

Community Health Education

2019 Calendar

MAY/JUNE

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

EVENT

Eleventh Annual Ladies Night Out

May 15 • 5 - 8 p.m.

**Eagle Oaks Golf & Country Club,
Farmingdale NJ**

Free. The Leon Hess Cancer Services at Monmouth Medical Center, Monmouth Medical Center Southern Campus, and Community Medical Center will host its annual health event to showcase clinical experts who will present an interactive discussion of today's most vital women's health issues. The event will feature a panel led by moderator Robert A. Graebe, MD, Chairman and Program Director, Department of Obstetrics and Gynecology, Monmouth Medical Center. Members of the panel are: Frank Borao, MD, Bariatric Surgeon; David Chalnick, MD, Orthopaedic Surgeon; Manish Gopal, MD, Urogynecologist and Robotic Surgeon; Alexander King, MD, Breast Radiologist; Andrew Nguyen, MD, Thoracic Surgeon; Sang Sim, MD, Radiation Oncologist. Panelists will be addressing frequently asked questions in their areas of expertise, and participants are encouraged to come with their own questions for the panel. Ladies Night Out includes a complimentary dinner and beverages, giveaways, door prizes, health screenings, information on hospital programs and services and more.

Registration for Ladies Night Out is requested as seating is limited. To register, call 1.888.724.7123 or email teamlink@rwjbh.org

EVENT

Never Skip a Beat - Lunch and Learn May 22 • 12 - 1:30 p.m.

Free. Your heart doesn't beat just for you! Each year, nearly 800,000 adults living in the U.S experience a stroke. Please join Ajah Shah, MD, MS, FACC, FASE, RPVI, RWJBarnabas Health Cardiac Institute and Alicia Jones, RN, BSN, Stroke Coordinator from Monmouth Medical Center, as they discuss stroke prevention and risk factors, signs and symptoms, and treatment options. Presenters will also discuss Atrial Fibrillation (AFib)/irregular heartbeat and its connection to stroke, and why knowing the symptoms and getting treatment can significantly reduce heart-related illnesses. This program including lunch will take place in the SCAN auditorium in the lower level of the Monmouth Mall, Routes 35 and 36, Eatontown. **Registration is required by calling 732.542.1326.**

**Monmouth
Medical Center**

**RWJBarnabas
HEALTH**



Childbirth Education

with busy lifestyles, this program will focus on what to expect during labor and birth, anesthesia choices, relaxation, Lamaze breathing techniques and coping strategies. A childbirth film is shown and a tour of the Eisenberg Family Center is included. **Registration is required by calling 732.923.6992 or emailing Ana.Pinto@rwjbh.org.**

Two-Day Preparation for Childbirth

May 4 & 11; 9 a.m. - 1 p.m.

June 1 & 8; 9 a.m. - 1 p.m.

\$150/couple (includes continental breakfast). 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.**

Infant Safety Awareness

May 13; 6:30 - 7:30 p.m.

\$30/couple. This class provides general awareness on how to help an infant in distress. Infant choking and basic infant CPR will be discussed. **Registration is required by calling 732.923.6992 or emailing Ana.Pinto@rwjbh.org.**

One-Day Preparation for Childbirth

May 19; 9 a.m. - 4 p.m.

June 23; 9 a.m. - 4 p.m.

\$175/couple (includes continental breakfast and lunch). Geared for those

Breastfeeding Today

May 18; 10 a.m. - 12:30 p.m.

June 13; 6:30 - 9 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.**

Baby Care Basics

May 23; 6:30 - 9 p.m.

June 22; 9:30 a.m. - 12:30 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.**

Eisenberg Family Center Tour

May 5; 10 - 11 a.m.

May 5; 11 - noon

May 5; noon - 1 p.m.

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

May 15; 6:30 - 7:30 p.m.

May 22; 6:30 - 7:30 p.m.

June 2; 10 - 11 a.m.

June 2; 11 a.m. - noon

June 2; noon - 1 p.m.

June 12; 6:30 - 7:30 p.m.

June 19; 6:30 - 7:30 p.m.

June 30; 10 - 11 a.m.

June 30; 11 a.m. - noon

June 30; noon - 1 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@rwjbh.org.**

Community Health Education/Events

Safe Sitter

May 4; 9 a.m. - 3 p.m.

\$50/participant. Safe sitter, a nationally recognized program, teaches 11 to 13 year olds to be responsible, creative and attentive babysitters. Participants will receive instruction materials, a program completion certificate and a subscription to safe sitter magazine. The class will end with a graduation ceremony. Participants are asked to bring a mid-morning snack and lunch. **Registration is required by calling 732.923.6992 or emailing Ana.Pinto@rwjbh.org.**

Asbury Park Alive!

May 4; 1- 5 p.m.

This will be a free, citywide initiative that closes the streets to all vehicles and opens them to pedestrians - promoting healthy active living through experiencing Asbury Park's vitality, livability, and diversity in a safe place to exercise and play. The streets will become temporarily car-free for 4 hours for families and individuals to run,

walk, skate, ride bikes and enjoy active events along the Springwood Avenue-Lake Avenue corridor from Borden Avenue to Ocean Avenue. Be sure to visit Monmouth Medical Center, Safe Kids Monmouth County and the RWJBH Wellness on Wheels van! **For more information, call: 732.775.0525.**

Diabetes Self-Management Series

May 6, 13, 20 & June 3; 5 - 7 p.m.

June 10, 17, 24 & July; 5 - 7 p.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.

Bariatric Weight-Loss Lecture

May 13; 3 - 4:30 p.m.

May 16; 6 - 7 p.m.

June 10; 3 - 4: 30 p.m.

June 20; 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@rwjbh.org**

Joint Replacement Information Session

May 15; Dr. Gesell at 5 p.m.

June 5; Dr. Chalnack at 5:30 p.m.

Free. Do you have hip or knee pain? This program will offer the latest information for those considering hip or knee replacement surgery including robotic-

Community Health Education/Events

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@rwjbh.org.**

2019 LGBTQ Health Awareness, Barriers and Care (ABC's). A discussion about the needs of the LGBTQ community at large and in Southern New Jersey – Sponsored by RWJBarnabas Health and Ocean County College
June 20; 5 – 9 p.m.

Free: How can we better meet the needs of the LGBTQ community in Ocean and Monmouth Counties? Join us for a screening of the documentary TRANS and an expert panel question & answer session to follow. Light refreshments and a prize drawing for all attendees. The program will be held in the Gateway Building, Ocean County College, Lot 1, College Drive, Toms River, NJ 08753. Seating is limited and registration is required for this free event. **Please call 1.888.724.7123 or email teamlink@rwjbh.org to reserve your seat today!**



Support Groups & Activities

Adult Attention Deficit Disorder (ADD) Adult Support Group

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

Alcoholics Anonymous (AA)

Weekly Saturday Beginner meetings; 8 – 9 p.m.

Weekly Sunday Speaker meetings; 7:30 – 8:30 p.m.

Free. AA is a fellowship of people who share their experience, strength and hope with each other to solve their common problem and help others to recover from alcoholism. The only requirement to attend is the desire to stop drinking. There are no dues or fees. The group meets in the Community Meeting Room (G.011) at Monmouth Medical Center. **For information call 24 Hour AA Hotline 1.800.245.1377.**

Alzheimer's Caregiver Support Group

Free. Offers support to caregivers and family members coping with Alzheimer's disease. Group meets on the last Monday of each month from 2 to 3:30 p.m. 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

Free. This group is for anyone living with loss and meets on the third Thursday of the month from 3 to 4 p.m. 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

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 weekly on Mondays from 10 – 11 a.m., in Suite ST-17 in the Maysie Stroock Pavilion at Monmouth Medical Center (Pavilion & Second Avenue).

Registration is required by calling 732.923.6992.

Cancer Support Community

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 more offered on various dates and times throughout the month. **For additional information and registration, call 732.923.6090.**



Support Groups & Activities



Caregiver Connect Telephone Support Group (call-in)

Free. The Cancer Support Community at Monmouth Medical Center invites caregivers to call in for support. Support groups will be held by phone from 7:30 to 8:30 p.m. on the last Wednesday of each month. Space is limited. **Please call 732.923.6090 to register and once registered, you will receive a dial-in code and access information.**

Narcotics Anonymous (NA) - Bilingual English/Spanish

Weekly Sunday Speaker meetings; 6:30 - 8 p.m.

Free. The only requirement to become a member of NA is a desire to overcome your addiction. Any addict can stop using drugs, lose the desire to use, and find a new way to live. Any addict who wants to recover is welcome. The group meets at St. James Episcopal Church, 300 Broadway, Long Branch. **For the NJ Helpline call 1.800.992.0401. For meeting information call 732.933.0462.**

Ovarian Cancer Support Group

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 from 11:30 a.m. to 1:30 p.m. 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.**

Postpartum Depression (PPD)/Anxiety Support Group

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 weekly on Tuesdays from 1 to 2:30 p.m. in the Maysie Stroock Pavilion, Monmouth Medical Center. **For more information call Lisa Tremayne, RN, CCE, CBC at 732.923.5573.**

US TOO Prostate Group

Free. Whether newly diagnosed, currently undergoing treatment, or further along on the journey, US TOO Prostate Support Group invites all to attend (with or without spouses and loved ones) for mutual support and up-to-date information and education. The group meets the first Thursday of each month from 7 to 9 p.m. in the Cancer Support Community Room (Suite ST-007) in the Maysie Stroock Pavilion at Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling 732.923.6090. Please call 732.923.6090 to register and for directions.**

Shore Area Stroke Survivors

Free. Group meets on the first and third Wednesdays of each month from 2 to 4 p.m. Support and education for stroke patients, their families, caregivers and friends. Monthly speakers on stroke-related topics. 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)

Free. Facilitator led support group meeting the emotional, physical and humanistic needs of oral, head and neck cancer patients and their caregivers. Information, support and encouragement offered to newly diagnosed patients,

survivors, family members and friends. The group meets on the second Thursday of each month from 6 to 7 p.m. **For information, registration and meeting location call 732.923.6090.**

Time to Talk...Breast Cancer Support

Free. This support group meets on the second Wednesday of every month from 5:30 to 7 p.m. in the Cancer Support Community Room (Suite ST-007) in the Maysie Stroock Pavilion at Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling 732.923.6090.**

Weight Loss Support Group

Free. Professionally run support group for individuals who have undergone or are considering surgical weight loss procedures. Discussions are led on the fourth Thursday of each month (except November and December when it's held on the third Thursday of the month) from 7 to 9 p.m. by the multidisciplinary team members, registered dietitian and clinical psychologist. **Pre-registration is required by calling 1.888.724.7123 or emailing teamlink@rwjbh.org**

YSC: Young Survival Coalition

Free. Are you looking to connect with other young women diagnosed with breast cancer? The Young Survival Coalition® breast support group is 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 from 6:30 to 8 p.m. in the Cancer Support Community Room (Suite ST-007) in the Maysie Stroock Pavilion at Monmouth Medical Center (Pavilion & Second Avenue). **Registration is required by calling 732.923.6090.**

Want More Information?

Have Questions?

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