

Community Health Events

 Atlantic Health System

Virtual Classes and Programs - January 2021

HEALTH

Are You Dreaming of a Good Night's Sleep?

Wednesday, January 6, 2:00pm

Join us to learn why sleep is important, reasons for not being able to sleep and tips on how to improve sleep. Presented by Christine Dunne, RPSGT, Atlantic Health Sleep Center

Current Tips and Trends in Diabetes Management

Tuesday, January 12, 2:00pm

Join us to learn about the new sensor technology (time in range), the new glucagon emergency pen for treatment of low blood sugar reactions, the critical times for seeking diabetes self-management education and helpful dietary tips to improve blood sugar control. Presented by Karen Donovan, MSN, RN, CDCES and Dina Hulbert, RDN CDCES

Secondary Lymphedema Following Breast Surgery

Thursday, January 14, 2:30pm

Because of the prevalence of breast cancer, treatment-related side effects are of importance to many survivors of the disease. One such side effect is upper extremity lymphedema, which occurs when fluid accumulates causes enlargement and usually a feeling of heaviness in the limb. Risk reduction has improved with new surgical techniques, as well as physical therapy. This program will discuss what is involved in reducing risk for secondary lymphedema. Presented by Linda Maimone, PT, CLT and Marisa Gough, PT, DPT, CLT, Atlantic Rehabilitation

Injury Prevention and Winter Safety at Home, on the Road and at Play

Thursday, January 19, 10:00am

The winter months exposes adults and children to hazards indoors and outdoors that may be dangerous. This presentation will highlight potential hazards for

children and adults that can be found in our homes. We will also highlight potential hazards that are common during outdoor winter activities and how we can avoid the dangers surrounding them. Presented by KJ Feury RN, APNC, CCRN, Morristown Medical Center

Increasing Cervical Cancer Awareness: What Every Women Needs to Know

Thursday, January 21, 10:00am

This program will discuss the importance of a pap test screening, explore the role of HPV in cervical dysplasia and cervical cancer, discuss HPV vaccines and review the treatments for cervical dysplasia and cervical cancer. Presented by Nana Tchabo, MD

Beneficial Effects of Exercise

Monday, January 25, 2:00pm

This presentation will discuss the effects of exercise, the importance of exercise, the different ways that it benefits the body, and strategies to incorporate exercise into daily life. Presented by Matthew Bassan, DO

NUTRITION

Eating for Energy

Friday, January 8, 11:00am

Are your energy levels decreasing by the time the afternoon comes? It might be the foods you are or are not consuming during the day! Dietitian Danielle from ShopRite of Lincoln Park will be giving us advice on what foods help with energy levels throughout the day. Presented by Danielle Buonforte, RD, ShopRite of Lincoln Park

Fast Food vs. Whole Food

Monday, January 11, 7:30pm

Join us to learn more about the disadvantages of fast food and the advantages of whole food. Presented by Morgan Siniawa, RD, ShopRite of Flanders. Visit madisonnjlibrary.org to register.

LIFE ENRICHMENT

Back in Time: Sgt. Alvin York

Thursday, January 7, 11:00am

Sgt. Alvin York was one of the most decorated United States Army soldier. He was awarded the Medal of Honor for his actions in France in World War I. Shunning publicity, he returned to his home Tennessee where he dedicated his life to creating educational opportunities for young people. Join us to learn more about Sgt. Alvin York and his accomplishments. Presented by Bob Stead.

Aging in Your Own Space: Tips for Seniors on Staying in Your Home

New Vitality

Monday, January 18, 10:00am

Aging-in-place involves being able to remain in the home of your choice, even as your needs may change. However, the decision to stay in your home requires advanced planning and not all seniors have a plan in place. Come learn about common areas of consideration when formulating an aging-in-place plan, including home modifications, assistive technology, health care services, community resources, financial concerns and legal preparations. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G

EXERCISE

Barre Method

Tuesdays, 5:30 to 6:15pm
January 19 through March 23

\$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

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580. For all inquiries regarding Community Health or to contact us, visit atlanticealth.org/communityhealth or call 1-844-472-8499.

Better Bones Beginner

Thursdays, 11:30am to 12:30pm

January 21 through March 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

January 19 through March 23; OR

Thursdays, 10:15 to 11:15am

January 21 through March 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

January 19 through March 23; OR

Thursdays, 2:00 to 3:00pm

January 21 through March 25

\$50 for each 10-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

January 18 through March 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

January 20 through March 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

January 21 through March 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

Fridays, 10:00 to 10:45am

January 22 through March 26,

\$50 for all ten weeks

Dance into shape to international rhythms. Body, mind and soul workout. Instructor: Mindy Gansley

Zumba® Gold Toning

Mondays, 11:00 to 11:45am

January 18 through March 22

\$50 for all ten weeks

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

INTEGRATED WELLNESS

Aquacise Minus H2O

Fridays, 1:30 to 2:15pm

January 22 through March 26,

\$50 for all ten weeks

Incorporates virtual water fitness movements and range of motion exercises without water in a fun and interactive way, seated or standing. Supportive shoes and a mat and/or a non-skid surface are needed. Water bottle weights, towel and noodle recommended, but not required. Instructor: Dawn Hanna-Amodio

Arthritis Exercise Program

Mondays, 1:30 to 2:15pm

January 18 to March 22

\$50 for all ten weeks

Gentle activities to help increase joint flexibility and maintain range of motion. Instructor: Dawn Hanna-Amodio

Gentle Yoga

Wednesdays, 10:30 to 11:30am

January 20 through March 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

January 19 through March 23

\$50 for all ten weeks

Integration of body, mind and breath. Will need a yoga mat. Yoga block not required but recommended. Instructor: Leigh Irwin

Intermediate Yoga

Wednesdays, 12:30 to 1:30pm

January 20 through March 24

\$50 for all ten weeks

This yoga class is for those who are comfortable with mat and standing poses. A mat is needed. Instructor: Jillian Keller

Laughter for Your Health

Fridays, 11:30 to 12:30pm

January 22 through March 26

\$50 for all ten weeks

Join our laughter session and learn life-long health benefits of HA HA, Ho Ho and HEE HEE through gentle warm-up stretching, clapping, breathing techniques and body movement. This joyful class will provide social connection and stimulate wellness, reduce stress and increase focus. Can be done seated or standing, comfortable clothes, sneakers, mat and water suggested. Instructor: Dawn Hanna-Amodio

Meditation for Mindful Well-Being

Mondays, 6:30 to 7:30pm

January 18 through March 22

\$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

Qigong

Tuesdays, 11:00am to 12:00pm

January 19 through March 23

\$50 for all ten weeks

Focus on health, wellness, increased energy and stress management while also improving mobility, flexibility, balance and coordination. Instructor: Stan Cohen

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T'ai Chi

Wednesdays, 11:00am to 12:00pm

January 20 through March 24

\$50 for all ten weeks

Gentle on the joints while improving overall fitness with a focus on mobility and balance. Instructor: Stan Cohen

T'ai Chi Chih – Beginners

Thursdays, 9:45 to 10:45am

January 21 through March 25

\$50 for all ten weeks

A series of slow, simple movements that are easy to learn and can be very helpful for balance and circulation. Moving meditation. Instructor: Steve Koblick

T'ai Chi Chih – Intermediate

Thursdays, 11:00am to 12:00pm

January 21 through March 25

\$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

Yoga – Beginner

Tuesdays, 11:30am to 12:30pm

January 19 through March 23

\$50 for all ten weeks

A small blanket and a mat are needed. Instructor: Maiga Palkaunieks

Yoga - Intermediate

Tuesdays, 10:00 to 11:00am

January 19 through March 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: Maiga Palkaunieks

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, or visit 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, call 862-260-3199, option #3 to speak with a social worker, who will add your name to the invitation.

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.

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

3rd 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.

Grief And Loss Virtual Group

2nd and 4th Tuesday of the month

1:00 to 2:00pm

Have you lost a loved one recently and are having difficulties coping? Chilton Medical Center offers a forum for you to meet with others experiencing the same grief. For more information, call 844-472-8499.

MORRISTOWN MEDICAL CENTER

Diabetes Self-Management Education Program

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

Diabetes Virtual Group

3rd 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:

3rd Thursday of the month, 1:00 to 2:00pm

Caregiver meeting:

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

All member meeting:

1st 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, all 973-960-1564.

Heart Failure Virtual Group

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

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.

Pre-registration is required for all virtual classes and programs. To register, visit atlanticealth.org/events or call 1-800-247-9580. For all inquiries regarding Community Health or to contact us, visit atlanticealth.org/communityhealth or call 1-844-472-8499.

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

2nd 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

4th 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

Guest speakers, group discussion, cooking demonstrations. For information or to register, call 908-979-8848.

Healthy Hearts Group

For people with any form of cardiac disease. To register, call 908-850-6819.

Stroke Virtual Group

4th Tuesday of the month, 5:00 to 6:00pm
For more information, call 973-579-8620.

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.

Atlantic Health System Information About The Flu

Atlantic Health System has compiled a list of community locations in our region where individuals and families can get a flu vaccine.

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. Atlantic Health System has compiled a list of community locations in our region where individuals and families can get a flu vaccine.

Visit atlanticealth.org/flu and click on “Local Flu Shot Options” to view the list of community locations.

This listing will be updated regularly as we learn of new resources.

Atlantic Health System 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.

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 - Saturday, 9:00am to 1:00pm

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 or 908-233-9317, ext. 1026.

For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at johara@sussexesc.org.