

2019 Calendar

MAY

All programs meet at Monmouth Medical Center, Southern Campus
600 River Avenue, Lakewood unless otherwise noted.

EVENT

Take Control of Your Health

Wednesdays, May 1 – June 5 • 9:30 am – noon

Free. *Take Control of Your Health* is an interactive chronic disease self-management workshop that will teach you how to manage pain and chronic conditions by focusing on a positive attitude and adopting healthier lifestyle patterns. The workshop topics include: how to deal with frustration, fatigue, pain, and isolation; ways to maintain and improve strength, flexibility, and endurance; managing medications; how to communicate more effectively with family, friends and health professionals. 3rd floor conference room. **Registration is required 1-888-724-7123.**

EVENT

Aches and Pains Explained

Thursday, May 2 • 11:30 am – 1 pm

Free. Are you one of the 50 million Americans living with chronic pain? In recognition of National Arthritis Awareness Month, Ted Freeman, DO, F.A.A.P.M.R.-F.A.A.N.E.M. – F.I.P.P., will explore arthritis, bursitis and tendinitis as well as innovative solutions for inflammation, tenderness and pain. Light fare. Conference Room ABC. **Registration is required 1-888-724-7123.**

**Monmouth
Medical Center
Southern Campus**

**RWJBarnabas
HEALTH**



Community Health Education/Events

Diabetes Self-Management Series

Thursdays, May 2, 9, 16 & 23 • 10 am – noon

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. Taught by a registered dietitian/certified diabetes educator. Class dates are subject to change. 3rd Floor Conference Room. A prescription is required. The course will be billed to Medicare or your insurance carrier. **Registration is required 732-923-5025.**

Talking to Your Doctor

Monday, May 6 • 10:30 – 11:30 am

18 seconds is the average time a doctor waits before interrupting a patient. Good doctor-patient communication is important for good health care. This workshop will discuss strategies for selecting a physician to partner with on your journey to good health. We will explore what factors should go into the decision making process when choosing general practitioners and specialists, how to prepare for appointments, breaking down information received at an appointment and discussing sensitive subjects. 3rd Floor Conference Room. Space is limited. **Registration is required 1-888-724-7123.**

How to Ensure Your Wishes Win Out: Everything You Need to Know about Advanced Directives and Ensuring a Legacy

Tuesday, May 7 • 8:30 am

Presented as a service to the community by the MMCSC Foundation, this program is designed to provide information about the benefits of Advanced Directives and the risks that may impact retirement. Breakfast will be served. Held at the Ramada, 2373 Route 9, Toms River. **RSVP by April 30, at 732-886-4438 or email Megan.O'keefe@rwjbh.org**

Open Health Screenings

Wednesday, May 8 • 9 – 10 am

Free. Do you know your numbers? Come out and have your glucose, blood pressure, bone density and body mass index (BMI) tested. In addition, hearing screenings with

Sue Ellen Boyer, AuD., and mini-memory screenings will be provided by Melanie Vernacchia, MSN, APN, OCN, Geriatrics and Palliative Care. 3rd Floor Conference Room. **Registration is required 1-888-723-7124.**

Never Skip a Beat

Monday, May 13 • 2 – 3 pm

Your heart doesn't beat just for you! Each year, nearly 800,000 adults living in the U.S. experience a stroke. Please join our clinical expert as they discuss stroke prevention and risk factors, signs and symptoms, and treatment options. We will also discuss Atrial Fibrillation, or, AFib, which is an irregular heartbeat, it's connection to stroke, and how knowing the symptoms and getting treatment can significantly reduce heart-related illnesses. This event will take place at the Ocean County Library, Manchester Branch, 21 Colonial Drive, Manchester. **Registration is required 732-657-7600.**

Eleventh Annual Ladies Night Out

May 15 • 5 – 8 pm

Eagle Oaks Golf and Country Club Farmingdale, NJ

Free. 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 Chalnack, 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 prepared with their own questions for the panel. Ladies Night Out includes a complimentary dinner and beverages, giveaways and door prizes as well as chair massages by Body in Mind Massage Institute, Reiki demonstrations, Touchstone Crystal by Swarovski, Arbonne, Operation Bling, and Jersey Girl Barefoot Jewelry. The evening will feature a variety of free health screenings for bone density, Dermaview, and blood pressure. Information available for hospital programs including Cancer Services, Cancer Support Community, Bariatric Surgery Center, Joint Replacement Surgery Program, Sleep Center, Chinese and Russian Medical

Programs, Department of Radiology, Geriatrics Institute, and Barnabas Health Medical Group. Registration for Ladies Night Out is requested as seating is limited. **To register, call 1-888-724-7123 or email teamlink@rwjbh.org**

Five Wishes

Thursday, May 16 • 10 – 11 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. All participants will receive a copy of the Five Wishes courtesy of the Geriatrics Institute. This class will be held in Conference Room B & C at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Registration is required 1-888-724-7123.**

MMCSC Auxiliary Meeting

Thursday, May 16 • noon – 1:30 pm

The Monmouth Medical Center, Southern Campus (MMCSC) Foundation is thankful for the ongoing support of our active Auxiliaries. Although unique, each of our Auxiliaries make an impact, raising funds and establishing community support. Our hospital Auxilians are your neighbors from the surrounding communities of Lakewood, Jackson, Manchester, Toms River and Whiting. Membership is open to all residents of the hospital's service area. We encourage men and women from the community to join us for this meeting to discover the many opportunities available to become an active Auxilian! This event will take place in Conference Room D. **RSVP required by May 10; please call 732-886-4438, or by email Yvonne.Redline@rwjbh.org**

Vascular Screenings

Friday, May 17 • Appointments available from 8 am – noon

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. Following the screening, attendees may enjoy refreshments and participate in a stress and relaxation exercise session. **For more information and to register, please call 732-363-1900, Ext. 22022. Radiology Suite.**

Bone-Up on Your Health

Monday, May 20 • 2 – 4 pm

May is National Osteoporosis Month! Osteoporosis can potentially affect men and women of all ages and races. Receive an overview of the nature and risk factors of osteoporosis as well as signs and symptoms of the disease. Optional, complimentary bone density screenings will be available. Hosted at the Ocean County Library, Manchester Branch, 21 Colonial Drive, Manchester. **Registration is required 732-657-7600.**

Hearing and Your Health

Monday, May 20 • 2:30 – 3:30 pm

Learn how your hearing and your health are related. We will discuss common health conditions and how they impact your ability to hear. Presented by Sue Ellen Boyer, AuD., FAAA. 3W Conference room. **Registration required 1-888-724-7123.**



Al-Anon

Saturdays, May • 9:15 – 10:15 am

Al Anon is a mutual support program for people whose lives have been affected by someone else's drinking. This peer-led group meets in Conference Rooms D & E. Registration is not required. **For more information, call 732-597-6075.**

All Recovery Support

Thursdays, May • 6 – 7 pm

Come with a purpose, leave with a plan. All Recovery Meetings honor all pathways to recovery, acknowledging that each person's path is unique and reflects their personal strengths. We offer social support that focuses on the hope found in recovery and a connection with others who are maintaining a recovery lifestyle. Whether you are seeking or maintaining recovery for yourself or you have a family member or friend who has been influenced by substance abuse, this group is for you. Conference Rooms D & E. **For more information, call 848-303-0277 or email Jenna.Reidy@rwjbh.org**

Live and Thrive With Exercise!

Wednesday, May 29 • 9 am – 3 pm

Be one of the 100,000 older adults across that United States that will be participating in various forms of physical activity on National Health and Fitness Day! Begin your day at 9 am with our community partner, the **Ocean County YMCA, 1088 W Whitty Rd, Toms River**, for an opportunity to tour their facility, participate in an Aquacise class, or, try out their gym equipment at no charge. **Then, at noon, join us at Monmouth Medical Center, Southern Campus.** Robyn Kohn, MA, of the Alzheimer's Association of Greater New Jersey, will present "Healthy Living for Your Brain & Body: Tips from the Latest Research". There will be opportunities for movement and wellness, including mini-sessions of Tai Chi, Pilates, Meditation and other healthy surprises! Drop in at any point throughout the day and stay for as long, or as little, as you like! Conference Room ABC. **Registration is required 1-888-724-7123.**

Drive Defensively Two-Day Class

Wednesday, May 15 & May 22

6 – 9:30 pm

Drive Defensively, a two-session workshop by the Ocean County Department of Safety. This National Safety Council refresher course is perfect for drivers of all ages who need to sharpen their driving skills. Completing this workshop will eliminate two points from your driving record or participants may obtain a 5% insurance discount as required by State law. Contact the Ocean County Engineering Department at 732-929-2130 for information. Cost is \$18. Ocean County residents pay \$8 (make check or money order payable to the County of Ocean) and an additional \$10 (payable by money order only to the **New Jersey State Safety Council**). Please bring a valid driver's license and a pen to class with you. Conference Room B & C. **Registration is required 1-888-723-7124.**

Recurring Support Groups

Autism Support

Wednesday, May 15 & June 19 • 10 – 11 am

We will share the many feelings that arise from trying to understand our children, so often painful and confusing. We may not provide answers but will share the successes and failures of our interactions, and learn from each other. Join us to share the feelings of joy and tears of our different but wonderful children. Or join us just to listen. This group meets on the third Wednesday of every month, 3rd floor conference room. **Preregistration is not required, but preferred 732-597-6075.**

NEW! Bereavement Support Program

Tuesdays, May • 2:15 – 3:30 pm

Designed for those suffering from the death of a loved one in the past year, this therapeutic support group is facilitated by Kathleen Holahan, LCSW. 3rd Floor Conference Room. **Registration is required 732-730-9112.**

Caregiver Support Program

Tuesdays, May • noon – 2 pm

Wednesdays, May • 12:15 – 2:15 pm

A therapeutic support group, designed for persons caring for a loved one, over age 60, and residing in Ocean County. Join fellow caregivers and share successful strategies for navigating this difficult journey. Case management assistance is provided including eligibility for entitlement programs, assistance with

planning for out of home care, including assisted living and nursing home care. Facilitated by Kathleen Holahan, LCSW. 3rd Floor Conference Room. **Registration is recommended 732-730-9112.**

Overeaters Anonymous

Wednesdays, May • 7:30 – 8:30 pm

Overeaters Anonymous is a Fellowship of individuals who share experiences through, strength and hope and are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. Conference Rooms D & E. **For more information, call 732-597-6075.**

Grandparents Raising Grandchildren Support Group

Wednesdays, May • 10:30 am – 12:30 pm

Designed for grandparents who have custody and/or guardianship of their grandchildren. Join fellow caregivers as they navigate the difficult emotions and financial obligations involved in raising grandchildren. Facilitated by Kathleen Holahan, LCSW. 3rd Floor, in the James and Sharon Maida Geriatrics Institute. **Pre-registration is recommended 732-730-9112.5 per class.** Relax your mind and body without worry of getting up and down on the floor. Improve muscle tone, enhance flexibility, and increase circulation and your feeling of well-being. 3rd Floor Conference Room. Space is limited. **Registration is required 1-888-723-7124.**

Recurring Support Groups

Chair Yoga

Fridays, May • 10:55 – 11:55 am

Fee \$5 per class. Relax your mind and body without worry of getting up and down on the floor. Improve muscle tone, enhance flexibility, and increase circulation and your feeling of well-being. 3rd Floor Conference Room. Space is limited. **Registration is required 1-888-723-7124.**

Mindful Mondays: Gentle Movement & Meditation

Mondays, May & June • 1 - 2 pm

Free, New Students. \$25 Returning Students. Led by Nicole Franchino, E-RYT, this class will help reduce stress & anxiety as well as loosen tight muscles and stiff joints. We will explore breathing techniques to help calm the mind, as well as gentle stretching to relax the body. Guided visualization meditation will be practiced to help improve focus and mindfulness. All are welcome, no experience necessary. This practice may be done on the floor (please bring a yoga mat) or seated in a chair (provided). Space is limited. Please note that class will not take place on May 27. This class takes place on the 3rd floor conference room. **Registration is required 1-888-724-7123.**

NEW! Zumba® GOLD!

Mondays, May • 10:15 – 11:15 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. 3rd Floor Conference Room. Cost is \$25 for 5 sessions. Space is limited. **Registration is required 1-888-723-7124.**

Caregiver Connect Telephone Support Group

Wednesday, May 29 • 7:30 – 8:30 pm

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

Cancer Support Community: Exercise for Strength

Wednesdays, May • 1:30 – 2:30 pm

Cancer Support Community: All Cancers Support Group

Monday, May 6 • 2:30 – 3:30 pm

Cancer Support Community: Living with Loss

Mondays, May • 2:30 – 3:30 pm

Cancer Support Community: Gentle Yoga

Wednesdays, May • 2:30 – 3:30 pm

Cancer Support Community: Guided Meditation

Mondays, May • 3:30 – 4 pm

Cancer Support Community: Caregiver Support

Thursdays, May • 10 – 11 am

Cancer Support Community: Circle of Caring Children's Program

Mondays, May • 4 – 5 pm

Cancer Support Community: Gentle Yoga

Wednesdays, May • 2:30 – 3:30 pm

Cancer Support Community: Guided Meditation

Mondays, May • 3:30 – 4 pm

Cancer Support Community: Caregiver Support

Thursdays, May • 10 – 11 am

Cancer Support Community: Circle of Caring Children's Program

Mondays, May • 4 – 5 pm

**Want
More Info?**

**Have
Questions?**

Unless otherwise noted, all cancer support community events will take place at 199 Prospect Street, Lakewood. For more information or to register for all of the CSC groups, call 732-923-6090.

All dates and events are subject to change and cancellation. Class fees are non-refundable.

The Cancer Support Community (CSC) is available to those undergoing the experience of cancer treatments. To learn more, please call 732-923-6090.

Auxiliary Meetings and Public Events MMC Southern Campus Foundation 732-886-4438.