

COMMUNITY HEALTH EDUCATION

2018 Calendar

SEPTEMBER/OCTOBER

Monmouth Medical Center, Southern Campus

EVENT

Biden Cancer Community Summit

Friday, September 21 • 9 – 11:30 a.m.

In 2016, the launch of the White House Cancer Moonshot galvanized a movement to double the rate of progress against cancer. Thousands of individuals and hundreds of organizations from across industries and sectors throughout the country convened to develop solutions and partnerships that are improving cancer outcomes and saving lives. Tremendous progress has been made, but the work is not done. Please join the Cancer Support Community for an opportunity for our community to come together to share experiences, lessons and, most importantly, come together to map out actions need to support cancer patients and their families. A light brunch will be served. This event will take place at the Cancer Support Community 199 Prospect Street, Lakewood. **Space is limited and registration is required by calling 732.923.6090.**

EVENT

Navigating Medicare

Wednesday, October 17 • Noon. – 1 p.m.

Free. Please Join Mark Gerhauser, Ocean County Office of Senior Services SHIP Counselor and Medicare expert, as he provides 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 2019 updates to the plan. This event will take place at Monmouth Medical Center, Southern Campus, Conference room ABC, 600 River Avenue, Lakewood. **Space is limited and registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

**Monmouth
Medical Center
Southern Campus**

**RWJBarnabas
HEALTH**



Keeping your Grandkids Safe and Happy While in your Care!

**Monday, September 10
2 - 3 p.m.**

My, how things have changed since many of us became new parents! During this program, we will discuss the current trends in child safety in the home, outdoors and on the road! Join us for this interactive program; bring the grandkids for safety games and prizes! Presented by Safe Kids of Ocean County. This event will take place at the Manchester Branch of the Ocean County Library, 21 Colonial Drive, Manchester. **Registration is required by calling 732.657.7600.**

Diabetes Self-Management Series

**Thursdays, September 13, 20 & 27
Thursdays, October 4, 11, 18 & 25
Thursdays, November 1, 8, 15 & 22
10 a.m. - noon**

The Cancer Support Community at Monmouth Medical Center and Monmouth Medical Center, Southern Campus, is pleased to offer a free educational workshop on multiple myeloma. Topics will include treatment options, side-effects, cost of care, and navigating life with the disease. In addition, participants will learn about ways to cope with the social and emotional challenges of a multiple myeloma diagnosis. This event will take place at the Ramada Inn, 2373 Route 9, Toms River. **Space is limited and registration is required by emailing TeamLINK@RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.** Registration begins at 11:30 followed by lunch and lecture.

Avoiding Falls

**Monday, September 17
10 - 11:30 a.m.**

Each year, 1 in 3 adults over the age of 65 experiences a fall, however, most falls can actually be prevented. Empower yourself and join us for a practical, interactive discussion on some of the most common causes of accidental and unexplained falls and how they may be avoided. This presentation will also include a demonstration on the safest way to get up after a fall, techniques to improve your balance, and the opportunity to complete a personal, falls risk assessment. Light refreshments will be served. This class will take place on the 3rd floor conference room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. To register, call RWJBarnabas Health at 1.888.724.7123. **Space is limited and registration is required by calling 1.888.724.7123.**

Stress Management and Relaxation Techniques

**Monday, September 17
2 - 3 p.m.**

Let's destress together! Join us for a discussion on the causes of stress, the impact that it may potentially have on your health, and ways to combat it with practical and proven relaxation techniques including guided imagery, deep breathing and adult coloring. Weather permitting, this class will take place in the Healing Garden located at the main entrance of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. If the weather is inclement, we will meet in the 3rd floor conference room. **Registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

Avoiding Falls

**Tuesday, September 18
10 - 11:30 a.m.**

Each year, 1 in 3 adults over the age of 65 experiences a fall, however, most falls can actually be prevented. Empower yourself and join us for a practical, interactive discussion on some of the most common causes of accidental and unexplained falls and how they may be avoided. This presentation will also include a demonstration on the safest way to get up after a fall, techniques to improve your balance, and the opportunity to complete a personal, falls risk assessment. Light refreshments will be served. This event will take place at the Manasquan Reservoir, 331 Georgia Tavern Road, Howell. **Registration is requested by calling 732.842.4000, Ext. 1.**

Drive Defensively Two-Day Class

**Wednesday, September 19 &
Thursday, September 20
6 - 9:30 p.m.**

The Community Health Education Department at Monmouth Medical Center, Southern Campus, presents Drive Defensively, a two-session workshop offered 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 approved workshop will eliminate two points from your driving record. Participants who do not need to eliminate points may obtain a 5% insurance discount as required by State law. Please contact the Ocean County Engineering Department at 732.929.2130 for information. The cost for the Basic Defensive Driving Course is \$18 for Ocean County residents; \$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. This class will be held in Conference Room B & C at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Register by calling RWJBarnabas Health 1.888.724.7123.**

Talking to Your Doctor

**Monday, October 1
2 - 3 p.m.**

18 seconds; this is the average time a doctor waits before interrupting a patient. Good doctor-patient communication is important for good health care, but it can be challenging. In this workshop, we will discuss practical strategies for selecting a physician to partner with on your journey to health. We will explore what factors should go into the decision making process when choosing general practitioners and specialists, how to prepare for an appointment, breaking down any information you receive at an appointment, and, discussing sensitive subjects. All participants will receive a Talking to Your Doctor workbook. This event will take place at the Manchester Branch of the Ocean County Library, 21 Colonial Drive, Manchester. **Registration is required by calling 732.657.7600.**

Bone Up on Your Health: Osteoporosis

**Tuesday, October 16
10 - 11 a.m.**

Osteoporosis can potentially affect men and women of all ages and races. This presentation provides an overview of the nature and risk factors of osteoporosis as well as the signs and symptoms of the disease. We will also cover popular treatment options and practical things that you can do to protect your bones! This program includes a bone density screening. This event will take place at the Jackson Branch of the Ocean County Library, 2 Jackson Dr, Jackson, NJ 08527.

Registration is requested by calling 732.842.4000, Ext. 1.

Drive Defensively Two-Day Class

**Tuesday, October 16 &
Wednesday, October 24
6 - 9:30 p.m.**

The Community Health Education Department at Monmouth Medical Center, Southern Campus, presents Drive Defensively, a two-session workshop offered 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 approved workshop will eliminate two points from your driving record. Participants who do not need to eliminate points may obtain a 5% insurance discount as required by State law. Please contact the Ocean County Engineering Department at 732.929.2130 for information. The cost for the Basic Defensive Driving Course is \$18 for Ocean County residents; \$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. This class will be held in Conference Room B & C at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Register by calling RWJBarnabas Health 1.888.724.7123.**



All dates and events are subject to change and cancellation.

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



Caregivers Support Group

Tuesdays, September 11, 18, 25
noon – 2 p.m.

Tuesdays, October 2, 9, 16, 23, 30

Wednesdays, September 12, 19, 26

Wednesdays, October 3, 10, 17, 24, 31
12:15 – 2:15 p.m.

This group meets in the 3rd Floor Conference Room, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood.

For more information or to register, call 732.730.9112.

Caregiver Connect Telephone Support Group

Wednesday, September 26 - October 31

7:30 – 8:30 p.m.

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 – 8:30 on the last Wednesday of each month.

Space is limited. Please call 732.923.6090 to register. Once registered, you will receive a dial-in code and access information.

Cancer Support Community: All Cancers Support Group

Friday, September 7
9 – 10 a.m.

Cancer Support Community, 199 Prospect Street, Lakewood.

For more information or to register, call 732.923.6090.

Cancer Support Community: Yoga

Mondays, September 10, 17 & 24

Mondays October 1, 8, 15, 22 & 29

1:45 – 2:45 p.m.

Cancer Support Community, 199 Prospect Street, Lakewood.

For more information or to register, call 732.923.6090.

Cancer Support Community: Exercise for Strength

Mondays, September 10, 17, 24

Mondays, October 1, 8, 15, 22, 29
3 – 4 p.m.

Cancer Support Community, 199 Prospect Street, Lakewood.

For more information or to register, call 732.923.6090.

Cancer Support Community: Guided Relaxation

Mondays, September 10, 17, 24

Mondays, October 1, 8, 15, 22, 29
4 – 4:30 p.m.

Cancer Support Community, 199 Prospect Street, Lakewood.

For more information or to register, call 732.923.6090.

Grandparents Raising Grandchildren Support Group

Wednesdays, September 12, 19, 26

Wednesdays, October 3, 10, 17, 24, 31
10:30 a.m. – 12:30 p.m.

This group meets in the 3rd Floor Conference Room, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood.

For more information or to register, call 732.730.9112.

Chair Yoga

Fridays, September 7, 14, 21, 28

Fridays, October 5, 12, 19, 26
11 a.m. – noon

Fee: \$5/per person 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. The class will take place in the 3rd Floor Conference Room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Space is limited and registration is required by calling RWJBarnabas Health at 1.888.724.7123**

All Levels Yoga:

New & Returning Students

Better Health Members ONLY

Fridays, September 28 – December 21

Noon – 1 p.m.

Free. This class is for Better Health Members who are brand new to yoga! Yoga can help relieve stress, improve balance and flexibility, and increase concentration and focus. Led by Nicole Franchino, E-RYT, the class will move slowly from pose to pose, focusing on all of the yoga basics. Our practice will include seated (on the floor) and standing poses. Please wear comfortable clothing and bring a yoga mat. Space is limited. Class will not be held on Friday, November 23. This class takes place in the 3rd floor conference room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **To register, call RWJBarnabas Health at 1.888.724.7123**

Mindful Mondays: Gentle Movement & Meditation-Better Health Members ONLY

Mondays, September 24 – December 17

1 – 2 p.m.

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. Please bring a yoga mat & wear comfortable clothing. Please note that class will not be held on Monday, November 5. This class takes place on the 3rd floor conference room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **To register, call RWJBarnabas Health at 1.888.724.7123.**