

# MONMOUTH

health & life

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MONMOUTHHEALTHANDLIFE.COM

# THE guide 2015



SHOPPING | DINING | NIGHTLIFE | GOLF | BOATING | SPAS

HISTORY, FUN FACTS,  
BEACHES, PARKS + MORE!



# Bringing the Trusted Services of Monmouth Medical Center to Our Community

**Offering a Host of Convenient Satellite Locations  
Throughout Monmouth and Northern Ocean Counties**

## **Satellite Jacqueline M. Wilentz Breast Center Locations**

Appointments are not required for services at the Colts Neck, Howell or Lakewood locations, and all sites offer convenient, free on-site parking.

### • **Colts Neck**

Mammography, Bone Density Testing and Laboratory Services  
310 Route 34 South, Second Flr, Colts Neck  
• 732.923.7700

### • **Howell**

Mammography, Bone Density Testing and On-Site Genetic Counseling  
59 Kent Road, Village Square Shopping Center, Howell • 732.923.7700

### • **Lakewood**

Mammography and Bone Density Testing  
500 River Ave., Lakewood • 732.942.5925

## **Outpatient Lab and Imaging Locations**

### • **Long Branch**

Laboratory Drawing Station  
166 Morris Avenue  
Long Branch • 732.263.5028

Monmouth Medical Center Outpatient Laboratory Services  
300 Second Avenue (inside the hospital)  
Long Branch • 732.923.7380

Monmouth Medical Center Outpatient Diagnostic Imaging Services  
(CT Scan, MRI, Ultrasound, X-Ray)  
300 Second Avenue (inside the hospital)  
Long Branch • 732.923.6800

### • **Ocean Township**

Monmouth Medical Center Laboratory and Diagnostic X-Ray Services  
1910 Hwy 35 South  
Oakhurst • 732.775.1024

### • **Shrewsbury**

Shrewsbury Diagnostic Imaging  
1131 Broad Street  
Shrewsbury • 732.578.9640

*\*Shrewsbury Diagnostic Imaging is a freestanding facility that operates under its own license and accreditation*

## **Highly Regarded Medical and Surgical Specialists**

• **Village Square at Howell**  
Located between Route 9 and Kent Road.

*A variety of services and specialties for adults delivered by an expert team in cardiology, hematology/oncology, neurology, bariatric surgery and multispecialty surgical services.*

To schedule an appointment with any of these highly trained specialists, call Barnabas Health at **1.888.724.7123** or visit [www.barnabashealth.org](http://www.barnabashealth.org) and click on "Make an Appointment."

 **Monmouth Medical Center**  
 **Barnabas Health**

[barnabashealth.org/monmouth](http://barnabashealth.org/monmouth)

# HOSPITALS

When we're seriously ill or injured, we turn to hospitals to make us well. But did you know Monmouth's hospitals also provide lots of resources to help us *stay* well, raise our kids, deal with chronic conditions and lead healthier, more fulfilling lives? *Monmouth Health & Life* looked into five local hospitals to find out what community outreach services they offer. Here is a sampling of our favorite offerings.



## **MERIDIAN HEALTH**

*Bayshore Community Hospital*  
727 N. Beers St.  
Holmdel  
732.739.5900  
bayshorehospital.org

*Jersey Shore University  
Medical Center*  
1945 Route 33  
Neptune  
732.775.5500  
jerseyshoreuniversity  
medicalcenter.com

*Riverview Medical Center*  
1 Riverview Plz.  
Red Bank  
732.741.2700  
riverviewmedicalcenter.com

**For more information about these programs, call 800.560.9990. Registration may be required.**

**Are You Getting a Good Night's Sleep?** Learn about sleep disorders and ways to get a better night's sleep.

**Baby Talk:** This single session 3-hour class presents an introduction to the particular needs of newborns and how to meet them. Classes are held on Tuesdays, twice a month.

**Beautiful Beginnings:** Medical professionals take the guesswork out of childbirth with this comprehensive program covering labor, delivery and everything in between. Participants will take a tour of the maternity unit too.

**Caring for the Caregiver:** Join William Power, M.D., and Meridian At Home to gain a better understanding of aging and memory disorders. A light dinner will be served. Registration is required.

**Family and Friends CPR:** In addition to CPR, participants will learn how to prevent the most common fatal injuries in children and how to handle a choking infant or child.

**Feeling Fabulous from Within:** Learn ways to get tuned in to your health. You'll also enjoy activities designed by the experts at Girls on the Run that aim to increase young women's self esteem.

**Food for Thought:** Learn the basics of proper nutrition, including the foods that your body and brain need to function properly.

**Genealogy:** This class is designed for those who have already started a family tree and have basic computer skills.

**Just for Women:** Did you know that heart attack symptoms are different for women and men? Join Monica Bais, M.D., as she discusses these symptoms and provides prevention tips for women.

**Self-Defense Exercises:** Learn how to use balance and leverage over strength to help defend yourself.

**Shoulder Injury:** There are several common shoulder dysfunctions; get educated on how they can be prevented, diagnosed and treated.

**Solutions to Balance Problems:** Learn some of the causes of balance problems and what you can do about them. Balance screenings to follow lecture.

**Spine Health:** Learn about the common causes of back pain as well as prevention, diagnosis and treatment options.

**Take Control of Your Health:** This six-week program teaches practical skills and strategies

for managing all of your symptoms. Registration required.

**Varicose Veins:** Get filled in on the causes and available treatment options for varicose veins.

**Weight-Loss Surgery:** In this program, several licensed professionals will provide information on the positive aspects of weight-loss surgery.

## **CENTRASTATE MEDICAL CENTER**

901 W. Main St.  
Freehold  
732.431.2000  
centrastate.com

**For assistance with these and other events from CentraState, call 732.308.0570. Pre-registration may be required.**

**Baby and Me:** This three-class series is designed especially for moms and their babies (1–6 months old). Show off your new baby, meet other moms and forge new friendships. Classes include discussions on important infant care topics.

**Girls Grow Up:** Ease your daughter through the process of puberty. Together, you'll meet with a health educator to discuss the physical, so-

# HOSPITALS

cial, chemical and emotional changes that women experience as they grow. Age range: 9–12.

## **KEEP (Kidney Early Evaluation Program) Screening:**

Includes a risk survey, urinalysis for at-risk participants, height and weight measurement and more. Anyone over 18 is welcome.

**Little Professors:** Give your kids the edge they need in preschool; 3–5-year-olds will learn social and communication skills.

## **Peripheral Vascular Disease (PVD) Screening:**

A simple, painless screening is used to identify your health risks for this disease. Includes blood pressure measurement of your ankle and arm.

**Pre-Diabetes Class:** This curriculum covers basic meal planning ideas, the importance of exercise and the relation to hyperlipidemia and hypertension.

## **Qigong for Weight Loss:**

Explore the ancient Chinese practice of Qigong, a meditative practice to promote balance, healing and a mindful state. Qigong for Weight Loss is comprised of alignment of breathing, gentle exercise and meditation.

**Totally Toddlers:** This class, for parents and children 12–25 months old, encourages

optimum growth and development at the primary learning stage, as well as the development of social skills.

## **Women's Colorectal Lecture and Screening:**

Colorectal cancer is preventable when detected early, yet it remains a leading cause of cancer deaths in the U.S. Forty percent of those who should get screened don't. If you're 50 or older, or you have a family history of colorectal cancer, sign up for a screening today.

## **MONMOUTH MEDICAL CENTER**

300 Second Ave.  
Long Branch  
732.222.5200  
barnabashealth.org

**Pre-register by calling 866.675.3226 or visiting**

**barnabashealth.org.**

**Baby Care Basics:** This program focuses on infant care including growth, development and safety issues. Hands-on time with infant-sized models is included.

## **Bereavement Counseling:**

We understand that grief is a process that is difficult to experience alone. Everyone mourns differently and at different rates.

## **Breast Cancer Awareness:**

Early detection can drastically increase the chance for successful treatment. Learn the importance of mammograms, screening guidelines for early detection and more.

## **Habits of Happy People:**

Find out about the new science of happiness and how

it improves the quality of our lives. Discover ways to develop the new habits that help happy people maintain positive thoughts, emotions and actions.

**Healthy Eating:** The health coaches from the Center for Healthy Aging will teach you basic nutritional tips for healthy eating. The recommendations of the USDA will be reviewed, as well as some strategies for making healthy food choices.

**Stress and Relaxation:** Feeling stressed? Join the health coaches from the Center for Healthy Aging for a discussion of the causes of stress, the impact that it can have on your health and ways to combat it with practical and proven relaxation techniques.

