healthy living

A calendar of events and programs to boost the health of our community
SPRING/SUMMER CALENDAR 2023

Holy Name Community Health is pleased to offer educational programs and events throughout the Spring and Summer. A calendar listing of events is below, with descriptions of our programs, support groups, and more on the following pages. We are continuously updating our programming. For the most up-to-date information or to register for an event, visit holyname.org/events or call 201-833-3336.

<table>
<thead>
<tr>
<th>DATE</th>
<th>PROGRAM</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 3</td>
<td>Let's Talk About Gestational Diabetes</td>
<td>5:00 – 6:00 pm</td>
<td>Virtual</td>
</tr>
<tr>
<td>MAY – AUG</td>
<td>Thursday Smoking Cessation Support Forum</td>
<td>5:00 – 6:00 pm</td>
<td>Call 201-833-3336 for location and more information.</td>
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<tr>
<td>MAY 9</td>
<td>Seniors: Preventing Falls with an Evidence-Based Approach</td>
<td>1:00 – 2:00 pm</td>
<td>Virtual</td>
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<tr>
<td>MAY 12</td>
<td>MEL: Township of Teaneck</td>
<td>11:00 am – 1:00 pm</td>
<td>Teaneck Municipal Lot 818 Teaneck Road, Teaneck NJ</td>
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<tr>
<td>MAY 17</td>
<td>Understanding the Risks and Warning Signs of Stroke and Heart Disease</td>
<td>6:00 – 7:00 pm</td>
<td>Virtual</td>
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<tr>
<td>MAY 31</td>
<td>MEL: Greater County YMCA — New Milford Center</td>
<td>10:00 am – 2:00 pm</td>
<td>1092 Carnation Drive, New Milford NJ</td>
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<td>JUN 1</td>
<td>Diabetes Support Forum</td>
<td>1:00 – 2:00 pm</td>
<td>Virtual</td>
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<tr>
<td>JUN 14</td>
<td>Man’s Cave Health Chat</td>
<td>6:00 – 7:00 pm</td>
<td>Virtual</td>
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<tr>
<td>JUL 6</td>
<td>Diabetes Support Forum</td>
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<td>JUL 12</td>
<td>Wellness Wednesdays: Virtual Meditation Series</td>
<td>Part 1: A Summer Refresh &amp; De-Stress — Let’s Breathe &amp; Meditate!</td>
<td>6:00 – 7:00 pm</td>
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<tr>
<td>JUL 15</td>
<td>MEL: Teaneck Creek Conservancy</td>
<td>10:00 am – Noon</td>
<td>20 Puffin Way, Teaneck NJ</td>
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<td>JUL 19</td>
<td>Acceptance and Commitment Therapy with Purpose</td>
<td>6:00 – 7:00 pm</td>
<td>Virtual</td>
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<tr>
<td>JUL 26</td>
<td>Benefits of Laughter</td>
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**Smoking Cessation Support Forum**

WHEN: Thursdays, 5:00 – 6:00 pm
WHERE: Call 201-833-3336 for location and more information.

Community Health is proud to offer a FREE support group for individuals that are looking to quit smoking. The groups are small in size and are held weekly on Thursdays from 5:00 to 6:00 pm for six consecutive weeks. Facilitated by group leaders, groups are structured to provide education and tools aimed at stress reduction in order to enhance coping and promote smoking cessation. Community resources will be provided to participants. For more information and registration, please call Holy Name Community Health at (201) 833-3336.
Wellness & Prevention Programs and Events

Understanding the Risks and Warning Signs of Stroke and Heart Disease
WHEN: Wednesday, May 17, 6:00 – 7:00 pm
WHERE: Virtual
SPEAKERS: Andrew Fruhschien DNP, RN, NP-C, Marissa Siegel, MSN, RN-BC, SCRN
Are you at increased risk of heart disease and stroke? Learn from members of our stroke team as they help you recognize the warning signs, risk factors, and symptoms of heart disease and stroke.

Man’s Cave Health Chat
WHEN: Wednesday, June 14, 6:00 – 7:00 pm
WHERE: Virtual
SPEAKER: Reg Grant, CAT(C), RSCC’E
Calling all men! Create your own health strategy and begin living a healthy lifestyle. We’ll discuss issues such as weight, health, stress, behavior, and how to establish daily routines and habits that help build prosperity and longevity.

Acceptance and Commitment Therapy with Purpose
WHEN: Wednesday, July 19, 6:00 – 7:00 pm
WHERE: Virtual
SPEAKER: Brad Fechter, PsyD
Participants will learn tenets of Acceptance and Commitment Therapy that help us create a rich and meaningful life, while accepting the pain that inevitably goes with it.

Benefits of Laughter
WHEN: Wednesday, July 26, 1:00 – 2:00 pm
WHERE: Virtual
SPEAKER: Linda Lohsen, BSN, RN
One of the signs of overall well-being is the ability to maintain your sense of humor. Humor has many benefits, as it helps produce hormones that elevate mood and promote healing, gets us through tough times and helps us to find more joy.

Exercise is Medicine: Your Prescription for Physical Activity
WHEN: Wednesday, August 16, 6:00 – 7:00 pm
WHERE: Virtual
SPEAKER: J. Christopher Mendler, MD
Dr. J. Christopher Mendler will discuss current guidelines and recommendations for physical activity as one of the key “prescriptions” for your overall health. Key points will include how to get started, build your “daily dose,” and avoid overdoing it.

MEL is Coming to a Neighborhood Near You

Holy Name specialists are staffing the Mobile Education Lab (MEL) to bring health information into the community and encourage individuals to take simple steps to live healthier lives.

Join us as we station MEL in different locations to provide health education, information resources, and more. Holy Name is proud to partner with community groups at the following events:

Township of Teaneck
WHEN: Friday, May 12, 11:00 am – 1:00 pm
WHERE: Teaneck Municipal Lot
818 Teaneck Road, Teaneck NJ

Greater County YMCA-New Milford Center
WHEN: Wednesday, May 31, 10:00 am – 2:00 pm
WHERE: 1092 Carnation Drive, New Milford NJ

Teaneck Creek Conservancy
WHEN: Saturday, July 15, 10:00 am – 12:00 pm
WHERE: 20 Puffin Way, Teaneck NJ

All events are virtual unless otherwise indicated. For more information or to register, visit holyname.org/events or call 201-833-3336.
Get Your Diabetes Under Control

Holy Name Diabetes Center
Uncontrolled diabetes can play havoc on your health and quality of life. Accredited by the American Diabetes Association, we offer individualized help, group classes, and telehealth services, including the diabetes self-management education and training program to give you the knowledge, skills, and ability necessary for diabetes self-care.

If you have been diagnosed with pre-diabetes, Type 1, Type 2, or gestational diabetes, please obtain a prescription for diabetes education from your physician and a copy of your most recent laboratory results. Medicare covers diabetes education and supplies, and the state of New Jersey requires most private insurance companies to pay for diabetes education and supplies.

We speak English, Spanish, Korean, and Russian and language interpretation is available.

Let’s Talk About Gestational Diabetes
WHEN: Wednesday, May 3, 5:00 – 6:00 pm
WHERE: Virtual
SPEAKER: Oksana Yakoff, BSN, RN, CDCES
Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don’t already have diabetes. Every year, about 9% of pregnancies in the United States are affected by gestational diabetes. Join us to learn more about the importance of gestational diabetes management with one of our Certified Diabetes Care and Education Specialists.

Diabetes Support Forum
Thursday, June 1, 1:00 - 2:00 pm
Thursday, July 6, 1:00 – 2:00 pm
Thursday, August 3, 1:00 – 2:00 pm
Call the Holy Name Diabetes Center to schedule an appointment, or to learn more about our support forums and educational programs: 201-833-3371.

Wellness Wednesdays: Virtual Meditation Series
Recharge Your Body, Mind, and Spirit

Individuals who meditate and use affirmations feel better, do better, and find a deep sense of balance and stability of both body and mind. Join us for a meditation series conducted by trained instructors. All levels are welcome.

Part 1: A Summer Refresh & De-Stress — Let’s Breathe & Meditate!
WHEN: Wednesday, July 12, 6:00 – 7:00 pm
WHERE: Virtual
Summer is a wonderful time to learn tools and tips to keep cool and relaxed. Practice breathing and meditation techniques designed to manage stress and enhance your well-being.

Part 2: Meet Stress with Mindfulness and Kindness
WHEN: Wednesday, August 9, 6:00 – 7:00 pm
WHERE: Virtual
Mindfulness combined with kindness can relieve stress and anxiety. Learn how to bring a warm, kind, and friendly presence into a practice of mindfulness and meditation.
Childbirth and Parenting

All parenting, birthing, and child care classes are free and available to all, even if you are not delivering at Holy Name. All classes are virtual.

A Journey Through Pregnancy
Learn what to expect as your body changes to accommodate your developing baby during all the phases of pregnancy.

The Delivery Experience
Discover the changes leading up to, during, and after delivery.

Care of Your New Family
Get tips on how to create a smooth transition to life with a newborn.

Parent Support Group
Weekly breastfeeding support groups for new and experienced parents. Groups are led by Holy Name’s International Board-Certified Lactation Consultants, who address concerns and promote a positive breastfeeding experience.

Breastfeeding Preparation
Breastfeeding is not always easy! Learn how lactation works, with instruction on positioning and latching on, common challenges, how to know when your baby is getting enough milk, and more.

Breastfeeding Preparation (Spanish)
¡La lactancia materna no es fácil! Aprenda cómo funciona la lactancia con instrucciones sobre cómo lograr la posición adecuada, problemas comunes, como saber cuándo su bebé está recibiendo la cantidad suficiente de leche y más.

Infant and Child CPR
This is a video-based, American Heart Association instructor-led, hands-on course that teaches infant, child, and adult CPR, AED use, and how to relieve choking. For information, call 201-833-3010 or visit holynamectc.enrollware.com/schedule.

Especially For Seniors

Preventing Falls with an Evidence-Based Approach
WHEN: Tuesday, May 9, 1:00 – 2:00 pm
WHERE: Virtual
SPEAKERS: Christopher J. Cordero PT, DPT
Justin Jacob PT, DPT
Learn simple steps you can take to make your home safer. Understand the role of physical therapists and how they can help reduce your risk of falling — and when you should schedule an appointment. Learn evidence-based exercises which can improve balance, strengthen your muscles, increase your flexibility, and reduce your risk of falling.

Are You Authentically Happy?
WHEN: Wednesday, August 23, 1:00 – 2:00 pm
WHERE: Virtual
SPEAKER: Janet Post, MSN, RN, NC-BC, CHt
Learn how to evaluate your current state of happiness and develop increased authentic happiness with your signature strengths, mindfulness, gratitude, and connection with others.

Please visit holyname.org/BirthPlace for dates of upcoming classes and to register.
The Center for Physical Rehabilitation –
Physical, Occupational and Speech Therapy
Rehabilitation is an important part of recovering from an illness or injury. Our Center for Physical Rehabilitation offers treatments and techniques to improve strength, flexibility, range of motion, and endurance at two state-of-the-art facilities in Teaneck and Oradell. Rehabilitation services are available to all patients, regardless of where you had your surgery. Sessions are by appointment, with convenient hours including evenings and weekends. We are in-network with most insurances and services require a physician’s referral.

To learn more, go to holyname.org/PhysicalTherapy

Teaneck location:
718 Teaneck Road
Teaneck NJ 07666
201-833-3085

Oradell location:
514 Kinderkamack Road
Oradell NJ 07649
201-265-1076

Cancer Support Community
Cancer Support Community, a nationally recognized organization formerly known as Gilda’s Club, partners with Holy Name to offer FREE cancer support programs to the entire community. These programs are available for anyone impacted by cancer including patients, survivors, caregivers, and family members. Cancer Support Community provides in person and virtual programming offered during daytime and evening hours.

To register for any programs or groups please visit holyname.org/CancerSupport.

Programs include:
• Support Groups
• Healthy Cooking Classes
• Qi Gong and Tai Chi Classes
• Yoga and Chair Yoga Sessions
• Beginner and Advanced Level Fitness Classes
• Meditation Sessions

Cancer Support Groups
• Breast Cancer Support Group
• Gynecological Cancer Support Group
• Prostate Cancer Support Group
• Coping through Cancer Group (open to all cancers)

For more information:
Courtney Lozano, LCSW
Director, Cancer Support Community
201-833-3392
clozano@holyname.org

Cancer Support Community
National Resource Specialists
1-888-793-9355

Other Languages
Korean Medical Program Cancer Support (in Korean)
To register, contact Mi-Young Chung 201-833-3399

Chinese Medical Program Cancer Support (in Chinese)
To register, contact Anna Hong 201-833-3388

Spanish Speaking Cancer Support
Apoyo al Cancer
Call/llame 201-541-6374

Healthcare Careers Discovery Program 2023
The Healthcare Careers Discovery Program offers students the opportunity to immerse themselves in interactive learning experiences in our Simulation Center. During the week-long summer session, learners participate in a combination of workshops and simulation scenarios exposing them to a variety of clinical skills and healthcare professions.

Visit our website for more information: simulationlearning.org

Insurance Counseling
Holy Name provides FREE, unbiased assistance to help you understand your health insurance options.
To speak with or to make an appointment with an insurance counselor call 201-379-5725 or email us at: insurance@holyname.org

Bariatric Surgery Seminar
Obesity is not a failure of willpower; it’s a disease that can place you at high risk for a number of serious illnesses and medical conditions. The best place to start when contemplating bariatric surgery is at one of our FREE patient seminars held several times a month virtually.

For more information, please call 201-833-3390.
The Russell Berrie Institute for Simulation Learning

Our training center offers a full complement of courses and certifications for the community including CPR, AED, First Aid, and Basic Life Support (BLS). Courses are offered at Holy Name or group training can be held at a location of your convenience.

For more information, visit simulationlearning.org or call 201-833-3010.

First on the Scene (FOTS)

This course is designed to teach the general public basic emergency response to life-threatening emergencies until EMS arrives on the scene. Through lesson presentations and hands-on skill stations, participants will learn how to access help in the event of a life-threatening emergency and what to do until EMS arrives. This program was developed by the National Association of Emergency Medical Technicians (NAEMT) and the International Association of Fire Chiefs (IAFC).

FOTS includes:
• Activating the 911 system
• Hands-only CPR and AED
• Administering naloxone
• Administering epinephrine
• Responding to life-threatening bleeding
• Penetrating chest trauma
• Moving patients to safety
• Positioning injured patients

Visit our website for more information: simulationlearning.org

Safe Sitter

Safe Sitter® is for young teens in grades 6–8 who are ready to learn the skills they need to care for themselves and younger children. In addition, Safe Sitter® teaches young teens life and business skills, so that they know how to be prepared, be responsible, and be considerate whether they are babysitting or doing odd jobs for family, friends, or neighbors.

Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use manikins to practice CPR or choking rescue!

Visit our website for more information: simulationlearning.org

Support Groups

If you are facing a major illness or stressful life change, you don’t have to go it alone. A support group can help. Holy Name offers the following support groups:

Bereavement Support

Lenore Guido, MA, GC-C
Bereavement Counselor
Grace M. Brockel, MSW, LSW
Bereavement Counselor
Patricia McLaughlin, MSW, LSW
Bereavement Counselor

Our Bereavement Groups are supportive and educational. You do not have to be alone in your grief. Sharing your grief journey with other grievers can ease your loneliness and give you tools to manage your emotions. Groups run for eight weeks and are conducted by a Trained Grief Counselor.

Call Patricia McLaughlin to register at 201-833-3000, ext. 7580 or email pmclaughlin@holyname.org.

Cancer Support

Courtney Lozano, LCSW
201-833-3392
clozano@holyname.org

Holy Name Home Care

Holy Name Home Care provides a range of services to assist hospitalized patients recuperate in the comfort of their own homes. To help ensure this transition, a registered nurse is on call 24 hours a day, seven days a week. In collaboration with the patient’s provider, the health professions of Holy Name Home Care provide a plan of skilled care and dependable support services. These include nursing care, physical, occupational and speech therapies, nutrition support, and social work services. Through the education and supervision of our licensed and certified staff, we strive to ensure that patients receive the highest standard of care available and are treated with the utmost dignity and respect.

For further information or to begin services, please contact 201-833-3740.

Diabetes Center Support Group

Hilda Hernandez Sepulveda, BSN, RN, CDCES
201-833-3371
hhernandez-sepulveda@holyname.org

Stroke Support

Marissa Siegel, MSN, RN-BC, SCRN
201-833-7053
mbrown@holyname.org
HNH Fitness... Welcome to your new Lifestyle!

Start your journey with us today in our state-of-the-art health and wellness center. We provide Medicine, Fitness, Nutrition, and Sleep services, through a variety of programs that will fit your individual needs. We also have Saunas, and expertise in massage, pilates, and personal training.

For more information, call 201-262-4626 or visit HNHFitness.com

BLOOD DRIVE

Blood Drives are in conjunction with the New Jersey Blood Services Division of New York Blood Center and are held routinely.

For more information visit nybc.org/donate or call 1-800-933-2566.