

# Community Health Events



Atlantic Health System

September 2023

## September Is Prostate Cancer Awareness Month and Ovarian Cancer Awareness Month

Prostate cancer is the most common cancer among men after skin cancer. The good news is that it can often be treated successfully if detected early. Routine screening and preventative care help detect and prevent not only this type of cancer but all types. Screenings save lives, but only if people get screened. Reach out to your health care provider to go over screening options. Ovarian cancer is one of the leading causes of cancer-related death in American women, and that can be attributed to the fact that early stages of ovarian cancer have no symptoms. When symptoms do appear, they can be confused with other conditions. Knowing the early signs of cancer can lead to life-saving treatment. If you need a provider, call 1-800-247-9580 or visit [atlanticealth.org/cancerhides](https://atlanticealth.org/cancerhides). For more information about cancer screening services for people without insurance, call 973-971-5952.

## VIRTUAL PRESENTATIONS

### Managing High Cholesterol and Preventing Stroke

Thursday, September 7, 1:00pm

In the United States, about one in three people have hyperlipidemia, also known as high cholesterol, which refers to elevated levels of fats in the blood. This condition increases the risk of developing heart disease, stroke, and death. Learn how to manage your high cholesterol and reduce your risk of stroke. Presented by Erin Crum, BSN, RN, EMT, CEN, SCRNP, ASC-BC, Stroke Program Manager, Chilton Medical Center

### Managing Atrial Fibrillation

Friday, September 8, 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 Electrophysiologist, Morristown Medical Center

### Hypertension in Pregnancy

Tuesday, September 12, 12:00pm

Hypertension in pregnancy is high blood pressure that is typically diagnosed after 20 weeks of pregnancy or close to delivery. This occurs in one of three forms: chronic hypertension, gestational hypertension, or preeclampsia. Join us to learn more about the causes, symptoms and treatment. Presented by Kathleen Pergament, DO, MPH, Internal Medicine physician and Associate Program Director, Internal Medicine Residency Program, Morristown Medical Center

### Embracing Aging: Finding Your Path to Aging Well

Wednesday, September 13, 12:00pm

What does it mean to "age well?" Most people believe that the recipe for successful aging includes having a positive outlook and feeling physically healthy and socially connected with others. However, the description and meaning in each of these areas varies from person to person – the definitions are as unique as we are! Come learn about how you can find your own path to aging well and resources available to help along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator

### Programa Para Dejar de Fumar

Lunes, 18 de Septiembre al 23 de Octubre, 10:00 – 11:00am

Seis reuniones de grupo semanales para aprender técnicas que la ayudarán a dejar el cigarro y mantenerse sin fumar. Llame al 844-472-8499 opción 2 para obtener más información e inscribirse. <https://atlanticealth.zoom.us/join/zoom/register/tZUzf-ygqzorHtfQ3pZ02xCL3ICy8GGvGse>

### Domestic and Sexual Violence: Older Adults Can Be Harmed, Too

Tuesday, September 19, 12:00pm

Intimate partner violence (IPV) can occur across one's lifespan. Older adults may experience physical violence, sexual violence, stalking, or psychological aggression (including coercive acts) by a current or former intimate partner. Join us to discuss warning signs, safety planning, and ways to engage in prevention. Presented by Courtney Riseborough, MPH

### Education to End the HIV Epidemic

Wednesday, September 20, 12:00pm

Join us to learn about the basics of HIV, including transmission, prevention, care and treatment, with a focus on women and children. You will also learn about local, state, and national efforts to end HIV. Presented by Allison Delcalzo-Berens, MA, Program Manager, Sexual Health Center of Morristown Medical Center

### Información para acabar con la epidemia de VIH

Jueves, 21 de Septiembre, 5:00 pm

Únase a nosotros para conocer los aspectos básicos del VIH, incluyendo la transmisión, la prevención, la atención y el tratamiento, con atención especial en las mujeres y los niños. También se informará sobre los esfuerzos locales, estatales y nacionales para acabar con el VIH. Presentado por Abel Saldaña, consejero de prevención, Centro de Salud Sexual de Morristown Medical Center. Seminario web virtual por Zoom. Inscribirse con antelación para este seminario web: [https://atlanticealth.zoom.us/webinar/register/WN\\_GG7O4SBKSkSiQHowp\\_mXvQ](https://atlanticealth.zoom.us/webinar/register/WN_GG7O4SBKSkSiQHowp_mXvQ). Para obtener más información, llame a Community Health al 1-844-472-8499 opción 2.

### Making Cents of Caregiving Costs

Monday, September 25, 11:00am

Navigating financial responsibilities as a caregiver can be challenging, making you feel lost throughout the process. Join AARP as they introduce caregivers to essential information and resources needed to manage

Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](https://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.

some of the financial complexities that come as a caregiver. Presented by Cheryl Blackwell, AARP

## Polycystic Ovary Syndrome (PCOS)

**Wednesday, September 27, 11:00am**

Join us as we discuss common symptoms and treatment options for polycystic ovary syndrome (PCOS). Discussion will include healthy pregnancies with PCOS. Presented by Christopher Simons, DO, Atlantic Medical Group Women's Health, Hackettstown Medical Center

## Prostate Health: What You Need to Know

**Thursday, September 28, 12:00pm**

Join us to learn about common prostate problems. Discussion will include symptoms, risk factors, and treatment options for prostate cancer. Presented by Naeem U. Rahman, MD, Medical Director, AMG Urology Regional Medical Director, Eastern Region, Atlantic Medical Group

## IN-PERSON PRESENTATIONS

### Community Health Day

**Saturday, September 9**

**10:00am to 2:00pm**

Alexander Hamilton Elementary School  
24 Mills Street, Morristown, NJ

The Morristown Community Health Day Steering Committee presents Community Health Day! Join us in celebrating Community Health Day. You will find free health screenings with Atlantic Health System, resources for all ages, youth activities, senior resources, nutrition information, health presentations and much more. No registration required. All are welcomed. For more information, please email [CommunityHealthDay2023@gmail.com](mailto:CommunityHealthDay2023@gmail.com) or visit <https://www.facebook.com/people/Morristown-Community-Health-Day/100065013214055/>

### Día de la Salud Comunitaria

**Sabado, Septiembre 9**

**10:00am – 2:00pm**

Escuela Primaria Alexander Hamilton  
24 Mills Street, Morristown, NJ

El Comité Directivo de Día de la Salud Comunitaria de Morristown presenta el Día de la Salud Comunitaria! Únase a la celebración del Día de la Salud Comunitaria. Encontrarás exámenes de salud gratuitos con Atlantic Health System, recursos

para todas las edades, actividades para jóvenes, recursos para personas mayores, información nutricional, presentaciones en temas de salud y mucho más. No se requiere registración. Todos son bienvenidos. Para más información envíe un correo electrónico a [CommunityHealthDay2023@gmail.com](mailto:CommunityHealthDay2023@gmail.com) o visite <https://www.facebook.com/people/Morristown-Community-Health-Day/100065013214055/>

## Understanding Blood Pressure

**Tuesday, September 12, 11:00am**

Summit Public Library  
75 Maple Street, Summit, NJ

High blood pressure is very common among adults and a surprising number of people do not have it under control. Join us to learn more about your blood pressure, how it impacts your risk of heart disease and stroke, and simple ways you can protect yourself. Presented by Melanie Betancur, MPH, CPLD, CHES®, Community Health, Atlantic Health System.

## Quit Smoking Program

**Thursdays, 3:00 to 4:00pm**

**September 14 to October 19**

The Center for Recovery  
65 Newton Sparta Road, Newton NJ  
Are you thinking about or ready to quit? 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 this program. Must register and have an assessment done in advance to participate. Please call 973-886-8648 or 1-844-472-8499, option 3 to register or email [communityhealth@atlanticealth.org](mailto:communityhealth@atlanticealth.org) to the attention of Trixy T.

## Sun Safety Doesn't End With Summer

**Tuesday, September 19, 12:00pm**

Center for Healthier Living, Suite 101  
108 Bilby Road, Hackettstown, NJ

Join us in learning methods to protect your skin from the sun year-round. The discussion will include learning about the different types of skin cancers, risk factors, and treatment options. Presented by Gabriella Dumbrique, BS, Cancer Control Specialist, Rutgers Cancer Institute of New Jersey

## Atrial Fibrillation: What You Need to Know

**Tuesday, September 19, 10:00am**

Y Zone, 25 Saddle Road, Cedar Knolls, NJ  
Atrial fibrillation (AFib) is the most common irregular heart rhythm. Join us for an

overview of AFib with a focus on risk factor management and treatment options. All are welcome. Registration is not needed. Presented by Stephen Winters, MD, FACC, FHRS, Director, Cardiac Rhythm Management, Morristown Medical Center

## ¡Lo que cuenta es lo de dentro! Cómo entender las etiquetas nutricionales

**Miercoles, 20 de Septiembre**

**7:45 a 9:40am**

St. Theresa Church's Loaves and Fishes Food Pantry, 306 Morris Avenue, Summit, NJ  
Únase a Melanie Betancur, educadora en salud, para obtener información sobre recursos de vida saludables que lo ayudarán con sus elecciones nutricionales. Melanie también presentará las nuevas incorporaciones que se han hecho a la etiqueta de información nutricional y cómo entenderlas.

- 7:45am: sesión de presentación 1
- 9:00am: sesión de presentación 2

Presentado por Melanie Betancur, MPH, CPLD, CHES® Community Health, Atlantic Health System

## Falls Prevention: Significance of Balance and Fitness for Health Aging

**Thursday, September 21, 10:00am**

Randolph YMCA, 14 Dover Chester Road, Randolph, NJ

Join us to learn how to identify factors that may increase your risk of falling. An easy self-assessment tool to recognize the likelihood of falls will be included. We will also discuss things you can do to reduce your risk of falling. All are welcome. Registration is not needed. Presented by Jeannette Kern, PT, DPT, Atlantic Rehabilitation.

## Living Beyond Breast Cancer Survivorship Symposium

**Saturday, September 23**

**8:00am to 1:00pm**

Morristown Medical Center,  
Malcolm Forbes Amphitheater  
100 Madison Avenue, Morristown, NJ

This one-day event is geared to women diagnosed with breast cancer before age 45. The Survivorship Series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence and empower you to take charge of your health. Topics include early menopause, long-term effects of treatment, sex and intimacy, and self-care after breast cancer. This program is geared towards breast cancer survivors but open to all. To register, visit <https://cvent.me/XW15qG>

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

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## HYBRID (VIRTUAL AND IN-PERSON)

### My Postpartum Journey

**Friday, September 1, 10:00am**

Atlantic Health Pavilion  
First Floor Conference Room  
242 West Parkway, Pompton Plains, NJ

You are a new mom and your attention has shifted to caring for your new baby, but you also need to take care of yourself. Learn about various symptoms and experiences that are common in the postpartum phase and helpful tips to ease your transition into motherhood. We will also discuss when you should see a physical therapist. Presented by Jennifer Gentile, PT, DPT, SCS, Atlantic Rehabilitation at Paramus, Chilton Medical Center; and Amy Gargin, PT, DPT, OCS, Atlantic Rehabilitation at Paramus, Chilton Medical Center

### Relaxation Through Art for Family Caregivers

**Fridays, 12:00 to 1:30pm**

**September 22 to October 27**

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

The Thomas Glasser Caregivers Center at Overlook Medical Center is pleased to introduce a six-week hybrid course for family caregivers. Take a moment for yourself to experience the soothing benefits of creative expression. In this group you will use art to unwind, de-stress, explore emotions, and build supportive connections with other group members. All supplies will be provided for in-person participants; virtual attendees can join with simple supplies found at home. For additional information, call the Caregivers Center at 908-522-6348. Presented by Megan Tuttle, MA, Art Therapy

## 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@atlantichealth.org](mailto:overlook.parented@atlantichealth.org) or visit [atlantichealth.org/overlookparented](http://atlantichealth.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@atlantichealth.org](mailto: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](mailto:healthyaging@atlantichealth.org), or visit [atlantichealth.org](http://atlantichealth.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@atlantichealth.org](mailto:janet.lemonnier@atlantichealth.org) or 908-522-5159.

### Glasser Brain Tumor Center Caregiver Support Group

**First 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@atlantichealth.org](mailto:janet.lemonnier@atlantichealth.org) or 908-522-5159.

### 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

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.

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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.

### **Type 1 Diabetes Support Group** **3<sup>rd</sup> 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** **1<sup>st</sup> 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** **3<sup>rd</sup> 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**

**1<sup>st</sup> 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](mailto: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.

### **Chilton Diabetes Education Support Group**

**1<sup>st</sup> 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: August, October, and December from 5:00 to 6:30pm

Thursdays: September and November from 1:00 to 2:30pm

One Saturday class every month: 9/23, 10/21, 11/18, 12/16 (12/16 class is in Spanish)

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=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09MeetingID:99060362355> 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.

### **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**

### **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.

Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](https://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.

### **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**

**4<sup>th</sup> Wednesday of the month**

**4:00 to 5:00pm, In-person**

Joan Knechel Cancer Center, West Wing Conference Room, 1<sup>st</sup> 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**

**2<sup>nd</sup> Wednesday of the month**

**3:00 to 4:00pm, In-person**

Joan Knechel Cancer Center, West Wing Conference Room, 1<sup>st</sup> 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.

## **INFORMATION ABOUT THE FLU**

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting yourself and your family. Anyone can get the flu, even healthy people. There are many convenient ways to get a flu vaccine, including your primary health care provider, your employer, your local health department, or a retail pharmacy in your community. If you are enrolled with a home care agency, call to ask if they are providing flu vaccines to clients.

**For more information, visit [atlantichealth.org/flu](http://atlantichealth.org/flu)**

## **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 77 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. For more information, call 1-844-228-LUNG (5864) or visit [atlantichealth.org/lungcancerscreening](http://atlantichealth.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

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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](mailto:jbornstein@ucesc.org) or 908-895-8585.**

**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

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Visit [atlanticealth.org](http://atlanticealth.org) for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

### 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!

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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.

Llame al 1-844-472-8499, opción 2 para obtener más información y para inscribirse.