

2021 Calendar

MAY

Unless otherwise noted, most programs will be virtual and registration is required.

Health Screenings

One-On-One Health Coaching

May

Appointments Available Upon Request

Free. Phone or web appointments available with a registered nurse to discuss your current risk for high blood pressure, stroke, diabetes, and address any health concerns you may have.

Registration required: 732-597-6075.

Vascular Screenings

May

Appointments Available Upon Request

Fee: \$49. Are you at risk for vascular disease? Vascular disease is among the leading causes of death in the US, yet, it is generally asymptomatic. A noninvasive, painless and simple-to-administer screening includes ultrasound exam for aortic aneurysms and carotid artery disease and a non-invasive measure of blood flow in the legs. Results will be reviewed by board certified radiologists and forwarded to your primary care physician.

For more information and to register, please call, 732-363-1900, Ext. 22022 Radiology Suite.

Breast Cancer Screening and Education Program

Wednesday May 5 or June 16

This program will offer screening mammograms for women, a High Risk Cancer Program Assessment, breast health education, and giveaways. Screenings will be held at the Jacqueline M. Wilentz Comprehensive Breast Center, Long Branch and Lakewood campuses.

For an appointment, call 732-923-6472.

Safe @ Home

Thursday, May 20

6 - 9 pm

Safe@Home by Safe Sitter® is designed for students in grades 4-6 to prepare them to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. All students will receive a book that will be mailed upon registration.

Registration required:

<https://bit.ly/3nI2DHa>

Education Programs

Jumpstart Your Joy- Wellness through Laughter Interactive Webinar

Wednesday, May 5

3 pm

Come to laugh, play, breathe and celebrate life in this Laughter wellness session.

To register, please contact 732-837-9363 or hopeandhealing@rwjbh.org.

Coffee with the Coaches

Wednesdays, May

10 - 10:45 am

Grab your coffee and we will bring the conversation! Each week we will be joined by a guest clinician to discuss their area of expertise.

Join Zoom Meeting:

<https://bit.ly/3xGhg2h>

Nurses Improving Care for Healthsystem Elders



Monmouth Medical Center
Monmouth Medical Center
Southern Campus

RWJ Barnabas
HEALTH

Education Programs *cont.*

Spring Forward into Setting New Goals

Monday, May 10

2 pm

Let's enter into the Spring season with a new outlook on health—and make those goals of yours a reality.

Registration required:

<https://bit.ly/3ueeVKO>

Gratitude and Journaling

Monday, May 10

7 pm

To register, please contact 732-837-9363 or hopeandhealing@rwjhb.org

Meg Talk – on Children's Mental Health

Thursday, May 13

11 am – 11:45 am

Join a virtual discussion on the impact of social isolation on children's mental health. Meg Fisher, MD, FAAP, Pediatric Infectious Diseases, Special Advisor to the Commissioner of Health; Medical Director of Clinical and Academic Excellence, Monmouth Medical Center will lead a discussion with a panel of pediatric specialists.

Registration required: www.rwjhb.org/megtalk.

Top 10 from Head to Toe—Things to Pay Attention to as We Age

Thursday, May 13

12:30 – 1:30 pm

Join Kathleen Carpio, DO, Family Medicine, RWJBarnabas Health Medical Group for a FREE online discussion to learn about what health needs we should be paying attention to as we age. Sponsored by SCAN (Senior Citizens Activities Network) in collaboration with Monmouth Medical Center and Monmouth Medical Southern Campus.

Another presentation will follow on Effective Physician Office Visits & Telehealth by Horizon.

Registration required:

<https://bit.ly/33cWhGh>

Weight Loss Information Session

Thursday, May 20

6 – 6:45 pm

Join Gurdeep S. Matharoo, MD, FACS, FASMBS, a board-certified bariatric surgeon at Monmouth Medical Center virtually for an informational lecture. Each lecture is followed at 7 p.m. by a virtual support group.

To register, call 1-888-724-7123.

Mindfulness for Better Sleep

Monday, May 24

7 pm

To register, please contact 732-837-9363 or hopeandhealing@rwjhb.org.

Senior Health and Fitness Day

Wednesday, May 26

Various Times

Save the date for a day packed with virtual exercise and wellness activities.

For more information or to register to receive your invitation to this special event, please email Kelly.deleon@rwjhb.org.

Exercise Classes

Qigong

Thursdays, May

1 – 1:45 pm

Qigong, with roots in traditional Chinese medicine and philosophy, is a practice to cultivate and balance qi “life energy” through a series of external movements which will stimulate muscular, skeletal, respiratory and other functions in the body. Kit Lau, Tai Chi and Qigong instructor, will guide you through the steps of Qigong practice in a standing or seated position. Class code will be given at registration.

Registration required: 732-597-6075 or

Kelly.Deleon@RWJBH.org.

Chair Yoga

Tuesdays, May

9 – 9:45 am

This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation. Class code will be given at registration

Registration required: 732-597-6075 or

Kelly.Deleon@RWJBH.org.

Zumba® GOLD!

Thursdays, May

9 – 9:45 am

Designed for active older adults who are looking for a modified Zumba® class, that recreates the original moves you love at a lower-intensity. Easy-to-follow choreography focusing on balance, range of motion and coordination. Class code will be given at registration.

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Exercise Classes *cont.*

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Support Groups

All Recovery Meeting

Daily (Online)

All Recovery Meetings are for everyone who supports recovery. They honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. The meetings are non-denominational and offer an opportunity to focus on the hope found in recovery. Recovery does not happen alone. Join us and connect with others who are initiating and maintaining a recovery lifestyle. Meetings are facilitated by trained and certified Peer Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

For more information and for Zoom codes, please call (833) 233-IFPR(4377).

Cancer Support Community

Offered on various dates/times throughout the month. Free support, education, hope...for those affected by cancer—patients, caregivers, family and friends.

For full calendar of events visit:

<https://www.rwjbh.org/monmouth-medical-center/treatment-care/cancer/cancer-support-services-resources/cancer-support-community/>

Covid-19 Support

Various Dates & Times

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

For more information, please call 833-795-HOPE (4673) or email hopeandhealing@rwjbh.org.

Tobacco and Nicotine Recovery Groups

Mondays & Wednesdays

9 - 9:45 am and 7 - 7:45 pm

Open to anyone with a nicotine or tobacco addiction and is currently in recovery or working towards recovery. These support groups run 4 times/week and led by Certified Tobacco Treatment Specialist. Topics vary weekly.

For questions, please contact the Quit Center at 833-795-QUIT (7848) or quitcenter@rwjbh.org.

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