

2020 Calendar

LATE FALL

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

Health Screenings

Virtual Health Risk Assessments

November

Appointments Available Upon Request

Free. Open to Ocean County residents ages 65+. 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

November

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.

Education Programs

Coffee with a Clinician

Wednesdays, November

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://us04web.zoom.us/j/77194007961?pwd=alVvdE5JaDUyZU9FN1Z1TkNERzI3UT09>

Meeting ID: 771 9400 7961

Password: bh

Five Wishes

Thursday, November 5

10 – 10:30 am

Presented by Claire Verruni, RN, CHPN, expert in hospice and palliative care. There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important—how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once it is filled out and properly signed it is valid under the laws of most states.

Register early to receive your form via mail before the session:

https://us02web.zoom.us/meeting/register/tZMvcmqgTkuG9G2gtoXbp0yqHc5oB_9lzl

Stretching Food Dollars

Thursday, November 5

2 – 3 pm

Learn the tips to saving money in the grocery store!

Registration required: 732-597-6075 or

<https://us02web.zoom.us/meeting/register/tZYrduGopouGtQ23HA12XZrJR8YFDeChQG3>

Nurses Improving Care for Healthsystem Elders



Monmouth Medical Center
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Southern Campus

RWJBarnabas
HEALTH

Education Programs *cont.*

Healthy Living for Your Brain and Body: Tips from the Latest Research

Monday, November 16

noon – 1 pm

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join Robyn Kohn, MA, CDP Director of Programs and Services Alzheimer's Association, to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Registration required: 732-597-6075 or
Kelly.Deleon@rwjbh.org

Understanding Nutrition Labels

Monday, November 16

1 – 2 pm

Learn to make healthier food choices by breaking down and understanding food nutrition labels.

Registration required: 732-923-6090

Healthy Holiday Recipes

Tuesday, November 17

11 am – noon

While the holiday season will be different this year for most of us, one thing's for sure, our love for traditional holiday meals and treats will remain the same! Lauren Dorman, MS, RD, will discuss strategies for healthier holiday meal preparation and introduce us to new twists on tasty holiday favorites.

Registration required: 732-597-6075 or <https://us02web.zoom.us/join/jDUxOUZ>

Trivia Night!

Thursday, November 19

7 – 8 pm

Are you smarter than a 5th grader? Whether you are a beginner or a trivia game enthusiast, all are welcome to compete in our first-ever general trivia event!

Registration required: 732-597-6075 or
<https://us02web.zoom.us/join/dHF6EVUGGdKy08LwCcQuHX>

Boosting Your Holiday Resilience in 2020

Thursday, December 3

11 am – noon

Free. The holidays can be a difficult time of year for many. This year may be more difficult than usual. Join us for a FREE online discussion with Christopher A. Fabian, MD, Psychiatry/General Psychiatry, RWJBarnabas Health Medical Group, Monmouth Medical Center and a panel of experts to familiarize yourself with signs and symptoms of depression and strategies on how to cope. Coordinated with the Long Branch Free Public Library. For more information call Janet Birkhead, 732-222-3900 ext. 2360.

Registration is required by emailing
jbirkhead.lbpl@gmail.com. Link to webinar
will be provided after registration.

Exercise Classes

Chair Yoga

Tuesdays, November & December

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, November & December

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.

Registration required: 732-597-6075 or
Kelly.Deleon@rwjbh.org



Exercise Classes *cont.*

Qigong

Thursdays, November & December

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**

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/>

New! COVID-19 Support Group

Wednesdays, November & December

11 am – noon

This program is for anyone who has had COVID-19 or has a family member who has experienced the virus. Facilitated by Kathy Holahan, MS, LCSW, this program will include a physician and other specialists who have experience the illness. *199 Prospect Street, Lakewood*

Registration is required: 732-730-9112

Weight Loss Information Session

Thursday, November 19

6 – 6:45 pm

Join Gurdeep S. Matharoo, MD, FACS, FASMBS, a board-certified bariatric surgeon at Monmouth Medical Center virtually through our informational lectures. Each lecture is followed at 7 pm by a virtual support group.

**To register, call 1-888-724-7123 or visit
rwjbh.org/mmcbariatriclecture**

Celiac Support Group: Surviving the Gluten-Free Holiday Season

Thursday, November 19

5:00 pm

Blogger Erin Smith from Gluten Free Globe Trotter will be joining us! She will share her top tips for having a successful gluten-free holiday season. From traveling, to being a house guest and even hosting your own holiday celebrations, we will explore top tips to keep you gluten free this holiday season. Michelle Pasia, MPH, RDN, continues to offer in-person and virtual education.

Please call 973-322-7272 to schedule an appointment



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