

Community Health Education

2018 Calendar

All programs meet at Monmouth Medical Center,
300 Second Avenue, Long Branch unless otherwise noted.

MARCH

**Monmouth
Medical Center**

**RWJBarnabas
HEALTH**

EVENT

Bariatric Weight-Loss Lecture

March 12: 3 – 4 p.m. • March 22: 6 – 7 p.m.

Free. Presented by Frank Borao, MD, Steven Binenbaum, MD, and Gurdeep Matharoo, MD, board-certified, laparoscopic-fellowship-trained surgeons. For those considering a bariatric procedure, this program will offer the most up-to-date information on gastric bypass surgery, gastric banding and sleeve gastrectomy. Registration is required by calling 1.888.724.7123 or by emailing teamlink@barnabashealth.org.

EVENT

Joint Replacement Information Session

March 28: 5 – 6 p.m.

Free. Do you have hip or knee pain? David Parcels, MD, will offer the latest information for those considering hip or knee replacement surgery including robotic-assisted partial knee replacement. Learn what to expect before and after surgery, how to prepare yourself to achieve the best possible outcome and an overview of The Total Joint Replacement Center program. The session will take place in the Unterberg Learning Center at Monmouth Medical Center. Registration is required by calling 1.888.724.7123 or by emailing teamlink@barnabashealth.org.



Childbirth Education

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Breastfeeding Today

March 3; 10 a.m. – 12:30 p.m.

\$55/couple. An introduction to breastfeeding for prospective mothers and fathers focusing on the process and techniques of breastfeeding—includes advantages, preparation, concerns of working mothers and the role of the family. **Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.**

Preparation for Childbirth

Two-Day Series

March 10 & 17; 9 a.m. - 1 p.m.

\$150/couple (includes continental breakfast). Two Saturdays. A complete childbirth education program in two-sessions, including lectures on relaxation and breathing techniques. **Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.**

Preparation for Childbirth

Three-Week Series

March 13, 20 & 27; 6:30 – 9 p.m.

\$125/couple. This three-session program prepares each expecting couple for the

birth experience. Topics include body changes during pregnancy, labor and birth along with anesthesia options.

Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.

Make Room for Baby (for children Ages 2 and up)

March 12; 11 a.m. – noon

March 24; 10 – 11 a.m.

\$25/child, \$40/family. This class is designed especially for families preparing for the birth of a sibling. Included in this class are a discussion about babies and a movie about becoming a big brother or sister. The children, accompanied by their parents, will look into the newborn nursery windows. **Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.**

Baby Care Basics

March 22; 6 – 9:30 p.m.

\$55/couple. This program is designed to offer new parents information on basic care of a new baby. Bathing, dressing, feeding, infant growth and development, safety and other areas of concern to new parents are addressed. Expectant parents will work with infant-size models for hands-on practice. **Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.**

Preparation for Childbirth

March 25; 9 a.m. - 4 p.m.

\$175/couple (includes continental breakfast and lunch). This one-day childbirth education program for those expecting twins, triplets or more is to be attended early in the second trimester of pregnancy. Class will cover nutrition, labor and delivery, anesthesia options, Cesarean section, relaxation techniques, risks and complications of multiple pregnancy, recovery and caring for multiples. There will also be a tour of the Regional Newborn Center. **Registration is required by calling 732-923-6992 or emailing Ana.Pinto@rwjbh.org.**

Eisenberg Family Center Tour

March 4; 11 a.m. March 4; noon

March 11; 10 a.m. March 11; 11 a.m.

March 11; noon March 14; 8 p.m.

March 21; 8 p.m. March 28; 8 p.m.

Free. Tour the Eisenberg Family Center, which offers a comfortable, homelike environment for expectant mothers in our expanded labor, delivery and recovery unit, and spacious postpartum rooms for women recovering from childbirth. Tours will be conducted by a staff member who will answer your questions. **Registration is required by calling 1-888-724-7123 or by emailing teamlink@barnabashealth.org.**

Healthy Inspirations Film Festival

March 7; 5:30 – 7:30 p.m.

Hungry for Change

March 14; 5:30 – 7:30 p.m.

Forks Over Knives

March 21; 5:30 – 7:30 p.m.

Food Choices

March 28; 5:30 – 7:30 p.m.

Fat, Sick & Nearly Dead

Free. Join the team at HealthSouth Rehabilitation Hospital of Tinton Falls for a health documentary film festival throughout the month of March in honor of National Nutrition Month. Each film explores the connection between diet & disease and offers powerful insight into how to feel & look your best. These documentaries will provide eye-opening awareness and inspiration to begin making healthier food choices. Each film runs approximately 90 minutes and will be followed by an interactive discussion lead by Jill Garaffa, MS, OTR/L, PCC, a licensed occupational therapist and professional certified life coach. The festival takes place at HealthSouth Rehabilitation Hospital, 2 Centre Plaza of Tinton Falls. **For information and registration call Jill Garaffa at 733-766-2426.**

Community Health Education/Events

Diabetes Self-Management Series

March 5, 12, 19 & 26; 5 – 7 p.m.

March 2, 9, 16 & 23; 9:30 – 11:30 a.m.

Fee based. Learn how to manage your diabetes by attending this four-session diabetes education program focusing on diet, nutrition, glucose monitoring, medications, meal plans, prevention and treatment of diabetes complications, dining out and benefits of exercise. The program is taught by a registered nurse and a registered dietitian/certified diabetes educator. It will be held at The Center for Diabetes Education at Monmouth Medical Center. Program attendees will need a doctor's prescription and will be billed to Medicare or your insurance carrier.

For information and to register for classes, call 732-923-5025.

Freedom from Smoking

March 6, 13, 20, 27 & 29

April 3, 10 & 17; 5:30 – 7 p.m.

Free. Join the American Lung Association's 8-week quit smoking program. Hundreds of thousands of people have become smoke-free through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking. Overseen by a certified facilitator, you will: learn how to know if you're really ready to quit, discuss medications that can increase your success, talk about lifestyle changes to make quitting easier, get information on how to prepare for your quit day, discuss and share coping strategies for managing stress and avoiding weight gain, and learn how to stay smoke-free for good. This event will take place at HealthSouth Rehabilitation Hospital, 2 Centre Plaza of Tinton Falls. **For information and registration call Jill Garaffa at 733-766-2426.**



Support Groups & Activities

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Adult Attention Deficit Disorder (ADD) Adult Support Group

March 22; 7:30 – 9:30 p.m.

Free. Support group for ADD adults and their significant others. Group meets in the Sea Breeze Café at Monmouth Medical Center on the fourth Thursday of each month (except July and August) from 7:30 to 9:30 p.m. **For information contact Dr. Robert LoPresti at 732.842.4553.**

Adult Pulmonary Support Group/Better Breather's Club

March 13; 11:30 a.m. – 12:45 p.m.

Free. Support group co-sponsored by Monmouth Medical Center and the American Lung Association of New Jersey for adults with Chronic Obstructive Pulmonary Disease (COPD), emphysema, chronic asthma, asthma or bronchitis, pulmonary fibrosis, lung resection, scleroderma, pulmonary hypertension, alpha-1 antitrypsin and their families. Group meets the second Tuesday of the month in the Maysie Stroock Pavilion, Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling 1.888.724.7123 or by emailing teamlink@barnabashealth.org.**

Alzheimer's Caregiver Support Group

March 26; 2 – 3:30 p.m.

Free. Offers support to caregivers and family members coping with Alzheimer's disease. Group meets on the last Monday of each month in the Geriatric Conference Room, Maysie Stroock Pavilion, Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling Robin DeNucci, CSW at 732.923.7560.**

Bereavement Support Group

March 21; 6 – 7 p.m.

Free. This group is for anyone living with loss and meets on the third Wednesday of the month. Group facilitator is an experienced bereavement professional to provide a safe, supportive environment for those who are grieving the loss of

someone. The group meets in the Cancer Support Community Room Suite ST-007 in the Maysie Stroock Pavilion at Monmouth Medical Center (Pavilion & Second Avenue). **For information and registration call 732-923-6090.**

Breastfeeding Support Group

March 5, 12, 19 & 26; 10 – 11 a.m.

Free. This group is led by a registered nurse who is a board-certified lactation consultant with NICU experience, promoting breastfeeding through mother-to-mother support. Topics include, but are not limited to, newborn and growing infants, premature infants in hospital and at home, pumping and exclusive pumping, common challenges, and all topics and issues related to breastfeeding in a warm, welcoming environment. The group meets on Mondays in the Ronald McDonald Family Room on Greenwall 2 at Monmouth Medical Center. **Registration is required by calling 732-923-6992.**

Cancer Support Community

March – throughout the month

Free. Support, education, hope...for those affected by cancer—patients, caregivers, family and friends. Programs include relaxation and guided imagery, beading buddies, yoga, mindfulness meditation, exercise for strength, all blood cancers, coping with progression, metastatic and recurrent, what to expect for the newly diagnosed and those that support them, and much more. **For additional information and registration, call 732-923-6090.**

Cardiac Support Group

March 14; 11:30 a.m. – 12:45 p.m.

Free. Mutual support, education and information sharing for those with heart disease, cardiac patients and their families. Meetings are held on the second Wednesday of each month at the Joel Opatut Cardiopulmonary Rehabilitation Center, Maysie Stroock Pavilion, Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling 732-923-7454.**

Caregiver Connect Telephone Support Group

March 28; 7:30 – 8:30 p.m.

Free. The Cancer Support Community at Monmouth Medical Center invites caregivers CAREGIVERS to call in for support. Support groups will be held by phone from 7:30 – 8:30 p.m. on the last Wednesday of each month. Space is limited. **Please call 732-923-6090 to register. Once registered, you will receive a dial-in code and access information.**

Celiac Support Group

March 8; 6 – 7:30 p.m.

Free. For people with Celiac Disease/Gluten Intolerance. In this group we share new information, recipes, celiac rants, food tasting and camaraderie. Discussions are led by Julianne Chlodnicki, RD, who can help guide you through an easier Gluten Free life with the research and tools that you need for yourself or a family member. The goal is to feel better AND enjoy your meals as you eat better. Meetings are held the second Thursday of every month in the Maysie Stroock Pavilion, Monmouth Medical Center (Pavilion & Second Avenue) in Suite A001. **Registration is required by calling 973-322-7272 or email Julianne.Chlodnicki@rwjbh.org.**

Ovarian Cancer Support Group

March 13; 11:30 a.m. – 1:30 p.m.

Free. For women diagnosed with cervical, ovarian, endometrial or uterine cancer. Group offers these cancer patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Tuesday of each month in the Pauline Fromkin Family Living Room, located at W-224, next to BBR-2 Oncology Unit at Monmouth Medical Center. **For more information call Leslie Shephard, RN, OCN at 732-923-6709.**

Have Questions?

Want More Information?

NOTE: ALL PROGRAMS MEET AT MONMOUTH MEDICAL CENTER, 300 SECOND AVENUE, LONG BRANCH, UNLESS OTHERWISE NOTED.

For questions or more information about Childbirth Education Classes, please contact Ana Pinto at 732-923-6992 or email Ana.Pinto@rwjbh.org.

For questions or more information about the Community Health Education, please contact Jean McKinney at 732-923-6990 or email Jean.McKinney@rwjbh.org

Support Groups & Activities... continued

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Postpartum Depression (PPD)/Anxiety Support Group

March 6, 13, 20 & 27; 1 - 2:30 p.m.

Free. Weekly meetings are facilitated by a maternal/child health RN who specializes in PPD. A safe, non-threatening support group for moms or expectant moms experiencing any of the perinatal mood disorders including but not limited to sadness, anger, anxiety, OCD, intrusive/ compulsive thoughts, panic or post-traumatic stress disorder. Group is co-sponsored by Central Jersey Family Health Consortium and meets on Tuesdays in the Maysie Stroock Pavilion, Monmouth Medical Center. **For more information call Lisa Tremayne, RN, CCE, CBC at 732-923-5573.**

Prostate Support: Man to Man

March 6; 9 -10 a.m.

Free. Join Dr. Sang Sim and Maria Jonas, MSW, LSW, for Man to Man, an educational and support group for individuals at any stage in their prostate cancer diagnosis. This program will take place at Monmouth Medical Center in the Cancer Support Community Suite ST-007 on the first Tuesday of the month. **Registration requested by calling 732-923-6090.**

Shore Area Stroke Survivors

March 7 & 21; 2 - 4 p.m.

Free. Group meets on the first and third Wednesdays of each month. Support and education for stroke patients, their families, caregivers and friends. Monthly speakers on stroke-related topics. The group meets in the Cafeteria at HealthSouth Rehabilitation Hospital, 2 Centre Plaza, Tinton Falls. **For information and registration contact Jordan Toohey at 732-460-6743.**

Support for People with Oral, Head and Neck Cancer (SPOHNC)

March 8; 6 - 7 p.m.

Free. Patient-directed, non-profit, self-help organization dedicated to meeting the emotional, physical and humanistic needs of oral, head and neck cancer patients and their caregivers. Monthly meetings offer information, support and encouragement to newly diagnosed patients, survivors, family members and friends. Group meets on the second Thursday of each month. **For information, registration and meeting location call 732-923-6090.**

Survivors of Suicide Support Group

March 15; 7 - 9 p.m.

Free. For people who have lost a loved one through suicide. The group meets on the third Tuesday of every month, and is co-facilitated by Jim Romer, MA, Director of the Monmouth Medical Center Crisis Services, and Lori Romer, RN, a psychiatric nurse and survivor of suicide. At Early Intervention Services Office, 3301 Highway 66, 1st Floor, Building B, Neptune. **For information call Jim Romer at 732-923-6940.**

Time to Talk....Breast Cancer Support

March 14; 5:30 - 7 p.m.

Free. This support group meets on the second Wednesday of every month at Monmouth Medical Center in the Cancer Support Community in Suite ST-007. **Registration is required by calling 732-923-6090.**

Weight Loss Support Group

March 22; 7 - 9 p.m.

Free. Professionally run support group for individuals who have undergone or are considering surgical weight loss procedures. Discussions are led by the multidisciplinary team members, including the program director, registered dietitian and clinical psychologist. **Pre-registration is required by calling 1-888-724-7123 or emailing teamlink@barnabashealth.org**

YSC: Young Survival Coalition

March 7; 6:30 - 8 p.m.

Free. Are you looking to connect with other young women diagnosed with breast cancer? Join Maria Jonas, MSW, LSW, at the Young Survival Coalition® breast support group held at the Cancer Support Community at Monmouth Medical Center. Providing support and social networking, this group brings together young women, age 45 and under, to support, empower, and learn from each other. This group meets on the first Wednesday of every month at Monmouth Medical Center, 300 Second Avenue, Long Branch, in the Cancer Support Community in Suite ST-007. **Registration is required by calling 732-923-6090.**

