

# Community Health Events

Atlantic Health System

Virtual Classes and Programs - October 2021

## 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: [atlantichealth.org/askher](http://atlantichealth.org/askher) or call 1-844-343-3540.

## HEALTH

### Resiliency and You 2.0 (Parent Presentation)

**Tuesday, October 5, 7:00pm**

Join us to learn typical reactions to disasters, bodily cues of stress, and ways to increase personal resilience. Presented by Kennia Salmeron and Alana Brown, Crisis Counselors, NJ Hope and Healing

### Cancer Genetic Testing: Family History to Prevention

**Tuesday, October 5, 7:00pm**

Join us to review genetic testing for hereditary cancer and the implications of a positive test result for the patient and relatives. We will discuss "red flags" for hereditary cancer, genetic testing process, genetic discrimination laws, and insurance coverage/expense of testing. Presented by Jessica Heinzmann, MS, CGC, Genetic Counselor, Oncology Services, Overlook and Morristown medical centers

### Meet the Local Sleep Experts: Children and Sleep Q&A

**Wednesday, October 6, Noon or Wednesday, October 13, 7:00pm**

Join us to meet the sleep experts and discuss sleep issues in toddlers and teens, snoring, sleep hygiene and more. Presented by Ashish R. Shah, MD; April N. Wazeka, MD; and Ramneet K. Gill, MD; Pediatric Pulmonology, Pediatric Sleep Medicine, Atlantic Health System

### Stroke and Hypertension

**Friday, October 8, 1:00 to 1:45pm**

It is important to know the risk factors associated with a stroke. This webinar will focus on 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 Trixy Thibodeau, MA, DRCC, Health Educator, Community Health, Atlantic Health System. Erin Crum, BSN, RN, EMT, SCRN, ASC-BC, Stroke Program Manager, Chilton Medical Center, will answer questions during the Q&A.

### Breast Health: What You Need to Know

**Tuesday, October 12, 12:00pm**

Join us to learn about the importance of breast health screening, who is at high risk and how genetics plays a role. Presented by breast surgeon Marcella Fornari, DO

### Family Self-Care Game Night

**Tuesday, October 12, 7:00pm**

Join us for a family game night where you will have fun while discussing self-care techniques. Presented by Kennia Salmeron and Alana Brown, Crisis Counselors, NJ Hope and Healing

### Depression, Anxiety and Suicide Prevention in Children

**Wednesday, Oct 20, 7:00pm**

This webinar will focus on the subtle and not always so obvious signs of depression and anxiety in youth as well as strategies for parents to help their children through these difficult emotions. Presented by Joseph Giudice, PsyD, Crisis Clinician, Crisis Intervention Services, Morristown Medical Center

### Brain Fitness: Why Is It Important?

**Thursday, October 21, 9:30am**

Learn about the importance of brain health and healthy aging, the effects of poor brain function on the body and ways to improve brain function. Presented by Justin Lauer, Exercise Physiologist, Hackettstown Medical Center

### 25th Annual Community Health Day Virtual Event

**Saturday, October 23 10:00am to 1:00pm**

A day of wellness and service for the community. Keeping our community healthy, whole and informed. This day takes on a new look this year due to the pandemic with free virtual health

education and information. 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 funded by a grant from the Foundation for Morristown Medical Center.

## NUTRITION

### Lean, Mean, Protein

**Wednesday, October 6, 10:00am**

Every cell in our body requires protein to help grow, develop and repair itself. Many delicious foods can provide us with this necessary nutrient. But how much protein do we need daily to be healthy, and what are the best foods to eat in order to meet our needs? A registered dietitian will discuss why it's important to eat enough protein, but not overdo it. We will cover the best sources of nutritious, delicious protein foods for every stage of life. Presented by Barbara Galvin, RD, ShopRite of Parsippany and ShopRite of West Caldwell

### Healthy Holidays

**Thursday, October 14, 7:00pm**

The holiday season can be an indulgent time of year when it comes to our dietary choices. Learn how to celebrate the holiday season by making healthier choices without sacrificing your favorite holiday foods. Presented by Kristen Burdzy, MS, RD, Retail Dietitian, ShopRite of Franklin

### Fall Favorites

**Monday, October 18, 10:00am**

Autumn is here and that means it is time to enjoy a bounty of fall favorites! From pumpkins, apples, roast veggies and more. Learn about the benefits of these nutrient dense foods and effortless ways to enjoy them. Presented by Evelyn Minolfo, MS, RD, Dietitian, ShopRite Parsippany and West Caldwell

### Heart Healthy Cooking Demonstration

**Wednesday, October 20, 2:00pm**

Join us for a special cooking demonstration. Kristen and Samantha, ShopRite Registered Dietitians, will teach you how to make salmon along with a delicious fall salad. Learn all about the nutritional benefits of this meal and how to

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.

eat a heart healthy diet! Presented by Samantha Cifelli, MS, RD, ShopRite of Sparta and Kristen Burdzy, MS, RD, ShopRite of Franklin

## LIFE ENRICHMENT

### Operation Tidal Wave: The Ploesti Air Raid 1943

**Monday, October 4, 9:30am**

The large concentration of oil refineries located around Ploesti, Romania, produced a significant amount of fuel for the German war effort and was a prime strategic target. In July 1943, a daring raid was launched by the USSAF to this vital target with five B-24 bomb groups totaling 178 aircraft launching from Libya. In the face of heavy enemy air defenses, the raid, flown at low level, successfully attacking several key refineries. This lecture will discuss the planning, execution, and outcome of this unique mission of World War II. Presented by Robert Stead

### Safe Sitter® Babysitting Class

**Saturdays, October 9 and 16  
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.

### Downsizing and Decluttering: You Can't Take It with You

**Thursday, October 14, 9:30am**

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started! Presented by Patty Loud, AARP

### Journaling & Affirming

**Wednesday, October 27, 7:00pm**

Our journaling and affirming self-care sessions are designed to be an introductory course to journaling with or without prompts, practicing daily affirmations, and how the two go together. Presented by Kippie Langford, MSW, Crisis Counselor, NJ Hope and Healing

## EXERCISE

### Barre Method

**Tuesdays, 5:30 to 6:15pm**

**October 12 through December 14**

\$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**

**October 7 through December 16**

*(no class 11/25)*

\$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**

**October 5 through December 14**

*(no class 11/23); AND/OR*

**Thursdays, 10:15 to 11:15am**

**October 7 through December 16**

*(no class 11/25)*

\$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**

**October 12 through December 21**

*(no class 11/23); AND/OR*

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

**October 14 through December 23**

*(no class 11/25)*

\$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

### Muscles in Motion

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

**October 11 through December 20**

*(no class 11/22)*

\$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**

**October 13 through December 22**

*(no class 11/24)*

\$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® Fitness

**Thursdays, 5:45 to 6:45pm**

**October 7 through December 16**

*(no class 11/25)*

\$50 for all ten weeks

Combining low- and high-intensity moves, this is a total body workout that combines all elements of fitness - cardio, muscle conditioning, balance, flexibility and FUN! Instructor: Lauren Larssen

### Zumba® Gold Toning

**Mondays, 11:00 to 11:45am**

**October 4 through December 20**

*(no class 10/11, 11/22)*

\$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: Lauren Larssen

## INTEGRATIVE WELLNESS

### Arthritis Exercise Program

**Mondays, 1:30 to 2:15pm**

**October 4 through December 13**

*(no class 11/22); AND/OR*

**Fridays, 1:30 to 2:15pm**

**October 8 through December 17**

*(no class 11/26)*

\$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**

**October 6 through December 15**

*(no class 11/24)*

\$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**

**October 12 through December 14**

\$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

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

**October 5 through December 14**

*(no class 11/23)*

\$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

**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.**

## **Meditation for Mindful Well-Being** **Mondays, 6:30 to 7:30pm**

**October 11 through December 13**

\$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**

**October 6 through December 15**

*(no class 11/24)*

\$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**

**October 14 through December 23**

\$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**

**October 8 to December 17**

*(no class 11/26)*

\$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**

### **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 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](mailto:stephanie.howland@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**

### **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.

### **Male Caregiver Group**

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

### **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.

## **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, call 973-960-1564.

## **Heart Failure Virtual Group**

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

## **Post Cancer Treatment Group**

1<sup>st</sup> 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 908-552-6348.

### **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.

### **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

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

---

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 available to all members of our community experiencing symptoms of COVID-19 or looking for additional support during this unprecedented time. A highly-trained Atlantic Health System nurse will answer your call, consult with you, and direct you to the resources you need. The support line offers help to those seeking resources and guidance for issues ranging from food insecurity and housing to job loss and other social needs. As this crisis continues to develop, many are facing emotional challenges. Our behavioral health clinicians will offer support for those who are feeling lonely, anxious or overwhelmed.

### COVID-19 Support Line: 862-260-3199

Hours of operation: Monday - Friday, 9:00am to 1:00pm

### 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 [atlanticealth.org/flu](http://atlanticealth.org/flu)**

## 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 (program begins in September 2021). 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).**

## 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 [atlanticealth.org/lungcancerscreening](http://atlanticealth.org/lungcancerscreening).

## 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.