

Community Health Events

Atlantic Health System

September 2024

September is Prostate Cancer Awareness Month and Ovarian Cancer Awareness Month

Prostate cancer is the most common cancer among men after skin cancer. The good news is that it can often be treated successfully if detected early. Routine screening and preventative care help detect and prevent not only this type of cancer but all types. Screenings save lives, but only if people get screened. Reach out to your health care provider to go over screening options.

Ovarian cancer is one of the leading causes of cancer-related death in American women, and that can be attributed to the fact that early stages of ovarian cancer have no symptoms. When symptoms do appear, they can be confused with other conditions' symptoms. Knowing the early signs of cancer can lead to life-saving treatment. If you need a provider, call 1-800-247-9580 or visit atlanticealth.org/cancerhides. For more information about cancer screening services for people without insurance, call 973-971-5952.

VIRTUAL PRESENTATIONS

Información general para deja de fumar

Cada lunes, a las 11:00am

¿Quiere dejar de fumar? ¡Le pondemos ayudar!

Reúnase con una especialista de dejar de fumar para infórmese de las opciones disponibles para usted. ¡La especialista está disponible por Zoom, cada lunes a las 11:00am y las reuniones son gratis!

No se requiere seguro médico ni otra documentación para participar. Reunión Virtual de Zoom.

Número de identificación para ingresar a la reunión de Zoom: 846 1670 1188. Código de acceso: 397398. Para obtener más información, llame al 1-844-472-8499, opción número 2, o mande un correo electrónico a Communityhealth@atlanticealth.org.

Prostate Health Awareness Series: What Every Man Needs to Know

Tuesday, September 10, 12:00pm

September is Prostate Cancer Awareness Month. Join us for a presentation and discussion about what you need to know about prostate cancer. Topics include anatomy, physiology, screening, diagnosis, and treatment. Presented by Naeem Rahman, MD, medical director, Atlantic Medical Group Urology and Joseph Weiner, MD, attending physician, cofounder of the Prostate Cancer Multidisciplinary and Second Opinion Clinic, Overlook Medical Center, Department of Radiation Oncology, Carol G. Simon Cancer Center.

Atrial Fibrillation (A-Fib)

Tuesday, September 17, 12:00pm

Atrial fibrillation (A-Fib) is the most common heart rhythm problem and increases a person's chances of having a stroke by about five times. Learn how you can reduce your chances of having A-Fib and what treatments are available to manage it. Presented by Connie Mastrangelo, MSN, RN, PCCN, SCRN, ASC-BC, stroke program manager, Morristown Medical Center.

Hope and Healing: Approaches to Suicide Prevention in Older Adults

Tuesday, September 17, 3:00pm

This presentation addresses the critical issue of suicide among older adults, a demographic often overlooked in mental health discussions. We will explore the unique risk factors contributing to late-life suicide, including physical health challenges, social isolation, and psychological distress. Join us to gain valuable insights into identifying warning signs, providing compassionate support, implementing proactive measures to safeguard the mental wellbeing of our aging population, and promoting hope, dignity, and a better understanding of mental health needs. Presented by Brittney Boykin, MD, board-certified geriatric psychiatrist at Morristown Medical Center.

Advances in Diagnosis and Management of Atrial Fibrillation

Wednesday, September 18, 2:00pm

Join us for an overview of atrial fibrillation (A-Fib), followed by a discussion of new tools for diagnosis, including advances in cardiac monitoring and in the treatment of A-Fib. Presented by Jonathan S. Sussman, MD, director, Atrial Fibrillation Intervention Program, Morristown Medical Center.

My Loved One Needs Mental Health Care... Where Do I Start? Where Do I Go for Help?

Thursday, September 19, 12:00pm

Have you ever felt confused about where to go if you have questions about mental health, substance misuse, or addiction concerns for yourself or a loved one? You are not alone! Learn from experts about: 9-8-8: What happens when I call a hotline for help? From Mary Claire Givelber, executive director, Caring Contact. Psychiatric Emergency Services by Karen Santangelo, LSW crisis coordinator, Morristown Medical Center. Behavioral Health Access and Assessment Center by Joseph Stricker, MD, psychiatrist and Vincent Maixner, LCSW, coordinator, and Levels of Care and Community Resources by Paul Burns, LPC coordinator, Psychiatric Emergency Screening Services, Newton Medical Center, and Hackettstown Medical Center.

Prostate Health Awareness Series: Eating for Prostate Health

Thursday, September 19, 1:00pm

Join our oncology dietitians to learn about diet and lifestyle changes that may help to reduce your risk of prostate cancer or cancer recurrence. We will discuss foods to increase in your diet as well as those you can limit to improve prostate health. You will also learn about realistic changes you can make to adopt a more plant-based diet. Presented by Nicole Stawicki, MS, RD, CNSC, outpatient oncology dietitian at Hackettstown Medical Center and Johannah Sakimura, MS, RD, CSO, Outpatient Oncology.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



Taking Charge of Your Ovarian Health

Friday, September 20, 1:00pm

Join us to discuss ovarian health and cancer symptoms, risk factors, and the importance of early detection. Learn to recognize potential warning signs, understand treatment options, and how to take proactive steps in the fight against this disease. Farah Yassine, MD, MS-c, ambulatory chief medical resident, Department of Internal Medicine, Morristown Medical Center.

Get Ready to Quit

Thursday, September 26, 10:00am

This presentation is geared toward adults who are smokers and would like information on how to quit.

Highlights include:

- Discussion of the stages of quitting tobacco products
- Tips on how to stay motivated and smoke-free at every stage
- Necessary steps to be successful in one's journey
- Treatment and quitting resources available to people in New Jersey

Presented by Rayza Michelen, health educator, The Cooperative.

Prostate Health Awareness Series: Sexual Health and Fitness with a Diagnosis of Prostate Cancer

Monday, September 30, 12:00pm

Prostate cancer treatments can significantly affect men's sexual function. This talk will shed light on these adverse effects and explore ways to enhance sexual function in men. We will discuss recommended exercises for managing symptoms like urinary incontinence and other related issues, as well as indications that may require specific treatments. Presented by Joseph M. Caputo, MD, urologist, Atlantic Medical Group Urology and Diana Thibault, PT, DPT, Atlantic Rehabilitation.

IN-PERSON PRESENTATIONS

Healing your Grieving Heart

Tuesdays, 2:00 – 3:30pm

September 3 through October 8

Caregivers Conference Room
Overlook Medical Center

99 Beauvoir Avenue, Summit, NJ 07901
The Carol G. Simon Cancer Center and The Thomas Glasser Caregivers Center at Overlook Medical Center are sponsoring a bereavement support group for those who have experienced a recent death of a spouse or partner within the last year. The purpose of this group is to provide a safe environment where one can share their feelings and experiences and explore ways of coping with the death. The group is led by professionals trained in grief-related issues and is held weekly for six weeks in a welcoming environment. You are not alone. Find strength in others as you share your experiences together. The group is free, but registration is required. For more information, please contact: Maggie Brady, MSW, LCSW, OSW-C, oncology social worker, 908-522-5255 or Marian Teehan, MSW, LCSW, coordinator, 908-522-6348.

Creativity for the Family Caregiver

Wednesdays, 2:00 - 3:30pm

September 4 through October 9

Thomas Glasser Caregivers Center –
Overlook Medical Center

99 Beauvoir Avenue, Summit, NJ 07901
These creative workshops are tailored to provide family caregivers the tools to relax and recharge through the creative arts. We will come together and learn therapeutic ways to care for ourselves by exploring collaging, expressive writing, movement, and music. Space is limited and registration is required. Please call Marian Teehan, MSW, LCSW at 908-522-6347 or Thomas Dooley, MFA, at 908-522-2894 to register.

Am I Sleeping Okay?

Thursday, September 5, 1:30pm

West Milford Township Library Rooms 6 and 7
1470 Union Valley Road

West Milford, NJ 07480

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, pulmonology and sleep medicine specialist. Registration is required. To register, go to westmilford.org, click on the

Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for 2024 Senior Programs. If you need assistance, call the Recreation Office at 973-728-2871.

Herbs and Medicine in Our Kitchen

Wednesday, September 11, 10:00am

Sussex County YMCA

15 Wits End Drive, Hardyston, NJ

Simple herbs in our kitchen can enhance general health and wellbeing. Please call 973-209-9622 to register or for more information.

28th Annual Community Health Day in Morristown

Saturday, September 14

9:00am – 1:00pm

Hyatt Regency Hotel at Headquarters Plaza
3 Speedwell Avenue, Morristown, NJ 07960

The Morristown Community Health Day Steering Committee presents Community Health Day! Join us to celebrate a day of wellness. Atlantic Health System, in collaboration with our community partners, will offer free health screenings, resources for all ages, youth activities, senior services, nutrition information, health presentations, and much more. For more information, please email CommunityHealthDay2024@gmail.com.

Dia De La Salud Comunitaria

Sabado, septiembre 14, 2024

9:00am – 1:00pm

Hyatt Regency Hotel at Headquarters Plaza
3 Speedwell Avenue, Morristown, NJ 07960

¡El Comité Directivo del Día de la Salud Comunitaria de Morristown presenta el Día de la Salud Comunitaria! Únete a nosotros para celebrar un día de bienestar. Atlantic Health System, en colaboración con nuestros socios comunitarios, ofrecerá exámenes de salud gratuitos, recursos para todas las edades, actividades para jóvenes, servicios para personas mayores, información nutricional, presentaciones de salud y mucho más. Para obtener más información, envíe un correo electrónico a CommunityHealthDay2024@gmail.com.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlanticealth.org or call 1-844-472-8499, opt #3.



Fall Prevention: What Physical Therapy Can Do for You

Thursday, September 19, 11:00am

Butler Senior Community - Community Room
9 Ace Road, Butler, NJ 07405

Did you know that your eyes and ears play a role in your ability to balance and avoid falls? Join us to learn about who is at risk for falls, how to prevent them, and how physical therapy can help. Presented by Christian Marquez, PT, DPT, physical therapist, Atlantic Rehabilitation, Chilton Medical Center. Prior to the program, public health nurse Maureen Weller will be available to do a blood pressure check for those interested.

Registration is required. To register, call Ashley at 973-831-5175 or email ashleynicole.lucyk@atlanticealth.org.

Atrial Fibrillation: What You Need to Know

Tuesday, September 24, 12:00pm

Morris Township Municipal Building
50 Woodland Avenue
Morris Township, NJ 07960

Atrial fibrillation (AFib) is the most common irregular heart rhythm. Join us for an overview of AFib with a focus on risk factor management and treatment options. Presented by Stephen Winters, MD, FACC, FHRSb, director, Cardiac Rhythm Management, Morristown Medical Center. Please call 973-326-7371 to register or for more information.

Living With Grief

Wednesdays, 6:00 - 7:30pm

September 25 through October 16

Dining Room Conference Room -
Hackettstown Medical Center
651 Grove Street, Hackettstown, NJ 07840

A four-week lecture series that explores the normal, natural, and unavoidable reactions to loss. Participants will gain a deeper understanding of the effects grief has on our lives, loved ones, and relationships. Presented by Cecelia Clayton, MPH. Please arrive by 5:45pm; dinner boxes will be available. To register, please call 908-522-2844 or email raul.cadavid@atlanticealth.org.

SUPPORT GROUPS

Breastfeeding Support Group

Mondays (in-person)

Tuesdays (virtual)

10:00am to 12:00pm

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; a valuable resource for 'son to be' and new parents to assist in their breastfeeding journey. 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. 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 after-effects of COVID-19. For more information, call 973-579-8573 or email jennifer.carpinteri@atlanticealth.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@atlanticealth.org, or visit atlanticealth.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@atlanticealth.org or 908-522-5159.

Glasser Brain Tumor Center Caregiver Support Group

1st Thursday of the month

5:00 to 6:00pm (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@atlanticealth.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.

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No se requiere seguro médico ni otra

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

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documentación para participar. Reunión Virtual de Zoom. Número de identificación para ingresar a la reunión de Zoom: 846 1670 1188. Código de acceso: 397398. Para obtener más información, llame al 1-844-472-8499, opción número 2, o mande un correo electrónico a Communityhealth@atlantichealth.org.

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@atlantichealth.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@atlantichealth.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 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@atlantichealth.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

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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:

- 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.

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To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

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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 80 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. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit atlantichealth.org/lungcancerscreening.

INFORMATION ABOUT COVID-19

Visit atlantichealth.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 atlantichealth.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.

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 908-233-9317, ext. 1026.

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

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.
Call 1-844-472-8499, option 2 for more information or to enroll.

Pre-registration is required for all virtual classes and programs.

To register, please visit [Classes and Programs](#), call 1-800-247-9580 or scan the QR code.

To contact Community Health, email communityhealth@atlantichealth.org or call 1-844-472-8499, opt #3.

