

# Community Health Events

Atlantic Health System

Virtual Classes and Programs - May 2022

## May is Women's Health Month

This is a reminder for all women to feel empowered to take care of themselves and make their health a priority. During this month, it is especially important to increase awareness on health issues such as breast, ovarian, cervical and colorectal cancer, as well as heart disease. Routine screenings and preventative care can aid in the detection and prevention of such diseases. 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 [atlantichealth.org](http://atlantichealth.org).

## VIRTUAL PRESENTATIONS

### Substance Abuse and Brain Injury

Tuesday, May 3, 7:00pm

Brain injury and substance abuse are two huge health crises, but did you know they often occur together? Join us as we learn about the relationship between substance abuse and brain injury, explore issues and implications of the two, and learn about local and national resources. Presented by Rachel Ishak, LSW, community outreach specialist at the Brain Injury Alliance of NJ.

### Safe Sitter® Babysitting Class

Saturday, May 7 and May 14

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.

### How COVID-19 Impacts the Heart

Monday, May 9, 11:00am

COVID-19 can have impacts on your cardiac health. Join us as we learn when to pursue additional testing to look for cardiac involvement and how supplementary evidence advises to proceed with exercise. Presented by Matthew W. Martinez, MD, director of Atlantic Health System Sports Cardiology, Morristown Medical Center.

### Committing to Wellness

Wednesday, May 11, 11:00am

Have you ever wondered why it seems so difficult to eat healthy or adopt healthy habits? Join ShopRite registered dietitian, Kristen Burdzy as she discusses motivation, habits and the stages of change to learn how to commit to wellness one step at a time.

### Career Tips for Teens

Wednesday, May 11, 3:00pm

Calling All High School Students! Atlantic Health System's Human Resources Talent Acquisition Team is offering a free webinar titled Career Tips for Teens. Attendees will have the opportunity to ask questions and learn about resume writing, interviewing skills, social etiquette, networking and much more! Pre-registration is required. To register, click the following link: [https://atlantichealth.zoom.us/webinar/register/WN\\_vHnahnykRtyaD514rSPWkA](https://atlantichealth.zoom.us/webinar/register/WN_vHnahnykRtyaD514rSPWkA)

### Infant Health: Milestones in Head and Neck Development

Thursday, May 12, 6:00pm

This program will cover a brief overview of developmental milestones from birth to 18 months, with an emphasis on head shape and muscle symmetry of the neck. Presented by Heidi Meramo, MS, OTR, occupational therapist, Atlantic Rehabilitation, Hackettstown Physical Therapy.

### The Mediterranean Diet

Monday, May 16, 10:00am

Join Evelyn Minolfo, MS, RDN, from the ShopRite of Parsippany for a nutrition webinar on the Mediterranean diet. In this webinar you will learn about the health benefits, menu planning and tips to incorporate the Mediterranean diet into your daily eating plan.

### Pelvic Pain: Finding Solutions with Pelvic Floor Therapy

Monday, May 16, 1:30pm

Pelvic pain is not discussed with health care practitioners nearly enough. Join us for a discussion of common causes of pelvic pain, review basic pelvic floor anatomy, learn simple strategies to ease pain, and talk about how pelvic floor therapy can be beneficial for you. Presented by Jenna Silverman, physical therapist, Atlantic Rehabilitation, Hackettstown Physical Therapy.

### Physical and Occupational Therapy for Arthritis

*In-Person Presentation*

Wednesday, May 18, 10:00am

The Y Zone at Morristown YMCA  
25 Saddle Road, Cedar Knolls, NJ 07927

If you have arthritis, there are many benefits to participating in a physical and occupational therapy program. At this lecture, you will learn therapeutic methods to relieve discomfort and improve performance through various physical techniques and activity modifications. Taught by a physical therapist and an occupational therapist, you will also learn how they can work together. Registration is very limited.

### Understanding Hernias

Wednesday, May 18, 12:00pm

A hernia is caused when an internal organ creates pressure on a weak spot in muscle or tissue. Join us to learn about the various types of hernias, common risk factors and symptoms, prevention, as well as the diagnostic and treatment options available. Presented by surgeons Ebube Bakosi, MD, and Grigoriy Soybelman, MD, Chilton Surgical Associates.

### Disordered Eating: When Should You Be Concerned?

Thursday, May 19, 2022, 6:00pm

Attendees will have the opportunity to discuss the signs and symptoms of disordered eating in children and teens, treatment options and resources available. Questions are encouraged. Presented by Meghan Feehan, PsyD, Clinical Psychology, Pediatric Eating Disorders, Atlantic Health System and Stephanie Levine, DO, FAAP,

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

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

Adolescent Medicine, Pediatric Eating Disorders, Atlantic Health System. Pre-registration is required. To register, click the following link: [https://atlanticealth.zoom.us/webinar/register/WN\\_yQ5\\_Cta5QMGw04mHwNwOhA](https://atlanticealth.zoom.us/webinar/register/WN_yQ5_Cta5QMGw04mHwNwOhA)

## **Making Your Heart Happy** **Friday, May 20, 8:30am**

Do you know what steps you can take to make your heart healthy and happy? Join us to learn tips on how simple things that make us happy can improve heart health. Presented by Dicey McGrath, Nurse Practitioner, Cardiac Imaging, Morristown Medical Center.

## **Atlantic Health Integrative Oncology**

Integrative Therapies Survivorship Sampler for those who have completed cancer treatment. Join us bi-monthly, as we explore how outward creative expression and inward contemplation can support your healing and wellbeing.

### **MUSIC FOR THE SOUL**

May 24, 3:00 to 4:00pm

Explore the use of music and tap into your creative side

### **MEDITATION TECHNIQUES**

July 26, 3:00 to 4:00pm

Explore meditation techniques to help reduce stress and calm the mind and body

### **ART OF MANDALAS**

September 27, 3:00 to 4:00pm

Participants will use their creativity to help gain a greater sense of self and community.

### **YOGA NIDRA**

November 22, 3:00 to 4:00pm

A non-physical practice from yoga that systematically guides the attention inward to promote deep relaxation.

For questions, please contact lauren.curtis@atlanticealth.org, 908-522-6168 or jeanmarie.rosone@atlanticealth.org, 973-971-6514

## **Stroke and Hypertension** **Thursday, May 26, 6:00pm**

Do you know the risk factors associated with a stroke? Join us to learn how hypertension can affect your risk of a stroke, learn what to do if you or a loved one has a stroke, and how to BE FAST! Presented by Elizabeth Finan, MSN, RN, stroke program manager, Overlook Medical Center.

## **Autism or Psychiatric Conditions (or Both)?**

**Thursday, May 26, 6:30pm**

This presentation will examine the interplay between Autism Spectrum Disorder(s) and other conditions, especially in terms of differentiating autism from mental health conditions (such as mood disorders, anxiety, ADHD, psychosis). Presented by Jason Minion, MD, Psychiatrist, Atlantic Behavioral Health and Zoey Shalita, MA, MEd, LPC, Autism Center, Goryeb Children's Hospital. To register, click the following link: [https://atlanticealth.zoom.us/webinar/register/WN\\_p91Vv0CYR8-iMq0InlbQWg](https://atlanticealth.zoom.us/webinar/register/WN_p91Vv0CYR8-iMq0InlbQWg)

## **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 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, 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.

**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.**

## 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, 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.

### 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 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](http://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](http://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](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).**

## Information About COVID-19

---

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.

## 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.