

Community Health Events



Atlantic Health System
Hackettstown Medical Center

January, February, March 2019

Health Lectures

Registration is required.
Call 1-844-472-8499.

Dinner Lecture: Colorectal Cancer Prevention - What You Need to Know **Wednesday, March 13**

5:30pm: Light Dinner; 6:00pm: Lecture

Colorectal cancer is a leading cause of cancer-related deaths in men and women in the United States. Early detection and regular screenings can help lower your risk of developing the disease. Join Dr. Sarwan Kahlam to learn about the risk factors for colorectal cancer; lowering your risk, screenings and treatment options. Held at Center for Healthier Living, 108 Bilby Road, Hackettstown. To register, call 1-800-247-9580.

Family Health Forum

March 28, 6:00 to 8:30pm

Hackettstown Medical Center and Family Support Organization present this informational series to address the special needs of families in our community. Presentations include the nurtured heart approach, impact of addiction on families, understanding and improving challenging behaviors and helping anxious kids. Held at Center for Healthier Living, 108 Bilby Road, Hackettstown. Registration required, call 908-223-1101, ext.12 or email aruiz@fso-hsw.org.

The Importance of Cardiovascular Exercise for Heart Health

February 5, 6:30 to 7:30pm

Join Michael Mastaj, lead physical therapist at Morristown Medical Center's Health Pavilion, to learn about the multitude of benefits cardiovascular exercise provides for your heart and overall health. This presentation will review different types of cardiovascular exercise and practical strategies for establishing individual fitness goals. Held at the Sussex County Library, Louise Childs Branch, 21 Stanhope Sparta Rd., Stanhope. Registration is required, call 1-800-247-9580.

Lifestyle Changes for Prediabetes and Diabetes Management

February 12, 1:00 to 2:00pm

Information on what you can do to help prevent, postpone, or manage diabetes. Held at Center for Healthier Living, 108 Bilby Road, Hackettstown.

Total Hip and Knee Replacement

March 26, 11:00am to 12:00pm

Learn reasons why you may need a joint replacement and what to expect from the day of your procedure through your rehabilitation. Held at the Center for Healthier Living, 108 Bilby Road, Hackettstown.

Weight Loss Surgery Webinar

Led by one of our fellowship-trained bariatric surgeons, this webinar gives an overview of the most effective bariatric procedures performed, how much weight you can lose, health benefits and qualifications. Access to a computer required. Register at njbariatriccenter.com under Free Seminar.

Programs

Registration is required.

Cancer Thriving and Surviving Workshop

Cancer survivors who have completed treatments and their caregivers will discuss common survivorship problems, exercise tips, therapies, communication tactics, nutrition and setting priorities. Sponsored by the Sussex Warren Chronic Disease Coalition. Held at the Center for Healthier Living, 108 Bilby Road, Hackettstown. Call 908-387-9888 or 908-475-7960, to register and for dates and times.

Diabetes Education Classes: Self-Management for Diabetes

January 9, 16 and 23; February 13, 20 and 27;

March 13, 20 and 27, 10:00am to 12:00pm

Designed for individuals diagnosed with diabetes, discussion topics include understanding the disease process, medication options, blood glucose monitoring, nutrition management and exercise. Held at Hackettstown Medical Center. To register, call 908-979-8848.

Fall Risk Screening

Identify potential balance problems that may increase your risk of falling. Held at Hackettstown Medical Center's Therapy Department. To schedule an appointment, call 908-850-6925.

Get Fit Exercise Program

Receive a fitness assessment and individualized exercise program, including access to the Community Fitness Center. Held at Hackettstown Medical Center. To schedule a registration appointment, call 908-441-1348.

Medical Nutrition Counseling

Individual sessions are available. Held at Hackettstown Medical Center. For more information and to schedule an appointment, call 908-441-1482.

Sleep Clinic

For more information on snoring, sleep apnea or other sleep-related disorders, or to arrange a free consultation with a board-certified sleep specialist, call 908-850-7744. Held at Hackettstown Medical Center Sleep Lab.

Smoking Cessation

Call for dates. 5:00 to 6:30pm

This 6-week smoking cessation program is led by a certified tobacco treatment specialist. A smoking assessment is required to participate. Call 908-979-8797 to register.

New Vitality Programs for Older Adults

Most classes held at Center for Healthier Living, 108 Bilby Road, Hackettstown. Registration is required. Call 1-844-472-8499.

AARP Safe Driver Course

January 8 and 9, 8:00am to 12:00pm

\$15 for AARP members, \$20 for all others. This is a state-recognized driving class for adults 50 plus. Completion of this course may qualify you for a reduction in your insurance cost and a two-point reduction on your driver's license. Participants must attend both dates in order to qualify for the discount.

Back in Time: Saga of Bomber 19

February 6 or 13; 9:30 to 10:30am

On July 19, 1943, a young U.S. Army Air Force crew assigned to the 331st Bomb Group - 464th Bomb Squadron prepared for what was to be a routine cross country and navigation nonstop training flight to El Paso, TX. Learn about the crew, the aircraft, its loss and efforts by family members to honor the sacrifice of the crew.

Emergency Preparedness

March 14, 10:30 to 11:30am

Learn about disasters that may or may not happen, to potentially save your life and others lives if they do! Important information on preparing for emergencies will be provided.

Healthy Eating Tips and Immune Boosting Foods

March 27; 11:00am to 12:00pm

Learn ways to eat healthy and the importance of immune boosting foods.

Heart Healthy Eating

February 27, 1:00 to 2:00pm

Learn about eating healthy for your heart. The presentation will also include instructions on how to read food labels, healthy food shopping tips and recipes.

Heart Healthy Living

March 29, 11:00am to 12:00pm

Join us for an overview of how the heart works, three of the most common heart conditions and what you can do to live heart healthy and reduce your risk. Call 1-844-472-8499 to register.

Introduction to T'ai Chi

Wednesdays, 11:00am to 12:00pm

January 30 through March 6

\$30 for six weeks

Gentle on the joints while working to improve balance and overall fitness.

Laughter is the Best Medicine

March 21; 11:00am to 12:00pm

It has been shown that laughter releases endorphins into the blood stream that actually keeps people healthier. Learn all about how laughing benefits our health.

Path to Better Health

Thursdays, 10:30am to 12:00pm

February 7 through 28

This four-part series is geared to help older adults struggling with chronic illness by providing support and education around different aspects of disease (and life!) management. Participants must attend all four dates.

Qigong

Tuesdays, 11:00am to 12:00pm

January 29 through March 19

\$40 for eight weeks

Focus on health, wellness, increased energy and stress management while also improving mobility and flexibility.

Shake It Up

Mondays and Thursdays; 2:00 to 3:15pm

An exercise program for older adults with a focus on stamina, flexibility, balance and strength using low-impact and low-intensity exercises. Medical clearance and pre-registration are required.

Technology for Seniors

February 20; 11:00am to 12:00pm

Learn more about your cellphone, computer or tablet. Work one-on-one with a student from Hackettstown High School. Held at Hackettstown High School, 599 Warren Street, Hackettstown. Presented by Alzheimer's New Jersey.

Support Groups

Better Breather's Club

January 10, February 14 and March 14

12:30 to 1:30pm

Discuss pulmonary disease such as COPD, asthma, traveling with oxygen as well as pulmonary rehabilitation. Meets the Second Thursday of every month. Held at Hackettstown Medical Center. Call 908-979-8797 to register.

Diabetes

January 28, February 25 and March 25

7:00 to 8:00pm

The group meets on the Fourth Monday of every month. Guest speakers, group discussion, cooking demonstrations. Held at Hackettstown Medical Center, call 908-979-8848 for information or to register.

Healthy Hearts Group

February 6 and March 6, 12:30 to 1:30pm

This group is for individuals with cardiac disease such as congestive heart failure, high blood pressure and coronary artery disease. Meets the First Wednesday of every month, at Hackettstown Medical Center, call 908-850-6819 to register.

Substance Use Outpatient Services

Each program consists of psychoeducation and counseling provided by experienced licensed clinical alcohol and drug counselors. Counseling and Addiction Center, 112 East Avenue, Unit 9, Hackettstown.

For more information, call 908-441-1558.

Adult Intensive Outpatient Programs (IOP)

Mondays, Tuesdays and Thursdays,

9:00am to 12:00pm; or Mondays,

Wednesdays and Thursdays, 6:00 to 9:00pm;

or Mondays, 6:00 to 7:30pm

Includes a family group component for family members of clients attending IOP.

Aftercare Program

Mondays and Thursdays

9:00 to 10:30am or 6:00 to 7:30pm

Relapse Prevention Program for individuals who complete the Adult Intensive Outpatient Program.

Adult Outpatient Program

Mondays and Thursdays; 6:00 to 7:30pm

Serves adults 18 and older who meet criteria for mild substance use disorders.

Adolescent Outpatient Program

Mondays and Thursdays; 5:00 to 6:00pm

Maternal & Child Health

Registration is required. To register and for locations, go to atlantichealth.org.

Baby Care Class

February 12, 6:30 to 8:30pm

\$30 per person

Babies don't come with instructions. Get ahead of the game by learning how to care for your newborn before he/she is born.

Breastfeeding

January 8 or March 12, 6:30 to 9:00pm

\$40 per person

Registration required.

Newton Medical Center Maternity Center Tours

Call 1-800-247-9580 to register for tours of the Newton Medical Center Maternity Center.

Prepared Childbirth

January 12, February 2 or March 2

8:30am to 3:30pm

\$130 per couple

Classes will be held at Newton Medical Center or Hackettstown Medical Center.

Atlantic Home Care

Atlantic Home Care provides visiting nurse and rehabilitation therapist services to Warren, Sussex, Morris, Somerset Union and Essex counties. Providers help patients manage their health care needs to prevent or postpone hospitalizations, or to aid in their recovery. Services are covered under Medicare and most insurance plans. For more information, call 973 379-8472.

Basic Life Support and First Aid

For a list of available classes and online registration, log on to atlanticambulance.org/atlantic-training-center, or call 908-522-2323.

United Way Caregivers Coalition

A group of dedicated caregivers who share a commitment in improving the lives of all caregivers. The Coalition meets once a month in 5 counties - Morris, North Essex, Somerset, Sussex and Warren. All are welcome! Visit online UnitedWayNNJ.org/CaregiversCoalition or email CaregiversCoalition@UnitedWayNNJ.org