

# Community Health Events



July, August, September 2017

## Dinner and a Lecture Series

**Registration is required.**  
**Call 973-579-8340.**

### Stress and You

**Monday, July 10**

**Dinner at 5:30pm, Lecture at 6:00pm**  
**\$8 per person**

Speaker: Trixy Thibodeau, CHES

Do you believe the stress of daily life could be negatively affecting your health and mental wellness? Join us in learning the difference between positive and negative stress. You will also be given some personal skills and routines to help reduce stress in your daily life.

### Early Bird Special Dinner/Lecture Series:

#### Healthy Aging Tips for Your Body and Brain

**Thursday, September 14**

**Dinner at 4:30pm, Lecture at 5:00pm**  
**\$3 per person**

Speaker: Laura Hawkins

Lifestyle factors, like diet, exercise, stress and sleep problems may affect our physical health, memory and thinking skills. Learn about the latest research on lifestyle changes and how to include healthy habits into your day. Presented by Alzheimer's New Jersey.

## Programs

**Registration is required.**

### Chair Exercises for Older Adults

**July 12, 19 & 26 - Sparta Health & Wellness**

**August 10, 17 & 24 - Franklin Senior Center**

**September 14, 21 & 28 - Liberty Towers, Newton**

**10:00 to 11:30am**

As you get older, exercise is more important than ever. If you are managing an illness, have trouble getting around or are concerned about falling, chair exercises can help get your body moving. This three class series also includes a manual for chair exercises at home. Call 973-579-8340 to pre-register.

### Coping With Caregiver Stress

**July 27, 6:30 to 7:30pm**

Caring for a person with Alzheimer's disease or other form of dementia can become an overwhelming experience and often, caregivers neglect their own well-being. This program examines caregiver stress and offers coping strategies to become a healthier caregiver. Held in the Newton Medical Center Romano Conference Center. For information or to register, contact Alzheimer's New Jersey at 888-280-6055.

### Diabetes Education Classes: Self-Management for Diabetes

**July 6 & 13; August 3 & 10 or September 7 & 14**

**9:00am to 12:00pm; or**

**August 9 & 16, 6:00 to 9:00pm; or**

**July 8 or September 23, 9:00am to 3:00pm**

Held in the Newton Medical Center Diabetes and Nutrition Center, Call 973-579-8341 to register.

### Joint Replacement Education

**Wednesdays, July 5, August 2 or September 6**

**12:00 to 2:00pm**

Learn from certified instructors about joint replacement and the Newton Medical Center Joint Program. Covers all aspects of pre-surgery education, including pre-surgery exercises, pain management, post-operative planning and recovery. Meets First Wednesday of every month in the Romano Conference Center and in the Milford Health & Wellness Conference Room. For information, call 973-940-8136.

### Mammograms Save Lives

The Newton Medical Center Foundation funds this program to provide mammograms for eligible women who do not have insurance coverage and are not eligible for a Mammogram through other screening programs. To find out if you qualify call 973-579-8622.

### Quit Smoking Program

**Tuesdays, 1:00 to 2:30pm**

**September 12 through October 17**

In this free program, a Certified Tobacco Treatment Specialist leads six weekly group sessions to learn techniques that can help you quit and stay smoke free. Nicotine replacement products will be provided at no cost. Pre-registration is required, call 973-579-8473.

### Safe Sitter® Baby Sitting Classes

**July 11, August 29 or September 23**

**8:30am to 3:30pm**

\$60 (Includes: manual and completion card)

Course includes: Care of Choking Infant/Child, Infant/Child CPR, Injury Prevention/Injury Management, Behavior Management, Safety for the Sitter, Child Care Essentials and Babysitting as a Business. Program for 11 to 14 years of age. Call 973-579-8340 to pre-register and for location.

### Yoga for Every Body

**Mondays, 6:30 to 7:50pm**

**September 11 through October 30, or**

**November 6 to December 11**

\$90 for 8 weeks or \$70 for 6 weeks; \$15 class drop-in fee

Using a mat or chair, this class can adapt movements to your level and ability. Call 973-579-8340 to pre-register and for location.

## Support Groups

### Alzheimer's Dementia

**July 22, August 26 and September 23**

**10:00am to 12:00pm**

Designed to provide emotional and educational support for caregivers to learn more about the disease. It also provides a chance to share feelings and concerns. Held in the Newton Medical Center Romano Conference Center. Call 973-579-8600 for information.

### Bariatric (Weight Loss) Surgery

**August 1 and September 5**

**6:00 to 7:00pm**

Receive support and encouragement in adjusting to the changes after surgery. People who are thinking about having surgery are welcome to attend. Meets the First Tuesday of every month in the Newton Medical Center Romano Conference Center. Call 973-579-8341 for information and location.

### Better Breather's Club

**July 25, August 22 and September 26**

**12:00 to 1:15pm**

A program by the American Lung Association, support group for people with Chronic Lung Disease and their loved ones. Meets the Fourth Tuesday of every month in the Romano Conference Center. Call 973-579-8473 to register.

### Cancer

**July 27, August 24 and September 28**

**3:00 to 4:00pm**

For those living with or affected by cancer, meets the Fourth Thursday of every month at Newton Medical Center. Call 973-579-8620 to pre-register and for meeting location.

### Diabetes

**July 5, 10:00am:**

*"Spice Up Your Life: Herbs and Spices in Your Diet"*

**August 2, 6:30pm:**

*"Spice Up Your Life: Herbs and Spices in Your Diet"*

**September 6, 10:00am: "GI Health: What We Eat Matters!"**

This support group meets the First Wednesday of every month at Newton Medical Center. Offering mutual support and education for adults with diabetes, including a discussion of issues and guest speakers presenting a variety of topics. Registration is required. Call 973-579-8341 to register and for location.

### Heart Failure

**July 13, August 10 and September 14**

**1:00 to 2:00pm**

This support group invites heart failure patients and/or their significant other, to learn how to manage their disease. Meets the Second Thursday of every month and held in the Newton Medical Center Emergency Department Conference Room. Call Lenore Blank at 973-579-8364 or Amanda Gaughran at 973-579-8548 to register.

### Perinatal Loss

**July 11, August 8 and September 12**

**7:30 to 9:00pm**

Parents who have lost an unborn child can provide each other with mutual support and encouragement. Meets the Second Tuesday of every month. Call 973-940-8140 to register and for more information and location.

### Stroke

**July 25, August 22 and September 26**

**6:00 to 7:00pm**

Offers support and encouragement for persons recovering from a stroke. Meets the Fourth Tuesday of every month in the Emergency Department Conference Room. Caregivers are welcome. Call 973-579-8620 to pre-register.

### Tobacco Relapse Prevention

**July 5, August 2 and September 6**

**1:00 to 2:00pm**

This program provides support for individuals that have quit smoking or are considering quitting. Pre-registration is required, call 973-579-8473.

## Behavioral Health Psychotherapy Groups

**Registration is required.**

**Call 1-888-247-1400**

**For more information call 973-579-8581**

### Co-Occurring/Substance Abuse

**Tuesdays, 1:00 to 2:00pm**

(16 week Program) Participants will learn skills to maintain abstinence from mood-altering substances and to manage co-occurring substance abuse and psychiatric disorders.

### Coping with Anxiety

**Thursdays, 1:00 to 2:00pm**

Learn to manage those overwhelming feelings of fear and uneasiness with skills taught by a professional.

### Advanced DBT

**Tuesdays, 3:30 to 4:30pm**

### DBT

**Mondays, 12:30 to 2:30pm,**

**Tuesdays, 6:00 to 8:00pm or**

**Thursdays, 11:00am to 1:00pm**

A social skills program to learn cognitive and behavioral skills.

### DBT Skills Group for Adults

**Tuesdays, 11:30am to 12:30pm**

12 rotating sessions highlighting essential Dialectical Skills, must have active therapist.

### Depression

**Thursdays, 10:30am to Noon or**

**Fridays, 12:30 to 1:30pm**

Understand depression and learn strategies to minimize the impact of depression in your life.

### Expressive Arts

**Wednesdays, 12:00 to 1:00pm**

### Living with Chronic Illness

**Tuesdays, 1:00 to 2:00pm**

Learn skills to manage the emotional and physical symptoms of chronic illness.

## Mindfulness

Wednesdays, 11:00am to 12:00pm

## Trauma Informed Peer

Thursdays, 6:00 to 7:00pm

Must have an individual therapist.

## Veteran's PTSD

First Thursday of Every Month

5:00 to 6:00pm

Participants will learn skills to manage symptoms of Post-Traumatic Stress Disorder (PTSD).

## Voices

A program of self-discovery and empowerment for adolescent girls and young women. 12 week sessions, must attend from the beginning. Call 973-579-8581 for next start date.

## Wellness and Recovery Group

Tuesdays, 2:00 to 3:00pm

Life skills training for the chronically mentally ill in a social environment.

## Women's Depression and Anxiety

Mondays, 10:15 to 11:45am

A supportive therapy group for women to discuss, explore and problem solve issues related to depression, anxiety, relationships, social security, family issues, etc.

## Adult Groups

### Not Currently in Session

Call 973-579-8581 if interested.

**Anger Management, Distinct Voices, Men's Anxiety and Depression, Social Skills for Adults, Psychotherapy Group**

## Behavioral Health

### Adolescent Group Programs

Registration is required.

Call 1-888-247-1400 for more information.

## Adolescent DBT

Thursdays, 6:30 to 8:00pm

Call for next start date.

Ages 14 to 17. Skills taught to teens to deal with challenges in their daily lives, as well as, regulate emotions. 12-week session, must attend from the beginning.

## Social Skills for Children

Wednesdays, 4:30 to 5:30pm

## Maternal and Child Health

Registration is required.

Call 1-800-247-9580.

## Baby Care Class

August 15, 6:30 to 8:30pm

\$30

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

## Breastfeeding

July 11 or September 12, 6:30 to 9:00pm

\$40

Call 1-800-247-9580 to register and for class location.

## Car Seat Inspection

Fourth Monday of every month.

10:00am to 1:00pm

Seat checks and installation are performed free of charge by Safe Kids-certified child passenger safety technicians. Located at Newton Volunteer First Aid and Rescue Squad, 68 Sussex Street, Newton. For more information, please call 973-383-3377.

## Maternity Center Tours

Please call 1-800-247-9580 to register.

Wednesdays, 8:00 to 9:00pm

July 12, August 9 or September 13

Saturdays, 10:00 to 11:00am

July 15, August 12 or September 16

## Prepared Childbirth

July 15 or September 9

8:30am to 3:30pm;

\$130

Classes will be held at Newton Medical Center or Hackettstown Medical Center. Call 1-800-247-9580 to register and for class location.

## Programs at

### Sparta Health & Wellness

## Breast Cancer Support Group

July 11, August 8 and September 12

6:00 to 8:00pm

Held the Second Tuesday of every month. This group is co-sponsored by Newton Medical Center, the American Cancer Society and the Sparta Cancer Center. Registration is required, call 1-800-227-2345.

## Look Good, Feel Better

September 18, 2:00 to 4:00pm

This FREE American Cancer Society program will teach women how to maintain their appearance during cancer treatments. Pre-registration is required, call 1-800-227-2345.

## Programs at

### Milford Health & Wellness

All Events are held at

111 East Catharine Street, Milford, PA

Pre-registration is required.

## Assess Your Stress Level

Wednesdays, 3:00 to 5:00pm

July 19, August 16 or September 20

No appointment necessary.

## High School Life Skills Training

Thursdays, 3:30 to 4:45pm

July 6 through September 7

(10 sessions) Call 570-409-8484, ext. 501 for information and to register.

## Joint Replacement Education - Video Conference

Wednesdays, 12:00 to 2:00pm

July 5, August 2 or September 6

No appointment necessary. Call 973-940-8136 for information.

## Middle School Life Skills Training for 7-9th grades

Tuesdays, 4:15 to 5:30pm

July 11 through October 3

(13 sessions) Call 570-409-8484, ext. 501 for information and to register.

## "More Than Sad" for Teens

Wednesdays, 4:00 to 5:00pm

July 12, August 9 or September 13

Helps teens understand depression. Call 570-409-8484, ext. 501 for information and to register.

## Parents for Prevention: Parents Group

Thursdays, 5:15 to 6:30pm

July 20, August 24 or September 21

Learn about and share current events that affect risky behaviors in our children. Call 570-409-8484, ext. 501 for information and to register.

## Parent Life Skills Training

Mondays, 5:00 to 6:15pm

July 3 through July 31, or

August 21 through September 18

(5 sessions) Call 570-409-8484, ext. 501 for information and to register.

## Savvy Caregiver

Wednesdays, 10:30am to 12:00pm

July 5 through July 26; or

August 23 through September 13

(4 sessions) Education for caregivers of individuals experiencing memory loss. Call 570-409-8484, ext. 501 for information and to register.

## Basic Life Support and First Aid

For a list of available classes and online registration, log on to [atlanticambulance.org/newcprbls](http://atlanticambulance.org/newcprbls), or call 908-522-2323.

## United Way Caregivers Coalition

Caregivers, you are not alone. United Way Caregivers Coalition is a group of compassionate and dedicated caregivers and experts in caregiving issues who share a commitment in improving the lives of all caregivers.

The Coalition meets once a month in our 5 counties- Morris, North Essex, Somerset, Sussex and Warren. All are welcome!

Visit online [UnitedWayNNJ.org/CaregiversCoalition](http://UnitedWayNNJ.org/CaregiversCoalition) or email [CaregiversCoalition@UnitedWayNNJ.org](mailto:CaregiversCoalition@UnitedWayNNJ.org)

## Sussex County Day/ Champion of the Grill

Sunday, September 17

12:00 to 5:00pm

Sussex County  
Fairgrounds