

New **Vitality**

at Atlantic Health System | Fall 2020

Exercise Classes Page 4

Integrated Wellness Classes Page 5

Health Programs Page 6

Life Enrichment Programs Page 8

Nutrition Programs Page 10

Support Groups Page 12

9 Ways to Reduce Anxiety During Unprecedented Times Page 13

**All *New Vitality* offerings are being presented virtually.
Preregistration is required for all programs and exercise classes.**

**To register for any of these classes or programs,
visit atlanticealth.org/NVclasses or call 1-800-247-9580.**



Welcome to *New Vitality*, your source for health and wellness programs designed specifically for adults 65+, offered through Atlantic Health System.

For more information about *New Vitality*, call 1-844-472-8499 or visit atlanticealth.org/newvitality.



DEAR VALUED COMMUNITY MEMBER,

For many years, Atlantic Health System has been engaging with our local communities to provide health, wellness, and educational programs for older adults under our New Vitality program. In these unprecedented times, we believe our role and mission to build healthier communities and provide the best care to our patients and communities is more important than ever, and that we must expand how we provide support, education and programs to all in our community.

To meet this growing need and commitment, we are very excited to announce that New Vitality will be joining the AHS Population Health department, a team of nurses, licensed clinicians, social workers, health educators, and community health workers dedicated to improving lives and empowering communities through hope, health and healing. As a result, we will offer expanded programming that covers a broader set of health needs and populations. We will continue to offer specialized health and wellness programs and events across the lifespan, including adults 65 and older.

After this final issue of the New Vitality magazine, all program offerings will be available on our website, atlanticealth.org, and announced in our weekly e-mail. To learn more or sign up for our weekly e-mail, call our hotline at 1-844-472-8499. To register for events, visit atlanticealth.org/NVclasses or call our registration hotline at 1-800-247-9580.

Thank you for trusting Atlantic Health System to support your health journey. We look forward to furthering our mission of building healthy communities and hope you will continue to join us in our vision of improving lives and empowering communities.



U.S. News & World Report 2020-2021 Ratings

**MORRISTOWN
MEDICAL CENTER**
**#1 HOSPITAL IN NJ
(AGAIN!)**



**OVERLOOK
MEDICAL CENTER**
**BEST REGIONAL
HOSPITAL
(AGAIN!)**



**CHILTON
MEDICAL CENTER**
**NATIONALLY RECOGNIZED
FOR HIGH QUALITY CARE**



**NEWTON
MEDICAL CENTER**
**NATIONALLY RECOGNIZED
FOR HIGH QUALITY CARE**



EXERCISE

BARRE METHOD

Not ballet. A flowing mix of core techniques and floor work for total-body strength, length, balance, flexibility and posture. Will need a mat and 2- to 3-pound weights. Instructor: Denise Swan.

*Tuesdays, October 20 to December 15 (no class November 24), 5:30 to 6:15pm
\$40 for all eight weeks*

BETTER BONES – BEGINNER

Work your muscles to increase core strength, overall muscle tone and improve balance. Will need a mat and handheld weights. Instructor: Edie Manzo-Calvitti.

*Thursdays, October 15 to December 17 (no class November 26 and December 10), 11:30am to 12:30pm
\$40 for all eight weeks*

BETTER BONES – INTERMEDIATE

For individuals who have already completed at least two sessions of Better Bones – Beginner. Will need 1-, 2- or 3-pound handheld weights. Instructor: Edie Manzo-Calvitti.

*Tuesdays, October 20 to December 15 (no class November 24); AND/OR Thursdays, October 15 to December 17 (no class November 26 and December 10), 10:15 to 11:15am
\$40 for each eight-week class*

LITE & FIT

Light strength training, some chair exercises, no floor work. Will need a light set of handheld weights. Instructor: Mary Ann Taragano.

*Tuesdays, October 20 to December 15 (no class November 24); AND/OR Thursdays, October 22 to January 7 (no class November 26; December 10, 24 and 31), 2:00 to 3:00pm
\$40 for each eight-week class*

MUSCLES IN MOTION

Increase your core strength and overall muscle tone. Bring a mat and handheld weights. Resistance equipment provided. Will need a mat and handheld weights. Instructor: Mary Ann Taragano.

*Mondays, October 26 to December 21 (no class November 23), 4:30 to 5:30pm
\$40 for all eight weeks*

THE POWER HOUR

Promotes muscular endurance, balance and bone strengthening. Will need a set of handheld weights and a mat.

Instructor: Mary Ann Taragano.
*Wednesdays, October 21 to December 16 (no class November 25), 5:00 to 6:00pm
\$40 for all eight weeks*

WELLNESS AND PERFORMANCE EXERCISE PROGRAM

An exercise physiologist will develop a customized exercise program for you. Call 908-522-2215 for an appointment.
\$65 per month

ZUMBA FITNESS

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.

*Thursdays, October 22 to January 7 (no class November 26; December 10, 24 and 31), 5:45 to 6:45pm
\$40 for all eight weeks*

ZUMBA GOLD

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

*Fridays, October 23 to December 18 (no class November 27), 10:00 to 10:45am
\$40 for all eight weeks*

ZUMBA GOLD TONING

An easy-to-follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity. Instructor: Mindy Gansley.

*Mondays, October 19 to December 14 (no class November 23), 11:00 to 11:45am
\$40 for all eight weeks*



AQUACISE MINUS H2O

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

*Fridays, October 23 to December 18 (no class Nov. 27), 1:30 to 2:15pm
\$40 for all eight weeks*

ARTHRITIS EXERCISE PROGRAM (JOINT-FRIENDLY)

Gentle activities help increase joint flexibility and maintain range of motion. Class size is limited – register early. Instructor: Dawn Hanna-Amodio.

*Mondays, October 12 to December 7 (no class November 23), 1:30 to 2:15pm
\$40 for all eight weeks*

CHAIR YOGA

Come and learn the many ways to use a chair to help open, align, stretch and strengthen your body. Chair Yoga is a gentle practice and relaxing in part because of the heavy emphasis on breathing techniques and relaxation.

Instructor: Julie Lain-Trilling
*Tuesdays, October 20 to December 8, 1:30 to 2:30pm
\$40 for all eight weeks*

GENTLE YOGA

This gentle yoga class is for older adults. Mostly chair and standing poses, but instructor modifies class based on attendees. Instructor: Jillian Keller.

*Wednesdays, October 21 to December 9, 10:30 to 11:30am
\$40 for all eight weeks*

HATHA YOGA

Integration of body, mind and breath. Use a yoga mat. Yoga block not required but recommended.

Instructor: Leigh Irwin.
*Tuesdays, October 20 to December 8, 6:30 to 7:30pm
\$40 for all eight weeks*

INTERMEDIATE YOGA

This yoga class is for those who are comfortable with mat and standing poses. Will need a mat. Instructor: Jillian Keller.

*Wednesdays, October 21 to December 9, 12:30 to 1:30pm
\$40 for all eight weeks*

LAUGHTER FOR YOUR HEALTH

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 Hann-Amodio.

*Fridays, October 23 to December 18 (no class Nov. 27), 11:30am to 12:30pm
\$40 for all eight weeks*

MEDITATION FOR MINDFUL WELL-BEING

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.

*Mondays, October 19 to December 7, 6:30 to 7:30pm
\$40 for all eight weeks*

QIGONG

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

*Tuesdays, October 20 to December 8, 11:00am to Noon
\$40 for all eight weeks*

T'AI CHI

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

*Wednesdays, October 21 to December 16 (no class November 25), 11:00am to Noon
\$40 for all eight weeks*

TAI CHI CHIH – INTERMEDIATE

A series of simple, non-martial movements, and will introduce Seijako (advanced T'ai Chi Chih). Participants must have knowledge of the movements prior to taking this intermediate class. Instructor: Stephan Koblick.

*Thursdays, October 15 to December 17 (no class November 26 and December 10), 11:00am to Noon
\$40 for all eight weeks*

YOGA – BEGINNER

Use a small blanket and a mat for the floor. Instructor: Maiga Palkaunieks.

*Tuesdays, October 20 to December 22, 11:30am to 12:30pm
\$50 for all 10 weeks*

YOGA – INTERMEDIATE

Use three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class. Instructor: Maiga Palkaunieks. Tuesdays, October 20 to December 22, 10:00 to 11:00am \$50 for all 10 weeks

10 WARNING SIGNS OF ALZHEIMER'S

Do you know what is a typical age-related change vs something to be concerned about? This program will describe common signs of dementia, tips on how to approach someone about memory concerns, possible tests for diagnosis, and helpful Alzheimer's Association resources. Presented by Robyn Kohn, Alzheimer's Association. Friday October 23, 11:00am

ALL ABOUT IRRITABLE BOWEL SYNDROME

Don't let irritable bowel syndrome (IBS) control your life. Learn about symptoms, causes, diagnosis, triggers and treatment, and

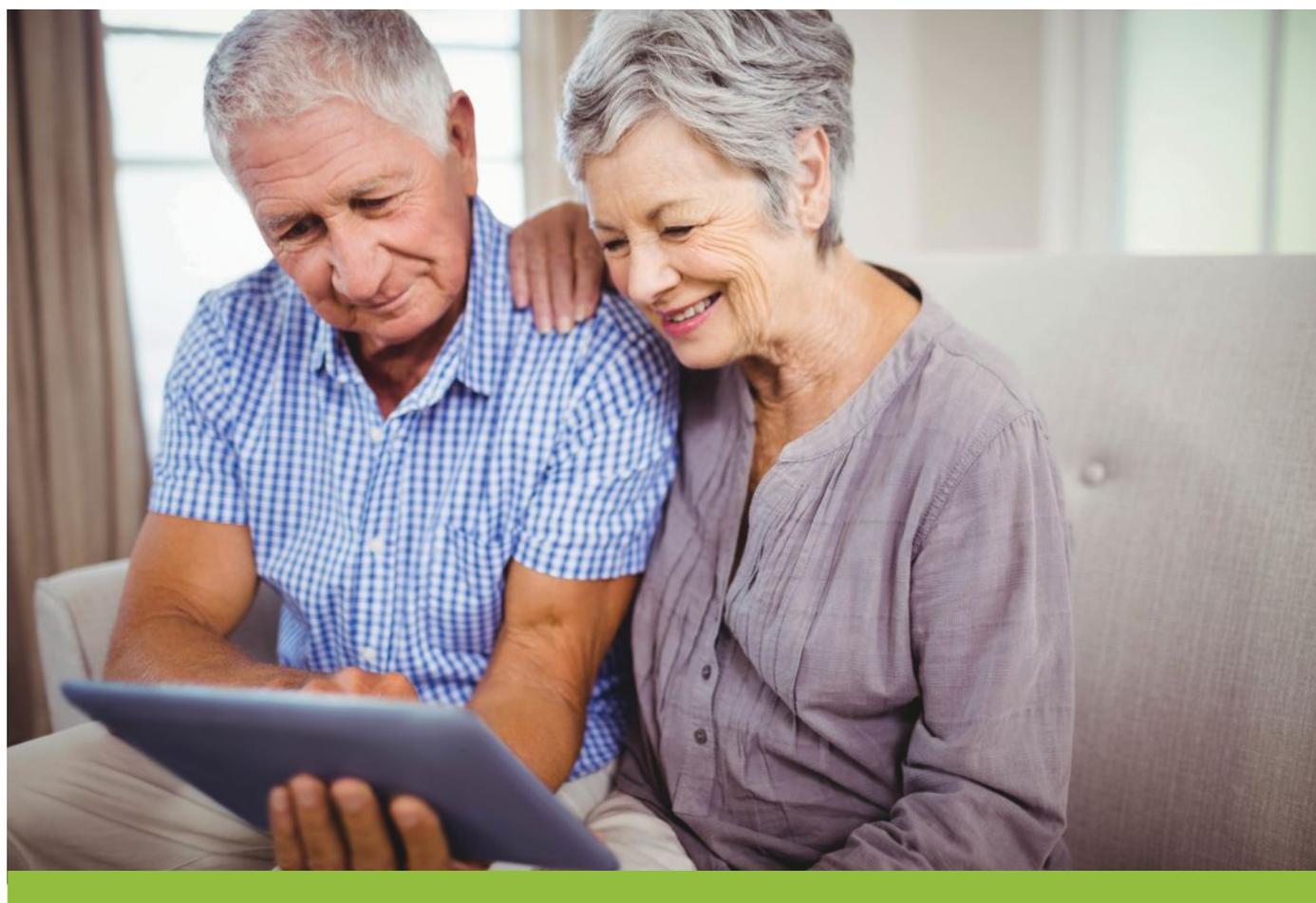
how lifestyle changes may help to better control this chronic condition. Presented by David Pinn, MD.

Wednesday, November 4, 2:00pm

COLON HEALTH UPDATE

Lower your risk of colon cancer by learning how to keep your colon healthy, and also about symptoms, screenings and the latest treatment options. Presented by Jonathon Stillman, MD.

Wednesday, December 9, 10:00am



DIABETES AND COVID-19: WHAT YOU NEED TO KNOW

Latest clinical research has demonstrated that people with diabetes have a higher risk of developing more severe symptoms and complications if they acquire COVID-19. This educational program will discuss the impact of diabetes on COVID-19, best prevention strategies, the latest research, how to properly manage blood sugars and much more. Presented by Bridget E. Jones, MSN, BA, RN, CDE.

Friday, November 13, 11:00am

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Self-care is non-negotiable. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life. Presenter will provide strategies to age well in the following areas: cognitive activity, social engagement, nutrition and physical health. Presented by Robyn Kohn, Alzheimer's Association.

Friday, October 30, 2:00pm

KNOWING HOW TO BE FAST WHEN IT COMES TO STROKE

Join us for a discussion about stroke awareness and how to act when encountering someone who may be having a stroke. In addition, learn about the signs and symptoms and risk factors of stroke and how to lower your risk. Presented by Erin Crum, BSN, RN, EMT, SCRN, ASC-BC.

Wednesday, November 18, 7:00pm

NO BONES ABOUT IT

Osteoporosis affects around one in four women and one in 20 men over the age of 65. Come learn the basics surrounding causes, diagnosis and prevention, and find out what's new

in treatment. Presented by Janet Bartov, MD.

Friday, November 6, 2:00pm

HEALTHY HEARING

Hearing changes can occur as we age. Join us for a talk with audiologist, AnnLisa Cantatore, on how hearing effects our health, what changes are normal, and what steps you can take to ensure you are hearing clearly.

Wednesday, October 28, 11:00am

STANDING TALL AGAINST FALLS

This community education program will address the issues of fall prevention and provide action steps older adults can take to reduce their fall risk. Instruction on the problem of falls in older adults, risks and consequences, and the role of a healthy lifestyle in preventing falls will be discussed. Presented by Diane Friedberg, Senior Program Development Specialist.

Monday, October 26, 9:30am

STRETCHING FOR FUNCTIONAL LIVING

Learn some simple range-of-motion stretches that can help maintain your mobility to achieve your functional activities at home. Come ready to participate in comfortable loose clothing. Presented by Marguerite Maloney, PTA.

Thursday, November 19, 11:30am

TAME THE PAIN

Learn the risks of prescription opioid use and the array of evidence-based, opioid-free pain management options for older adults. This program will help to reduce or discontinue opioid use by teaching healthy skills and alternatives such as physical therapy

and yoga. Learn the skills to ensure healthier aging while managing your pain. Presented by NewBridge Services.

Wednesday, October 28, 10:00am

THYROID NODULES AND THYROID CANCER

Thyroid nodules are a common problem. It is 10 times more common in older adults. Most thyroid nodules are benign, but some are malignant. Learn how thyroid nodules and thyroid cancer are diagnosed and managed. Presented by Sameer Stas, MD.

Wednesday, November 11, 1:00pm

TOTAL KNEE AND HIP REPLACEMENT

Learn why total knee and total hip replacements are needed and the process of determining candidates for surgery. Also, expectations from the day you decide to have a total joint replacement through rehabilitation will be discussed. Presented by Robyn Gilyard, MS, RN, ONC, Nurse Navigator.

Tuesday, November 3, 9:30am

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. The Alzheimer's Association has created an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. Presented by Robyn Kohn, MA, CDP, Director of Programs and Services, Alzheimer's Association.

Friday, November 20, 10:00am

WHAT'S NEW IN BREAST HEALTH

Are you wondering what new treatments and research is available? According to the CDC, breast cancer is the second leading cause of cancer death for women in the United States. Come learn what factors and genetics can increase risk in men and women, different tools for screening and diagnosis, common misconceptions about treatments and much more. Presented by Bonni Guerin, MD, and Rebecca Yang, MD.
Thursday, October 29, 1:00pm

WALK WITH A DOC

With many in-person Walk with a Doc events around the world being postponed, the team has decided to start hosting virtual WWAD events so that you can remain active and socially connected, even during a period of physical distancing. There are several options for viewing, so visit walkwithadoc.org for more information.

WELLNESS INITIATIVE FOR SENIORS (WISE)

This six-week program, open to adults 55+, will discuss safe use of medications, how to communicate with your healthcare provider, how to make healthy lifestyle choices, and alternate approaches to pain management. Please note registration is on a first come first serve basis and only those who have not previously attended are eligible. Funding for this program is provided by New Jersey Department of Mental Health and Addiction Services. To register or for more information, contact Catherine at (908) 747-1143 or email catherine@centerforprevention.org. Presented by Catherine Apostol, CHES, Center for Prevention & Counseling.
Tuesdays, October 6 to November 10, 1:00-3:00pm

ALPHABET SOUP OF MEDICARE

Join us for a program that will break down the parts and plans of essential and comprehensive health care coverage, as well as resources for free unbiased assistance. Presented by Terri Seibert.
Friday, October 16, 11:00am

THE AMERICAN POSTCARD

Postcards have been with us since the time of George Eastman. They've gradually been replaced by emails and texts, but they were our country's first social media. Enjoy a trip down memory lane as we look at examples of what was meant by the once-common phrase "Drop me a postal." Presented by Jim DelGiudice.
Friday, October 30, 10:00am

THE ART OF ORIGAMI

Tired of crossword puzzles and sudoku? Try origami, the art of paperfolding. No previous experience needed. Presented by Deanna Kwan.
Thursday, November 12, 1:00pm

BACK IN TIME: TRINITY TEST

Code name "Trinity," the first atomic bomb was detonated on the morning of July 16, 1945, ushering in the atomic age. The top-secret test site was situated in a remote area of the White Sands Bombing Range in New Mexico, where the final assembly of the device was completed along with numerous test and measurement sites near ground zero. The successful test enabled the second weapon to be



dropped on Nagasaki, Japan, on August 9, 1945. Presented by Bob Stead.

*Thursday, November 12, 10:30am OR
Wednesday, November 18, 1:30pm*

BE SAFE, BE AWARE, BE SEEN

Being a pedestrian in today's distracted world requires everyone, especially older adults, to be alert, aware and easily visible by motorists. This informative program shares potentially lifesaving tips to stay safe wherever you walk year-round. Presented by Denis Kelleher, TransOptions.

Monday, November 16, 11:30am

CHUCKLES, CHORTLES AND GIGGLES: THE BENEFIT OF LAUGHTER FOR SENIORS

Whether it was a medium-sized chuckle or a full-belly guffaw, chances are your last good laugh helped lift your spirits. Did you know that humor can help you feel better and live longer? Come enjoy a few giggles and learn about the physical and mental health benefits of laughter. Presented by Rebecca Abenante, LCSW.

Friday, December 4, 10:00am

EMBRACING AGING

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 to others. Join us to learn how you can find your own path to aging well and those resources available to help along the way. Presented by Rebecca Abenante, MSW, LCSW.

Wednesday, November 4, 1:30pm

GRATITUDE AND YOU – PERFECT TOGETHER

Join us to explore the benefits of gratitude and how to live your best life. Presented by Jean Marie Rosone, LCSW.

Wednesday, November 18, 2:00pm

HOW TO KEEP DRIVING LONGER AND SAFELY

Remaining independent for as long as possible, for most, means continuing to drive. This presentation gives you practical tips to keep driving safely and longer. Learn about driving options to try now. Presented by Denis Kelleher, TransOptions.

Wednesday, November 18, 1:00pm

LIVING WITH GRIEF

This 4-week lecture series will explore the normal, natural and unavoidable reactions to loss. Participants will gain a deeper understanding of the effect grief has on our lives, our loved ones and our relationships. Presented by Cecelia Clayton, MPH.

*Tuesdays, October 6 to October 27,
7:00pm*

MEDICARE – TIPS AND TRAPS

Join us to learn how to avoid expenses that you expect Medicare to pay, and it doesn't. Presented by The Warren County Division of Aging.

Tuesday, October 13, 11:00am

NEW JERSEY: THE PERSONALITY STATE

The Garden State's most famous, notorious and unlikely characters come from right next door: actors, actresses, authors, legislators,

philanthropists, even ghosts. In 1999, everyone was making millennial lists about books and movies. Photojournalist Jim DelGiudice began collecting people and has not stopped adding to his list yet. Presented by Jim DelGiudice.
Friday, November 13, 10:00am

TEA AND TALK: ASSISTIVE ADAPTIVE DEVICES AND MODIFICATIONS

Sip some tea (or coffee) and enjoy an educational program. This program will focus on how adaptive devices such as walkers, canes and more can make life a little easier and be beneficial in maintaining mobility and independence. A portion of this program will be presented by Back Home Safely, a company that provides modifications in and out of the home. Presented by Yvonne Diedwardo, Atlantic Health System Physical Therapist.

Tuesday, November 10, 1:00pm

VETERANS DAY: WE HONOR THOSE WHO SERVED

Join us for a program honoring veterans among us who have served, regardless of time or branch. The proxy wars of Vietnam, Korea, America at War in WWII, Pearl Harbor, The Battle of the Bulge and the heroic flag raisers of Iwo Jima will be discussed. The presenter will also touch upon benefits available to veterans. Presented by Dr. James P. Kane.

Wednesday, November 11, 10:00am

BOOSTING YOUR IMMUNITY DURING THE WINTER MONTHS

Sticking to a healthy diet can help maintain your immune system to better protect you against winter illnesses. Learn how certain nutrients build immunity, how the GI tract impacts immunity and how to boost it, and what you can do to fend off illness during the winter months. Recipes included. Presented by Megan Scutti, MS, RD.
Wednesday, November 18, 10:00am

BUILDING BETTER BONES: NUTRITION FOR BONE HEALTH

Join us for a presentation focused on clearing up confusion about the best diet and supplements to support bone health and the most important nutrients to include as we age. Recipes will be provided. Presented by Danielle Buonforte, RD.
Thursday, October 29, 7:00pm

CARBS VS. SUGAR

Join us to learn about the differences between carbs and sugar, good carbs and bad carbs, and how to read the food label correctly.

*Presented by Tara Gerke, RD,
Monday, November 2, 1:00pm OR
Presented by Kelsey Pezzuti, RD, MS,
Thursday, November 12, 11:00am.*

CHOLESTEROL AND YOUR HEALTH

Are you curious about what your cholesterol levels mean? Join us to learn more about the lifestyle modifications you can make to positively impact your cholesterol. Presented by Heather Shasa, MS, RD.
Wednesday, December 2, 10:00am

FAST FOODS VS. WHOLE FOODS

Fast foods may be convenient, but they are missing some essential nutrients and have too much of another. Join to learn more about fast foods vs. whole foods. Presented by Leigh B. Kramer, MS, RDN, CDE.

Monday, November 30, 11:00am

FOODS THAT BOOST YOUR IMMUNE SYSTEM

The flu season is coming shortly and considering the recent experience with the coronavirus, join us for a discussion about foods to keep our immune system in tip-top shape. Presented by Cathy Olmstead, MS, RD, CDE, BC, ADM.

Friday, November 6, 2:00pm

GUIDE TO YOUR GUT

The bacteria that live in your digestive tract can affect your well-being from head to toe, so it pays to nourish them. Learn what your gut is really telling you and discover which foods may combat bloating, gas and other digestive woes. Presented by Natalie Gillett, MS, RD.

Friday, November 6, 10:00am

THE NEW NUTRITION FACTS LABEL 2020

That old nutrition label is getting a long-overdue makeover for 2020. Learn about the new changes and how they will help you to make healthier and more informed dietary choices. Presented by Danielle Buonforte, RD.

Wednesday, October 28, 2:00pm

PLANT-BASED EATING: WHAT TO EAT AND WHAT TO AVOID

With plant-based foods as the new trend in healthy eating, is it all that it's touted to be? Learn which plant-based foods boost your health and which might be doing more harm than good. Presented by Natalie Gillett, MS, RD.

Friday, December 11, 10:00am

SEASONAL EATING: FRESH FALL PICKS

Each season has its set of delicious favorites. Join us in learning what seasonal produce is best in fall, important nutrition tips and easy ways to prepare or incorporate these into recipes you're sure to love. Presented by Monica Hansen, RD.
Wednesday, October 28, 1:00pm





DID YOU KNOW ...

Skilled Health Care Services Are Available at Home

When hospitalization isn't necessary for you or your loved one, Atlantic Private Care services can meet your needs – **safely at home.**

One of our highly trained home care specialized licensed professionals, usually a registered nurse (RN) or physical therapist, who are bonded, secured and pre-screened, will carry out an assessment, consult with you and your physician and develop a plan of care that's right for you.

Our services include:

- › Private duty nursing in your home
- › RN or LPN visits
- › Live-in Certified Home Health Aide services
- › Certified Home Health Aide services to assist you in personal care and activities of daily living
- › Physical therapy
- › Wound care
- › Post-surgical support



Atlantic Private Care is licensed by the state of New Jersey and meets all the guidelines and regulations set forth by the Division of Consumer Affairs. In addition, we have successfully completed accreditation surveys by the Commission on Accreditation for Home Care.

For more information, or to start your customized plan of care, please call 973-540-9000 and a home care specialist will assist you.

See a Provider Online With a secure telehealth visit, you can consult with an experienced provider who can help diagnose, manage and treat certain conditions or symptoms, all from the comfort of your home, 24/7. Telehealth can help determine if on-site emergency treatment is needed. **Visit atlantichealth.org/telehealth**

APC-41292-20



Atlantic Private Care
Affiliated with
Atlantic Health System

200 Mt. Airy Road
Basking Ridge, NJ 07920

Support Groups

HEALTHY AGING PROGRAM AT ATLANTIC HEALTH SYSTEM

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 us online at atlantichhealth.org, keyword "senior services."

Chilton Medical Center

ARTHRITIS SUPPORT GROUP

Monthly group held virtually - for link information, call 1-844-472-8499.

BEREAVEMENT SUPPORT GROUP

Funded by Chilton Medical Center Auxiliary. For more information, call 1-844-472-8499.

CANCER SUPPORT 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 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.

Morristown Medical Center

CAREGIVER CAFÉ

The Café is a time and place for caregivers to gather, unwind and connect with one another. Program is offered by the United Way Caregivers Coalition. For dates and to register, call 973-993-1160, ext. 534.

CAREGIVER EDUCATION SERIES

Monthly group meetings to discuss issues related to caregiving. For more information, call Rebecca at 973-971-5839.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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

MALE CAREGIVER SUPPORT GROUP

For more information, call Peter at 973-214-1572 or Alzheimer's NJ at 1-888-280-6055.

STROKE SUPPORT GROUP AND STROKE CAREGIVERS MEETING

For more information, call 973-971-4412 or email gayle.walker-cillo@atlantichhealth.org.

YOUNGER-ONSET ALZHEIMER'S SUPPORT 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

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.

OSTOMY SUPPORT GROUP

Supported by the Union County Chapter of the OAA. For more information, call 908-522-0552.

PAIN SUPPORT GROUP

For those affected with chronic pain. For more information, call 908-665-1988.

STROKE SUPPORT GROUP

For more information and to register, call 1-800-247-9580.

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 SUPPORT GROUP

For those living with or affected by cancer, meets every month. To preregister and for meeting location, call 973-579-8620.

DIABETES SUPPORT 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.

MS SELF-HELP GROUP OF SUSSEX COUNTY

For more information, call 973-440-0103 or email tammyquesius@gmail.com.

STROKE SUPPORT GROUP

Offers support for persons recovering from a stroke. For information and to preregister, 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 SUPPORT 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.

MS SELF-HELP GROUP OF WARREN COUNTY

For more information, call Cynthia at 908-645-3802 or Michele at 908-727-3542.

9 WAYS TO REDUCE ANXIETY DURING UNPRECEDENTED TIMES

Staying calm during challenging times such as the novel coronavirus (COVID-19) pandemic is not easy, but it's possible



REDUCE YOUR STRESS WITH THESE NINE TIPS:

- 1 MEET YOUR BASIC NEEDS.** Create a new daily schedule. Prioritize healthy eating. Hydrate regularly. Aim for seven to nine hours of sleep per night. "A new routine will help ease the chaos," Dr. Bolo says.
- 2 PRIORITIZE YOUR HEALTH.** Manage any current medical conditions. It will help you feel better and will offer greater protection if you get sick. Avoid alcohol or drugs, which can heighten anxiety.
- 3 STAY INTENTIONALLY CALM.** An occasional outburst is OK. But staying composed most of the time will benefit you and others. Free apps like Calm and Headspace have brief meditation exercises to help you self-soothe.
- 4 GET OUTDOORS.** Walk, hike, bike or jog.
- 5 BE KIND TO YOURSELF.** "You're probably already doing a good job under this very stressful situation, so give yourself a pat on the back," Dr. Bolo says.
- 6 CONNECT WITH OTHERS.** Use online messaging and video apps to talk with family members and friends. Host virtual game nights or family dinners.
- 7 USE UPLIFTING WORDS.** Remind loved ones you appreciate them. "Reassuring language soothes unsettled feelings," Dr. Bolo says.
- 8 LIMIT MEDIA EXPOSURE.** Stay informed with reputable media sources but take screen breaks so every "breaking news" banner does not create stress.
- 9 GET CREATIVE.** "Any major crisis is an opportunity for creativity," Dr. Bolo says. Turn hand-washing into a 20-second "spa" for your hands. Create a pandemic playlist on Spotify or other streaming services. ▲



"Having some fear and anxiety over coronavirus is perfectly normal. But if anxiety begins to impede your ability to care for yourself or others, it's a problem," says Peter Bolo, MD, Interim Medical Director, Atlantic Behavioral Health; Chairman of Psychiatry, Overlook Medical Center; and Resiliency Advocate, Atlantic Health System.

WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?

With a secure telehealth visit, you can consult with an experienced Atlantic Health physician from anywhere.



When you're traveling or on vacation

You can't take time off from work

You have kids at home and don't want to take them all to the doctor

It's difficult to get to the doctor's office

You live in an area with limited access to health care

You need a prescription refilled (when appropriate)

You aren't sure whether you should go to urgent care or wait until your doctor's office reopens

You don't feel well enough to leave the house

It's after hours, the weekend, or a holiday

Annual Wellness Visits

Why Online Visits?

- It's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are.

Common Conditions Treated

- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting

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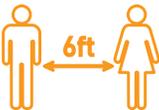
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ACTIONS WE ARE TAKING TO KEEP YOU SAFE

| | | |
|---|--|--|
|  <p>Clean, protected environments: All public areas are cleaned throughout the day, every day with hospital-grade disinfectant. All patient rooms, patient care areas and equipment are thoroughly cleaned between patients.</p> |  <p>Facemasks: Everyone must wear a facemask at all times.</p> |  <p>Hand sanitizer: Hand sanitizer is readily available.</p> |
|  <p>Emergency departments: EDs have been reconfigured to optimize safety.</p> |  <p>Temperature checks: All patients and team members are screened for COVID-19 symptoms prior to entering the hospital or office.</p> |  <p>Social distancing: Observed throughout the hospital, except as needed in treatment areas for care delivery.</p> |
|  <p>No wait times and express check-in: In many offices and departments, patients can wait in their cars, complete check-in procedures using a cell phone, and are escorted right to the exam room/treatment area when ready.</p> |  <p>Express checkout: Patients are discharged immediately, when possible. An after-visit summary will be sent digitally to your MyChart account.</p> |  <p>Limited Visitors: To see the latest information, visit atlantichhealth.org/visitor.</p> |

Feel free to call your health care professional with any questions or concerns. We are here for you.