

2018 Calendar

NOVEMBER/DECEMBER

Monmouth Medical Center, Southern Campus

EVENT

Diabetes Empowerment Education Program

**Wednesdays, November 7, 14, 28 and
December 5, 12 & 19 • 10 – 11:30 a.m.**

Are you a person with Medicare living with diabetes or know someone who is? Take control of your health through a FREE, interactive and fun six-week workshop series. Meet others going through similar experiences and learn about diabetes and its risks, preventing complications, healthy eating, exercise, medication management, dealing with stress and depression, action planning, and much more. Graduates from this evidence-based program have lost weight, improved eating habits, and lowered their blood sugar levels. This series is open to all who are either living with diabetes or who care about someone that does! 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.**

EVENT

Fourth Annual Better Health Member Appreciation Event at Eagle Ridge Golf Club

Thursday, November 29 • 4 – 7 p.m.

Let's celebrate the holiday season and another year of healthy living with dinner, music and dancing! *In the spirit of the season, all attendees are asked to bring an unwrapped gift appropriate for children ages 6 months – 18 years, which will be donated to the Lakewood PBA in support of their annual holiday gift-giving drive.* This event is open to Better Health members only and will take place at Eagle Ridge Golf Club, 2 Augusta Boulevard, Lakewood. Space is limited and registration is required by emailing TeamLINK@RWJBH.org or by calling 1.888.724.7123.

**Monmouth
Medical Center
Southern Campus**

**RWJBarnabas
HEALTH**



Men's Night Out

Thursday, November 1
5:30 – 7:30 p.m.

Free. The Community Health Education team at Monmouth Medical Center, Southern Campus, will host a health event to showcase clinical experts who will present an interactive discussion of today's most vital men's health issues. The event will feature a panel led by moderator, Jessica Israel, MD, Corporate Chair of Geriatrics; Abhijit Chatterjee, MD, Geriatrician, Michael Jaronczyk, MD General, Advanced Gastro-Intestinal, Minimally Invasive & Robotic Surgery Mukaram Gazi, MD FACS, Chair, Department of Surgery and Chief of Urology at MMCSC, Sue Ellen Boyer, AuD, FAAA, Doctor of Audiology.

Panelists will address frequently asked questions in their areas of expertise, and participants are encouraged to come prepared with their own questions for the panel. Men's Night Out includes a complimentary dinner and beverages, giveaways and door prizes as well as chair massages, Reiki demonstrations, golf swing analysis and pre-golf stretching instruction, autos shown by Pine Belt Enterprises, the Lakewood BlueClaws, and so much more!

The evening will feature a variety of free health screenings for balance, bone density and blood pressure. Other information will be available about Monmouth Medical Center, Southern Campus programs, including the James and Sharon Maida Geriatrics Institute, Cancer Support Community, the Vascular Institute at Monmouth Medical Center, Southern Campus, Department of Outpatient Rehabilitation Services, and Barnabas Health Medical Group. This event will take place at Eagle Ridge Golf Club, 2 Augusta Boulevard, Lakewood. Pre-registration for Men's Night Out is required as seating is limited. **To register, call 1.888.724.7123.**

Diabetes Self-Management Series

Thursdays, November 1, 8, 15 & 22
December 6, 13, 20 & 27
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.**

Getting an "A" for Memory

Wednesday, November 14
2 – 3 p.m.

We all want to stay healthy and independent as we age. Along with keeping our bodies in good shape, we want to keep our minds healthy, too. Melanie Vernacchia, MSN, APN, OCN, Geriatrics and Palliative Care, will explore normal memory loss and methods for boosting your brain power! This event will take place at the Ocean County Library, Jackson Branch, 2 Jackson Drive, Jackson, 08527. **To register, please call 732.928.4400.**

Brain Health Fair

Thursday, November 15
10 a.m. – 2 p.m.

The Social Community Activities Network (SCAN) is hosting a Brain Health Fair at the St. Andrews Church, 1528 Church Road, Toms River. The Brain Health Fair is an opportunity for people of all ages to experience fun and creative, interactive activities designed especially to promote brain health. The Brain Health Fair is FREE and open to the public; advance registration is requested. Abhijit Chatterjee, MD, Geriatric Medicine, of the James and Sharon Maida Geriatrics Institute, Monmouth Medical Center, Southern Campus, will be the keynote speaker. Activities will include interactive brain teaser stations and feature juggling, puzzles, word and computer games, blood pressure screening, healthy snacks and prizes. **To register for the Brain Health Fair or for additional details please call SCAN: 732.542.1326.**

Drive Defensively Two-Day Class

Wednesday, November 14 & Thursday, November 15
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

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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.**

Creating Healthy Holiday Traditions **Tuesday, November 20 1 – 3 p.m.**

Holidays are a time of special gatherings which are full of family, friends and food. Join Lauren Dorman, Registered Dietitian and Certified Diabetes Educator, as she discusses strategies for healthier holiday meal preparation as well as healthier eating strategies while you are at those holiday get-togethers! We will also share some heart healthy holiday recipes and create a make-and-take holiday treat. The holidays can also be a stressful time with added social and financial obligations. Therefore, Kelly DeLeon, MS., H. Ed., will explore new traditions that can help ease some of the stressors of the season. Light, holiday fare will be served. This event will take place at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood, in conference room ABC. **Registration is required by calling RWJBarnabas Health at 1.888.724.7123.**

The Benefits of Tai Chi

Monday, November 26
11:30 am – 12:30 p.m.

In a recent study reported in the JAMA Internal Medicine, a Tai Chi intervention reduced falls by 58% compared with stretching alone. Tai Chi is a gentle, safe, evidence-based form of physical activity which can improve balance and coordination and can be performed by anyone, regardless of ability. Join expert Tai Chi instructor, Kit Lau, as she explores the many benefits of Tai Chi on both physical and mental health. Tai Chi, sometimes called “moving meditation”, focuses on slow movement, breathing, relaxation, and can be done sitting or standing. A light lunch will be provided. This event is open to all Better Health members who are new to Tai Chi and will take place at Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood, in the 3rd floor conference room. **Space is limited and registration is required by emailing TeamLINK @RWJBH.org, or calling RWJBarnabas Health at 1.888.724.7123.**

Five Wishes

Tuesday, November 27
10 – 11 a.m.

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. 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: Holiday Edition

Monday, December 3
10:30 -11:30 a.m.

The holiday season can be a challenge—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. The holidays can also be a stressful time with added social and financial obligations. Kelly DeLeon, MS., H. Ed., will explore new traditions that can help ease some of the stressors of the season. 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 calling RWJBarnabas Health at 1.888.724.7123.**

From Saint to Santa: **A Better Health Members ONLY Event** **Friday, December 7** **11 a.m. – 1 p.m.**

Through centuries of art, much of it now in East Coast museums, we'll explore how a Turkish bishop evolved into one of Christianity's most beloved saints. Then, in American artwork, we'll see Nicholas change again—into Santa Claus. Presented by Michael Norris, Ph. D., art historian and former museum educator at the Metropolitan Museum of Art. Light fare 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 calling RWJBarnabas Health at 1.888.724.7123.**



Recurring Support Groups

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Caregivers Support Group

Tuesdays, November 6, 13, 20 & 27
noon – 2 p.m.

Tuesdays, December 4, 11 & 18

Wednesdays, November 7, 14, 21 & 28
12:15 – 2:15 p.m.

Wednesdays, December 5, 12, 19 & 26

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, November 28 & December 26

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 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, November 2 & December 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, November 5, 12, 19 & 26
Mondays December 3, 10 & 17
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, November 5, 12, 19 & 26
Mondays December 3, 10 & 17
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, November 5, 12, 19 & 26
Mondays December 3, 10 & 17
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, November 7, 14, 21 & 28
Wednesdays, December 4, 11 & 18
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, November 2, 9, 16, 23 & 30
Fridays, December 7, 14, 21 & 28
11 a.m. – noon

\$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, November 9, 16, 23, 30 & December 7, 14, 21 & 28
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, November 12, 19, 26 & December 3, 10 & 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. Space is limited. 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.**

Tai Chi for Beginners: Better Health Members ONLY

Thursdays, November 29
Thursdays, December 6, 13, 20 & 27
Thursdays, January 3, 10, 17, 24 & 31
1 – 2 p.m.

Get a head start on your “Healthy New Year” with Tai Chi! Free for Better Health Members who are new to the Tai Chi. This series will take place in the 3rd floor conference room of Monmouth Medical Center, Southern Campus, Lakewood. **Space is limited and 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*

rwjbh.org/monmouthsouth