



MAY 2023

# COMMUNITY HEALTH

Calendar

Programs are  
**FREE** and  
**OPEN TO ALL**

Registration is required for programs.  
Call 862.781.3597 or  
visit [rwjbh.org/events](http://rwjbh.org/events) to sign-up.



**Monmouth Medical Center**  
**Monmouth Medical Center**  
**Southern Campus**

**RWJBarnabas**  
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## Community Garden Volunteering

Thursdays, May • 9 – 10 a.m.

Eatontown Community Garden on Grant Ave, Eatontown



## Coffee with the Clinician: High Blood Pressure

Thursday, May 4 • 11 – 11:45 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Mental Health Matters (hybrid)

Tuesday, May 9 • 2 – 3 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Stroke Prevention Diet Cooking Demonstration (hybrid)

Wednesday, May 10 • 11 a.m. – noon

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Lunch & Learn: Prevention and Treatment Options for Skin Cancer (hybrid)

Tuesday, May 16 • 11:30 a.m. – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Addressing Age-Related Hearing Loss (hybrid)

Wednesday, May 17 • 10 – 11 a.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Lunch & Learn: Feet and Hyperbarics

Thursday, May 18 • 11:30 a.m. – 1 p.m.

Monmouth Medical Center Southern Campus – 600 River Avenue, Lakewood NJ



## Celiac Awareness Month Cooking Demo: Gluten-Free Baking (hybrid)

Tuesday, May 23 • noon – 1 p.m.

LiveWell Center – 200 Wyckoff Rd, Suite 1200, Eatontown



## Health Education and Nutrition Programs at the LiveWell Center

### Simple Skillet Meals (hybrid)

**Tuesday, May 2 | 11 a.m. – noon**

Skillet meals are perfect for fuss-free healthy meals and easy clean up! Join us in the demonstration kitchen for a cooking demo, featuring a recipe that can be prepared in one skillet!

Attendance is free, registration required: <http://bit.ly/437Hg6A>

### Nutrition for Bone Health (hybrid)

**Wednesday, May 3 | 11 a.m. – noon**

Join our registered dietitian to learn how balanced nutrition can support bone health. Learn risk factors for osteoporosis and simple diet and lifestyle changes that can help keep your bones healthy and strong.

Attendance is free, registration required: <https://bit.ly/3KZHMuI>

### Community Garden Volunteering (in-person)

**Thursdays, May | 9 – 10 a.m.**

Join us at the Eatontown Community Garden as we tend to the LiveWell Center's garden bed at the shared site. The Garden is located on Grant Avenue in Eatontown, across from Husky Brook Park. Meet our staff members in the parking lot and head into the garden together to plant tomatoes, cucumbers, and zucchini. Once harvested in the summer, produce will be donated to the Eatontown food pantry. Call Abby Thompson, Program Director, at 862.781.3542 with any questions! Group will not meet if it is raining heavily.

Attendance is free, registration encouraged: <http://bit.ly/3nF4ZdT>

### Coffee with the Clinician: High Blood Pressure (hybrid)

**Thursday, May 4 | 11 – 11:45 a.m.**

May is National High Blood Pressure Awareness Month! Join a team of registered nurses from Monmouth Medical Center at the LiveWell Center to learn about blood pressure and what you can do to manage your numbers to stay well. Blood pressures will also be taken for those interested. *Coffee (decaf or regular), tea, and light refreshments will be provided to those in-person attendees.*

Attendance is free, registration required: <http://bit.ly/40W26V7>

### Healthy Kids Cooking Class (in-person)

**Saturday, May 6 | 10:30 – 11:30 a.m.**

Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/3fM977W>

### Eatontown Bike Rodeo at Fort Monmouth (in-person)

**Sunday, May 7 | 1 – 3 p.m.**

Bring the kids and join Monmouth Medical Center, the Eatontown Complete Streets Advisory Committee, Eatontown Traffic Safety Bureau, Boy Scout Troop 49, and EZ Ride for a Bicycle Safety Rodeo at Fort Monmouth to learn safe cycling skills! Bring your bike and helmet and go through different stations to learn to ride safely. Enter at the Nicodemus Entrance off Broad Street in Eatontown.

Attendance is free, registration encouraged: <http://bit.ly/3ZzSgqg>

### Meditative Mondays: Self-Care for Stress Management (in-person)

**Monday, May 8 | 2 – 3 p.m.**

With busy lives and many responsibilities, we often forget to take care of ourselves. Let's discuss methods of self-care that can help you de-stress. We will also create an organic summer sugar scrub that you can take home to pamper your skin!

Attendance is free, registration required: <http://bit.ly/3K8M4ji>

### Deliciously Dairy-Free Cooking Demonstration (hybrid)

**Tuesday, May 9 | 11 a.m. – noon**

Whether you have a milk allergy or are just curious about dairy-free options you'll love how delicious dairy-free can be! Join our registered dietitian for a recipe demonstration using dairy-free ingredients and learn how to balance nutrition with dairy-free ingredients.

Attendance is free, registration required: <http://bit.ly/436hTSv>

### Mental Health Matters (hybrid)

**Tuesday, May 9 | 2 – 3 p.m.**

May is Mental Health Awareness Month! Join the Behavioral Health team from Monmouth Medical Center for a discussion on mental health as we age and the importance of taking care of our minds. *Light refreshments will be served to those who attend in-person.*

Attendance is free, registration required: <http://bit.ly/3zJXG7C>

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**Stroke Prevention Diet Cooking Demonstration (hybrid)**  
**Wednesday, May 10 | 11 a.m. – noon**

In recognition of Stroke Awareness Month, Katrina Charles-Findlay, RN/Stroke Coordinator with MMCSC, will be joining us in the demonstration kitchen for a discussion on stroke prevention. Learn the signs, symptoms and risk factors of strokes. Following the discussion, our registered dietitian will demonstrate how to prepare a low-sodium, heart healthy dish.

Attendance is free, registration required: <http://bit.ly/3zvXjOj>

**Family & Friends Adult, Child & Infant CPR (in-person)**  
**Wednesday, May 10 | 6 – 7:30 p.m.**

The AHA's Family & Friends® CPR Course a video-based, classroom course intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. \* This is not a certification course.\* A book for reference with a completion card will be given at class. Individuals 10 and up are welcome to attend; 16 in-person spaces available at the LiveWell Center.

Attendance is free, registration required: <http://bit.ly/3AMdoB3>

**Teen Takeover Cooking Demonstration (in-person)**  
**Wednesday, May 10 | 6:30 – 7:30 p.m.**

Join Ms. Jenn for a hands-on cooking class in our demonstration kitchen where we'll have fun making a healthy, trending recipe. Kids 11-17 years old are welcome to attend!

Attendance is free, registration required: <http://bit.ly/40CRPNE>

**Ask an Expert: Car Seats (in-person)**

**Monday, May 15 | 2 – 3 p.m.**

Not sure if your baby is ready for their next car seat? Is one car seat that is safer than another? Kelly DeLeon, MS, Safe Kids Coordinator Monmouth/Ocean Counties, will be available to answer your child passenger safety questions.

Attendance is free, registration encouraged: <http://bit.ly/3ZHeZAA>

**Afternoon Tea with the LiveWell Center:  
Preventing and Catching Strokes (hybrid)**

**Monday, May 15 | 2 – 3 p.m.**

Join us at the LiveWell Center for afternoon tea with Katrina Charles-Findlay, RN/Stroke Coordinator of MMCSC, to discuss how we can prevent and catch strokes with the BEFAST method. Tea and light refreshments will be served to those who attend in-person.

Attendance is free, registration required: <http://bit.ly/3lmZcZy>

**Lunch & Learn: Brachytherapy Treatment for Skin Cancer (hybrid)**

**Tuesday, May 16 | 11:30 a.m. – 1 p.m.**

Skin cancer is the most commonly diagnosed cancer in the US and May is Skin Cancer Awareness Month! Join Sang E. Sim, M.D., Radiation Oncologist, Medical Co-Director, Gamma Knife Center at Monmouth Medical Center for a discussion on Brachytherapy, a cutting-edge treatment for early non-melanoma skin cancer. *Lunch will be provided to in-person attendees.*

Attendance is free, registration required: <http://bit.ly/3ZI5u4v>

**Kids Snack Time (in-person)**

**Tuesday, May 16 | 4 – 5 p.m.**

Time for a snack! Grab your apron and join Ms. Jenn for a hands-on, cooking class in our demonstration kitchen. Young chefs age 4 and up are welcome to attend with an adult!

Attendance is free, registration required: <https://bit.ly/39pxV2O>

**Addressing Age-Related Hearing Loss (hybrid)**

**Wednesday, May 17 | 10 – 11 a.m.**

Join us at the LiveWell Center for a conversation with Dr. Sue Ellen Boyer, AuD, FAAA, of The Department of Audiology at Monmouth Medical Center, Southern Campus, as she discusses age-related hearing loss and facts about hearing aids. Dr. Boyer will also explore the common signs of hearing loss and the steps that may be taken to prevent it.

Attendance is free, registration required: <http://bit.ly/3K8RE59>

**Nutrition Throughout Cancer Survivorship (hybrid)**  
**Wednesday, May 17 | 2 – 3 p.m.**

Nutrition needs can change when you or a loved one is on a cancer survivorship journey. Join our registered dietitian for a cooking demonstration that will feature a nutrient dense, simple meal idea that you can whip up for yourself or a loved one to ensure you are still eating healthfully during this time.

Attendance is free, registration required: <http://bit.ly/3McCXAQ>

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### **Satisfying Salads (hybrid)**

**Thursday, May 18 | 11 a.m. – noon**

Warmer spring weather calls for refreshing spring salads. Join our registered dietitian to learn how to prepare a satisfying salad with balanced nutrition to power you through your day.

Attendance is free, registration required: <http://bit.ly/3K21QMU>

### **Baby's First Bites (hybrid)**

**Monday, May 22 | noon – 1 p.m.**

Join our registered dietitian in the demonstration kitchen to learn tips for introducing your baby to their first foods. Whether you're starting with purees or safe finger foods, our RD will provide tips for eating beginners!

Attendance is free, registration required: <https://bit.ly/3b2pEIR>

### **Meditative Mondays: Adult Coloring to Manage Stress (in-person)**

**Monday, May 22 | 2 – 3 p.m.**

Did you know that there are MANY health benefits to coloring? Let's pull out the colored pencils together and discover the positive effects that this activity can have on our bodies and minds. All supplies and light refreshments will be provided.

Attendance is free, registration required: <http://bit.ly/3m7BUre>

### **Celiac Awareness Month Cooking Demo: Gluten-Free Baking (hybrid)**

**Tuesday, May 23 | noon – 1 p.m.**

Join Jennifer Klein, MS, RDN, Registered Dietitian at the LiveWell Center and Jonathan E. Teitelbaum, MD, Chief of Pediatric Gastroenterology and Nutrition, for a program in recognition of Celiac Awareness Month. Dr. Teitelbaum will discuss what you need to know about Celiac Disease and gluten intolerance and Jennifer will lead you through a healthy cooking demonstration featuring a gluten-free baking recipe.

Attendance is free, registration encouraged: <http://bit.ly/3maOiso>

### **Preparing for Breastfeeding (hybrid)**

**Tuesday, May 23 | 3 – 4 p.m.**

Join our Certified Lactation Consultant for a FREE discussion on breastfeeding preparation at the LiveWell Center or virtually. The talk provides mothers-to-be, and their support person, the opportunity to learn more about the basics of breastfeeding. We will explore how to: get a good latch, establish your milk supply, identify that your baby is getting enough, and pump and store breastmilk. In-person and virtual option,

Registration is required and seats limited. To register, call 862.781.3873.

### **Move More, Do More! (in-person)**

**Wednesday, May 24 | 9:30 – 11:30 a.m.**

Join us at the LiveWell Center for Health and Fitness Day, a celebration of moving and staying well as we age. This event is geared towards adults 55 and older. Regardless of your fitness level, put on your sneakers and join us for a morning of healthy breakfast snacks, brain games, nutrition information, a discussion led by graduate students from Monmouth University's Doctor of Occupational Therapy program, and a series of movement classes that will include yoga drumming, dance movement, and chair yoga. Space is limited!

Attendance is free, registration required: <http://bit.ly/3ZIWz2w>

### **Healthy Barbecue Cooking Demonstration (hybrid)**

**Wednesday, May 24 | 6 – 7 p.m.**

Grilling time has arrived and the LiveWell Center is here to inspire a healthy barbecue season! Join our dietitian in the kitchen to learn a healthy grilling tips and healthy recipe ideas.

Attendance is free, registration required: <http://bit.ly/3Kay7BB>

### **Fermented Foods Cooking Demo**

**Wednesday, May 31 | 6:30 – 7:30 p.m.**

Do you know that fermented foods like sauerkraut and kefir contain healthy bacteria that support good digestion? Join us in the demonstration kitchen to learn about the benefits of fermented foods and learn simple recipes to help you add a healthy dose of probiotics to your day.

Attendance is free, registration required: <http://bit.ly/3KzBNye>

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## Programs at Monmouth Medical Center Southern Campus

600 River Avenue, Lakewood

### Lunch & Learn: Feet and Hyperbarics (in-person)

**Thursday, May 18 | 11:30 a.m. – 1 p.m.**

This event takes place at Monmouth Medical Center Southern Campus in Lakewood (600 River Avenue, Lakewood). Join Matt Modugno, DPM, Podiatrist, as he discusses common issues we may experience with our feet and Cheryl Munroe, BSN, RN, CCM Area Director Centers for Wound Healing & Hyperbaric Medicine, as she explores treatment of wounds. *Grab & Go lunch will be provided to attendees.*

Attendance is free, registration required: <http://bit.ly/40JR312>

### Shaping up for Summer (in-person)

**Thursdays, May 4, 11, 18 and 25 | 1 – 1:45 p.m.**

This class takes place at 199 Prospect Street in Lakewood at the Monmouth Medical Center Southern Campus. Come tone up with weights and improve balance and coordination with balls. Led by Tracy Morano, this program is open to Better Health Members.

Attendance is free, registration required: <https://bit.ly/3m73Jjr>



## Movement Programs at the LiveWell Center

200 Wyckoff Road, Suite 1200, Eatontown, NJ 07724

### Movement for Better Balance (in-person)

**Wednesday, May 3 and 10 | 10 – 10:45 a.m.**

Regardless of body type or fitness level, this class is designed to improve balance and posture. *Movement waiver is required for all participants.*

For more information, please visit: <http://bit.ly/3Yp4O4p>

### Yoga (in-person)

**Wednesdays, May 3, 10, 17, 24, and 31**

Join us at the LiveWell Center for yoga which can help harmonize, relax and rejuvenate your body, mind, and emotions. This class will help gently build muscle strength and promote flexibility, as well as improve mental clarity and focus. Our yoga practice will include physical postures, breathing techniques & meditation for a full body wellness experience. You can also grab a chair during class if you would like to adapt the movements. Everyone is encouraged to work at their own pace and ability; all levels of fitness and flexibility are welcome. *Movement waiver is required for all participants.*

Attendance is free, registration required: <http://bit.ly/316cWR8>



## 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 **862.781.3818**

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## Support Groups and Information Sessions

### All Recovery Meeting (virtual)

#### Daily

All Recovery Meetings are for everyone who supports recovery and honor all pathways to recovery. Join us virtually and connect with others who are initiating and maintaining a recovery lifestyle.

For more information and for Zoom codes, please call 833.233.IFPR (4377).

### Bariatric Support Group Meetings (in-person)

#### Third Thursday of Each Month | 6:30 - 7:45 p.m.

Convenient in-person meetings are held at the Anne Vogel Family Care and Wellness Center, Suite 1200 at 200 Wyckoff Rd, Eatontown. Family, friends and support persons are also invited to attend. This is a great opportunity to meet others going through the same weight loss journey. Our meetings focus on achieving optimal wellness through weight loss surgery. Each month, we will discuss a different topic on nutrition, exercise and healthy living behaviors.

Additionally, **Weight-Loss Surgery New Patient Seminars** will be held **Monday, April 10, from 3 - 4 p.m. and Thursday, April 20, from 6 - 7 p.m.** Instead of emphasizing short-term goals like reducing the size of your waist, our Bariatric Surgery New Patient Lecture Series focuses on long-term benefits like reducing your risk of Type 2 diabetes, sleep apnea and hypertension. Every aspect of the program, including bariatric surgery, will be clearly presented so you can make the right choice.

To register or learn more, call 732-923-6070.

### Breastfeeding Support Groups (in-person)

#### Monday, May 1, 8, 15, and 22 | 10:00 a.m. - noon

#### Thursday, May 4, 11, 18, and 25 | 1:00 - 3:00 p.m.

Join us for a free, in-person Breastfeeding Support Group offered weekly and facilitated by a Certified Lactation Consultant at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown). Promoting breastfeeding through peer support.

Call for first time registration: 862.781.3873

### Cardiac Support Group (in-person)

#### Wednesday, May 3 | 3 - 4 p.m.

Open to individuals with heart disease and other cardiac diagnoses. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the first Wednesday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd, Suite 1200, Eatontown).

For more information, call Marietta Datar, BSN, RN, at 732.923.7448.

### Caregiver Support Group - Monmouth County (in-person)

#### Wednesday, May 24 | 6 - 7 p.m.

Meets the fourth Wednesday of the month and open to individuals who are providing care for a spouse, parent, or other loved one. This support group, held in conjunction with the Alzheimer's Association Greater New Jersey Chapter, offers individuals an opportunity to share experiences, practical information, and resources while inspiring and supporting others.

For more information, call Kelly DeLeon, MS, at 862.781.3818.

### Caregiver Support Group - Ocean County (in-person)

#### Wednesday, May 24 | 6 - 7 p.m.

Offered on various dates/times throughout the month. Caregiver counseling is available to anyone struggling to care for a resident over the age of 60 living in Ocean County.

For more information or to register, please call Kathleen Holahan, MSW, LCSW, at 732.778.0636

### Ovarian Cancer Support Group (in-person)

#### Thursday, May 11 | noon - 1 p.m.

For women diagnosed with cervical, ovarian, endometrial, or uterine cancer. This support group offers patients and their families an opportunity to actively participate in healing after a cancer diagnosis. Group meets on the second Tuesday of each month from noon to 1 p.m. at the LiveWell Center (200 Wyckoff Rd., Suite 1200, Eatontown).

For more information, call Leslie Shephard, MSN, RN, OCN, at

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732.923.6709

**PROUDLY Me! Transgender Edu-port  
(Education and Support) Program (virtual)**

**Every second Thursday of the month | 6 – 8 p.m.**

PROUDLY Me! is a free education and support program to help the transgender and non-binary confirming community members by creating a safe space of learning through peer support and resources. PROUDLY Me! meets virtually every second Thursday of the month from 6 – 8 p.m. Please email [daniel.fernandez@rwjbh.org](mailto:daniel.fernandez@rwjbh.org) or [leigh.mann@rwjbh.org](mailto:leigh.mann@rwjbh.org) to register.

**For more information, call Marietta Datar, BSN, RN, at 732.923.7448.**

**Pulmonary Support Group (in-person)**

**Thursday, May 25 | 3 – 4 p.m.**

Open to individuals diagnosed with a pulmonary disease. This support group offers patients and their families an opportunity to share experiences, practical information, and resources while inspiring and supporting others. Group meets on the last Thursday of each month from 3 to 4 p.m. at the LiveWell Center (200 Wyckoff Rd, Suite 1200, Eatontown)

**For more information, call Marietta Datar, BSN, RN, at 732.923.7448.**

**Tobacco and Nicotine Recovery Group (dual)**

**Thursday, May 4, 11, 18, and 25 | 10 – 11 a.m. (in-person)**

**Mondays, May | 7 – 8 p.m. (virtual)**

Open to anyone with a nicotine or tobacco addiction who is currently in recovery or working towards recovery. Led by Certified Tobacco Treatment Specialist, topics vary weekly and groups run virtually and in-person. To register, please contact the Quit Center at **833.795.QUIT (7848)** or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).

**RWJBH Oncology Support Community (virtual)**

The RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer through a variety of support groups, and educational, physical activity, and relaxation programs.

For full calendar of events, visit: <https://bit.ly/3Na4nFB>

Call us at 862.781.3597 or email [LiveWellCenter@rwjbh.org](mailto:LiveWellCenter@rwjbh.org) with any questions or to register

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Eatontown, NJ 07724

**LiveWell Center**

Anne Vogel Family Care & Wellness Center  
200 Wyckoff Road, Suite 1200  
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*As we hold in-person health education events, your health and safety are our top priority. As of this time, masks are strongly encouraged in the LiveWell Center. Additional COVID-19 safety protocols are also in place.*

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Nurses Improving Care for Healthcare System Elders  
**NICHE**  
NICHE Designated Hospital