

healthy living

A calendar of events and programs to boost the health of our community



SPRING/SUMMER CALENDAR 2024

Holy Name Community Health is pleased to offer educational programs and events throughout the year. 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.

DATE	PROGRAM	PAGE	TIME	LOCATION
MAY 3	Diabetes Support Forum	3	1:00 – 2:00 pm	Virtual
MAY 7	Honoring Maternal Mental Health	2	6:00 – 7:00 pm	Virtual
MAY 8	Language Milestones: Shy or Delayed?	2	1:00 – 2:00 pm	Virtual
MAY 10	Time to Quit Tobacco Seminar	1	12:00 – 1:00 pm	Virtual
MAY 14	MEL at Eastwick College	3	1:00 – 4:00 pm	250 Moore Street, Hackensack, NJ 07601
MAY 22	Virtual Meditation Series — Summer Refresh & De-Stress: Let's Breathe and Meditate	2	12:00 – 1:00 pm	Virtual
MAY 28	Practical Stress Management Strategies for a Healthier You	3	7:00 – 8:00 pm	Bogota Public Library 375 Larch Ave., Bogota, NJ 07603
JUN 7	Diabetes Support Forum	3	1:00 – 2:00 pm	Virtual
JUN 12	Movement is Medicine — Longevity Perspective	2	6:00 – 7:00 pm	Virtual
JUN 12	Virtual Meditation Series — Breathe and Blossom: A Summer Meditation for People with Chronic Illness	2	12:00 – 1:00 pm	Virtual
JUN 14	Time to Quit Tobacco Seminar	1	12:00 – 1:00 pm	Virtual
JUN 26	Seniors — AARP Smart DriverTek Workshop	4	12:00 – 1:30 pm	3 University Plaza, Hackensack, NJ 07601
JUL 10	Healthy Living & Longevity	2	1:00 – 2:00 pm	Virtual
JUL 12	Time to Quit Tobacco Seminar	1	12:00 – 1:00 pm	Virtual
JUL 24	Virtual Meditation Series — Serenity Under the Summer Sun	2	12:00 – 1:00 pm	Virtual
JUL 27	Head to Toe Health Fair	3	9:00 am – 2:00 pm	Gospel Tabernacle Church 5029 Kennedy Blvd., North Bergen, NJ 07047
JUL 31	Lunch Break Meditation Wednesdays — Session 1 A Guided Meditation to Nourish Your Soul	2	11:30 am – 12:00 pm	Virtual
JUL 31	Lunch Break Meditation Wednesdays — Session 2 A Guided Meditation to Nourish Your Soul	2	12:15 – 12:45 pm	Virtual
AUG 2	Diabetes Support Forum	3	1:00 – 2:00 pm	Virtual
AUG 6	MEL at National Night Out	3	5:00 – 9:00 pm	The Richard Rodda Center 250 Colonial Court, Teaneck, NJ 07666
AUG 9	Time to Quit Tobacco Seminar	1	12:00 – 1:00 pm	Virtual
AUG 14	Seniors — Navigating a Path to Authentic Happiness	4	12:00 – 1:00 pm	Virtual
AUG 20	Food for Thought: Cultivating Mindful Eating Habits with Diabetes	3	1:00 – 2:00 pm	Bogota Public Library 375 Larch Ave., Bogota, NJ 07603
AUG 21	The Importance of Vaccines	2	1:00 – 2:00 pm	Virtual

Tobacco Cessation Support Forum

This no-cost tobacco cessation support group is for anyone who wants to quit smoking cigarettes or other tobacco products. Small group sessions provide community resources, education, and tactics for coping with common withdrawal symptoms. Support groups run for eight consecutive weeks on Thursdays from 5 to 6 pm. The first and last session of each support group will be held in person. The other sessions will be held virtually.

For more information and registration, please call Holy Name Community Health at **(201) 833-3336**.

Time to Quit Tobacco Seminar

It is never too late to quit tobacco. Join us to learn how to start your quit tobacco plan and develop the motivation to succeed. Seminar presentations will provide an overview of behavioral change tools, community resources, and the basics of how to create a quit plan that works for you.

For more information and registration, visit holyname.org/events or call **(201) 833-3336**.

Friday, May 10, 12:00 – 1:00 pm Friday, July 12, 12:00 – 1:00 pm
Friday, June 14, 12:00 – 1:00 pm Friday, August 9, 12:00 – 1:00 pm

Wellness & Prevention Programs and Events

Honoring Maternal Mental Health

WHEN: Tuesday, May 7, 6:00 – 7:00 pm

WHERE: Virtual

SPEAKERS: Tracey Arnauer, MSW, LCSW
Director of Social Work
Melissa Papanikolaou, LCSW
Women & Children's Services

In honor of Maternal Mental Health Month in May, join us to raise awareness and learn about resources, treatment, and support available in our community. Knowing the signs of mental health conditions during or after pregnancy can empower individuals and reduce the stigma of seeking help.

Language Milestones: Shy or Delayed?

WHEN: Wednesday, May 8, 1:00 – 2:00 pm

WHERE: Virtual

SPEAKERS: Colleen Deshayes, MA, CCC-SLP
Coordinator of Speech Language Pathology
Speech, Swallowing, and Cognitive Specialist

Are you concerned about your child's language and speech development? This program will help caregivers understand normal language milestones and identify delays. Early detection and intervention are the keys to success.

Movement is Medicine — Longevity Perspective

WHEN: Wednesday, June 12, 6:00 – 7:00 pm

WHERE: Virtual

SPEAKER: Tommi Paavola
Manager of Human Performance, Holy Name

Learn strategies to live better and longer through optimal movement and exercise. Everyone needs an individualized plan for their exercise program and it starts by evaluating what promotes longevity.

Healthy Living & Longevity

WHEN: Wednesday, July 10, 1:00 – 2:00 pm

WHERE: Virtual

SPEAKER: Ohan Karatoprak, MD
Director of Family Medicine, Holy Name

Join us to learn about the role of genes and body composition in longevity. We will discuss how to promote a balanced gut microbiome for overall health and well-being.

The Importance of Vaccines

WHEN: Wednesday, August 21, 1:00 – 2:00 pm

WHERE: Virtual

SPEAKER: Carla Goldberg, PharmD, CCP
Pharmacy Manager, Holy Name PharmaCare

Vaccines help prevent the spread and development of serious infectious disease as well as promote personal and public health. Join us in recognition of National Immunization Month this August to learn why it's important to stay up-to-date on vaccines, no matter your age.

Wellness Wednesdays: Virtual Meditation Series

Learn how to meditate and use affirmations in a series conducted by trained instructors. This series can help you feel better and find a deeper sense of balance in body and mind.

Summer Refresh & De-Stress: Let's Breathe and Meditate

WHEN: Wednesday, May 22, 12:00 – 1:00 pm

WHERE: Virtual

SPEAKER: Jeri Kadison, MA, CCC-SLP
Meditation Instructor

Summer is a wonderful time to learn tools and tips to keep cool and relaxed. Together we'll practice breathing and meditation techniques designed to manage stress and enhance your well-being.

Breathe and Blossom: A Summer Meditation for People with Chronic Illness

WHEN: Wednesday, June 12, 12:00 – 1:00 pm

WHERE: Virtual

SPEAKER: Jeri Kadison, MA, CCC-SLP
Meditation Instructor

Meditation can offer a sense of peace and hope to those facing a chronic illness. Learn how to create a quiet space for meditation and reflection as well as breathing techniques to release stress and tension.

Serenity Under the Summer Sun

WHEN: Wednesday, July 24, 12:00 – 1:00 pm

WHERE: Virtual

SPEAKER: Jeri Kadison, MA, CCC-SLP
Meditation Instructor

Join us to reflect on the blessings of summer. Learn meditation techniques to foster gratitude for the beauty and positive experiences that summer brings.

Lunch Break Meditation Wednesdays

Lunch Break Meditation: A Guided Meditation to Nourish Your Soul

WHEN: Wednesday, July 31

Session 1: 11:30 am – 12:00 pm

Session 2: 12:15 – 12:45 pm

WHERE: Virtual

SPEAKER: Janet Post, MSN, RN, NC-BC, NBC-HWC, CHT,
Community Outreach Nurse, Community Health

Wednesdays just got better. Join us during your lunch break for some rest and recharge. Taking a midday timeout to meditate is an effective way to de-stress after prolonged meetings, sitting for a long time, and looking at the computer. Meditation can boost focus, creativity, and help you have a more productive day.

Find Us in the Community

Practical Stress Management Strategies for a Healthier You

WHEN: Tuesday, May 28, 7:00 – 8:00 pm

WHERE: Bogota Public Library
375 Larch Ave., Bogota, NJ 07603

SPEAKER: Olivia Van Vorst BSN, RN, MEDSURG-BC™
Community Outreach Nurse

Uncover practical tools and techniques to effectively manage stress in your daily life. Take the first steps towards a more balanced and resilient lifestyle.

Head to Toe Health Fair

WHEN: Saturday, July 27, 9:00 am – 2:00 pm

WHERE: Gospel Tabernacle Church
5029 Kennedy Blvd., North Bergen, NJ 07047

Food for Thought: Cultivating Mindful Eating Habits with Diabetes

WHEN: Tuesday, August 20, 1:00 – 2:00 pm

WHERE: Bogota Public Library
375 Larch Ave., Bogota, NJ 07603

SPEAKER: Olivia Van Vorst BSN, RN, MEDSURG-BC™
Community Outreach Nurse

Take charge of your health and gain valuable insights to make informed choices. If you are not diabetic, seize the opportunity to assess your risk of diabetes with an expert diabetic educator.

Mobile Education Lab (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 our 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:

MEL at Eastwick College

WHEN: Tuesday, May 14, 1:00 – 4:00 pm

WHERE: 250 Moore Street, Hackensack, NJ 07601

MEL at National Night Out

WHEN: Tuesday, August 6, 5:00 – 9:00 pm

WHERE: The Richard Rodda Center
250 Colonial Court, Teaneck, NJ 07666

To view our online calendar for future MEL events, visit holyname.org/events or call 201-833-3336.

Take Control of Your Diabetes

Holy Name Diabetes Center

Embark on a journey to wellness with the Holy Name Diabetes Center, accredited by the American Diabetes Association. Our Certified Diabetes Care and Education Specialists (CDCES) are here to provide expert guidance and personalized support. Whether you're dealing with pre-diabetes, type 1 diabetes, type 2 diabetes, or gestational diabetes, join us in taking proactive steps toward a healthier and more vibrant life.

Diabetes education and supplies are covered by Medicare and most private insurance. We speak English, Spanish, Korean, and Russian.

To learn more or to schedule an appointment, call 201-833-3371.

Diabetes Support Forum Fridays

May 3, 1:00 – 2:00 pm

June 7, 1:00 – 2:00 pm

August 2, 1:00 – 2:00 pm

Childbirth and Parenting

All parenting, birthing, and child care classes are available to everyone at no cost.



The Journey of Pregnancy to Newborn Care

Learn what to expect in all phases of pregnancy, the delivery process, and the transition to caring for your new family member.

Breastfeeding Preparation

Breastfeeding is natural but it doesn't always come naturally. Make it easier by learning about how lactation works, how to position yourself and the baby, signs of a successful latch, hunger and satiety cues, and how to use your breast pump.

Parent Support Group

Come join other parents for a monthly conversation about parenthood.

Breastfeeding Preparation (Spanish)

La lactancia materna puede ser difícil. Hágalo más fácil aprendiendo cómo amamantar, con instrucciones sobre posicionamiento, mamando y cómo saber cuándo su bebé está recibiendo suficiente leche.

Infant and Child CPR

This video course from the American Heart Association teaches infant, child, and adult CPR, as well as defibrillator use and how to relieve choking. For information, call **201-833-3010** or visit holynamectc.enrollware.com/schedule.

Please visit holyname.org/BirthPlace for dates of upcoming classes and to register.

Especially For Seniors

Navigating a Path to Authentic Happiness

WHEN: Wednesday, August 14, 12:00 – 1:00 pm

WHERE: Virtual

SPEAKER: Janet Post, MSN, RN, NC-BC, NBC-HWC, CHT, Community Outreach Nurse, Community Health

Learn practical tools and actionable steps to navigate a meaningful journey to authentic happiness. Explore ways to create a life filled with genuine joy and fulfillment.



AARP Smart DriverTek Workshop

WHEN: Wednesday, June 26, 12:00 – 1:30 pm

WHERE: Holy Name

3 University Plaza, Hackensack, NJ 07601

SPEAKER: Grace Leung — AARP Driver Safety Volunteer

This no-cost 90-minute workshop covers important lifesaving vehicle safety technology for mature drivers who are in the market for a new car, have recently purchased one, or just want to stay ahead of the curve.

Space is limited. For more information and registration, please call Holy Name Community Health at **201-833-3336**.

Cancer Support Community at Holy Name

Cancer Center Programs

Cancer Support Community (CSC) at Holy Name offers **free** cancer support programs for anyone impacted by cancer, including patients, survivors, caregivers, and family members. CSC provides both in-person and virtual programming, during daytime and evening hours.

To register for programs or groups, please visit HolyName.org/CancerSupport.

Programs include:

- Support groups
- Fitness classes (all levels)
- Healthy cooking classes
- Meditation sessions
- Yoga and chair yoga sessions
- Qigong and Tai Chi classes

Cancer Support Groups

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

For more information:

Courtney Lozano, MSW, LCSW
Director, Cancer Support Community
201-833-3392
clozano@holyname.org

Cancer Support Community

National Resource Specialists
888-793-9355

Other Languages

Korean Medical Program — Cancer Support (in Korean)

To register, contact Mi-Young Chung at 201-833-3399.

Chinese Medical Program — Cancer Support (in Chinese)

To register, contact Anna Hong at 201-833-3388.

Spanish Speaking Cancer Support Group

Apoyo al Cancer

Call/llame 201-541-6374.

Cremer Family Physical Rehabilitation Center Physical, Occupational, and Speech Therapy

Rehabilitation is a vital part of recovery. Holy Name's Physical Rehabilitation Center will help you to improve strength, flexibility, range of motion, and endurance. Rehabilitation services are available to everyone, at two state-of-the-art facilities in Teaneck and Oradell, regardless of where you had surgery. We are in-network with most insurances and offer convenient hours, including nights and weekends. Services require a physician's referral.

To learn more, go to holyname.org/PhysicalTherapy/

Teaneck location:

Holy Name Medical Center
718 Teaneck Road
Teaneck, NJ 07666
201-833-3085

Oradell location:

HNH Fitness
514 Kinderkamack Road
Oradell, NJ 07649
201-265-1076



Weight Loss Surgery Seminar

If you are considering weight loss surgery, join us for a virtual educational seminar, conveniently offered monthly throughout the year. The seminar is for prospective patients who are interested in learning more about Holy Name's Weight Loss Surgery Program and the process. The seminar is led by Omar Bellorin-Marin, MD, FACS, FASMBS, Medical Director of Bariatric Surgery at Holy Name.

Topics will include an introduction to Holy Name's Bariatric Program and members of our care team, what to expect if you choose to move forward with weight loss surgery, and a Q&A session at the end to answer any questions you may have about the process.

For more information, please call **201-833-3444**.

Holy Name Home Care

Holy Name Home Care provides registered nurses on call 24 hours a day to help patients recuperating in their own homes after leaving the hospital, rehab, or recent visit with their provider. Home Care professionals offer nursing care; physical, occupational, and speech therapies; nutrition support; and social work services.

For more information, call **201-833-3740**.



The Russell Berrie Institute for Simulation Learning

The Institute for Simulation Learning offers courses and certifications in CPR, AED, First Aid, Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), and Pediatric Advanced Life Support (PALS). Courses are provided at Holy Name, or can be provided as group training at a location of your convenience

For more information, visit <https://holynamectc.enrollware.com/schedule>.

Family & Friends CPR

The Family & Friends CPR course is for people who want to learn CPR but do not need certification for a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others. The Family & Friends CPR course teaches the lifesaving skills of adult hands-only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and clearing blocked airways. Skills are taught in a dynamic group environment using the American Heart Association's (AHA) research-proven "practice while watching" technique, which provides students with the most hands-on CPR practice time possible.

For more information, visit <https://holynamectc.enrollware.com/schedule>.

Safe Sitter®

Safe Sitter® allows children ages 11 – 14 to learn how to properly care for younger children. The comprehensive program also teaches life and business skills, fully preparing young babysitters through fun activities and role-playing exercises.

For more information, visit www.simulationlearning.org/safe-sitter.asp.

Insurance Counseling

Holy Name provides **free**, unbiased assistance from certified insurance counselors to help you fully understand your health insurance options. To make an appointment, call **201-379-5725** or email us at insurance@holyname.org.

Support Groups

If you are facing a serious illness, a major life change, or a significant amount of stress, you don't have to face it alone. Holy Name support groups are here to help.

Bereavement Counselors

Grace M. Brockel, MSW, LSW
Bereavement Counselor

Patricia McLaughlin, MSW, LSW
Bereavement Counselor

Our bereavement counselors provide tools and guidance to help manage your grief. Support groups and monthly workshops are available as well.

To register, call **201-833-3000, ext. 7580**.

Cancer Support

Courtney Lozano, LCSW
Program Director
Cancer Support Community
201-833-3392
clozano@holyname.org

Diabetes Center Support Group

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

Stroke Support

Marissa Siegel, MSN, RN-BC, SCRNP
Stroke Program Coordinator
201-833-7053
mbrown@holyname.org

Register for the Stroke Support Group at holyname.org/events.





Holy Name

718 Teaneck Road
Teaneck, New Jersey 07666



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HNH Fitness: Welcome to your new lifestyle!

Start your lifestyle journey in our state-of-the-art health and wellness center. We provide comprehensive medical, fitness, nutrition, and sleep services through expert-guided programs tailored to your individual needs. Enjoy personal training, Pilates, spin class, saunas, massage therapy, and so much more on your journey to the new you!

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



BLOOD DRIVES

Be a hero and donate blood. Holy Name blood drives are held throughout the year in partnership with the New Jersey Blood Services Division of New York Blood Center. Donating is fast, easy, and saves lives.

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