

Community Health Events

Atlantic Health System

May 2024

May Is Mental Health Month

Did you know that your mental health is foundational to your overall well-being? Your physical health and mental health are connected, and each impacts the other. In the hectic world in which we live, prioritizing mental well-being is essential; it's also a gift we can easily offer to the world around us. Visit atlanticealth.org/grow to find resources and mental health activities for people of all ages!

May Is Women's Health Month

This is a reminder for all women to feel empowered to take care of themselves and make their health a priority. During this month, it is especially important to increase awareness on health issues such as breast, ovarian, cervical and colorectal cancer, as well as heart disease. Routine screenings and preventative care can aid in the detection and prevention of such diseases. 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 atlanticealth.org.

VIRTUAL PRESENTATIONS

Comprender la presión arterial

Jueves, 2 de mayo, 5:00pm

La presión arterial alta es muy común entre los adultos y un sorprendente número de personas no la tienen bajo control. Únase a nosotros para obtener más información sobre su presión arterial, cómo afecta su riesgo de enfermedad cardíaca y accidente cerebrovascular, y formas sencillas de protegerse. Presentado por Solangel Patarroyo, MAS, TTS, Health Educator, Community Health, Atlantic Health System. Registración es requerida. Visite https://atlanticealth.zoom.us/webinar/register/WN_nHJoyEzQSx6UsxMy5E0N3A o llame 1-844-472-8499 opción 2 para registrarse.

Programa Para Dejar de Fumar

Lunes, 6 de mayo al 17 de junio, 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. No se requiere Seguro de salud ni otra documentación. https://atlanticealth.zoom.us/meeting/register/tZUqc-mgqDgtGdWCUrR_bA-go2SZihRmBU1U

It's Ok Not to Be OK – Understanding Suicide Prevention

Tuesday, May 7, 6:00pm

Suicide is a topic that many adults are uncomfortable speaking about, but through the news, social media and discussions with their friends, our children are hearing about it more and more. Without a trusted adult to talk to, children are left with questions and misinformation surrounding suicide and other mental health issues. This presentation is designed to give participants a better understanding about the dynamics around suicide and how best to keep our kids safe. Presented by Adam Silberman, MD, Associate System Medical Director, Child and Adolescent Services, Atlantic Behavioral Health

ER, Urgent Care, or (New!) AdvancED Urgent Care? Where to Go When You Need Help Quickly

Thursday, May 9, 6:00pm

Have you, your child, or someone you care for ever been hurt or felt sick, and you didn't know if you should go to the emergency room or to urgent care? It can be confusing, but don't worry! In this presentation, we'll explore the differences between the emergency department and urgent care for all ages, from infancy to adulthood, so you'll know exactly where to go when you need help quickly. Presented by Michael Gerardi, MD, Medical Director, Atlantic AdvancED Urgent Care, Emergency Medicine and Pediatric Emergency Medicine

Parents and Coping Skills: Building Your Own Toolbox

Tuesday, May 14, 6:00pm

Join us to explore coping skills essential for navigating the challenges of parenting. We will discuss common stressors faced by parents, the impact on family dynamics, as well as the importance of developing coping strategies. Learn interactive exercises, resilience-building techniques, and practical tips for integrating these skills into your daily life. Presented by Jaclyn Bennett, LPC, and Madalynne Martone, LSW, Behavioral Health Clinicians

Living With an Ostomy

Wednesday, May 15, 12:00pm

There are approximately 725,000 to one million people in the U.S. who have an ostomy. People have ostomy surgery for a wide variety of reasons. At Atlantic Health System, we have certified ostomy nurses who can help with pre-op and post-op issues, and for years to come. Whether you are considering an ostomy or living with one, join us to learn about ostomy basics, clinics, support groups, online discussion boards and an opportunity to ask an ostomy nurse anything from nutrition to travel. Presented by Laura Doyle, RN, CWOCN, Morristown Medical Center

Are You Dreaming of a Good Night's Sleep?

Thursday, May 16, 11:00am

Join us to learn about a few of the most common sleep disorders and tips for better sleep. Presented by Alicyn Link, RPSGT, Lead Technologist for Atlantic Health Sleep Centers

The Dangers of Too Much Sun – Understanding Skin Cancer

Thursday, May 16, 1:00pm

May is Skin Cancer Awareness Month. Join us to explore how too much sun exposure can increase the risk of developing skin cancer and how to protect your skin from harmful UV rays. Learn about skin health, sun safety tips and how to enjoy the sun safely. Presented by Deveda De, MD, Resident Physician, Morristown Medical Center

Taking Care of Your Bladder

Tuesday, May 21, 12:00pm

Your bladder health matters! Join us to discuss matters of the bladder, including urinary frequency and nocturia. Learn simple lifestyle changes that may help to improve your bladder control and enjoy better, more restful nights. Presented by Andrew Chang, MD, PhD, Garden State Urology in Wayne

Exploring Pelvic Dysfunction: Urinary Incontinence and Prolapse

Wednesday, May 22, 11:00am

Discover the intricacies of pelvic dysfunction, focusing on urinary incontinence and prolapse. Uncover the causes, symptoms, and treatment options for these common conditions affecting millions worldwide. Learn about risk factors and intervention strategies,

Pre-registration is required for all classes and programs. To register, please visit [Classes and Programs](#) or call 1-800-247-9580.

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

while enhancing your understanding and support for individuals dealing with pelvic floor disorders. Presented by Shaun Adair, MD, FACOG, Division of Urogynecology and Pelvic Reconstructive Surgery, Atlantic Urogynecology Associates

The Union County Board of County Commissioners Presents: Raising Awareness About Mental Health by Breaking the Stigma and Demystifying Paths to Wellness

Thursday, May 23, 6:00pm

What is empathy? What can support look like? Join our mental health professionals and individuals, who have personal experience, as they model a support group with authentic discussion and expressions of what it's like living with mental health issues. They will share examples of supportive dialogue to increase understanding of mental health, decrease stigma and foster a community that embraces mental health. Presented by Nilda Rodriguez, LCSW/LCADC, and Christopher Fowler, CPRS, ABH, Peer Recovery Specialist

Stroke and Hypertension

Wednesday, May 29, 7:00pm

Do you know the risk factors associated with a stroke? Join us to learn how hypertension (high blood pressure) can affect your risk of a stroke, learn what to do if you or a loved one has a stroke, and how to BE FAST! Presented by Annjill Singh, MSN, RN-BC, Stroke Program Manager, Overlook Medical Center

Outdoor Activities for the Whole Family

Thursday, May 30, 7:00pm

Join experts from Atlantic Health System's Goryeb Children's Hospital for a webinar series designed to equip parents with tools and strategies needed to navigate the summer months with ease and confidence. From managing mental health to engaging in multi-sensory activities and promoting healthy eating habits our presenters will provide useful insight and practical tips to ensure a summer filled with health, joy, and well-being. Pre-registration is required. All parents, caregivers, and school personnel are welcome to attend. Presented by Heidi Meramo, MS, OTR/L PCES, Atlantic Rehabilitation Services, Atlantic Health System. To register, please visit https://atlanticealth.zoom.us/webinar/register/WN_EgP_e9kmRdiX2urMcAYP2g. For more information, please contact Candace Wu by emailing Candace.Wu@atlanticealth.org or calling 973-971-7402.

IN-PERSON PRESENTATIONS

Mediterranean Diet

Wednesday, May 8, 10:00am

Sussex County YMCA, 5 Wits End Drive, Hardyston, NJ
This heart healthy eating plan emphasizes healthy fats, whole grains, fruits, vegetables, beans, nuts, seeds and superfoods. Please call 973-209-9622 to register or for more information.

Veterans Resource and Wellness Fair

Wednesday, May 8, 4:00 to 7:00pm

Veterans of Foreign Wars (VFW) 69 Carey Avenue, Butler NJ
Connecting local veterans to services, organizations and their peers. Learn about resources available for veterans and their families. Come visit the Atlantic Health System, Chilton Medical Center table for veterans' resources, smoking cessation resources, and a balance screening. Event is free and open to all.

Am I Sleeping Ok?

Tuesday, May 14, 10:30am

Center for Healthier Living 108 Bilby Road, Suite 101, Hackettstown, NJ
Learn about sleep hygiene, the benefits of good sleep, and the impact poor sleep can have on the body. Discussion will include symptoms, different sleep disorders, and treatment options. Presented by Matthew Hewston, DO, Hackettstown Medical Center. Registration is required. To register call 908-441-1257 or email linda.denude@atlanticealth.org.

Pain Management

Wednesday, May 15, 11:00am

Highlands Presbyterian Church 3 Health Lane, Long Valley, NJ
As we grow older, managing pain becomes increasingly important for maintaining quality of life. Join us for an eye-opening presentation on pain management as we age, with a special emphasis on safe and effective alternatives to opioid pain medications. If you're a senior grappling with pain issues or a caregiver seeking solutions for a loved one, this presentation will provide valuable insights for navigating the journey toward pain relief and improved wellbeing. Presented by Cristen Mackwell, DNP, MSN, RN CMSRN, EBP-C, NPD-BC, CDP, Hackettstown and Newton medical centers. Registration is required. To register call 908-441-1257 or email linda.denude@atlanticealth.org. Lunch will be provided.

Women's Health Awareness Event

Thursday, May 16, 5:00 to 7:00pm

Newton Medical Center Romano Conference and Education Center 175 High Street, Newton NJ
Join us and learn more about breast, colorectal and cervical cancer. For women of 40 to 74 years. Guest speaker Cynthia Jones, MD. Please register for this event by calling 973-579-0570 ext. 1275 by May 9, 2024.

Evento De Concientización De La Salud en Mujeres

Jueves, Mayo 16, 5:00 – 7:00pm

Centro de conferencias y educación Romano en Newton Medical Center 175 High Street, Newton NJ
Únase a nosotros y aprenda más sobre el cáncer de mama, colorrectal y cervical. Para mujeres de 40 a 74 años. Orador invitado Cynthia Jones, MD. Regístrese para este evento llamando al 973-579-0570 ext. 1246 hasta mayo 9, 2024.

Physical Therapy for Joint Replacement

Thursday, May 23, 11:00am

Atlantic Health Pavilion, 1st Floor Conference Room 242 West Parkway, Pompton Plains, NJ
Join us to learn about the rehabilitation process and what to expect when going through a joint replacement. We will discuss the process from day one post-op through discharge and outpatient rehabilitation. Presented by Michael Petelicki, PT, and Albert Gambale, PT, DPT, TPI, Atlantic Rehabilitation. To register, please call 973-831-5175 or email communityhealth@atlanticealth.org

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.

Pre-registration is required for all classes and programs. To register, please visit [Classes and Programs](#) or call 1-800-247-9580.

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

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@atlantichhealth.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@atlantichhealth.org, or visit atlantichhealth.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@atlantichhealth.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@atlantichhealth.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 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@atlantichhealth.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@atlantichhealth.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

Pre-registration is required for all virtual classes and programs. To register, please visit [Classes and Programs](#) or call 1-800-247-9580.

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

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.

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 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.

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 908-895-8585.

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

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.

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.

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