

NEWS RELEASE

MONMOUTH MEDICAL CENTER

An affiliate of Barnabas Health

300 SECOND AVENUE • LONG BRANCH, NJ 07740

FOR IMMEDIATE RELEASE

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MONMOUTH MEDICAL CENTER PRESENTS FEBRUARY SUPPORT GROUPS

STROKE SURVIVORS SUPPORT GROUP

Wednesdays, February 1, 8 and 15 from 2 to 4 pm

This support group offers education for stroke survivors, family members, caregivers and friends who are coping with recovery from stroke. This support group is held at The Rehabilitation Hospital of Tinton Falls Cafeteria located at 2 Centre Plaza. To register and for information, call 732-460-6743. Free.

New!! GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Mondays from 10 am to Noon (February 6, 13 and 27)

This support group is for any grandparent caregiver and will address the many unique challenges faced by “grand families.” Monthly “family dinners” will provide an opportunity for further support for grandparents and the children under their care. This program will be held at the Maysie Stroock Pavilion, located at the corner of Pavilion and Second Avenues, Long Branch. To register, call 732-730-9112. Free.

MOTHER TO MOTHER SUPPORT GROUP

Mondays from 11 am to 12:30 pm (February 6, 13 and 27)

Once your baby arrives, join other new mothers to talk about what you are experiencing. Discussions will be led by a registered nurse on topics including infant behavior, feeding, sleeping patterns and crying, as well as recovering from childbirth. Newborns up to age 6 months and fathers are welcome. The program will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration is required by calling 732-923-6990. Free.

CLEFT PALATE SUPPORT GROUP

Thursday, February 9 from 10 to 11 am

This group offers parents of children with a cleft lip or palate an opportunity to discuss shared concerns and explore resources. This group will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration required by calling 732-923-7653. Free.

ADULT PULMONARY SUPPORT GROUP

Thursday, February 9 from 10:30 to Noon

This group offers adults with Chronic Obstructive Pulmonary Disease (COPD), emphysema, asthma or bronchitis and their families an opportunity to discuss concerns and explore resources. A speaker from the sleep disorders center will discuss sleep studies, cpap and bipap machines and the benefits of patient compliance ordered therapy. This group will be held in the Joel Opatut Cardiopulmonary Rehab Education Room at the Maysie Stroock Pavilion located at Pavilion and Second Avenues, Long Branch. Registration required by calling 732-923-6990. Free.

ORAL, HEAD AND NECK CANCER SUPPORT GROUP

Thursday, February 9 from 6 to 7 pm

This group offers information, support and encouragement to newly diagnosed patients, survivors, family members and friends. Aspects of the emotional, physical and humanistic needs of cancer patients will be addressed. This group will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. To register, call 732-923-6473. Free.

NEW BABIES, NEW EMOTIONS SUPPORT GROUP

(En Espanol) on Friday, February 10 from 3 to 4 pm

This support group is for new Moms with postpartum-related depression and/or baby blues. Sponsored by the Regional Perinatal Consortium of Monmouth/Ocean Counties. This support group, presented in Spanish, will be held at the Monmouth Family Health Center located at 80 Pavilion Avenue, Long Branch. To register or for information, call 732-923-7102. Free.

VOICES: SICKLE CELL SUPPORT GROUP

Monday, February 13 from 5 to 6 pm

This program provides individuals with sickle cell disease a format to express their feelings, concerns, joys and pains with others in a supportive, non-judgmental and confidential environment. This program will be held at Monmouth Medical Center in the Stanley Wing, Room 212, located at 300 2nd Avenue, Long Branch. To register, call 973-926-7845. Free.

OVARIAN CANCER SUPPORT GROUP

Tuesday, February 14 from 11:30 am to 1:30 pm

This group offers women diagnosed with ovarian, cervical and endometrial or uterine cancer and their family members an opportunity to actively participate in healing after a cancer diagnosis. The group will be held in the Goldsmith Wellness Center at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. To register, call 732-923-7811. Free.

MOMS OF MULTIPLES SUPPORT GROUP

Wednesday, February 15 from 11 to 12:30 pm

Come join the only Moms of Multiples Support Group in the area. Led by a registered nurse and a mother of multiples herself – topics will include feeding and caring for more than one baby, sleep patterns and behaviors, getting out of the house, relationship changes and more. Meet and network with other new Moms whose situations are similar to your own. Babies are welcome. This program will be held at Monmouth Medical Center, 300 Second Ave., Long Branch. Registration is required by calling 732-923-6990. Free.

DIABETES SUPPORT GROUP

Tuesday, February 21 from 5 to 6 pm

This support group is for people with diabetes and teaches them how to be self-sufficient in the daily management of the disease. This group is facilitated by a staff member from the Diabetes Education program. The group will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. To register, please call 732-923-5025. Free.

PEDIATRIC INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

Thursday, February 23 from 7 to 8 pm

This group is the only one in New Jersey for parents of children with Irritable Bowel Disease. This program is for children diagnosed with IBD and their parents. The group is facilitated by Jonathan Teitelbaum, MD, Pediatric Gastroenterologist, Charles Katz, PhD, Psychologist and Lisa Ball-OBrien, LCSW. This program will be held in Dr. Teitelbaum's Office located at Monmouth Medical Center in the Steinam Houseman Room 210 located at 255 Third Avenue, Long Branch. To register, please call 732-923-6080. Free.

BARIATRIC SURGERY SUPPORT GROUP

Thursday, February 23 from 7 to 9 pm

This program is for those who have undergone bariatric surgery or are planning a bariatric procedure. This group offers new patient education and information as well as a forum for open discussion. This group will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration required by calling 1-888-724-7123, prompt 4. Free.

ADULT ATTENTION DEFICIT DISORDER SUPPORT GROUP

Thursday, February 23 from 7:30 to 9 pm

This support group is for adults with Attention Deficit Disorder and their loved ones and provides mutual support, information and education. This group will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration required by calling 732-842-4553. Free.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Tuesday, February 28 from 2 to 3:30 pm

This support group is for caregivers and family members coping with Alzheimer's and provides mutual support, information and education. This group will be held at Monmouth Medical Center's Maysie Stroock Pavilion located at the corner of Pavilion and Second Avenues, Long Branch. Registration required by calling 732-923-7560. Free.

MONMOUTH MEDICAL CENTER PRESENTS FEBRUARY COMMUNITY HEALTH EDUCATION PROGRAMS

‘SAFE SITTER’ COURSE FOR YOUNGSTERS

Saturday, February 4 from 9 am to 4 pm

Youngsters age 11 to 13 will learn ways to become responsible, creative and attentive babysitters during this nationally recognized program. Safe Sitter will be led by certified Safe Sitter instructors, who place a special emphasis on handling emergencies and offers instruction in safety precautions, care for a choking infant or child, and calling for emergency help. Program participants will receive a certificate of completion and a subscription to Safe Sitter magazine. The course will be held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register, call 1-888-724-7123, prompt 4. \$50 per person.

STRESS MANAGEMENT FOR HOSPICE PATIENTS AND FAMILY

Mondays, February 6, 13 and 27 at 4 pm

Learn various stress-reduction benefits including gentle stretches and mindful breathing practices, which have been found to reduce stress, release emotions and improve overall sense of well-being. This program will be held at Monmouth Medical Center in the Goldsmith Wellness Center located at 300 2nd Avenue in Long Branch. To register, call 973.322.4817. Free.

HEART HEALTH FAIR & WEAR RED DAY

Wednesday, February 8 from 11 am to 1 pm

In honor of American Heart Month, Monmouth Medical Center will host a community heart health fair featuring information about heart disease, heart failure, heart healthy diets and exercise, as well as an overview of MMC’s cardiology programs and services. Free blood pressure screening, cholesterol screening (limited to first 50 registrants), body composition analysis and cardiac risk assessments will be available. Representatives from MONOC and American Heart Association will be available to answer your questions. In addition, MMC is asking all employees, visitors and guests to wear red on this date in honor of heart health awareness! This will be held at Monmouth Medical Center, ground floor lobby, locates at 300 2nd Avenue in Long Branch. Registration is required ONLY for cholesterol screening by calling 1-888-724-7123, prompt #4. Free.

FREE SCREENING MAMMOGRAM INFORMATION

Wednesdays, February 8 and 22 from 11 am to 1 pm

Are you or a friend age 40 or older and uninsured or under-insured? If so, you may qualify to receive a free screening mammogram through the Susan G. Komen “Reach Out For Life” program. Join a program representative to learn more during a free information session, offered by the Jacqueline Wilentz Comprehensive Breast Center. This information session will be held at Monmouth Medical Center in the hospital’s main lobby at 300 2nd Avenue in Long Branch. For further information, call 732-923-7700. Free.

BARIATRIC SURGERY NEW PATIENT LECTURE: WHICH BARIATRIC PROCEDURE IS RIGHT FOR YOU?

Wednesdays, February 8 and 22 from 7 to 8 pm

Are you considering a bariatric procedure? Join Dr. Frank Borao, MD, General Surgeon, for a candid discussion about the latest in surgical options for weight loss. This program will be held at Central Jersey Specialty Surgical Associates located at 10 Industrial Way East, Suite 104, in Eatontown. Registration required by calling 1-888-724-7123, prompt #4. Free.

CHINESE MEDICAL PROGRAM INFORMATION SESSIONS

Wednesdays, February 8 and 22 from 11 am to 1 pm

Did you know that Monmouth Medical Center offers a Chinese Medical Program for those who speak Chinese? The bilingual Chinese staff is committed to serving the needs of Chinese-speaking patients and providing easy access to high quality inpatient and outpatient care. The personal care coordination serves as an important link between the Chinese patient and Monmouth Medical Center. Stop by the information table to receive more information and have your questions answered. This will be held at Monmouth Medical Center, ground floor lobby, 300 2nd Avenue, Long Branch. For information call Angela Lee at 732-923-5057. Free.

GLUCOSE SCREENINGS

Thursdays, February 9 and 23 from 11 am to 12 pm

A simple finger stick to test blood sugar to determine if glucose level is elevated. The test will be performed by a registered nurse. This program will be held at the Center for Diabetes Education in the Maysie Stroock Pavilion located at the corner of Pavilion and Second Avenues, Long Branch. For information or to register call 732-923-5025. Free.

DIABETES SELF-MANAGEMENT CLASSES

Thursdays, February 9, 16, 23 and March 1 from 9 to 11 am OR

Mondays, February 27, March 5, 12 and 19 from 5 to 7 pm

Learn how to manage your diabetes by attending this 4-session series. All classes are held once a week for 4 weeks. The classes will focus on diet, nutrition, glucose monitoring, medications, meal plans, diabetes complications, dining out and benefits of exercise. The program will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. To register, call 732-923-5025. Program attendees will need a doctor's prescription and will be billed to Medicare or your insurance carrier.

HEARTSAVER AED CPR PROGRAM

Saturday, February 11 from 9 am to 1 pm

Babysitters, parents and grandparents are encouraged to attend this course that provides automated external defibrillator (AED) training to laypersons and also teaches how to recognize a medical emergency, adult, infant and child CPR, first aid for choking victims and the use of barrier devices to reduce the risk of infection. This program will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration required by calling 732-923-6990. \$40 per person.

AVOID MEDICATION ERRORS

Wednesday, February 15 at 1 pm

According to the Institute of Medicine, approximately 1.5 million preventable adverse drug effects occur in the US each year. There are things that we can do at the doctor's office, at the pharmacy and at home to help prevent medication errors. Join John S. Rezk, PharmD, from Monmouth Medical Center to receive some helpful advice about steps you can take to help prevent medication errors. The program will be held at the SCAN Learning Center (Age 50 and over) located at Monmouth Mall, Eatontown. Registration required by calling 732-542-1326. Free.

INTERSTIM PROCEDURE FOR OVERACTIVE BLADDER

Thursday, February 16 from 1 to 2 pm

Urinary incontinence – the inability to control the bladder affects millions of Americans. Women are twice as likely to suffer from bladder control issues as men. While there are a variety of different therapies to treat incontinence, a minimally invasive procedure called Sacral Nerve Stimulation with InterStim is offering new hope to both women and men. Join Dr. Ilan Waldman, MD, Urologist, for an informative discussion on various treatment options for incontinence and an explanation of the InterStim Therapy procedure and whether you might be a candidate. This program will be held at the Marlboro Recreation Senior Center (Age 60 and over), 1996 Recreation Way. Registration required by calling 732-617-0100. Free.

BEING HEART HEALTHY

Tuesday, February 21 at 11 am

February is National Heart Month. Join Joseph Clemente, MD, Cardiology and Internal Medicine physician at Monmouth Medical Group for an informative program focusing on what you can do to be more Heart Healthy this year. This program will be held at the Tinton Falls Public Library located at 664 Tinton Avenue, Tinton Falls. Registration is required by calling 732-542-3110. Free.

INTRODUCTION TO INSULIN PUMPS

Wednesday, February 22 from 4 to 5 pm

Learn how an insulin pump delivers insulin and how insulin pump therapy can improve your quality of life. Find out what it means to wear an insulin pump on a daily basis. This program will be held at the Center for Diabetes Education, Monmouth Medical Center, Maysie Stroock Pavilion Suite A005, 300 Second Ave., Long Branch; Registration is required by calling 1-888-724-7123, prompt #4. Free.

RELAXING INTO SLEEP

Wednesday, February 29 at 1 pm

Can't sleep, mind racing, body tense? Join Carol Palmer, BA, Program Instructor from Monmouth Medical Center to learn simple techniques and practical tips to calm the mind, relax the body and help get the deep restful sleep needed to maintain energy, good health, memory and general well being as well as controlling weight gain. Sleep apnea, restless leg syndrome and other sleep problems will also be reviewed. The program will be held at the SCAN Learning Center (Age 50 and over) located at Monmouth Mall, Eatontown. Registration required by calling 732-542-1326. Free.

MONMOUTH MEDICAL CENTER PRESENTS FEBRUARY CHILDBIRTH AND PARENTING PROGRAMS

CESAREAN BIRTH EDUCATION

Wednesday, February 1 from 7 to 9 pm

Educational overview for couples with explanations of what to expect if Cesarean delivery is indicated for first time or repeat. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$40 per couple.

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF YOUNG CHILDREN (STEP)

Wednesdays, February 1, 8, 15, 22 and 29 from 7 to 9 pm

This five-session STEP program focuses on understanding the behavior of young children, communication, cooperation, effective discipline and nurturing children from infancy to six years. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$75 per person or \$100 per couple.

PEDIATRIC PRE-OPERATIVE TOUR

Thursdays, February 2, 9, 16 and 23 from 3 to 4 pm

Tours for pediatric patients preparing to have a surgical procedure in the Cranmer Ambulatory Surgery Center at Monmouth. Tours are designed to reduce anxiety giving children a hands-on experience with medical equipment and visitation to areas they will encounter on the day of their surgery. This program will be held at Monmouth Medical Center in the Pediatric Playroom of the Cranmer Ambulatory Surgery Center, located at 300 Second Avenue in Long Branch. Call 732-923-6525 to register. Free.

TWO-DAY CHILDBIRTH PREPARATION COURSE

Saturday, February 4 and 11 from 9 am to 1 pm

This childbirth preparation course is conveniently compacted in two sessions! Education on relaxation and breathing techniques will be included. A continental breakfast will be provided. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$150 per couple.

EISENBERG FAMILY CENTER TOUR

Sunday, February 5 and 19 at 1:30 pm

Tour the Eisenberg Family Center to see the comfortable, homelike environment for expectant moms and babies in the expanded labor, delivery and recovery unit, and the spacious postpartum rooms. The tour is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register, call 732-923-6990. Free.

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Once your baby arrives, join other new mothers to talk about what you are experiencing. Discussions will be led by a registered nurse on topics including infant behavior, feeding, sleeping patterns and crying, as well as recovering from childbirth. Newborns up to age 6 months and fathers are welcome. The program will be held at Monmouth Medical Center located at 300 2nd Avenue, Long Branch. Registration is required by calling 732-923-6990. Free.

BREASTFEEDING TODAY

Thursday, February 16 from 7 to 9:30 pm

An introduction to breastfeeding for prospective mothers and fathers focusing on the process and techniques of breastfeeding including advantages, preparation, concerns of working mothers and the role of the family. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$50 per couple.

BABY CARE BASICS

Saturdays, February 18 and 25 from 1 to 3 pm

Learn everything you need to know about infant care including growth, development and safety issues. The course will be held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register, call 732-923-6990. \$80 per couple.

CHILDBIRTH PREPARATION COURSE

Tuesdays, February 21, 28, March 6, 13 and 20 from 7:30 to 9:30 pm

Learn everything you need to know to prepare for the birth of your baby during this 5-session course. Education on relaxation and breathing techniques will be included. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$125 per couple.

MAKE ROOM FOR BABY

Saturday, February 25 from 10 to 11 am

This is a special program for families and siblings (age 2 and over) who are expecting a baby brother or sister. Staff will acquaint them with the hospital setting and help to prepare them for the baby. This is held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register call 732-923-6990. \$40 per family.

ONE-DAY CHILDBIRTH PREPARATION COURSE

Sunday, February 26 from 9 am to 4:30 pm

This childbirth preparation course is compacted into one, full-day session! Education on relaxation and breathing techniques will be included. A continental breakfast and lunch will be provided. The course will be held at Monmouth Medical Center located at 300 2nd Avenue in Long Branch. To register, call 732-923-6990. \$179 per couple.