

Community Health Events

Atlantic Health System

Virtual Classes and Programs - January 2022

January is Cervical Cancer Awareness Month!

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

HEALTH

COVID-19 in 2022: The Latest Updates

Tuesday, January 11, 11:00am

Join us for the latest updates on COVID-19. Presented by Jason Kessler, MD, MPH, Section Chief, Infectious Disease, Morristown Medical Center, Atlantic Health System. To register, visit https://us06web.zoom.us/join/register/tZMsd-GpqTkpHNbf9qXSxb_Rn_3ZjqMvfnE

Living Forward in 2022: A New Vision for Our Work Lives

Tuesday, January 18, 7:00pm

You might have noticed that the world of work has changed in the last year or two. Some have had drastic changes, loss of jobs, adjustment to having to do everything in a new and unfamiliar way and disappointments. As we continue to live forward with COVID-19 as a factor in our lives, we are all wondering what the implications for our work life will be during this ongoing pandemic. No one has all the answers to this and we don't even know all the questions yet but this program will provide helpful tools as we can all be part of the conversation and contribute to innovative and new ways to live forward in our work lives. Presented by Sharon Kelly, LCSW, Atlantic Health System

Thyroid Issues

Thursday, January 20, 2:00pm

Thyroid issues are common, and they can affect us without even knowing it. Join us to

learn more about the thyroid, common issues, symptoms, diagnosis and treatment. Presented by Uzma Shafqat, MD, Endocrinology, Diabetes & Metabolism, Morristown Medical Center, Atlantic Medical Group

Understanding Atrial Fibrillation

Wednesday, January 26, 12:00pm

Atrial Fibrillation, or AFib, is the most common type of irregular heart rhythm. Join us to learn the causes, symptoms, what treatment options are available, and why it's so important to manage this condition. Presented by Jonathan Sussman, MD, Cardiac Electrophysiology, Morristown Medical Center, Atlantic Health System

NUTRITION

Better Breakfast

Monday, January 10, 10:00am

Make your first meal of the day count! Join registered dietitian Evelyn Minolfo to learn fast and tasty breakfast tips as well as the benefits of eating a healthy balanced breakfast. Presented by Evelyn Minolfo, MS, RD, Dietitian, ShopRite of Parsippany and West Caldwell

Heart Healthy Cooking Demonstration

Tuesday, January 25, 2:00pm

Join us for a heart-healthy cooking demonstration. Registered dietitian Kristen Burdzy will walk through the steps to make salmon, along with a delicious fall salad. Learn all about the nutritional benefits of this meal and how to eat a healthy heart diet. Presented by Kristen Burdzy, MS, RD, Dietitian, ShopRite of Franklin

LIFE ENRICHMENT

Fact Tracker: Sorting Fact from Fiction Online

Thursday, January 6, 7:00pm

There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This free event will equip you with valuable tools and resources to help you stay safe online.

Walking and Driving Safely in a Winter Wonderland

Thursday, January 13, 11:00am

Winter weather can increase the risk for falls and crashes. Stay safe by being prepared! Slippery sidewalks and icy patches on roads test our balance and mobility, challenging even the steadiest pedestrian and the safety of motorist during the winter months. Learn how to navigate winter walking and driving conditions confidently so that you can stay mobile and stay safe. Presented by Denis G. Kelleher Sr., Project Specialist, TransOptions, Inc.

VIRTUAL EXERCISE

Barre Method

Tuesdays, 5:30 to 6:15pm

January 18 through March 22

\$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

Better Bones Beginner

Thursdays, 11:30am to 12:30pm

January 20 through March 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. Instructor: Edie Manzo-Calvitti

Better Bones Intermediate

Tuesdays, 10:15 to 11:15am

January 18 through March 22; AND/OR

Thursdays, 10:15 to 11:15am

January 20 through March 24

\$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. Instructor: Edie Manzo-Calvitti

Lite & Fit

Tuesdays, 2:00 to 3:00pm

January 18 through March 22; AND/OR

Thursdays, 2:00 to 3:00pm

January 20 through March 24

\$50 for each ten-week session

Light strength training, some chair exercises, no floor work. A light set of handheld weights are needed. 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.

Muscles in Motion

Mondays, 4:30 to 5:30pm
January 17 through March 21

\$50 for all ten weeks

Increase your core strength and overall muscle tone. A mat and handheld weights are needed. Instructor: Mary Ann Taragano

The Power Hour

Wednesdays, 5:00 to 6:00pm
January 19 through March 23

\$50 for all ten weeks

Promotes muscular endurance, balance and bone strengthening. A set of handheld weights and a mat are needed. Instructor: Mary Ann Taragano

Zumba® Gold Toning

Mondays, 11:00 to 11:45am
January 17 through March 21

\$50 for each ten-week session

An easy-to-follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity. Instructor: Mindy Gansley

VIRTUAL INTEGRATIVE WELLNESS

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm
January 17 through March 21

\$50 for each ten-week session

Gentle activities to help increase joint flexibility and maintain range of motion. Instructor: Dawn Hanna-Amodio

Gentle Yoga

Wednesdays, 10:30 to 11:30am
January 19 through April 6
(no class 2/16 & 2/23)

\$50 for all ten weeks

This gentle yoga class is for older adults. Mostly chair and standing poses, but instructor modifies class based on attendees. Instructor: Jillian Keller

Hatha Yoga

Tuesdays, 6:30 to 7:30pm
January 18 through March 22

\$50 for all ten weeks

Integration of body, mind and breath. Will need a yoga mat. Two yoga blocks recommended. Instructor: Leigh Irwin

Intermediate Yoga

Tuesdays, 10:00 to 11:00am
January 18 to April 5
(no class 2/15 & 2/22)

\$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. Instructor: Jillian Keller

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm
January 17 through March 21

\$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

Intro to T'ai Chi Chih – Mobility & Balance

Wednesdays, 11:00am to 12:00pm
January 19 through March 23

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility, flexibility and balance. Instructor: Stan Cohen

T'ai Chi Chih – Intermediate

Thursdays, 11:00am to 12:00pm
January 20 through March 24

\$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. Instructor: Steve Koblick

Seated & Standing Yoga

Fridays, 10:00 to 11:00am
January 21 through April 8
(no class 2/18 & 2/25)

\$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. 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@atlantichealth.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@atlantichealth.org, or visit atlantichealth.org, keyword "senior services"

Grief and Loss 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 the same grief. For more information, please call Julianna Cummings at 855-226-7171.

United Way Caregivers Coalition

For information on virtual options, current programs, and online resources, see below. To stay abreast of changes and to join our mailing list, please reach out to the Caregiver Coalition manager in the county where you reside:

Morris and Somerset Counties:

Stephanie Howland, 973-993-1160, x534

Suburban Essex:

Deborah Day, 973-993-1160, x209

Sussex and Warren Counties:

Robin Ennis, 973-993-1160, x305

Caregiver Café

The Café is a time and place for caregivers to gather, unwind and connect with one another. Offered by the United Way Caregivers Coalition. For dates and to register, call 973-993-1160, ext. 534 or email stephanie.howland@unitedwaynj.org.

Ostomy Support Group

2nd 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

3rd 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.

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

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

MORRISTOWN MEDICAL CENTER

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.

Male Caregiver Group

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

Stroke Virtual Group and Stroke Caregivers Meeting

Survivor meeting:

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

Caregiver meeting:

3rd Thursday of the month, 1:00 to 2:00pm

All member meeting:

1st Thursday of the month, 2:00 to 3:00pm

For more information, call 973-971-4412.

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.

Better Breathers Club

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

Overeaters Anonymous

For more information, all 973-960-1564.

Heart Failure Virtual Group

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

Post Cancer Treatment Group

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

To register, call 973-971-5169.

OVERLOOK MEDICAL CENTER

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

2nd Thursday of the month, 12:00 to 1:00pm

For more information, call 908-522-5933.

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.

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

4th 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

4th Tuesday of the month, 5:00 to 6:00pm

For more information, call 973-579-8620.

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.

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. 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

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.

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.

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.