hard for you 24/7, so show it some love by nourishing it through a delicious balance of nutritious foods. You'll review a healthy shopping list and simple meal suggestions. February is heart health month, so dedicate just this one hour from the comfort of your home and get heart smarter. This program is a partnership between the Lakeland Hills YMCA, Atlantic Health System and ShopRite of Parsippany. Presented by Barbara Galvin, RD, Certified Diabetes Educator, ShopRite of Parsippany. To register, click the following link: <https://www.surveymonkey.com/r/CBCMDBG>

### Go Red for Women

**Friday, March 4, 8:30 to 9:00am**

Did you know that heart disease is the number one cause of death in women? Women have unique risks and may present with different symptoms during a cardiac event. Join us to learn more! Presented by Dicey McGrath, NP, Cardiac Imaging, Atlantic Health System

### What's the Matter with Your Bladder?

**Monday, March 7, 11:00am**

There are multiple causes of bladder control issues—weakened pelvic floor muscles can be one cause. Join us to learn tips to address urinary urgency and frequency, common bladder irritants, as well as proper breathing mechanics during daily activities to reduce strain on the pelvic floor. Presented by Amy Gargin, PT, DPT, OCS, Atlantic Rehabilitation, Paramus Physical Therapy and Lindsay Lindquist, PT, DPT, Atlantic Rehabilitation, Pompton Plains Physical Therapy

### Strengthening Activities for Better Bone Health

**Tuesday, March 15, 11:00am**

As we age, a fall can be a serious health event that can cascade into additional health and wellness challenges. Join us to learn how different strengthening activities, such as strength training, can help prevent injuries due to falls, strengthen bones, and improve overall health. Presented by Nicole Studwell, PT, DPT, Atlantic Rehabilitation, Byram Physical Therapy

### Gestational Diabetes and Preventing Diabetes After Pregnancy

**Tuesday, March 29, 7:00pm**

Did you know that up to 10% of pregnancies each year may be affected by gestational diabetes and half of the women impacted by gestational diabetes will develop type 2 diabetes after pregnancy? Join us to learn more about gestational diabetes, its management, and how it impacts you and your baby during and after pregnancy. Presented by Kay Anderson, RN, CDCES, Practice Clinical Supervisor, Atlantic Maternal-Fetal Medicine, Morristown Medical Center

### Living Well with Diabetes

**Wednesday, March 30, 12:00pm**

Diabetes is a condition in which the body does not properly process food for use as energy. When you have diabetes, your body doesn't produce enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in the blood. Learn how

lifestyle changes and medications can prevent or keep diabetes under control. Presented by Vedika Panchu-Alladin, RN, BSN, MSN, Assistant Nurse Manager/Diabetes Educator, Diabetes and Nutrition Center, Hackettstown Medical Center, Newton Medical Center and Milford Health & Wellness Center; and Leigh B. Kramer, MS, RDN, CDCES, Nutrition/Diabetes Educator, Diabetes and Nutrition Center, Hackettstown Medical Center, Newton Medical Center and Milford Health and Wellness Center. To register, click the following link: <https://sussexcountylibrary.org/event/living-well-with-diabetes-via-zoom>. Registration opens March 16.

## NUTRITION

### Nutrition and Healthy Lifestyle for Cancer Prevention

**Thursday, March 10, 7:00pm**

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

### Nutrición y Estilo de Vida Saludable para la Prevención del Cáncer

**Miércoles, 23 de marzo, 7:00pm**

Aprenda sobre estrategias de alimentación saludable y cambios en el estilo de vida que pueden reducir su riesgo para muchos de los cánceres más comunes. La nutricionista de ShopRite Jessica Domínguez, MPH, RDN, y la nutricionista oncológica de Atlantic Health System Johannah Sakimura, MS, RD, CSO, presentarán cambios simples y reales que se pueden hacer para la transición a una dieta basada en el consumo de más vegetales para la prevención del cáncer.

### Proteja su Salud Colorrectal

**Miércoles, 30 de marzo, 7:00pm**

Marzo es el mes de concientización sobre el cáncer colorrectal. Acompañenos para la charla lo que necesita saber sobre la prevención y la detección del cáncer colorrectal. Dra. Donis-García presentará

Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580. For all inquiries regarding Community Health, email [communityhealth@atlanticealth.org](mailto:communityhealth@atlanticealth.org) or call 1-844-472-8499.

una descripción general completa del cáncer colorrectal, incluyendo factores de riesgo, signos / síntomas de advertencia y recomendaciones para la detección temprana y la prevención. Este programa es gratis para el público. Todos son bienvenidos. Presentadora: Dra. Miriam Donis-Garcia, del Centro Medico de Morristown. Para obtener más información, llame al 973-971-5707. Regístrese con anticipación en <https://tinyurl.com/2p8w4axx>

## LIFE ENRICHMENT

### The Great Flu Pandemic of 1918 Wednesday March 9, 12:00pm

In the spring of 1918, a mild flu season passed. In the fall, however, a new and highly contagious variant spread rapidly in the United States and worldwide. The flu was especially lethal to young adults. War time conditions in Europe created optimal conditions for exposure and infection, for military personnel and civilians alike. Known erroneously as the 'Spanish Flu', this pandemic would claim the lives of more than 675,000 Americans and nearly 50 million worldwide. Join us to learn more and how advances in medical technology enabled the H1N1 virus to finally be identified using tissue samples recovered in an extraordinary scientific expedition in Alaska. Presented by Robert Stead.

### Safe Sitter® Babysitting Class Saturday, March 19 and March 26, 10:00am to 1:00pm

\$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.

## 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, Virtually

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 Education And Group

For more information, call 973-831-5229.

### Stroke Virtual Group 3<sup>rd</sup> Thursday of the Month 1:00 to 1:30pm

For more information, call 973-831-5385.

### Ostomy Support Group of North Jersey

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

## MORRISTOWN MEDICAL CENTER

### Better Breathers Club

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

### Breast Cancer Support Group 2<sup>nd</sup> Wednesday of the Month 12:30 to 1:30pm, Virtually 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.

### Stroke Virtual Group and Stroke Caregivers Meeting

**Survivor meeting:**

3<sup>rd</sup> Thursday of the month, 2:00 to 3:00pm

**Caregiver meeting:**

3<sup>rd</sup> Thursday of the month, 1:00 to 2:00pm

**All member meeting:**

1<sup>st</sup> Thursday of the month, 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, Virtually 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.

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## **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 Michele Wadsworth 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.

## **Stroke Virtual Group**

**2<sup>nd</sup> Thursday of the Month**

**12:00 to 1:00pm**

For more information, call 908-522-5933.

## **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.

### **Stroke Virtual Group**

**4<sup>th</sup> Tuesday of the Month**

**5:00 to 6:00pm**

For more information, call 973-579-8620.

## **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.

### **Stroke Virtual Group**

**4<sup>th</sup> Tuesday of the Month**

**5:00 to 6:00pm**

For more information, call 973-579-8620.

## **Information About COVID-19**

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Visit [atlanticealth.org](http://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.

### **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 [atlanticealth.org/covidvaccine](http://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.

## 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)**

## 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.

## 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).

## 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**

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.