



# 2021 Calendar

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

## Education Programs

### Laughter Wellness

**Mondays, November 1, 8, 15, 22 & 29 | 9 – 9:45 a.m.**

Practice Laughter Wellness! Learn new ways to shake off any stress with positive breath, movement, laughter and mindfulness! Facilitated by Beverly Burns, M.Ed.

Registration required: <https://bit.ly/3aAinX2>

### Sleep, Aging and Dementia

**Thursday, November 4 | Noon – 1 p.m.**

Join us for a two-part program, a roundtable presentation and community discussion on the relationship between sleep and health presented by Sana Riaz, MD, RWJBH Geriatrician and Family Practice, and a brief presentation on Advancing the Science: Alzheimer's and Dementia Research. This program is presented in partnership with the Greater New Jersey Alzheimer's Association.

Registration required:

<https://theoceancountylibrary.org/events>

### Sleep After 60

**Wednesday, November 10 | 2 -3 p.m.**

Tired of feeling tired? How does age impact sleep? Kaitlyn Errigo, APN, of the Maida Geriatrics Institute, RWJBH, will discuss proven tips to getting a good night's rest. This will be an in-person event held at the Manchester Branch of the Ocean County Library, 21 Colonial Drive, Manchester.

Registration required:

<https://theoceancountylibrary.org/events>

or [Kelly.DeLeon@RWJBH.org](mailto:Kelly.DeLeon@RWJBH.org)

### Healthy Skin Month

**Wednesday, November 10 | Noon – 1 p.m.**

Cancer Prevention, Detection and Treatment. Presented by Fay Prag, APN, Advanced Dermatology.

Registration required: <https://bit.ly/3aMQdlz>

### Coffee with the Coaches

**Wednesday, November 10 | 2:30 -3:30 p.m.**

**Tuesday, November 16 | 2:30 -3:30 p.m.**

Grab your coffee and let's talk! Each session, we will be joined by a guest clinician to discuss their area of expertise.

To join this meeting: <https://bit.ly/3i6JXzi>

### Meet the Physicians

**Thursday, November 11 | 11:30 a.m. – 12:30 p.m.**

Join the discussion with a panel of medical experts from Monmouth Medical Center and RWJBarnabas Health medical group. Presenters will include a cardiologist, a primary care physician and a surgeon that will address health-related questions and help you find the pathway to better health!

Registration required: <https://bit.ly/3E4iyqc>

### Lessons Learned: Crafting our Future

**Monday, November 15 | 4 p.m.**

Join us for this interactive webinar to explore what we've learned during this unprecedented time about ourselves, our friendships, and our priorities. What lessons have you learned? What would you like to share with others?

Registration required: [hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org)

### Healthy Eating Tips for the Holidays

**Wednesday, November 17 | 10 - 11 a.m.**

Autumn Dempsey, RN, CDE, will discuss strategies for healthier holiday meal preparation and introduce us to new twists on tasty holiday favorites.

Registration required: <https://bit.ly/2YZxnv0>

## Navigating Medicare: 2022 Update

**Tuesday, November 23 | 11 a.m. - Noon**

Mark Gerhauser, Ocean County Office of Senior Services SHIP Counselor and Medicare expert, will provide invaluable, completely unbiased information for those who are new to Medicare as well as those that are existing enrollees. The presentation will also include an overview of the 2022 updates to the plan.

Registration is required: [Janice.haraz@rwjbh.org](mailto:Janice.haraz@rwjbh.org)

## Gratitude

**Tuesday, November 30 | 10 - 11 a.m.**

In this season of thanks and giving, especially in this year, it is important to recognize what we are most grateful for. Join us as we explore gratitude and how being thankful can improve health.

Registration required: <https://bit.ly/3mEKM3E>

## Health Screenings

### One-On-One Health Coaching

**November | 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

## Exercise Classes

### Chair Yoga

**Tuesdays, November & December | 9 - 9:45 a.m.**

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](mailto:Kelly.Deleon@RWJBH.org)

### Body by Tracy

**Wednesdays, November & December**

Grab some cans, water bottles or light weights and come sculpt your body to build long lean muscle and improve balance and bone density. Class code will be given at registration.

Registration required: 732.597.6075 or  
[Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)



### Chair Pilates

**Thursdays, November & December | 9 - 9:45 a.m.**

This program is designed to strengthen the abdominals, lower back and pelvic floor. Students will improve balance, posture, and proper breathing. Tighten and tone muscles and build better balance. Class code will be given at registration.

Registration required: 732.597.6075 or  
[Kelly.Deleon@RWJBH.org](mailto:Kelly.Deleon@RWJBH.org)

### Qigong

**Thursdays, November & December | 1 - 1:45 p.m.**

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](mailto: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).**

### College Support Group

**Mondays, November 1, 8, 15, 22 & 29 | 6 p.m.**

Share experiences, receive support, and enhance personal strengths together.

<https://us06web.zoom.us/j/89157850811?pwd=czhEcHowOWk2aG9kYU5lTDllbW9EUT09&#xa0;>

### RWJBH Oncology 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/>

### Tobacco and Nicotine Recovery Groups

**Mondays & Wednesdays | 9 – 9:45 a.m. & 7 – 7:45 p.m.**

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 and they operate Mondays and Wednesdays 9 a.m. - 9:45 a.m. and 7 p.m. - 7:45 p.m.

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

## Childbirth and Youth Home Safety Education

### Baby Care Basics

**Thursday, November 4 | 6:30 – 8:30 p.m.**

**Saturday, November 20 | 10 a.m. – Noon**

**Fee: \$50.00.** This program is design 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 address. Step by step instructions for choking and basic infant CPR will be covered as well. A book with an access code will be mail to you. With this code you will be able to access videos on all of the topics cover in this class. A 2 hours zoom meeting with the instructor for Q&A (view of all videos will be required before the meeting).

**Registration required: 732-923-5024.**

### Breastfeeding Support

**Mondays, November 1, 8, 15, 22, 29 | 10 a.m. – Noon**

**Thursdays, November 7, 14, 21 | 1 – 3 p.m.**

Facilitated by a registered nurse who is board certified in lactation and NICU experience.

### Breastfeeding Today

**Saturday, November 13 | 10 a.m. – Noon**

**Thursday, November 18 | 6:30 – 8:30 p.m.**

**\$50.00.** Breastfeeding offers many health benefits to babies and their mothers. This class introduces prospective mothers and fathers to breastfeeding by providing information through an informal discussion on the process and techniques of breastfeeding. Topics include the advantages of breastfeeding, how to prepare and get started, concerns of working mothers and the role of the family. A Certified Lactation Consultant teaches this class. We will send you the booklet with the code to access videos which includes; milk production; hunger cues; latch; storing breast milk; etc. A 2-hour Zoom meeting with the Lactation Consultant for Q&A will take place (view of all videos will be required before the meeting).

**Registration required: 732-923-5024.**



### Childbirth Preparation Class

**Sunday, November 7 | 10 a.m. – Noon**

**Sunday, November 21 | 10 a.m. – 1 p.m.**

**\$100.00.** This program will focus on what to expect during labor and birth, anesthesia choices, relaxation, breathing techniques and coping strategies. It will also address the immediate postpartum period. A booklet with an access code will be mailed to you. With this code you will be able to access videos on all the above topics. A 3-hour zoom meeting will take place for Q&A session and to practice breathing techniques with the instructor.

**Registration required: 732-923-5024.**

### Safe @ Home

**Thursday, November 18 | 3:30 – 5 p.m.**

**Free.** This program is designed for students in grades 4-6 to prepare them to be safe when they are home alone and 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 after registration.

**Registration required: <https://bit.ly/3kDiZRy>**

### Virtual Eisenberg Family Center Tours

To access the virtual tour for the Eisenberg Family Center Tour go to:

<https://www.rwjbh.org/monmouth-medical-center/>

- Scroll down to *Specialty services*
- Click on *Maternity Services*
- Click on the video *The Eisenberg Family Center*

Nurses Improving Care for Healthsystem Elders



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