

COMMUNITY HEALTH EDUCATION

2018 Calendar

JULY/AUGUST

Monmouth Medical Center, Southern Campus

EVENT

Laughter IS the Best Medicine!

A Better Health Members ONLY Event

Tuesday, July 24 • 11 a.m. – 1 p.m.

Laughter just may be the best medicine! Join Mary Hankenson-Shapiro, Community Liaison with Holy Redeemer Homecare and Hospice, as we learn about the different emotional, physical and spiritual benefits of laughter! A light lunch will be served. This event will take place in Conference Room AB, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Space is limited and registration is required by emailing TeamLINK@RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.**

EVENT

Behavioral Health in Older Adulthood

A Better Health Members ONLY Event

Tuesday, August 14 • Noon - 2 p.m.

Behavioral health plays an integral role in overall well-being. One in four older Americans experiences a behavioral health issue that is not a normal part of aging, yet they are less likely to receive treatment than younger individuals. Please join Lina Shihabuddin, MD, Geriatric Psychiatrist and Chief Medical Officer of the RWJBarnabas Health Behavioral Health Network, as she explores some of the most common mental health concerns in older adulthood as well as prevention and treatment options. This discussion will also include a question and answer session. A light lunch will be provided. This event will take place in Conference Room ABC at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

**Monmouth
Medical Center
Southern Campus**

**RWJBarnabas
HEALTH**

Community Health Education/Events

Monmouth Medical Center, Southern Campus | July/August Calendar



Freedom from Smoking

Fridays, June 22, July 6, 13, 20 & 27, August 3 - Monday, July 16, 23, 9:30 - 10:30 a.m.

Join the American Lung Association's 8-week quit smoking program. Hundreds of thousands of people have become smoke-free through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking. Overseen by a certified facilitator, you will: learn how to know if you're really ready to quit, discuss medications that can increase your success, talk about lifestyle changes to make quitting easier, get information on how to prepare for your quit day, discuss and share coping strategies for managing stress and avoiding weight gain, and learn how to stay smoke-free for good. This event will take place in Conference Rooms D & E, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **To register, call 732.923.6090 or email joan.hogan@rwjbh.org.**

Diabetes Self-Management Series

Thursdays, July 5, 12, 19 & 26 10 a.m. - noon

Fee based. 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. The program is taught by a registered dietitian/certified diabetes educator. Class dates are subject to change. This class will be held on the 3rd floor of Monmouth Medical Center, Southern Campus, 600 River

Avenue, Lakewood. A doctor's prescription is required. The course will be billed to Medicare or your insurance carrier. **For information and to register for classes, call 732.923.5025.**

The Aging Eye

Tuesday, July 10 9:30 - 11 a.m.

Have you noticed changes in your eyesight? As we age, the eye can change as a result of issues such as cataracts, glaucoma, and diabetic retinopathy. Please join Richard Zaback, O.D., as he walks us through the aging eye, available treatment options for diseases of the eye, and preventive eye care. This event will take place in the 3rd Floor Conference Room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Registration is required by emailing TeamLINK@RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.**

Open Health Screenings

Wednesday, July 11

Wednesday, August 8 9 - 10 a.m.

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 will be provided by Sue Ellen Boyer, AuD, FAAA. After you screen, enjoy a heart-healthy snack! This event will take place at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood, 3rd floor conference room. **Registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

Stress Management and Relaxation Techniques

Monday, July 16 10 - 11:30 a.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.**

The Benefits of Tai Chi

Wednesday, July 18 11:30 a.m. - 1 p.m.

Are you thinking about joining one of our Tai Chi classes? Are you looking for a gentle, safe, evidence-based physical activity which improves balance and coordination? Join expert tai chi instructor Kit Lau as she explores the benefits of Tai Chi on physical and mental health. Tai Chi, sometimes called "moving meditation", focuses on slow movement, breathing, relaxation, and can be done standing or sitting. Note that this event is only open to those who have not yet participated in a Better Health sponsored Tai Chi session. A light lunch will be provided. This event will take place in Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Space is limited and registration is required by emailing TeamLINK@RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.**

Drive Defensively Two-Day Class

Monday, July 23 & Tuesday, July 24, Wednesday, August 15 & Thursday August 16 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

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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 D&E at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Register by calling RWJBarnabas Health 1.888.724.7123.**

Health Information on the Internet: The Good, the Bad, the "Don't Go There"

**Thursday, August 2
10 – 11 a.m.**

Presented by Frederic C. Pachman, AHIP, Director of Altschul Medical Library, Monmouth Medical Center. There is a lot of health-related information on the Internet. How do you access reliable, trustworthy and accurate information? How can you evaluate a new website that you've found, before you start believing the content? With all the news that is splashed across the headlines, where do you go to find the original

source and story? Join us for a lecture and discussion and bring your favorite story and URL. Light refreshments will be served. This event will take place in Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Space is limited and registration is required by emailing TeamLINK@RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.**

Herb Container Gardening Monday, July 30 noon – 2 p.m.

Whether you want to enjoy culinary herbs right outside your door, a refreshing herbal water infusion, or a relaxing herbal tea, ---container gardening is ideal for small spaces, is less physically demanding, takes only minutes a day to maintain, and is a mental health break. Join Ocean County Master Gardener, Debbie McCabe, for tips on container, potting mix and herb choices, as well as, growing requirements and herb grooming. A light lunch will be provided. This event will take place in Conference Room ABC at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. **Registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

Drive Defensively Monday, August 13 8:30 a.m. – 4 p.m.

The Community Health Education Department at Monmouth Medical Center, Southern Campus, presents Drive Defensively, a 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.**

Stress Management and Relaxation Techniques

**Monday, August 13
10 – 11:30 a.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.**

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

Recurring Support Groups

Monmouth Medical Center, Southern Campus | July/August Calendar



Caregivers Support Group

Tuesdays, July 3, 10, 17, 24, 31 & August 7, 14, 21 & 28

Noon – 2 p.m.

Wednesdays, July 11, 18, 25 & August 1, 8, 15, 22 & 29

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, July 25 & August 22

7:30 – 8:30 p.m.

Free. The Cancer Support Community invites caregivers to call in for support. Support groups will be held by phone from 7:30 – 8:30 p.m. 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, July 6

1 – 2 p.m.

Cancer Support Community, 199 Prospect Street, Lakewood.

For more information or to register, call 732.923.6090.

Cancer Support Community: Yoga

Mondays, July 2, 9, 16, 23 & 30, August 6, 13, 20 & 27

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, July 2, 9, 16, 23, 30 & August 6, 13, 20 & 27

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

Friday, July 6

2 – 2:30 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, July 11, 18, 25 & August 1, 8, 15, 22 & 29

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, July 6, 13, 20 & 27 & August 3, 10, 17, 24 & 31

2:30 – 3:30 p.m.

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.

Tai Chi for Beginners: Better Health Members ONLY

Thursdays, August 16 – September 27

1 – 2 p.m.

Free for Better Health Members who are new to Tai Chi. Led by expert instructor, Kit Lau, Tai Chi

can improve balance, coordination and lower body strength. This 8-week series will take place in the 3rd Floor Conference Room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. Space is limited. Registration is required by calling RWJBarnabas Health at 1.888.724.7123.

Tai Chi for Returning Participants

Thursdays, August 16 – September 27

2 – 3 p.m.

\$50. Led by expert Tai Chi instructor, Kit Lau, this class is open to all who have completed at least one Tai Chi 8-week session. \$50 fee is due on or before August 6. This 8-week series will take place in the 3rd floor conference room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. Registration is required by calling RWJBarnabas Health at 1.888.724.7123.

