

# Community Health Events



**Newton Medical Center**

ATLANTIC HEALTH SYSTEM

April, May, June 2017

## Dinner and a Lecture Series

**Registration is required.**

**Call 973-579-8340.**

**Dinner at 5:30pm, Lecture at 6:00pm**

**\$8 a person**

### Healthy Cooking on a Budget

**Monday, April 10**

Speaker: Leigh Kramer, MS, RD, CDE

You can eat healthy meals and save money. Free cookbook included in this lecture.

### Stoke, Act F.A.S.T.

**Monday, May 8**

Speaker: Deborah Butler, RN, Stroke Coordinator

A stroke is a medical emergency; learn the risk factors and how to identify the signs and symptoms associated with a stroke. Know what to do in the event you or a loved one has a stroke, and how to act F.A.S.T.

### It's All a Balancing Act - Vestibular Rehab

**Monday, June 12**

Speaker: Newton Medical Center Rehabilitation Services Staff  
Vestibular rehabilitation can improve symptoms related to problems with vertigo, dizziness, visual disturbance, and/or imbalance.

## Programs

**Registration is required.**

### AARP Safe Driver Course

**June 6, 8:30am to 3:00pm**

\$15 for AARP members; \$20 for non-members

This is a state recognized driving class for adult's age 50+. At completion, you are eligible for a two point reduction on your license and a minimum five percent discount on car insurance. Held in the Newton Medical Center Romano Conference Center. Call 973-579-8340 to pre-register.

### Brown Bag Medication Review

**April 26, 9:30 to 11:30am**

Bring your medications in to discuss with a pharmacist. Held in the Newton Medical Center Community Pharmacy, no appointment necessary.

### Communication Tips and Techniques in Alzheimer's Disease

**May 18, 6:30 to 7:30pm**

Learn how to enhance communication at each stage of the disease, including how to recognize behavior as a form of communication. 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

**April 6 & 13, May 4 & 11 or June 1 & 8,**

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

**April 12 & 19 or June 14 & 2, 6:00 to 9:00pm;**

**or May 20, 9:00am to 3:00pm**

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

### Diabetes Prevention and Awareness: Are You at Risk? Understanding Pre-Diabetes

**April 7, 10:00am to 12:00pm**

Held in the Newton Medical Center Romano Conference Center. Call 973-579-8341 to register.

### Joint Replacement Education

**April 5, May 3 or June 7**

**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**

**May 2 through June 6**

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

**April 14, May 27 or June 17**

**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.

### Sussex County United Way Caregivers Conference

**April 22, 9:00am to 1:00pm**

Speakers and workshops for caregivers. Held in the Newton Medical Center Romano Conference Center. To register, call 1-888-338-9227, visit UnitedWayNNJ.org or email Robin.Ennis@UnitedWayNNJ.org.

### Yoga for Every Body

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

**March 6 through April 24, or**

**May 1 through June 26 (skip 5/29)**

\$90 for 8 weeks or \$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

**April 22, May 20 and June 24**

**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

**April 4, May 2 and June 6**

**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

**April 25, May 23 and June 27**

**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

**April 27, May 25 and June 22**

**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

**April 5, 10:00am: "Stress Busters & Relaxation Techniques"**

**May 3, 6:30pm: "Let's Get Physical: Exercise of Every Body"**

**June 7, 10:00am: "Let's Get Physical: Exercise of Every Body"**

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

**April 13, May 11 and June 8**

**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

**April 11, May 9 and June 13, 7:30pm**

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

**April 25, May 23 and June 27, 6:00pm**

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

**April 5, May 3 and June 7**

**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, 1:00 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

Fridays, 11:00am to 12:00pm

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

Alternate Thursdays, 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 if interested.

## 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 11:15am

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

April 4 or June 13, 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

May 16, 6:30 to 9:00pm

\$40

Class will be held at Hackettstown Medical Center.

## 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

April 12, May 10 or June 14

Saturdays, 10:00 to 11:00am

April 15, May 13 or June 17

## New Mom's Support Group: "First Year Together"

This group is currently not in session.

Call 973-579-8581 if interested.

A place for new mom's to learn skills to reduce stress, connect with others and problem solve.

## Prepared Childbirth

Saturday, April 22, 8:30am to 3:30pm;

Thursdays, May 11 through June 8, 6:30 to 8:30pm (5 week class)

Saturday, June 10, 8:30am to 3:30pm

Thursdays, June 22 through July 20, 6:30 to 8:30pm (5 week class)

\$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

April 11, May 9 and June 13

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.

### Calling All Grandparents: Are You Caring for Your Grandchildren?

June 7, 9:30 to 11:00am

Grandparenting and caring for children can be quite a challenge. From discipline to playtime, you can learn strategies needed for this job. Pre-registration is required, call 973-579-8340.

### Chair Exercises for Older Adults

Please call 973-579-8340 to register.

April 12, 19 & 26, 10:00 to 11:30am

As you get older, exercise becomes important than ever. If you are managing an illness, have trouble getting around or are concerned about falling, chair exercises can get your body moving. This free class also includes a manual to do exercises at home.

## Look Good, Feel Better

June 19, 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

April 17, May 17 and June 21

No appointment necessary.

### High School Life Skills Training

Thursdays, 3:30 to 4:45pm

April 6 through June 8

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

### Joint Replacement Education - Video Conference

Wednesdays, 12:00 to 2:00pm

April 5, May 3 or June 7

No appointment necessary.

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

Tuesdays, 4:15 to 5:30pm

April 4 through June 27

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

### "More Than Sad" for Teens

Wednesdays, 4:00 to 5:00pm

April 12, May 10 and June 14

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

April 20, May 18 and June 22

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

April 3 through May 1, or

May 22 through June 19

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

### Savvy Caregiver

Wednesdays, 10:30am to 12:00pm

April 5 through April 26, or

May 24 through June 14

(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)

**FREE Nutrition Lectures:** Sussex County YMCA, 15 Wits End Road, Hardyston, NJ

Please call 973-209-9622 to register or for more information.

**April:**  
"Cooking and Planning Ahead: Cooking for Singles"  
Wednesday, April 5  
12:00pm

**May:**  
"Fiber and Your Gut"  
Wednesday, May 3  
12:00pm

**March:**  
"Spice Up Your Life"  
Wednesday, June 7  
12:00pm  
Wednesday, June 14  
7:00pm