

# Community Health Events

Atlantic Health System

November 2023

## November Is Lung Cancer Awareness Month!

The best way to prevent lung cancer is to quit smoking. Atlantic Health System offers a free quit smoking program that will provide you with the tools and support you need to quit for good. Multiple groups are available, both virtual and in-person. To learn more about these groups, please call 1-844-472-8499 and choose option 3. Lung cancer screening can be used to detect the presence of lung cancer in people who may be at risk but aren't showing signs or symptoms. Annual screening is recommended for those aged 50 to 77 years old, who have a history of 20 pack-years or more and are a current smoker or have quit within the last 15 years. The lung cancer screening program is covered by Medicare and other commercial insurance companies (please check with your insurance carrier directly).

Saturday, November 11, is National Lung Cancer Screening Day, and the outpatient imaging centers will open their doors to expand access for low-dose CT lung cancer screenings. To schedule an appointment, call the lung cancer screening program at 1-844-228-5864 (LUNG). For more information on the Lung Cancer Screening program, please visit [atlanticealth.org/lungcancerscreening](https://atlanticealth.org/lungcancerscreening).

## VIRTUAL PRESENTATIONS

### Diabetes Recognition and Prevention

**Friday, November 10, 11:00am**

Join us to learn about signs and symptoms of diabetes and associated complications. The discussion will focus on lifestyle modifications such as dietary changes and exercise that can be implemented to reduce the risk of complications of

diabetes. Presented by Kristi Salverson, MSN, APN, CDCES, CBN, CMSRN, Assistant Nurse Manager, Overlook Medical Center. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_MpScADHVRXGPjeqbMfdRDA](https://atlanticealth.zoom.us/webinar/register/WN_MpScADHVRXGPjeqbMfdRDA)

### Gluten Sensitivity and Celiac Disease

**Monday, November 13, 10:00am**

Join us as we discuss the definition and differences between gluten sensitivity and celiac disease. Discussion will include examples of foods to avoid and alternative food replacement ideas. Presented by Evelyn Minolfo, MS, RDN, ShopRite of Parsippany and West Caldwell, NJ. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_JLwxT2SyQbi6mMT5SYZunw](https://atlanticealth.zoom.us/webinar/register/WN_JLwxT2SyQbi6mMT5SYZunw)

### Breathing Easier: The Basics of Smoking-Related Illnesses and Secondhand Smoke

**Tuesday, November 14, 11:00am**

Join us to learn about the dangers of cigarette smoking and how it can affect your health. Presented by Monica Gilles, MAS, RRT, NCTTP, Community Cancer Control Specialist, Rutgers Cancer Institute of New Jersey. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_zbye9t0iQ7q1uHcnltsKFw](https://atlanticealth.zoom.us/webinar/register/WN_zbye9t0iQ7q1uHcnltsKFw)

### The Relationship Between Stroke and Diabetes

**Tuesday, November 14, 1:00pm**

Stroke and diabetes are both health challenges on their own, but what is their connection? Join us to learn about the increased risk of stroke for those with diabetes and possible overall health effects. Presented by Lorrie Koonz, BSN, RN, CEN, EMT, Stroke Program Manager, Hackettstown Medical Center and Annjill Singh, BSN, RN-BC, Stroke Program Manager, Overlook Medical Center. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_f2WBNkcGRIWsj9bC-1GNGA](https://atlanticealth.zoom.us/webinar/register/WN_f2WBNkcGRIWsj9bC-1GNGA)

### Understanding Alzheimer's and Dementia

**Wednesday, November 15, 12:00pm**

In honor of Alzheimer's Awareness Month, join us to learn about the differences between Alzheimer's and dementia. Discussion will include the difference stages, risk factors, research, and FDA-approved treatments. Presented by the Alzheimer's Association. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_f-zXbMc5TQ2xeqZzug08MQ](https://atlanticealth.zoom.us/webinar/register/WN_f-zXbMc5TQ2xeqZzug08MQ)

### Cancer de Pulmon: Avances en detección y tratamientos

**Jueves, noviembre 16, 6:00pm**

Únase a nosotros cuando abordemos la detección del cáncer de pulmón y los beneficios para la comunidad latina. También analizaremos la tecnología y los procedimientos mínimamente invasivos que se realizan quirúrgicamente para el tratamiento y la recuperación. Presentado por el Dr. Federico Armando Steiner, Cirujía torácica, Atlantic Health System. Visite [https://atlanticealth.zoom.us/webinar/register/WN\\_INR6DWIwREq5KsW9JUapwQ](https://atlanticealth.zoom.us/webinar/register/WN_INR6DWIwREq5KsW9JUapwQ) o llame al 1-844-472-8499, opción 2, para registrarse.

### Do You Know the Difference between IBD and IBS?

**Tuesday, November 21, 10:00am**

Join us to learn about inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). Discussion will review the basic details of these disorders including hallmark symptoms and how these conditions are managed. Presented by Ari Young, MD, Atlantic Medical Group Gastroenterology. To register, visit [https://atlanticealth.zoom.us/webinar/register/WN\\_oBjaYxIcSLWh5BIRfF5QjQ](https://atlanticealth.zoom.us/webinar/register/WN_oBjaYxIcSLWh5BIRfF5QjQ)

### Caregiver Health: Finding a Balance

**Thursday, November 30, 12:00pm**

Caring for an aging loved one doesn't come with an instruction manual and every caregiver's experience is different. What most caregivers have in common is that they're so focused on others' needs, they aren't good at taking care of themselves. Learn how to take better care of yourself, find balance in your life and gain available

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

resources. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G, Healthy Aging Coordinator. To register, visit [https://atlantichhealth.zoom.us/webinar/register/WN\\_9OKuCoohSxm1O1TQT9b5Dw](https://atlantichhealth.zoom.us/webinar/register/WN_9OKuCoohSxm1O1TQT9b5Dw)

## IN-PERSON PRESENTATIONS

### Current Trends in Diabetes Management

**Wednesday November 1, 10:00am**

Atlantic Health Pavilion  
1st Floor Conference Room  
242 West Parkway, Pompton Plains NJ  
November is National Diabetes Awareness Month. Join us for a presentation given by Sarah Khan, MD, an endocrinologist with Atlantic Health System. Controlling blood sugar is a key component to preventing the serious complications associated with diabetes. Dr. Khan will discuss current diabetes management strategies to achieve good blood sugar control. Presented by Sarah Kahn, MD. To register call 973-831-5229 or email [dina.hulbert@atlantichhealth.org](mailto:dina.hulbert@atlantichhealth.org).

### The ABCs of Diabetes and What Nutrition Has to Do With It!

**Friday, November 3, 2:30pm**

Warren Habitat for Humanity Community Center, 31 Belvidere Avenue, Washington, NJ  
Join us to learn how to stop the progression of prediabetes. We will also discuss ways to control diabetes and how to become a food detective. Presented by Julia Davidson, MS, RDN, and Samantha Peterson, RN, BS, CDCES, Diabetes and Nutrition Center, Hackettstown Medical Center. No registration is required.

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

**Monday, November 6, 11:00am**

Somerset County Senior Wellness Center  
872 East Main Street, Bridgewater, NJ  
Aging-in-place involves being able to remain in the home of your choice, even as your needs may change. However, this decision 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, Healthy Aging Coordinator. Open to those 60 and older registered at the Somerset County Senior Wellness Centers.

### The Connection Between Diabetes and Heart Disease

**Thursday, November 9, 8:00pm**

Atlantic Health Pavilion,  
1st Floor Conference Room  
242 West Parkway, Pompton Plains, NJ

Join us for a presentation given by Cardiology Associates of Atlantic Health System. Cardiovascular disease is the leading cause of death for people with diabetes. Adults with diabetes have a two to four times increased cardiovascular risk compared to people without diabetes. This program will explore how to reduce the risk of this serious complication as well as treatment options that are available. Presented by the Cardiology Associates, Atlantic Health System. For registration or additional information, call 973-831-5229 and provide your full name and contact phone number.

### Balanced Meal Planning for Blood Sugar Management

**Monday, November 13, 10:30am**

Summit YMCA, 67 Maple Street, Summit, NJ  
Join us to discover the world of macronutrients! Learn to identify these vital nutrients in various food groups and understand their impact on blood sugar levels. Gain insights into how simple carbohydrates can spike blood sugar and explore how to plan balanced meals to maintain healthy blood sugar levels. Presented by Lia Ferranti, RD, CDCES, Certified Diabetes Care and Education Specialist. Registration is required. To register, visit <https://www.thesay.org/> AtlanticHealthLecture

### Flu vs. Cold: Antibiotics Won't Work for You

**Tuesday, November 14, 2:00pm**

Warren County Library, Northeast Branch  
40 Route 46, Hackettstown, NJ  
The common cold and influenza (flu) are both contagious respiratory illnesses, caused by different viruses. While they share many common symptoms, there are key differences. Join us to learn more about the flu and what you can do to help prevent its spread this cold and flu season. Presented by Linda DeNude, MPH, CHES, Health Educator, Community Health, Atlantic Health System. Registration is required. To register please call the library at 908-818-1280 or register online at <https://warrenlib.libnet.info/event/9196435>

### 2023 Diabetes Community Day

**Wednesday, November 15**

**7:00pm to 9:00pm**

Atlantic Health Pavilion  
1st Floor Conference Room  
242 West Parkway, Pompton Plains, NJ

Topics include "Technology to Better Manage Your Diabetes" presented by Tonya Mogahey, RN, CDCES, and "Busting Diabetes Nutrition Myths" presented by Dina Hulbert, RD, CDCES. To register call 973-831-5229 or email [dina.hulbert@atlantichhealth.org](mailto:dina.hulbert@atlantichhealth.org)

## HYBRID (VIRTUAL AND IN-PERSON)

### Grief and the Holidays Seminar

**Wednesday, November 14**

**6:30pm to 8:00pm**

Newton Medical Center, Romano Center  
175 High Street, Newton, NJ  
Experiencing the holidays and special seasons without a loved one can increase the pain and sorrow that one may already go through in times of grief. Join an experienced grief counselor and others who are on this journey to acknowledge your individual experiences. Learn new ways to cope and discover new ideas and options to help you carry on, while remembering your loved ones. Presented by Lorri Opitz, MA, Bereavement Director, Quinlan Bereavement Center. Pre-registration is required. Virtual registration, visit [https://atlantichhealth.zoom.us/webinar/register/WN\\_LCtFSThoTI6SQM3c1brAdg](https://atlantichhealth.zoom.us/webinar/register/WN_LCtFSThoTI6SQM3c1brAdg)  
In-person registration, call 908-522-2844 or email [raul.cadavid@atlantichhealth.org](mailto:raul.cadavid@atlantichhealth.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@atlantichhealth.org](mailto:overlook.parented@atlantichhealth.org) or visit [atlantichhealth.org/overlookparented](https://atlantichhealth.org/overlookparented)

Pre-registration is required for all classes and programs. To register call 1-800-247-9580.

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

## Chronic Pain Support Group

1<sup>st</sup> 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. 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](mailto: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](mailto:healthyaging@atlantichhealth.org), or visit [atlantichhealth.org](http://atlantichhealth.org), keyword "senior services."

## Glasser Brain Tumor Center Support Group

3<sup>rd</sup> Thursday of the month  
5:00 to 6:00pm, Virtual via Zoom

This group offers a safe space to share your thoughts and feelings with others who understand your experience. The group also includes presentations by experts with advice on a variety of topics and an "ask us anything" segment where your questions are fielded by a doctor and nurse practitioner. One family member or friend is invited to participate with you. For more information, contact Janet LeMonnier, LSW, MSW, at [janet.lemonnier@atlantichhealth.org](mailto:janet.lemonnier@atlantichhealth.org) or 908-522-5159.

## Glasser Brain Tumor Center Caregiver Support Group

1<sup>st</sup> 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](mailto: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

2<sup>nd</sup> 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

2<sup>nd</sup> 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

3<sup>rd</sup> 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](mailto:ahs.strokesupport@atlantichhealth.org).

## Stroke Caregivers Support Group

3<sup>rd</sup> 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](mailto:ahs.strokesupport@atlantichhealth.org).

## Type 1 Diabetes Support Group

3<sup>rd</sup> 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

1<sup>st</sup> Tuesday of every other month,  
12:00pm: January, March, May, July,  
September, and November  
6:00pm: February, April, June, August,  
October, and December

Pre-registration is required for all virtual classes and programs. To register, visit [atlantichhealth.org/events](http://atlantichhealth.org/events) or call 1-800-247-9580.

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



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 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** 3<sup>rd</sup> 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**

1<sup>st</sup> 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](mailto: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**

1<sup>st</sup> 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: August, October, and December from 5:00 to 6:30pm
- Thursdays: September and November from 1:00 to 2:30pm
- One Saturday class every month: 11/18, 12/16 (12/16 class is in Spanish)

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.

### **Post Cancer Treatment Group**

1<sup>st</sup> Tuesday of the month, 12:00 to 1:30pm  
To register, call 973-971-5169.

## **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.

Pre-registration is required for all virtual classes and programs. To register, visit [atlanticealth.org/events](http://atlanticealth.org/events) or call 1-800-247-9580.

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

## **Cancer Caregiver Connections**

**4<sup>th</sup> Wednesday of the month**

**4:00 to 5:00pm, In-person**

Joan Knechel Cancer Center, West Wing Conference Room, 1<sup>st</sup> 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**

**2<sup>nd</sup> Wednesday of the month**

**3:00 to 4:00pm, In-person**

Joan Knechel Cancer Center, West Wing Conference Room, 1<sup>st</sup> 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.

## **INFORMATION ABOUT THE FLU**

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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](http://atlantichealth.org/flu)**

## **LUNG CANCER SCREENING PROGRAM**

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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](http://atlantichealth.org/lungcancerscreening).

## **ATLANTIC BEHAVIORAL HEALTH ACCESS CENTER**

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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

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Atlantic Health System is proud to partner with Project SEARCH at Overlook Medical Center and Newton Medical Center.

Project SEARCH is now accepting referrals and applications for the class of 2024. Project SEARCH provides intensive job skills training to high school students ages 18-21 with disabilities through fully immersive internship programs at Overlook Medical Center and Newton Medical Center. Interns will graduate ready for competitive employment in an integrated setting.

**For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at [jbornstein@ucesc.org](mailto:jbornstein@ucesc.org) or 908-895-8585.**

**For more information on Project SEARCH at Newton Medical Center, contact John O'Hara at [johara@sussexesc.org](mailto:johara@sussexesc.org).**

## INFORMATION ABOUT COVID-19

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Visit [atlanticealth.org](http://atlanticealth.org) for great information about Atlantic Health System's response to COVID-19. Know how to protect yourself, the signs and symptoms of the virus, what to do if you are sick, as well as resources and the latest updates on visitor policies, elective procedures and events.

### Register for COVID-19 Vaccine Appointment

Atlantic Health System invites community members to schedule an appointment for the COVID-19 vaccine by visiting [atlanticealth.org/covidvaccine](http://atlanticealth.org/covidvaccine). You'll be asked a series of questions about the patient's eligibility. Then, you'll pick a date and time and provide the patient's information. Be sure to enter an email or mobile phone number to receive an appointment confirmation.

## VIRTUAL QUIT SMOKING PROGRAM: IT'S NOT QUITTING, IT'S LIVING!

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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.