

Community Health Events



Newton Medical Center

ATLANTIC HEALTH SYSTEM

July, August, September 2016

Dinner and a Lecture Series

Registration is required.
Call 1-800-247-9580.
Dinner at 5:30pm, Lecture at 6:00pm
\$8 a person

The Benefits of Cardiac Rehab: Are you Eligible?

Monday, September 19

Speaker: Cardiac Rehabilitation Staff at Newton Medical Center
This lecture will discuss: What is Cardiac Rehab? Do you qualify for Cardiac Rehab? Your doctor has prescribed Cardiac Rehab, what to expect?

Programs

Registration is required.

Joint Replacement Education

July 6, August 3 and September 7
12:00 to 2:00pm

Learn about the joint replacement process and the Joint Program at Newton Medical Center. Certified instructors will cover all aspects of pre-surgery education from pre-surgery exercises and pain management to post-operative planning and recovery. No appointment necessary. Meets First Wednesday of every month in the Romano Conference and Education Center. For more information call 973-579-8449.

Late Stage Alzheimer's Disease: An Intensive for Caregivers

Thursdays, 6:30 to 8:30pm
Part I: September 15, Part II: September 22

This two part series will cover symptoms and care needs in the late stages, techniques for managing behaviors and maximizing safety; relationship changes and supportive services available to help with caregiving responsibilities. For information or to register, please contact Alzheimer's New Jersey at 888-280-6055

Mammograms Save Lives

The Newton Medical Center Foundation funds this program to provide mammograms for eligible women who do not have insurance coverage and are not eligible for a Mammogram through other screening programs. To find out if you qualify call 973-579-8622.

Middle Stage Alzheimer's Disease: An Intensive for Caregivers

Wednesdays, 6:30 to 8:30pm
Part I: August 17, Part II: August 24

This two part series will cover symptoms and care needs in the middle stages, techniques for managing behaviors and maximizing safety; relationship changes and supportive services available to help with caregiving responsibilities. For information or to register, please contact Alzheimer's New Jersey at 888-280-6055.

Quit Smoking Program

Tuesdays, 6:00 to 7:30pm
September 13 through October 18

In this free program, a Certified Tobacco Treatment Specialist leads six weekly group sessions to learn techniques that can help you quit and stay smoke free. Nicotine replacement products will be provided at no cost. Pre-registration is required, call 973-579-8473.

Safe Sitter® Baby Sitting Classes

July 13, August 24 and September 17
8:30am to 3:30pm

\$60 (Includes: manual and completion card).
Course includes: Care of Choking Infant/Child, Infant/Child CPR, Injury Prevention/Injury Management, Behavior Management, Safety for the Sitter, Child Care Essentials and Babysitting as a Business. Program for 11 to 14 years of age. Call 973-579-8340 to pre-register and for location.

Vascular Screening

Saturday, September 10
8:00am to 3:00pm

\$50
Are you at risk for stroke, Peripheral Arterial Disease (PAD) - blockages of the arteries in the legs, Abdominal Aortic Aneurysm (AAA) or complications of diabetes? Preventive health screenings help you and your health care provider identify diseases early, when they are easier to treat. Call 1-800-247-9580 to pre-register and for location.

Yoga for EveryBody

Mondays, 6:30 to 7:50pm
May 9 through July 11
July 18 through August 29

\$12/class drop in fee
Using a mat or chair, this class can adapt movements to your level and ability. Call 973-579-8340 to pre-register and for location.

Support Groups

Alzheimer's Dementia

Saturdays, July 23, August 27 and September 24

Designed to provide emotional and educational support for caregivers to learn more about the disease. It also provides a chance to share feelings and concerns. Call 973-579-8600 for information. Pre-register: 1-800-247-9580

Bariatric (Weight Loss) Surgery

July 5, August 2 and September 6
6:00 to 7:00pm

Receive support and encouragement in adjusting to the changes after surgery. People who are thinking about having surgery are welcome to attend. Meets the First Tuesday of every month. Call 973-579-8341 for information and location.

Better Breather's Club

July 26, August 23 and September 27
12:00 to 1:00pm

A program by the American Lung Association, support group for people with Chronic Lung Disease and their loved ones. Meets the Fourth Tuesday of every month starting in the Romano Conference Center. Call 973-579-8473 to register.

Cancer

July 28, August 25 and September 22
3:00 to 4:00pm

For those living with or affected by cancer, meets the Fourth Thursday of every month at Newton Medical Center. Call 973-579-8620 to pre-register and for meeting location.

Diabetes

August 3: "Eye Care: I Can See Clearly Now"
10:00am

This support group meets the First Wednesday of every other month at Newton Medical Center. Offering mutual support and education for adults with diabetes, including a discussion of issues and guest speakers presenting a variety of topics. Registration is required. Call 1-800-247-9580 to register and for location.

Perinatal Loss

July 12, August 9 and September 13
7:30pm

Parents who have lost an unborn child can provide each other with mutual support and encouragement. Meets the Second Tuesday of every month. Call 973-940-8140 to register and for more information and location.

Stroke

July 26, August 23 and September 27
6:00pm

Offers support and encouragement for persons recovering from a stroke. Meets the Fourth Tuesday of every month. Caregivers are welcome. Call 973-579-8620 to pre-register and for meeting location.

Behavioral Health Psychotherapy Groups

Registration is required.
Call 1-888-247-1400
For more information call 973-579-8581

Alternate Coping Skills

Tuesdays, 2:00 to 3:00pm

Using the creative arts to recover from depression and anxiety.

Co-Occurring/Substance Abuse

Tuesdays or Wednesdays, 1:00 to 2:00pm;
or Thursdays, 8:00 to 9:00pm

(16 week Program) Participants will learn skills to maintain abstinence from mood-altering substances and to manage co-occurring substance abuse and psychiatric disorders.

Coping with Anxiety

Thursdays, 1:00 to 2:00pm

Learn to manage those overwhelming feelings of fear and uneasiness with skills taught by a professional.

DBT

Mondays, 12:30 to 2:30pm, or
Tuesdays, 6:00 to 8:00pm

A social skills program to learn cognitive and behavioral skills.

DBT Skills Group for Adults

Tuesdays, 11:30am to 12:30pm

12 rotating sessions highlighting essential Dialectical Skills, must have active therapist.

Depression

Thursdays, 10:30am to Noon or
Fridays, 12:30 to 1:30pm

A therapy group to understand depression and to learn strategies to minimize the impact of depression in your life.

Depression/Anxiety Recovery

Wednesday, 11:00am to 12:00pm

Will provide coping skills, relaxation techniques and psychoeducation to manage symptoms for people suffering from depression and anxiety.

Living with Chronic Illness

Fridays, 11:00am to 12:00pm

Learning skills to manage the emotional and physical symptoms of chronic illness.

Psychotherapy

Thursdays, 6:00 to 7:00pm

Will focus on helping participants address and cope with life stressors, adjusting to change and developing healthy lifestyle behaviors.

Veteran's PTSD

Alternate Thursdays, 5:00 to 6:00pm

Participants will learn skills to manage symptoms of Post-Traumatic Stress Disorder (PTSD).

Voices

Tuesdays, 7:00 to 8:00pm

A program of self-discovery and empowerment for adolescent girls and young women. 12 week sessions, must attend from the beginning. Call 973-579-8581 if interested.

Wellness and Recovery Group

Alternate Tuesdays, 2:00 to 3:00pm

Life skills training for the chronically mentally ill in a social environment.

Women's Depression and Anxiety

Mondays, 10:15 to 11:15am

A supportive therapy group for women to discuss, explore and problem solve issues related to depression, anxiety, relationships, social security, family issues, etc.

Adult Groups

Not Currently in Session

Call 973-579-8581 if interested.

Anger Management, Distinct Voices, First Year Together, Postpartum Depression, Young Women’s Psychoeducation

Behavioral Health

Adolescent Group Programs

Registration is required.
Call 1-888-247-1400 for more information.

Adolescent DBT
Thursdays, 6:30 to 8:00pm
Next start date: September 22

Ages 14 to 17. Skills taught to teens to deal with challenges in their daily lives, as well as, regulate emotions. 12-week session, must attend from the beginning.

Maternal and Child Health

Registration is required.
Call 973-579-8340.

Breastfeeding
Wednesday, August 17, 6:30 to 9:00pm
\$40

Car Seat Inspection
Fourth Monday of every month.
10:00am to 1:00pm
Seat checks and installation are performed free of charge by Safe Kids-certified child passenger safety technicians. Located at Newton Volunteer First Aid and Rescue Squad, 68 Sussex Street, Newton. For more information, please call 973-383-3377.

Maternity Center Tours
Please call 1-800-247-9580 to register.
Wednesdays, 8:00 to 9:00pm
July 20, August 17 or September 21

Saturdays, 10:00 to 11:00am
July 23, August 20 or September 24

New Mom’s Support Group:
“First Year Together”
This group is currently not in session.
Call 973-579-8581 if interested.
A place for new mom’s to learn skills to reduce stress, connect with others and problem solve.

Newborn Parenting
Saturday, July 17, 9:30am to 2:00pm
\$40
Babies don’t come with instructions. Get ahead of the game by learning how to care for your newborn before he/she is born.

Pediatric Preoperative Preparation
Classes are held on an as needed basis.
Registration is required, call 973-579-8340.

Prepared Childbirth
Call 973-579-8340 for dates and times

Sibling Preparation
Saturday, July 17, 2:30pm to 4:00pm
\$15 per child

Programs at Sparta Health & Wellness

Registration is required.
Call 1-800-227-2345.

Breast Cancer Support Group
Second Tuesday of the month.
July 12, August 9 and September 13
6:00 to 8:00pm
The group is co-sponsored by Newton Medical Center, the American Cancer Society and the Sparta Cancer Center.

Chair Exercises for Older Adults
Wednesday, September 7, 10:00 to 11:30am
As you get older, exercise becomes important than ever. If you are managing an illness, have trouble getting around or are concerned about falling, chair exercises can get your body moving. This free class also includes a manual to do exercises at home. To register call 1-800-247-9580.

Look Good, Feel Better
Monday, July 18 or September 19
2:00 to 4:00pm
This FREE American Cancer Society program will teach women how to maintain their appearance during cancer treatments.

Programs and Screenings at Milford Health & Wellness

All Events are held at
111 East Catharine Street, Milford, PA.
Pre-registration is required.
Call 1-800-247-9580.

Assess Your Stress Level
Wednesdays, 3:00 to 5:30pm
July 20, August17 or September 21
No appointment necessary.

Diabetes Support Group
Monday, July 11, 10:00 to 11:30am
Senior Services, “What Are Your Resources?”

High School Life Skills Training
Thursdays, 3:30 to 4:45pm
July 7 through September 8
(10 sessions) Call 570-409-8484, ext. 501 for information and to register.

Joint Replacement Education -
Video Conference
Wednesdays, 12:00 to 2:00pm
July 6, August 3 or September 7

Middle School Life Skills Training
for 7-9th grades
Tuesdays, 4:15 to 5:30pm
July 5 through September 27
(13 sessions) Call 570-409-8484, ext. 501 for information and to register.

Memory Screening
Thursday, September 22, 9:30 to 11:30am
Call 1-800-247-9580 for information and to register.

“More Than Sad” for Teens
Wednesdays, 4:00 to 5:00pm
July 13, August 17 or September 14
Helps teens understand depression. Call 570-409-8484, ext. 501 for information and to register.

Parents for Prevention:
Parents Group
Thursdays, 5:15 to 6:30pm
July 21, August 18 or September 15
Learn about and share current events that affect risky behaviors in our children. Call 570-409-8484, ext. 501 for information and to register.

Parent Life Skills Training
Mondays, 5:00 to 6:15pm
July 11 through August 8
(5 sessions) Call 570-409-8484, ext. 501 for information and to register.

Savvy Caregiver
Wednesdays, 10:30am to 12:00pm
July 6 through July 27
(4 sessions) Education for caregivers of individuals experiencing memory loss. Call 570-409-8484, ext. 501 for information and to register.

Basic Life Support and First Aid

For a list of available classes and online registration, log on to:
atlanticambulance.org/newcprbls

FREE Nutrition Lectures: Sussex County YMCA, 15 Wits End Road, Hardyston, NJ
Please call 973-209-9622 to register or for more information.

July:
“What Are They Feeding Us Now?”
Wednesday, July 6 at 12:00pm
Wednesday, July 13 at 7:00pm

August:
“What Do I Need To Be Gluten Free?”
Wednesday, August 3 at 12:00pm
Wednesday, August 10 at 7:00pm

September:
“New Diets Trending”
Wednesday, September 7 at 12:00pm
Wednesday, September 14 at 7:00pm

United Way Caregivers Coalition

Caregivers, you are not alone. United Way Caregivers Coalition is a group of compassionate and dedicated caregivers and experts in caregiving issues who share a commitment in improving the lives of all caregivers.

The Coalition meets once a month in our 5 counties- Morris, North Essex, Somerset, Sussex and Warren. All are welcome!

Visit online UnitedWayNNJ.org/CaregiversCoalition or email CaregiversCoalition@UnitedWayNNJ.org”