

Community Health Events

Atlantic Health System

March 2024

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 atlantichealth.org. For more information about colorectal cancer screening for people without health insurance, please call 973-971-5952

VIRTUAL PRESENTATIONS

Social Media and Mental Health: Guidance for Parents in Helping Young People to Avoid Pitfalls and Find Balance in the Cybage

Thursday, March 7, 7:00pm

Young people often spend hours per day on social media and with other forms of electronic entertainment. Excessive use of these activities can lead to a range of negative impacts on mental health, including depression, anxiety, and poor body image. In this webinar, Dr. Lynch will highlight these dangers and provide parents with guidance on how to help young people navigate social media without sacrificing their mental well-being. Presented by Christopher Lynch, PhD, director of Pediatric Behavioral Medicine, Goryeb Children's Hospital, Atlantic Health System

Chuckles, Chortles and Giggles: The Benefits of Laughter for Seniors

Thursday, March 14, 12:00pm

Whether it was a medium-sized chuckle or a full belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can also help you feel better and

live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging coordinator

Let's Get to the Heart of It: What You Need to Know About Heart Disease

Friday, March 15, 11:00am

Heart disease is a generic term that includes many types of heart issues. Join us to learn more about heart disease, the risk factors and what to do if you have them. Learn about what a cardiologist can do to help you. Presented by Vignesh Raghunath, MD, cardiologist, Atlantic Health System

Poison Prevention Week: Medication Safety in Your Home

Tuesday, March 19, 1:00pm

Every parent and caregiver are aware of the importance of storing medicine up and away from children. Still, every year, nearly 47,000 children are treated in an emergency room for accidental medicine poisoning. In this presentation, we will learn how to keep kids safe around medications and how to avoid accidental poisonings. Presented by KJ Feury, RN, APNc, CCRN, injury prevention specialist, Morristown Medical Center, Coordinator, Northern NJ Safe Kids / Safe Communities

Women and Heart Disease

Wednesday, March 20, 9:00am

Join Dr. Cindy Codispoti to learn about the effects of heart disease in women. This webinar will focus on the risk factors unique to women and preventive measures to decrease your chance of heart disease. Presented by Cindy Codispoti, DO, FACC, Atlantic Medical Group Cardiology, Hackettstown Medical Center

Pedestrian Safety Awareness for Drivers

Thursday, March 21, 11:00am

Join us to discuss pedestrian safety from the driver's point of view. This presentation will include a review of responsibilities that drivers have when pedestrians are present under new state laws. Presented by Denis Kelleher, program specialist, Avenues in Motion

Colorectal Cancer: What Is It? How Do We Treat It? How Do We Prevent It?

Friday, March 22, 12:00pm

Join us for an exploration of the causes of colorectal cancer. Learn how and why it develops, how it is treated and prevented. Presented by Joseph S Flanagan II, MD, colorectal surgeon, Morristown Medical Center

What You Need to Know About Colorectal Cancer

Wednesday, March 27, 1:00pm

March is National Colorectal Cancer Awareness Month. Join us to learn about the disease and why it has become increasingly treatable with the advent of screening options as well as a general overview of treatment. Presented by Klil R. Babin, MD, general surgeon, Chilton Surgical Associates, Chilton Medical Center

IN-PERSON PRESENTATIONS

Recognizing the Gender Gap in Heart Attack Symptoms: Men vs. Women

Tuesday, March 19, 1:00pm

Atlantic Health Pavilion
242 West Parkway, Pompton Plains, NJ
Research shows that signs of a heart attack can be very different in men and women. Women may experience symptoms that are less commonly associated with heart attack. Join us to discuss these signs and symptoms and learn exercises for optimizing heart health that can be done at home. Presented by Dawn Siek, RN-BC, BSN, assistant nurse manager, and Christine Dorenbusch, senior exercise physiologist, Cardiac Rehabilitation, Chilton Medical Center. Register by emailing CommunityHealth@atlantichealth.org; Attn: Ashley or call 1-844-472-8499, option 3.

Nutrition 101

Friday, March 22, 11:00am

ShopRite of Wayne
30 Wayne Hills Mall, Wayne, NJ
March is National Nutrition Month. Join us to discuss the basics of nutrition including carbohydrates, proteins, fats, vitamins, and minerals. Learn about the importance of hydration. A cooking demonstration will be included. Presented by Sabrina Hauser, MS,

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

RDN, retail dietitian, ShopRite of Wayne Hills. Register by emailing CommunityHealth@atlanticealth.org; Attn: Ashley or call 1-844-472-8499, option 3.

Substance Misuse

Thursday, March 14, 11:00am

Center for Healthier Living
108 Bilby Road, Suite 101, Hackettstown, NJ
How much do you know about substance misuse? Learn the definitions of substance misuse, dependence, and misuse disorder. Discussion will include risk and prevention factors, symptoms, and available resources. Presented by Linda DeNude, MPH, CHES, health educator, Community Health, Atlantic Health System. Registration is required. Register by emailing CommunityHealth@atlanticealth.org; Attn: Linda DeNude or call 1-844-472-8499, option 3.

Supporting Speech and Language Development

Thursday, March 21, 6:00pm

Phillipsburg Housing Authority – Envision Center, 535 Fisher Avenue, Phillipsburg, NJ
During this in-person session we will discuss what contributes to the speech and language development of your child over time. Discussion will include strategies on how to help your child as they grow in their communication. Presented by Lindsay Marino-Porro, MS, CCC-SLP, Hackettstown Medical Center. To register, call Becky at 908-859-0122, ext. 107 or email rjohnson@phillipsburgha.com

The Anti-Inflammatory Diet

Wednesday, March 13, 10:00am

Sussex County YMCA
15 Wits End Drive, Hardyston, NJ
Let's discuss the critical role of how food can work in keeping us healthy. Call 973-209-9622 to register or for more information.

Six-Week Quit Smoking Program

Wednesdays, 6:00pm

March 20 to April 24,

The Center for Recovery
65 Newton Sparta Road, Newton, NJ
This free program will help support your efforts to quit smoking for good by providing you with the tools and resources needed. Participants are eligible to receive free nicotine replacement therapy products during the six-week groups. Must register and have an assessment done in advance to participate. Call 1-844-472-8499, option 3 for more information or to register.

Healing Our Grief Workshop

Tuesday, March 5, 12:30-4:00pm

Overlook Medical Center, Thomas Glasser Caregivers Center, 99 Beauvoir Avenue, Summit, NJ

In this free workshop, we will explore our grief through Mindfulness practices such as writing, gentle movement and ritual. Participants will be invited to share their feelings in a safe and caring place. This in-person workshop is intended for those who have lost a loved one in the past 18 months. Facilitated by Marian Teehan, MSW, LCSW, Maggie Brady, MSW, LCSW, and Thomas Dooley, MFA. Lunch will be provided. Optional 10-minute chair massages available. Space is limited, registration is required. Call Marian Teehan at 908-522-6347 or Maggie Brady at 908-522-5255 to register.

Healthy Eating for Healthier Living (English)

Thursday, March 21, 5:30pm

GRACE Refrigerator
100 Morris Avenue, Summit, NJ

Learn how to prepare healthy and affordable meals using fresh produce and other ingredients to reduce your risk for cancer and other health problems. Our registered dietitians will: demonstrate a healthy recipe and provide recipes to try at home; Answer questions and share information on healthy eating. Presented by Johannah Sakimura, MS, RD, CSO and Natalia Capodanno, RD, oncology dietitians, Carol G. Simon Cancer Center, Overlook Medical Center. All are welcome. Free giveaways will be provided.

Alimentos saludables para una vida más saludable (español)

Jueves, 21 de marzo, 5:30 p.m.

GRACE Refrigerator
100 Morris Avenue, Summit, NJ
Únase a nuestra presentación en inglés para aprender cómo preparar comidas saludables y asequibles con productos frescos y otros ingredientes para reducir el riesgo de cáncer y otros problemas de salud. Nuestros dietistas registrados, con la asistencia de educadores de salud de habla hispana, harán lo siguiente: demostrar una receta saludable y proporcionar recetas para probar en casa; responder preguntas y compartir información sobre alimentación saludable. Presentado por Johannah Sakimura, MS, RD, CSO y Natalia Capodanno, RD, dietistas oncológicos, Carol G Simon Cancer Center, Overlook Medical Center, Todos son bienvenidos. Se proporcionan obsequios gratuitos.

SUPPORT GROUPS

Breastfeeding Support Group

Mondays and Tuesdays

10:00am to 12:00pm (virtual)

Breastfeeding can be a wonderful experience for both moms and babies. Breast milk is nature's food designed specifically for babies. Breastfeeding has many benefits for moms and babies, helping reduce allergies, ear and respiratory infections, childhood obesity and SIDS. Breastfeeding also helps to prevent

women's cancers and type 2 diabetes. We welcome you to our support group. The group is free of charge to join and participate, all we ask is for you to register. To register, please call 908-522-2946, email overlook.parented@atlanticealth.org or visit atlanticealth.org/overlookparented

Chronic Pain Support Group

1st Monday of the month

5:30pm to 7:00pm (virtual)

Free and confidential chronic pain support group providing education and support for people with chronic pain and their families. Affiliated with the American Chronic Pain Association and led by Patricia Hubert, DNP, APRN. For more information, call 908-665-1988.

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.

Glasser Brain Tumor Center Caregiver Support Group

1st Thursday of the month

5:00 to 6:00 pm (virtual)

This group offers a safe space for the loved ones of individuals diagnosed with a brain tumor. During this hour, caregivers have the chance to share thoughts and feelings with others who understand your experience. The group is co-moderated by a social worker as well as by a member of the Glasser Brain Tumor Center treatment team. For more information, contact Janet LeMonnier, LSW, MSW, at janet.lemonnier@atlanticealth.org or 908-522-5159.

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

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.

New Parent Support Group

Wednesdays, 10:30am to 12:00pm

Virtual via Microsoft Teams

Are you a new parent? We know how wonderful this time can be. We also know how hard it can be. It may have been especially difficult because of COVID-19. New parents can sometimes feel alone and isolated even in the best of times, but the pandemic might have interrupted the support you would usually have received. Come join this free and confidential support group where we will talk about postpartum depression and baby blues, anxiety, loneliness, feelings of guilt, hormonal and emotional changes, and overall challenges of being new parents. To register, call CONCERN at 973-451-0025.

Grupo de Apoyo Para Padres Primerizos

Cada miércoles, 10:30am – 12:00pm

Por Microsoft TEAMS

¿Es padre o madre primerizo? Sabemos lo maravillosa que puede ser esta etapa. Pero también lo difícil que puede llegar a ser. Es posible que haya sido especialmente difícil debido a la COVID-19. Los padres primerizos a veces se sienten solos y aislados incluso en los mejores momentos, y la pandemia puede haber interrumpido el apoyo que normalmente habrían recibido. Por ello, CONCERN ofrece un grupo de apoyo para madres y padres primerizos. Únase a este grupo de apoyo gratuito y confidencial en el que hablaremos sobre melancolía y depresión posparto, ansiedad, soledad, sentimiento de culpa, cambios hormonales y emocionales, y desafíos generales de ser padres primerizos. Para inscribirse, llame a CONCERN al 973-451-0025.

Ostomy Support Group

2nd Monday of the month, 7:00pm, Virtual

Area-wide Support Group for Ostomates (people of any age with potential, new or mature ileostomies, colostomies, or continental diversions) and caring supporters. OSGNJ is affiliated with United Ostomy Association of America, Inc. (UOAA). We provide direct aid and mutual support to Ostomates both individually and within a group setting. We conduct support via telephone and e-mail to dialogue and present ourselves as role models to potential and new Ostomates. We arrange programs and activities for Ostomates, spouses, children, parents and their friends, as appropriate. For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

Overlook Perinatal Bereavement Support Group

2nd Monday of every month

7:30pm to 8:30pm

We invite you to come sit ... share ... be heard ... feel seen. This support group provides free and unconditional support for individuals and families that have experienced a miscarriage, stillbirth, or the loss of an infant. The group will be led by two Overlook registered nurses who together, have over 60 years' experience as labor and delivery nurses. Christine is an educator, a certified doula and has been leading this support group for many years. Tara is a Certified Bereavement Facilitator and teaches yoga and meditation. Registration is required please call 908-522-2946. Once registered, an invitation will be sent via Zoom Link prior to meeting.

Stroke Survivors Support Group

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

A virtual support group for stroke survivors to share lived experiences of navigating stroke recovery. Group members can expect a welcoming environment to connect with other survivors and learn about community resources available to them. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Open to survivors of all ages and phases of recovery. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlanticealth.org.

Stroke Caregivers Support Group

3rd Wednesday of the month

2:00pm to 3:00pm

A virtual support group for caregivers of stroke survivors. Group members can expect a welcoming space to receive support from other caregivers, exchange personal stories and experiences, and learn about caregiving resources in the community. Facilitated by a clinical social worker with occasional guest speakers presenting on stroke-related topics. Registration is required. For questions and registration, please call Kristen Boyd at 908-433-6740 or Tracey Doidge at 973-971-4412, or email ahs.strokesupport@atlanticealth.org.

Type 1 Diabetes Support Group

3rd Tuesday of every other month

7:00 to 8:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 1 diabetes. The support and encouragement you will receive from peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and classes to all our patients living with diabetes for an opportunity to compare challenges and successes. Registration required. Register for each support group you would like to attend. For more information, please call your local diabetes education center.

Type 2 Diabetes Support Group

1st Tuesday of every other month,

12:00pm: January, March, May, July,

September, and November

6:00pm: February, April, June, August, October, and December

All virtual meetings and classes are offered free of charge. Share your experiences with others who have type 2 diabetes. The support and encouragement you will receive from peers plays a key role in helping you adjust to the many changes in living with diabetes. We offer support group meetings and classes to all our patients living with diabetes for an opportunity to compare challenges and successes. Registration required. Register for each support group you would like to attend. For more information, please call your local diabetes education center.

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>.

Weight Loss Surgery Support Group

3rd Tuesday of each month at 6:00pm

All virtual meetings and classes are offered free of charge. Share your experiences with others who have had weight loss surgery. The support and encouragement you will receive from your peers plays a key role in helping you adjust to the many changes experienced after surgery. We offer support group meetings and classes to give our post-operative patients an opportunity to compare challenges and successes. We encourage people who are thinking about having the surgery to attend. Registration required. Register for each support group you would like to attend. For more information, please call 973-971-7212.

Younger-Onset Alzheimer's

1st Saturday of the month

9:30 to 10:30am, via Zoom

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

CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, please email christine.dimovski@atlanticealth.org.

Cancer Group

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

Pre-registration is required for all virtual classes and programs. To register, call 1-800-247-9580.

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

Chilton Diabetes Education Support Group

1st Thursday of each month at 10:00am

Atlantic Health Pavilion
2nd Floor, Community Conference Room
242 West Parkway, Pompton Plains, NJ

A Diabetes Support Group can be a valuable resource for people living with diabetes. The Diabetes Education Center at Chilton Medical Center offers a safe environment for people with diabetes to share their experiences, learn from each other and receive emotional support. It is also a great place to find out information about medical treatments, research and strategies as well as practical tips and resources. Pre-registration is not required. For more information or for weather cancellations please call 973-831-5229

Diabetes Self-Management Education Program and Nutritional Services

The Diabetes Self-Management Education Program at Chilton Medical Center helps adults with diabetes take steps that will make them feel better and stay healthier. This program is recognized by the American Diabetes Association for Quality Self-Management Education. The center is staffed by dedicated registered dietitians and nurses who are Certified Diabetes Care and Education Specialists. This program offers educational services for people and their significant others with prediabetes, type 1, type 2, and gestational diabetes, continuous blood glucose monitoring studies are also available. In addition, individual nutrition counseling services from a registered dietitian are available for medical conditions such as heart disease, obesity, and gastrointestinal disorders. Schedule an appointment by calling 973-831-5229.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

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

Diabetes Self-Management Education Program

- Thursdays: from 1:00 to 2:30pm
- Thursdays: from 5:00 to 6:30pm
- One Saturday class every month

For information or to schedule an appointment, call 973-971-5524.

Hands-On Health and Wellness Tuesdays, 12:00 to 1:00pm

Harmonize your body and mind through the healing art of Jin Shin Jyutsu. Holistic Health Practitioner and Health Educator Lynn Pridmore will guide you through easy-to-follow hand positions, which assist in opening the energetic pathways of your body. Enhancing the energetic flow will assist your physical, mental and emotional health and leave you feeling restored and refreshed. Zoom meeting link: <https://atlanticealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09> Meeting ID: 990 6036 2355

Passcode: 615871 If you have any questions, please call 973-971-6514

Heart Failure Virtual Group

Support group for patients with heart failure or their caregivers that offers support through mutual sharing and education. Run by Ellen Berry, MSW, and Kathy Hollasch, Certified Heart Failure Nurse. For more information, call Ellen Berry at 973-971-7061 or Kathy Hollasch at 973-971-7901.

Morris County Ostomy Support Group

**3rd Wednesday of the month
7:00 to 9:00pm, available in-person and virtual**
3rd Floor Conference Room
435 South Street, Morristown, NJ

The Morris County Ostomy Association holds monthly meetings. The meetings consist of an informal gathering of ostomates and individuals who may be contemplating ostomy-related procedures. The evening also involves an informal talk by a physician, ostomy resource specialists or ostomy vendors. Family and friends are always welcome. Please call 973-971-4039 or email ostomymorris@gmail.com to receive information and meeting notifications. For other support group locations, please visit the United Ostomy Association of America (UOAA) website at www.ostomy.org.

Post Cancer Treatment Group

2nd Tuesday of the month, 10:30 to 11:30am
Registration is not required. For more information, please call 973-971-6514.

OVERLOOK MEDICAL CENTER

Cancer Groups

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:

- Expressive Writing for Caregivers, Wednesdays, 2:00pm
- TaijiFit, Mondays & Thursdays, 12:00pm

To register and receive a Zoom invitation, please call Marian Teehan or Valerie Gagliano at 908-522-6348.

Ostomy Group

This professionally led group is for ostomy survivors and their families. For a location, schedule and to register, please call 908-522-5552.

NEWTON MEDICAL CENTER

Better Breathers Club

Last Thursday of the month, 12:45 to 2:15pm
Newton Medical Center, Romano Conference Center, 175 High Street, Newton, NJ
A program for people with chronic lung disease and their loved ones. To register, call Debra Zimmerman, BBC coordinator and COPD educator at Newton Medical Center at 973-579-8588.

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.

Cancer Caregiver Connections

**4th Wednesday of the month
4:00 to 5:00pm, In-person**
Joan Knechel Cancer Center, West Wing Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ
A support and education group for individuals who are caring for a loved one with cancer. Gain insight and connection with other caregivers. Learn practical information and discover effective coping strategies for optimal self-care. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Registration is required. For more information, contact Lisa at 908-441-1534.

Newly Diagnosed Cancer Group

**2nd Wednesday of the month
3:00 to 4:00pm, In-person**
Joan Knechel Cancer Center, West Wing Conference Room, 1st Floor, Room 101
657 Will Grove Street, Hackettstown, NJ
For newly diagnosed individuals who are within the first year of cancer treatment. Learn practical tools, gain useful resources, develop positive coping skills, and expand insights on navigating the daily challenges of life with cancer. Facilitated by Lisa Frasca, MSW, LCSW, clinical oncology social worker. Registration is required. For more information, contact Lisa at 908-441-1534.

Parkinson's Support Group

**3rd Tuesday of the month
3:30 to 5:00pm, In-person**
Hackettstown Medical Center, Cafeteria Conference Room
651 Willow Grove Street, Hackettstown, NJ
This FREE support group is for individuals living with Parkinson's disease. Care partners are also welcome to attend. If you have questions or would like more information, please contact James Moran at 917-991-5980 or Marcia Guberman at 845-476-1008.

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.

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.

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.

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 2024. 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

Wednesdays, 12:30 to 1:30pm
Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm
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, 6:00 to 7:30pm
Call 908-522-2296 for more information and to enroll.

Spanish Language Quit Group

Mondays, time and location may vary based on participation.
Call 1-844-472-8499, option 2 for more information or to enroll.