



Union County Committee Meeting

VIA ZOOM Time: 10 AM –11 AM

August 23, 2023

Attendance: Maureen M Cianci (NJHC President), Melanie Betancur (AHS), Marconi Gapas (Union HD), Melissa Hart (PMCH Northern NJ), Amiee Puluso, (HO, Lindon BOH), Akeera Weathers (CFBNJ), Andrea Rodriguez (Zufall Health, Somerville), Beatriz Pachas (AHS), Michelle Jansen (RU, NJ Kids Study), Monica Legerme (PMCH Northern NJ), Rachel Niemczyk (GFWYMCA), Dee Perez (PROCEED), Siclali Flores (Crossroads for Hoopes),

Agenda

10:00 – 10:10	<u>Welcome and Introductions</u> Name and agency <i>Please put your contact info, programs and services in the chat. We will save the chat info and include in the Meeting Minutes.</i>	Marconi Gapas, Melanie Betancur, Co-Chairs
10:10-10:20	<u>NJHC Updates</u> Executive Committee Positions Open President, Treasurer, Secretary Future of the Collaborative In order to keep the North Jersey Health Collaborative going, we need partners to step up for leadership roles and more members to become funding partners. If this does not happen, the NJHC will fulfill our obligation to our current funding partners, we will maintain the collaborative until the end of 2023, and the website and associated data will be available until June of 2024. Group Discussion: Michelle Jansen: I just wanted to ask if there have been any applications for Foundation Victoria? ->No. Michelle Jansen: Team, I'm happy to help write grants for the NJHC to seek funding for the collaborative to continue and a big hug and congrats to Daniel! Marconi Gapas: I'd like to have Maureen attend our UC Health Officer Meeting and speak about the Collaborative and see where our other health departments are.	Maureen Cianci, President of the Board
10:20-10:30	<u>Union County Community Health Updates</u> Union County Subcommittees:	Daniel Wikstrom, Administrator

	<p>There is sufficient partner interest to host subcommittees on all topics in Union County. However, we need partners to volunteer to lead these subcommittees or they will not run. Please let us know if you are willing to take on this role.</p> <p>Union Community Health Improvement Plan</p> <p>The CHIP Implementation Form is a way for the NJHC to measure the collective impact of the 78 partners who contributed their services to our 2022 Union CHIP. Collective Impact will be measured on Union County's Progress Tracker.</p> <p>Union Community Health Needs Assessment</p> <p>The NJHC worked with 10 interns from Rutgers, TCNJ, and STEU this Summer to collect data on 198 health indicators in Union County Community Health from our webpage and other trusted sources with a focus on identifying health disparities by location and demographic groups (age, sex, race/ethnicity).</p>	
10:30-11:00	<p>Resource Sharing, Needs and Leads</p> <p>Partners share agency and program information, upcoming events, unmet needs and more!</p> <p>Dee Perez: Our year is ending, we will continue to offer utility assistance however will no longer be offering water assistance in the future. I'll put my contact information in the chat.</p> <p>Siclali Flores: I go out into the community and provide cancer education, screening education and referrals, encourage healthier behaviors, nutrition events with food boxes. If you have any members you would like to refer to I'll put my information in the chat.</p> <p>Rachel Niemczyk: General health and wellness, housing, childcare, swimming lessons, family services, LiveStrong (exercise program for cancer survivors)</p> <p>Monica Legerme: We have a quarterly meeting coming up soon, I'll put the flyer in the chat. We also have a questionnaire for our Union County Residents that I will put in the chat. Feel free to contact me if you have any questions.</p> <p>Michelle Jansen: Brand new research study here at RU, goal is to reduce chronic diseases in children. Pilot study starting in October- looking for pregnant women in their first trimester. Study is fully remote, 18 months, and total compensation for participation can be up to \$580</p> <p>Andrea Rodriguez: GY and OB services, our Somerville location does not. We have a CEED location in Union County, we go by family size and income. We do behavioral health services for adults and children including referrals.</p> <p>Akeera Weathers: Resource Access Manager (CFBNJ) – provides services to 15 NJ counties.</p> <p>Beatriz Pachas: Currently working on our September Community Health Calendar – provides in-person and virtual services for community members to join. We are starting a Spanish smoking cessation group. We have two presentations in Spanish for blood pressure and understanding food labels.</p> <p>Aimee Puluso: If you can imagine it, and it is related to public health, we do it. Environmental health, public health nursing, housing, lead hazard evaluation program. Health fair will be on Saturday October 15th, still have vendor tables</p>	<p>Marconi Gapas, Melanie Betancur, Co-Chairs</p>

	<p>available. We also provide vision screenings, blood pressure screenings, low cost men's women's cancer screenings, skin cancer screening and education.</p> <p>Marconi Gapas: Aimee summarized what we do, we have a number of divisions. We have a particular importance on lead screening. We are having our senior event at our senior center – flu shots – on the 13th of September. Other than that we are a full service health department as well.</p>	
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Chat:

Aimee Puluso:

Good morning. Aimee Puluso, Health Officer, City of Linden Board of Health.

Rachel Niemczyk:

Good Morning! Rachel Niemczyk, The Gateway Family YMCA. Staying off camera due to internet challenges.

Marconi Gapas:

Marconi Gapas, Health Officer Township of Union (covering Borough of Kenilworth and Twp. of Springfield).

Beatriz Pachas:

Beatriz Pachas, Program Manager for Community Health at Atlantic Health System. Please feel free to contact me at Beatriz.pachas@atlantichealth.org

Michelle Jansen:

Michelle Jansen, Rutgers University, Program Manager for the New Jersey Kids Study - Michelle.Jansen@rutgers.edu

Akeera Weathers:

I apologize, I neglected to mention this is also my first meeting. My name is Akeera Weathers. I am the Resource Access Manager at the Community Foodbank of NJ. The resource access team provides direct/indirect SNAP services to neighbors in need. I oversee partnership within Union, Essex, Somerset and Morris County; as well as assist in Passaic County.

Melanie Betancur:

Melanie Betancur, Health Educator for Community Health at Overlook Medical Center and I am the co chair of the Union County Committee here for NJHC (melanie.betancur@atlantichealth.org)

Akeera Weathers:

Please feel free to contact me at: aweathers@cfnj.org

Dee Perez:

Dee Perez, Program Supervisor, PROCEED, Inc, Elizabeth, NJ. This is my first meeting as well.

Michelle Jansen:

Team, I'm happy to help write grants for the NJHC to seek funding for the collaborative to continue and a big hug and congrats to Daniel!

Melisa Hart:

HPV Presentation for community at tonight at 5 PM. Please view the flyer for registration details and please share with anyone who might be interested ! Thank you

Aimee Puluso:

Our next meeting is September 19th

Maureen I will forward you the meeting link.

Daniel Wikstrom, NJHC:

daniel@njhealthmatters.org

https://columbiangwu.co1.qualtrics.com/jfe/form/SV_9ZF3M1ASQ5gXYbA

<https://www.njhealthmatters.org/tiles/index/display?alias=ProgressTrackerUnion>

Dee Perez:

Dee Perez, dperez@proceedinc.com

Rachel Niemczyk:

This is the flyer for our LIVESTRONG program that is starting this fall if it's helpful for anyone.

Siclali Flores:

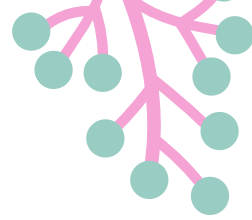
Siclali Flores, Bilingual Outreach Coordinador, Crossroads4Hope- A Network of Cancer Support, sflores@crossroads4hope.org.

Monica Legerme:

Monica Legerme (Union County Community Alignment Specialist): Partnership for Maternal and Child Health of Northern New Jersey - mlegerme@pmch.org (973) 262-0875

Cassandra Viega:

Cassandra Depina-Veiga, Lead Nurse Case Manager/Public Health Nurse Providing Lead Screenings throughout Union County (908) 577-7233



Union County Community Advisory Board Meeting

Share your thoughts and suggestions in an effort to help us better serve the community!

Friday, September 29th 1:00 PM

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZlpfuqtqD8jG9HI1Gb_v77xsdCRfEBd20z4

For more information about the CAB, please contact:

Erika Jaramillo-Soria : Ejaramillosoria@pmch.org : 201-876-8900

NEXT CAB MEETING DATE: December 2023

All families who participate the CAB meeting will be entered in a raffle for a \$25 gift card.



Connecting NJ of Union County is a program of the Partnership for Maternal and Child Health of Northern New Jersey and is funded by the Department of Health.

Condado de Union Junta de Consejo de la Comunidad

Por favor, únase a nosotros en nuestra próxima reunión y comparta sus ideas y sugerencias en un esfuerzo para ayudar a servir mejor a la comunidad!

Viernes, 29 de septiembre 1:00 PM

Utilice el siguiente enlace para registrarse en la reunión:

https://us02web.zoom.us/meeting/register/tZUsduCqrjlsG9FWn_IBRGcNuA6vExttJjfc

Para más información sobre el CAB, comuníquese con:

Erika Jaramillo-Soria: Ejaramillosoria@pmch.org : 201-876-8900

FECHA DE LA PRÓXIMA REUNIÓN DE LA JUNTA DE CONSEJO DE LA
COMUNIDAD DE BERGEN: DICIEMBRE 2023

Tendremos un sorteo de una tarjeta de regalo de \$25 para todas las familias que participen de la reunión



Community Health Questionnaire

The Partnership for Maternal and Child Health of Northern New Jersey wants to hear from you! The purpose of this survey is to get your feedback on the health services you receive from your county. All entries are anonymous. Please answer all questions to the best of your abilities.

Scan Here!



Cuestionario de Salud Comunitaria

¡La Asociación para la Salud Materna e Infantil del Norte de Nueva Jersey quiere saber de usted! El propósito de este cuestionario es para obtener su opinión sobre los servicios de salud que usted recibe en su condado. Todas las entradas son anónimas. Responda todas las preguntas lo mejor que pueda.

¡Escanea aquí!





Human papillomavirus (HPV) Vaccine is Cancer Prevention: Healthcare Professionals Guide to Speaking to Families About HPV

This program will highlight the prevalence of HPV-related cancers and describe current HPV coverage rates in New Jersey. The basics of the HPV vaccine will be presented, along with reasons why parents are hesitant to vaccinate their children against HPV. This program will provide communication strategies to recommend the HPV vaccine and walk through how to utilize New Jersey Immunization Information System (NJIS) tools to increase clinics' HPV vaccination rates.

Presenters: Yareni Sime, MPH, Public Health Program Coordinator, and Teresa Rowe, MPH, NJIS Recruiter/Trainer of the Partnership for Maternal and Child Health of Northern New Jersey.

Target Audience: Nurses, physicians, and other healthcare professionals

Learning Outcome: After attending this program, participants will report intent to include the information presented into professional practice.

Continuing Nursing Education Contact Hours: This program has been awarded 1.0 contact hours.

The Partnership for Maternal and Child Health of Northern New Jersey is approved as a provider of nursing continuing professional development by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P194-3/2024

Approval status does not imply endorsement by the Partnership for Maternal and Child Health of Northern New Jersey, NJSNA or by ANCC of any commercial products discussed/displayed in conjunction with the educational activity.

Successful Completion: To receive contact hours for attending the live continuing education program, the registrant must sign in for the program, attend the entire presentation (as defined by at least 80%), and complete and submit an evaluation. A certificate of completion will be distributed within one week of the live program.

Disclosure/Commercial Support: The planners and speaker do not have any conflicts of interest to report for this activity. There is no commercial support for this activity.

Cost: This program is free.

Join us: Click [here](#) or scan the code to join via Microsoft Teams

Questions? Visit [our website](#) or contact Yareni Sime at ysime@pmch.org



LIVESTRONG®

FOUNDATION



STAY STRONG LIVESTRONG

WELLNESS CENTER BRANCH

1000 Galloping Hill Road
Union, NJ 07083

1-2PM

Tuesday, October 3rd to
Thursday, December 21st

QUESTIONS?

Contact Jodi Pelano at
jpelano@tgfymca.org

THE GATEWAY FAMILY YMCA
www.tgfymca.org/events

Quit Smoking Program

Virtual and In-Person Classes



It's Not Quitting, It's Living!

What are the benefits of quitting?

- Breathe easier
- Improve your health
- Save money
- Have more energy
- Control your life

How we can help:

- We will give you the tools and support you need to quit for good!
- Meet with others who are quitting to share success and challenges.

What to expect from this FREE program:

- An individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist.
- Nicotine replacement products will be provided at no cost to you and/or a recommendation for medication to help you quit.
- Six weekly group meetings to learn techniques that can help you quit and stay smoke free.

Individuals who use any of the following products are eligible for this program:

- Cigarettes
- Cigars
- Smokeless Tobacco (chew, dip, snuff, snus)
- Pipes
- E-cigs/vapes
- Waterpipes (hookah, shisha)

Programs may be available in-person or virtually. You must register and have a smoking assessment done before starting a program.

Newton Medical Center
Thursdays, 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, 10:00 to 11:00am

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

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

**Additional dates and times may be available.
Call 844-472-8499 for more information.**



**Atlantic
Health System**

PULM-46407-23
AH30321 (07/23)

Smoking Cessation Resources

Helpful, user-friendly sites and hotlines that offer education, guidance and encouragement.

New Jersey Quitline: njquitline.org, 1-866-NJ STOPS (657-8677)

The New Jersey Quitline offers free, multilingual, and confidential telephone and web support with a trained Quit Coach available 24/7 to individuals living in NJ who are smoking/vaping. Free two-week supply of nicotine replacement treatment may be available to qualified callers.

SmokeFree.gov:

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848.

American Cancer Society: cancer.org, 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

American Lung Association: lung.org, 1-800-LUNG-USA

Freedom from Smoking, freedomfromsmoking.org

Mom's Quit Connection for Families: momsquit.com, 1-888-545-5191

Free program for pregnant and postpartum people, and any caregiver of children under eight years old and younger living in NJ.

Quit for Kids Texting Support Program: Not quite ready to commit to counseling services? You can enroll in the free Quit for Kids Texting Program available for pregnant individuals, and any caregiver of children eight years old and younger. Quit for Kids provides an automated set of personalized messages, weekly supportive messaging and offers a live chat feature with a Quit Coach to receive support and information as needed. To enroll, text the keyword QUITFORKIDS to 53016 and complete the enrollment form. You can opt out at any time, by texting STOP.

Rutgers Tobacco Dependence Program: tobaccoprogram.org, 732-235-8222



Programa Para Dejar de Fumar



¡Se trata de renunciar al hábito y vivir!

¿Cuáles son las ventajas de dejar de fumar?

- La respiración mejora
- La salud general también mejora
- Ahorro de dinero
- Usted tendrá más energía

¿Cómo le podemos ayudar?

- Le daremos las herramientas y apoyo que necesita para dejarlo de una vez por todas.
- Conozca a otras personas que también están dejando de fumar para compartir el éxito y los desafíos que esto representa.

Esto es lo que puede esperar de este programa GRATUITO:

- Una evaluación personal de su dependencia del tabaco, realizada por un especialista certificado en tratamiento para dejar de fumar.
- Se le entregarán productos de reemplazo de nicotina sin costo para usted y se le recomendará un medicamento que le ayudará a dejar el cigarro.
- Seis reuniones de grupo semanales para aprender técnicas que le ayudarán a dejar el cigarro y mantenerse sin fumar.

Si utiliza los siguientes productos, puede ser candidato para este programa:

- Cigarros
- Puros
- Tabaco sin humo (tabaco para masticar, tabaco en dip [pizca de tabaco entre los dientes], rapé, polvo)
- Pipas
- Cigarros electrónicos y vapeadores
- Pipas de agua (hukaa shisha, bong)

Atlantic Health System cuenta con servicios para dejar de fumar en Español. Llame al 844-472-8499 para obtener más información e inscribirse.



Atlantic
Health System

PLUM-44844-22
AH31271 (09/22)

Recursos para dejar de fumar

A continuación, se incluyen otros sitios y líneas directas útiles y fáciles de usar que ofrecen información, orientación y estímulo.

Línea para dejar de fumar de New Jersey: njquitline.org, 1-866-657-8677 para hablar con un asesor para dejar de fumar en español

QUITFORKIDS: Envíe un mensaje de texto al 53016 a través de la conexión para dejar de fumar de Mom's Quit Connection, que es un programa de mensajes de texto en todo el estado para embarazadas y parejas; padres, familiares y cuidadores de menores de 8 años.

- **SmokeFreeEspanol:** <https://espanol.smokefree.gov/> Guía para dejar de fumar y comenzar a dejar: Aplicaciones interactivas que utilizan estrategias probadas para ayudarlo a dejar de fumar. Establezca metas, realice un seguimiento de los hábitos diarios, vea el progreso, conéctate con las redes sociales y recibirá recordatorios motivacionales.
- **SmokefreeTXTespanol:** <https://espanol.smokefree.gov/consejos-herramientas/smokefreeTXT> Servicio móvil las 24 horas de apoyo que brinda aliento, asesoramiento y consejos para ayudar a los fumadores a dejar de fumar para siempre. Para inscribirse, envíe un mensaje de texto a 1-855-DÉJELO-YA

Sociedad Americana del Cáncer (American Cancer Society): <https://www.cancer.org/es/saludable/mantengase-alejado-del-tabaco.html> Cómo dejar de usar el tabaco

Centros para el Control y la Prevención de Enfermedades: <https://www.cdc.gov/tobacco/campaign/tips/spanish/index.html> La campaña de consejos muestra el perfil de personas reales que viven con graves efectos a largo plazo para la salud como consecuencia del tabaquismo y la exposición pasiva al tabaquismo. Los consejos también cuentan historias convincentes sobre el costo que estas afecciones relacionadas con el tabaquismo han tenido para los miembros de la familia.

Asociación Americana de los Pulmones (American Lung Association): 1-800-LUNGUSA (1-800-586-4872) para hablar con un experto en dejar de fumar. La Línea de ayuda de esta institución ofrece asesoramiento para dejar de fumar y apoyo personal de enfermeros, terapeutas respiratorios y consejeros capacitados para ayudar a dejar de fumar. Los servicios están disponibles en inglés y español.



Community Health Events



Atlantic Health System

August 2023

August is National Immunization Awareness Month! Let's Focus on Human Papillomavirus (HPV)

According to the Centers for Disease Control and Prevention, HPV is a common virus that can lead to certain types of cancers later in life. There is an HPV vaccine, and it is safe and effective. The vaccine is recommended at age 11 or 12 years old and for anyone through age 26 who has not been previously vaccinated. Some adults between the ages of 27 through 45 may benefit from receiving the vaccine. Contact your health care provider to discuss the importance of the HPV vaccine for you and your family. For more information, please visit atlantichealth.org/cancerhides or call 1-800-247-9580 if you need a doctor.

VIRTUAL PRESENTATIONS

History Discussion: Operation Tidal Wave

Tuesday, August 1, 11:00am

Join us to learn about Operation Tidal Wave - August 1, 1943. A long-range mission to the Axis-controlled oil refineries located in and around Ploiesti, Romania. Flying into one of the most heavily defended targets in Europe, 66 aircraft and 660 air crew members were lost in one of the costliest USAAF air missions. Presented by Robert Stead

Pregnancy and the Heart

Thursday, August 10, 12:00pm

Join us as we discuss the physiologic changes in cardiac function that occur during pregnancy and how pre-existing cardiac disease impacts maternal and fetal health. We will also discuss methods we can use to minimize risk. Presented by Claire Boccia Liang, MD, FACC, Director, Women's Heart Program, Atlantic Health System

Medication Safety in Your Home

Tuesday, August 15, 12:00pm

Every parent and caregiver are aware of the importance of storing medicine up and away from children. Still, every year, nearly 47,000 children are treated in an emergency room for accidental medicine poisoning. In this presentation, we will learn how to keep kids safe around medications and how to avoid accidental poisonings. Presented by KJ Feury, RN, APNC, CCRN, Injury Prevention Specialist, Morristown Medical Center, Coordinator Northern NJ Safe Kids / Safe Communities

Eating for Cancer Prevention

Wednesday, August 16, 12:00pm

Join us in a conversation on how to lower your cancer risk with disease-fighting foods, and what foods to avoid to mitigate cancer. Presented by Cecilia Gomez in collaboration with ScreenNJ and Rutgers Cancer Institute of New Jersey

The Impact of Domestic Violence During Pregnancy

Wednesday, August 23, 12:00pm

Domestic violence kills more pregnant women annually than any other cause. Join us to discuss the warning signs, safety planning, and prevention. Presented by Courtney Riseborough, MPH

Your Memoir Is Your Legacy: The Benefits of Sharing Your Life Story with Your Family

Thursday, August 24, 11:00am

Join author and speaker Richard Squires to learn about the many benefits on capturing and sharing your life story and its impact on younger generations. This presentation features fascinating and historical anecdotes and images from the LifeStory Memoirs that Richard has written for his clients, provides tips on how you can write your own story, and includes discussion, Q&A, and a Music Minute, in which Richard will perform a song related to a story. Presented by Richard Squires, MA, MFA, Author & Owner of LifeStory

Understanding Blood Pressure

Monday, August 28, 11:00am

High blood pressure is very common among adults and a surprising number of people

do not know if they have it or have it under control. Join us to learn more about your blood pressure, how it impacts your risk of heart disease and stroke, and simple ways you can protect yourself. Presented by Melanie Betancur, MPH, CPLD, CHES, Health Educator, Community Health, Atlantic Health System

I Have a Wound ... Now What?

Thursday, August 31, 12:00pm

The presentation will cover most frequently occurring wound types, basic wound care, signs and symptoms of infection, disease processes that can contribute to poor wound healing, and when to seek professional assistance. Presented by Danielle Knight, ANP-C, RN, CWOCN, Overlook Wound Healing Program, Nurse Practitioner, Assistant Nurse Manager

IN-PERSON PRESENTATIONS

The Bill and Nancy Conger Art of Caregiving Conference

Saturday, August 12, 8:30am to 3:30pm

Atlantic Adult Day Center
200 Mount Airy Road, Basking Ridge, NJ
An in-person event for caregivers presented by Morristown Medical Center. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a full-day conference addressing key areas and get personalized guidance on how to best care for your aging loved one. Topics will include Navigating the Eldercare Maze, Legal and Financial Concerns, Self-Care and Caregiver Support, Normal Aging and Tips for Talking with Health Care Providers, Basics of Hands-on Care and Demonstrations, Caregiving at End-of-Life. Complimentary breakfast and lunch will be provided. For questions, please contact Rebecca Abenante, LSW, at 973-971-5839 or HealthyAging@atlantichealth.org. Register by August 3. The Art of Caregiving Conference was named to reflect the shared legacy of Bill's late wife, Nancy.

Pre-registration is required for all virtual classes and programs. To register, visit atlantichealth.org/events or call 1-800-247-9580. For all inquiries regarding Community Health, email communityhealth@atlantichealth.org or call 1-844-472-8499.

Safe Sitter® Babysitting Class

Wednesday, August 16

9:00am to 3:30pm

Registration fee: \$60

(includes manual and completion card)

This program is taught exclusively by certified Safe Sitter® Instructors and is open to those 11 to 14 years of age. Class includes choking infant/child rescue, infant/child CPR, injury prevention/injury management, behavior management, safety for the sitter, childcare essentials, and the important skills of babysitting as a business. Seats are limited. Pre-registration is required. To register, please call 973-579-8653.

It's What's Inside That Counts! Understanding the New Nutrition Labels

Thursday, August 17, 10:30am

Chatham Senior Center

58 Meyersville Road, Chatham, NJ

Are you aware that the Nutrition Facts Label, as we previously have known it, has recently made some changes? Join us to learn what new additions have been made to the Nutrition Facts Label, and why. Presented by Melanie Betancur, MPH, CPLD, CHES, Health Educator, Community Health, Atlantic Health System

BE FAST for Stroke

Thursday, August 24, 11:00am

Butler Senior Community

9 Ace Road, Butler, NJ

A stroke is a medical emergency. Know the risk factors and how to identify the signs and symptoms associated with a stroke. Learn what to do if you or a loved one has a stroke and how to BE FAST! Presented by Erin Crum, BSN, RN, EMT, CEN, SCRNP, ASC-BC, Stroke Program Manager, Chilton Medical Center

Healthy Food for Healthy Living

Thursday, August 24, 5:30pm

GRACE

100 Morris Avenue, Summit, NJ

Learn how to prepare healthy and affordable meals using fresh produce and other ingredients to reduce your risk for cancer and other health problems. Our registered dietitians will: Demonstrate a healthy recipe and provide recipes to try at home, answer questions, and share information on healthy eating. Presented by Johannah Sakimura, MS, RD, CSO and Natalia Capodanno, RD, Oncology Dietitians, Carol G. Simon Cancer Center, Overlook Medical Center

HYBRID

(VIRTUAL AND IN-PERSON)

My Postpartum Journey: What Is Common, But Not Normal, and When to See a Physical Therapist

Friday, September 1, 10:00am

Atlantic Health Pavilion,

1st Floor Conference Room

242 West Parkway, Pompton Plains, NJ

You are a new mom. Your attention has shifted to caring for your new baby, but you also need to take care of yourself. Please join us in a discussion of what is common, but not necessarily normal, to experience in the postpartum phase. Learn helpful tips to ease your transition and discuss when you should see a physical therapist. Presented by Jennifer Gentile, PT, DPT, SCS, Atlantic Rehabilitation at Paramus, Chilton Medical Center, and Amy Gargin, PT, DPT, OCS, Atlantic Rehabilitation at Paramus, Chilton Medical Center

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@atlantichealth.org or visit atlantichealth.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 aftereffects of COVID-19. For more information, call 973-579-8573 or email jennifer.carpinteri@atlantichealth.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@atlantichealth.org, or visit atlantichealth.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@atlantichealth.org or 908-522-5159.

Glasser Brain Tumor Center Caregiver Support Group

First 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@atlantichealth.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.

Pre-registration is required for all virtual classes and programs. To register, visit atlantichealth.org/events or call 1-800-247-9580.

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

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 postparto, ansiedad, soledad, sentimiento de culpa, cambios hormonales y emocionales, y desafíos generales de ser padres primerizos. Para inscribirse, llame a CONCERN al 973-451-0025.

Ostomy Support Group

2nd Monday of the month, 7:00pm, Virtual

Area-wide Support Group for Ostomates (people of any age with potential, new or mature ileostomies, colostomies, or continental diversions) and caring supporters. OSGNJ is affiliated with United Ostomy Association of America, Inc. (UOAA). We provide direct aid and mutual support to Ostomates both individually and within a group setting. We conduct support via telephone and e-mail to dialogue and present ourselves as role models to potential and new Ostomates. We arrange programs and activities for Ostomates, spouses, children, parents and their friends, as appropriate. For more information, contact Jo Ann Coar, MSN, RN-BC, A-GNP-C, CWOCN at 973-831-5168.

Overlook Perinatal Bereavement Support Group

2nd Monday of every month
7:30pm to 8:30pm

We invite you to come sit ... share ... be heard ... feel seen. This support group provides free and unconditional support for individuals and families that have experienced a miscarriage, stillbirth, or the loss of an infant. The group will be led by two Overlook registered nurses who together, have over 60 years' experience as labor and delivery nurses. Christine is an educator, a certified doula and has been leading this support group for many years. Tara is a Certified Bereavement Facilitator and teaches yoga and meditation. Registration is required please call 908-522-2946. Once registered, an invitation will be sent via Zoom Link prior to meeting.

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.unitedwaynnj.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.

CHILTON MEDICAL CENTER

Arthritis Virtual Group

For more information, call 1-844-472-8499.

Cancer Group

For people who are newly diagnosed, in treatment and up to two years post treatment. For more information, call 973-831-5311.

Chilton Diabetes Education Support Group

1st Thursday of each month at 10:00am

Atlantic Health Pavilion
2nd Floor, Community Conference Room
242 West Parkway, Pompton Plains, NJ

A Diabetes Support Group can be a valuable resource for people living with diabetes. The Diabetes Education Center at Chilton Medical Center offers a safe environment for people with diabetes to share their experiences, learn from each other and receive emotional support. It is also a great place to find out information about medical treatments, research and strategies as well as practical tips and resources. Pre-registration is not required. For more information or for weather cancellations please call 973-831-5229

Diabetes Self-Management Education Program and Nutritional Services

The Diabetes Self-Management Education Program at Chilton Medical Center helps adults with diabetes take steps that will make them feel better and stay healthier. This program is recognized by the American Diabetes Association for Quality Self-Management Education. The center is staffed by dedicated registered dietitians and nurses who are Certified Diabetes Care and Education Specialists. This program offers educational services for people and their significant others with prediabetes, type 1, type 2, and gestational diabetes, continuous blood glucose monitoring studies are also available. In addition, individual nutrition counseling services from a registered dietitian are available for medical conditions such as heart disease, obesity, and gastrointestinal disorders. Schedule an appointment by calling 973-831-5229.

MORRISTOWN MEDICAL CENTER

Better Breathers Club

For more information, call 1-800-247-9580.

Breast Cancer Support Group

2nd Wednesday of the month
12:30 to 1:30pm, Virtual via Zoom

Open to those who have been diagnosed with Breast Cancer and are currently receiving or completed treatment. Facilitated by Dorothy Coffey, LCSW, OSW-C, and Karen DeRenzi, BSN, RN, OCN, ONN-CG. Call 973-971-5169 for registration and information.

Diabetes Self-Management Education Program

Thursdays: August, October, and December from 5:00pm – 6:30pm

Thursdays: September and November from 1:00pm – 2:30pm

One Saturday class every month: 9/23, 10/21, 11/18, 12/16 (12/16 class is in Spanish)

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

Pre-registration is required for all virtual classes and programs. To register, visit atlantichealth.org/events or call 1-800-247-9580.

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

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

1st Tuesday of the month, 12:00 to 1:30pm

To register, call 973-971-5169.

Self-Help Energy Techniques

Tuesdays, 12:00 to 1:00pm

Learn ways to help balance your mind, body and spirit by using your hands to support your healing. Group will be facilitated by Lynn Pridmore, Holistic Health Practitioner and Health Educator. Zoom meeting link: <https://atlantichealth.zoom.us/j/99060362355?pwd=L3Ava3F6OEw1ZGY0TTc3ZU1ueS95UT09MeetingID:99060362355Passcode:615871> If you have any questions, please call 973-971-6514

Younger-Onset Alzheimer's Virtual 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

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

Supported by the Union County Chapter of the OAA. For more information, call 908-522-4652.

NEWTON MEDICAL CENTER

Better Breathers Club

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.

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.

ATLANTIC BEHAVIORAL HEALTH ACCESS CENTER

Atlantic Behavioral Health understands that sometimes during your life there is a need for mental health or substance misuse services. Our programs are recovery oriented and person centered using an evidence based, best practice approach. We bring a team of dedicated, skilled professionals who share a commitment to excellence and will join with you to find a path to emotional and mental well-being.

For an Atlantic Behavioral Health referral, call the Access Center at 1-888-247-1400 to be connected to a leading behavioral health provider, or to obtain information on one of our top-rated programs.

PROJECT SEARCH

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

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

For more information on Project SEARCH at Overlook Medical Center, contact Josh Bornstein at jbornstein@ucesc.org or 908-895-8585.

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

INFORMATION ABOUT COVID-19

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

Register for COVID-19 Vaccine Appointment

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

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

This free program offers an individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist, nicotine replacement products at no cost to you and/or a recommendation for medication to help you quit and six weekly group meetings to learn techniques that can help you quit and stay smoke free. Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center

Tuesdays, 3:00 to 4:30pm

Call 973-579-8588 for more information and to enroll

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm

Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm

Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm

Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm

Call 908-522-2296 for more information and to enroll.

Spanish Language Quit Group

Mondays, time and location may vary based on participation.

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