

# Community Health Events

 Atlantic Health System

November 2022

## November is Lung Cancer Awareness Month!

The best way to prevent lung cancer is to quit smoking. Atlantic Health System offers a free quit smoking program that will provide you with the tools and support you need to quit for good. Multiple groups are available, both virtual and in-person. To learn more about these groups, please call 1-844-472-8499.

Lung cancer screening can be used to detect the presence of lung cancer in people who may be at risk but aren't showing signs or symptoms. Annual screening is recommended for those aged 50 to 77 years old, who have a history of 20 pack-years or more, and are a current smoker or has quit within the last 15 years. The Lung cancer screening program is covered by Medicare and other commercial insurance companies (please check with your insurance carrier directly). Funding may be available for those who are uninsured or underinsured.

Saturday November 12 is National Lung Cancer Screening Day, and the Outpatient Imaging Centers will open their doors to expand access for Low-Dose CT Lung Cancer Screenings. To schedule an appointment call the Lung Cancer Screening program at 844-228-5864 (LUNG).

For more information on the Lung Cancer Screening program, please visit [atlanticealth.org/lungcancerscreening](http://atlanticealth.org/lungcancerscreening).

## VIRTUAL PRESENTATIONS

### It Touches Everyone: Substance Misuse & Addiction

Thursday, November 3, 6:30pm

Substance use, misuse, and addiction touches all of us. It can impact our relationships, our parenting and our work. Hear from people who have faced substance issues in real life situations and learn what to look for, how to address it, and where to go for help from a professional substance and addiction counselor. Presented by Maureen McKenzie, LPC, LCADC and Stacey Garfi.

### Diabetes Nutrition Basics

Wednesday, November 9, 11:00am

Diabetes care and management is moving at warp speed, with new medicines and technology being developed constantly. But many fundamentals haven't changed in decades, and a healthy diet is the cornerstone to good diabetes self-management. Hear a refresh on the tried-and-true steps to take for lifelong diabetes care. Presented by Barbara Galvin, a registered dietitian and Certified Diabetes Care and Education Specialist from ShopRite of Parsippany and West Caldwell.

### Mindful Caregiving Five-Part Online Series

Wednesdays, 2:00 to 3:00pm

November 2, 9, 16, 23 and 30

In honor of caregivers, The Thomas Glasser Caregivers Center at Overlook Medical Center is pleased to introduce a five-part online series to provide caregivers with mindfulness-based tools and approaches. Through this series, participants can expect to gain strength and resilience enabling them to better support their loved ones. Come join us in reducing stress and increasing happiness! For additional information, call the Caregivers Center at 908-522-6348. Preregistration required. To register, call 1-800-247-9580 or visit [atlanticealth.org/mindfulcaregiving](http://atlanticealth.org/mindfulcaregiving)

### November 2 and 30 – Mindfulness Tools

Mindfulness is bringing our awareness to the present moment and, when integrated with breathwork, is a recipe for calming and nourishing the mind and body. Combine this with the Art of Jin Shin Jyutsu Self-Help, a gentle, non-invasive, light touch, and one's stress melts away. Learn some simple and readily available tools for relaxation of the mind, and ease of the body. We will also explore how to translate these self-care tools for helping our family members to relax as well. Led by Julianne Dow, MA, JSJCP, E-RYT® 200, RYT® 500. This part will be done in two sessions.

### November 9 – Expressive Writing for Caregivers

The practice of expressive writing allows us to process our feelings from many different perspectives. Please join us for lively readings and writing prompts. Everyone has a story, and this offers you a chance to

share your story in a safe and supportive way. You do not have to be a writer or poet to participate. Led by Thomas Dooley, Poet in Residence, Overlook Medical Center

### November 9 – Music Therapy

Mindfulness through music helps caregivers relax and recharge. The purpose of the session is to reduce stress and anxiety and improve sleep. No prior musical experience is needed to benefit. Led by Daniel Marain, MSW, MT-BC

### November 9 – Mindful Movement

A body/mind workout that combines the best elements of fitness, meditation, Qigong and traditional Tai Chi. There is no routine or choreography to memorize. All you have to do is open your mind, heart and breath while following the instructor's lead. Led by Marian Teehan, MSW, LCSW.

### 2022 Diabetes Community Day

Saturday, November 12

9:00am to Noon

Topics and speakers include Technology to Better Manage Your Diabetes, led by Ray Fowlie, RN, CDCES, and Busting Diabetes Nutrition Myths, led by Elizabeth Iozzino, RD, CDCES. Presented by Atlantic Health System Diabetes Education Centers in NJ and PA.

### Atrial Fibrillation (AFib)

Tuesday, November 15, 12:00pm

Atrial fibrillation is the most common heart rhythm problem and increases a person's chances of having a stroke by about five times. Learn how you can reduce your chances of having AFib and what treatments are available to manage it. Presented by Connie Mastrangelo, MSN, RN, PCCN, SCRNP, Stroke Program Manager, Morristown Medical Center

### Protecting Your Breast Health: What You Should Know About Reducing Your Risk for Breast Cancer

Tuesday, November 15, 6:00pm

Join us to learn more about your breast health and what you can do to help prevent breast cancer and find symptoms early (when cancer is easier to treat). Presented by Lynne R. Tamburrino, APN, Atlantic Breast Associates, Morristown Medical Center.

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.

Visit the following link to register: [https://atlanticealth.zoom.us/webinar/register/WN\\_qhZxsJ40R8ChKmFo6B272Q](https://atlanticealth.zoom.us/webinar/register/WN_qhZxsJ40R8ChKmFo6B272Q). For more information, please call 973-971-5952.

## The ABCs of Diabetes

**Wednesday, November 16, 12:00pm**

Come join us to learn the basics and how to live your best life managing diabetes. Presented by Vedika Panchu-Alladin, RN, BSN, MSN, Assistant Nurse Manager, Diabetes Educator and Cathy Olmstead, MS, RDN, CDCES, BC, ADM, Diabetes Educator

## Understanding Common Geriatric Syndromes

**Wednesday, November 16, 2:00pm**

Geriatric syndromes are problems that usually have more than one cause and involve many parts of the body. Some of the examples are sleep problems, bladder control problems, falls, weight loss, delirium, and dementia. Recognizing and treating these conditions early can help maintain independence and quality of life. Join us to discuss early identification and management of these geriatric syndromes. Presented by Rani Gundavarapu, MD, Internist, Geriatrician, Palliative Care, Overlook Medical Center

## Programa Para Dejar de Fumar

**Miércoles, 3:00pm**

**16 de Noviembre al 21 de Diciembre**

Seis reuniones de grupo semanales para aprender técnicas que la ayudarán a dejar el cigarro y mantenerse sin fumar. Llame al 844-472-8499, para obtener más información e inscribirse.

## Grief and the Holidays

**Wednesday, November 16, 7:00pm**

Experiencing the holidays and special seasons without a loved one can increase the pain and sorrow that one may already go through in times of grief. Join an experienced grief counselor and others who are on this journey to acknowledge your individual experiences of grief. Consider new ways to cope during these days and discover new ideas and options to help you carry on, while remembering your loved ones through the holiday season. Hosted by Rev. Randy Parks, Chaplain at Newton Medical Center and presented by Lorri Opitz, MA, Quinlan Bereavement Center, Augusta, NY

## Living with Alzheimer's: A Three-Part Series for People with Alzheimer's

**Monday, November 7, 12:00pm**

Part 1 - Living with Alzheimer's

**Monday, November 14, 12:00pm**

Part 2 - Community Conversation

**Monday, November 21, 12:00pm**

Part 3 - Younger-Onset Alzheimer's

People living with Alzheimer's or another dementia will learn to understand the disease and its stages. Topics will cover partnering with a medical team, how to talk to others about the diagnosis, coping with change and making decisions, daily strategies and safety issues, and opportunities for supporting research. Resources for people living with early-stage Alzheimer's disease will be discussed. Presented by Robyn Kohn, MA, CDP, CMDCP, Director of Programs and Services, Alzheimer's Association of Greater NJ

## What's Changed Since I Started Driving?

**Monday, November 28, 12:00pm**

Do you know the latest New Jersey driving laws? New Jersey has adopted a number of driving laws that didn't exist when you got your license decades ago. Learn what's new and keep driving safely by staying up to date with new laws. Presented by Denis Kelleher, Program Specialist, Avenues in Motion

## IN-PERSON EVENTS

### Have A Healthy Holiday Event: Cookie Decoration Contest, Speakers Panel, and COVID-19 Vaccination Clinic

**Saturday, November 12**

**2:00 to 4:30pm**

County College of Morris Student Community Center 214 Center Grove Rd., Randolph, NJ 07869 Throw on your aprons and get cookie-n and enter our cookie decoration contest for a chance to win a gift card to the Chambers Center for Well-Being. Not much of a baker? No problem, come to vote on visually appetizing cookies decorated by your neighbors! To continue the fun, meet and learn from leading experts on how to stay healthy this holiday season or stop by our walk-in vaccine clinic. Throughout the event, we will be collecting gently used or new, unwrapped toys for our toy drive. Register here to attend: <https://www.surveymonkey.com/r/7Y5WRL6> This program is brought to you by Atlantic Health System and the Morris County Division of Public Health as part of the GET BUSY LIVING MORRIS COUNTY public health initiative.

## National Diabetes Month Presentation

**Thursday, November 17, 10:00am**

The Y Zone at Morristown YMCA 25 Saddle Road, Cedar Knolls, NJ 07927 Registration is not required for this event. Join us for an in-person presentation about nutrition and its important role in managing diabetes. Learn tips on how to celebrate the upcoming holidays in a healthy and delicious way! Presented by Barbara Galvin, RD

## 6-Week Quit Smoking Program

**Tuesdays, November 15 through December 20**

Warren County Habitat for Humanity 31 Belvidere Ave., Washington NJ 07882 or

**Mondays, November 14 through December 19**

Livingston Community Center 204 Hillside Avenue, Livingston NJ 07039

This free program will help support your efforts to quit smoking for good by providing you with the tools and resources needed. Participants will receive free nicotine replacement therapy products during the program. Must register and have an assessment done in advance to participate. Call 1-844-472-8499 for more information.

## 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."

### Glasser Brain Tumor Center Support Group

**3<sup>rd</sup> 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

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

with you. For more information, contact Janet LeMonnier, LSW, MSW, at [janet.lemonnier@atlanticealth.org](mailto:janet.lemonnier@atlanticealth.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.

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

### **Diabetes Support Group**

For more information, call 973-831-5229.

### **Ostomy Support Group of North Jersey**

For more information, call 973-831-5168 or 973-831-5303.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> Thursday of the month**

**Caregiver meeting: 1:00 to 2:00pm**

**Survivor meeting: 2:00 to 3:00pm**

For more information, call 973-971-4412.

## **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.

### **Post Cancer Treatment Group**

**1<sup>st</sup> Tuesday of the month, 12:00 to 1:30pm**

To register, call 973-971-5169.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> Thursday of the month**

**Caregiver meeting: 1:00 to 2:00pm**

**Survivor meeting: 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 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 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.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> Thursday of the month**

**Caregiver meeting: 1:00 to 2:00pm**

**Survivor meeting: 2:00 to 3:00pm**

For more information, call 973-971-4412.

## **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.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> Thursday of the month**

**Caregiver meeting: 1:00 to 2:00pm**

**Survivor meeting: 2:00 to 3:00pm**

For more information, call 973-971-4412.

## **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.

### **Atlantic Health Virtual Stroke Support Group at Morristown**

**3<sup>rd</sup> Thursday of the month**

**Caregiver meeting: 1:00 to 2:00pm**

**Survivor meeting: 2:00 to 3:00pm**

For more information, call 973-971-4412.

**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.**

## 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).

## 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.

### 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.

## 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](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).**

## 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 7:00pm  
Call 908-522-2296 for more information and to enroll.