

valley

| WINTER/SPRING 2019 |



2019

**NEW SERVICES AND
TECHNOLOGY
FOR A NEW YEAR!**

— PLUS —

**PROGRAMS TO ENHANCE
YOUR HEALTH AND WELLNESS**

WALK-IN CARE FOR LESS

Book Online

EASY APPOINTMENTS.

Join the thousands of patients who have made their primary and walk-in care appointments online powered by ZocDoc.

We are here for you when you need us and we offer lower copays than other centers in the area.

Evening and weekend appointments are available.
Call or book online now.

ValleyMedicalGroup.com/WalkIn

WALK-IN CARE LOCATIONS

DUMONT | MAHWAH | MONTVALE | NANUET | OAKLAND
RIVERDALE | TEANECK | WALDWICK | WAYNE (2 LOCATIONS)



Online appointments powered by ZocDoc.





4 Telemedicine: Healing at Home

Valley Home Care offers telemedicine technology – a remote, streamlined and innovative approach to care. The goal: to provide exceptional care to patients while allowing them to safely heal at home.

4 Introducing The Valley-Mount Sinai Head and Neck Institute: An Experienced, Multispecialty Team for the Treatment of Head and Neck Cancers

Northern New Jersey area residents now have access to advanced head and neck cancer care.

NEWS & NOTES

- 5 Philanthropy: National Doctors' Day is March 30
- 5 Weight-Loss Innovation: Robotic Technology for Bariatric Surgery

IN EVERY ISSUE

- 6 Community Health Events
- 10 PrimeTime Programs
- 20 Support Groups

Have a question or comment about Valley magazine? Please call our Communications & Marketing Department at 201-291-6330, or e-mail us at valleymagazine@valleyhealth.com.

The Valley Hospital is committed to increasing access to health education by offering assistance to individuals with a desire to improve their health through our educational events but who may not have the financial means to do so. For more information, call 201-291-6090.

CONNECT WITH US!
Visit ValleyHealth.com/SocialMedia

Welcome!



WE ARE PROUD TO PRESENT

a wealth of programs and community health events across Valley Health System. From health and wellness, to webinars, to fitness and nutrition, to family education – we've got you and your family covered!

Be sure not to miss our special section that we've titled Valley 411, which offers a roundup of our latest news and information.

Enjoy!

VALLEY 411

2 One Call Does It All

Introducing Valley Health System's Access and Navigation Center

Valley Health System's Access and Navigation Center provides a one-stop resource to connect to the physicians and services you need.

2 Joint Replacement with a Robotic Assist

Valley orthopedic surgeons are offering patients an innovative option for partial knee, total knee and hip replacements – the Mako® Robotic-Arm Assisted Surgical System. Among the benefits for patients: less pain and shorter recovery time.



3 A Life-Changing Approach to Heartburn

If you struggle with chronic heartburn or acid reflux, you'll want to learn about a new, breakthrough minimally invasive procedure that may improve the quality of your life and possibly free you from long-term medication use.

3 Meet Valley's TAVR Team

Valley is home to northern New Jersey's highly experienced transcatheter aortic valve replacement (TAVR) team. TAVR is a minimally-invasive procedure that repairs heart valves for the millions of Americans who are diagnosed with aortic stenosis, a serious heart valve disease.

ONE CALL DOES IT ALL

Introducing Valley Health System's Access and Navigation Center

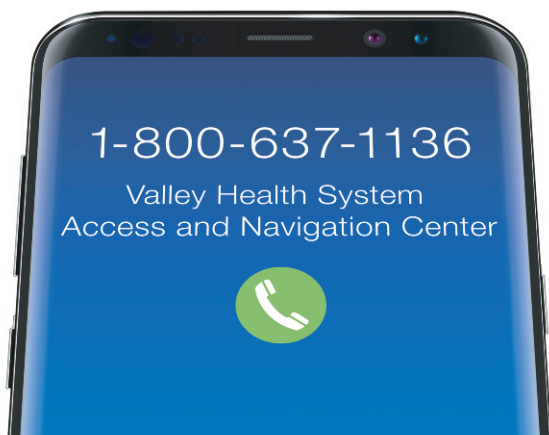
Valley Health System's Access and Navigation Center provides a one-stop resource to connect you to the physicians and services you need.

The Center's navigators will conveniently schedule appointments for you and can help identify a physician employed by Valley Medical Group or on The Valley Hospital's Medical Staff who meets your needs.

By integrating access and patient navigation services, our goal is to relieve you of the burden of appoint-

ment scheduling and coordination to ensure your care is quickly and efficiently arranged.

Anytime we can coordinate services to better create a seamless system of care, our patients will benefit," said Marc Melamed, M.D., Chief Medical Officer, Valley Medical Group.



VALLEY'S ACCESS AND NAVIGATION CENTER, can be reached Monday through Friday by calling 1-800-637-1136, option 1.



JOINT REPLACEMENT WITH A ROBOTIC ASSIST

Valley orthopedic surgeons are offering patients an innovative option for partial knee, total knee and hip replacements – the Mako® Robotic-Arm Assisted Surgical System. The benefits for patients may include less pain and shorter recovery time.

Anthony Delfico, M.D., Director of Orthopedic Surgery at Valley (at left), performed the hospital's first robotic-assisted partial knee replacement. "The Mako System is transforming joint replacement surgery by allowing us to tailor our surgical procedures to each patient's individual needs and anatomy," said Dr. Delfico. "We are proud to be the first hospital in Bergen County to offer this highly advanced robotic technology."

With Mako, orthopedic surgeons can provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy. Through CT-based 3D modeling of bone anatomy, surgeons can use the Mako System to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique physiology.

FOR MORE INFORMATION, about joint replacement at Valley, please contact Orthopedic Nurse Navigator, Amanda Kelly, R.N., BSN, at 201-251-3317.

**FIRST IN
BERGEN
COUNTY**

A Life-Changing Approach to Heartburn

Chronic heartburn is more than uncomfortable. Left untreated it can lead to a condition called Barrett's esophagus, a precursor to esophageal cancer. And heartburn medications can be associated with serious side effects.

If you struggle with chronic heartburn or acid reflux, you'll want to learn about a new, breakthrough minimally invasive procedure that may improve the quality of your life and possibly free you from long-term medication use.

The team from the Valley Center for Heartburn, Reflux and GERD can recommend a full range of treatment options, including the innovative TIF procedure, to manage or eliminate symptoms so that you can live a full life.



FOR MORE INFORMATION, please visit ValleyMedicalGroup.com/Heartburn. To make an appointment with one of the physicians who practices at the Center, please call 1-800-637-1136 (press #1).

Meet Valley's TAVR Team

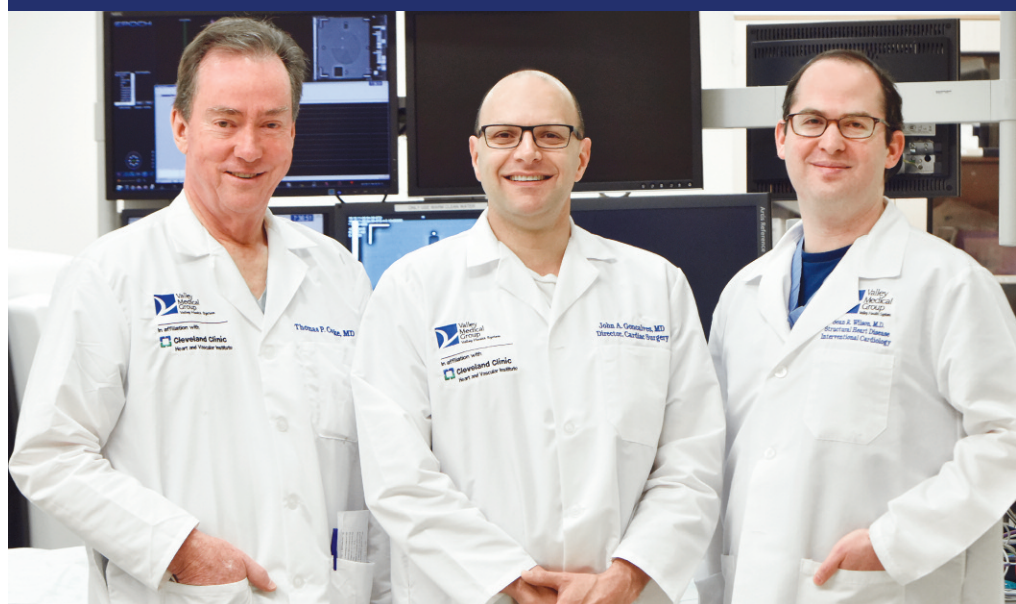
Valley is home to northern New Jersey's highly experienced transcatheter aortic valve replacement (TAVR) team. TAVR is a minimally-invasive procedure that repairs heart valves for the millions of Americans who are diagnosed with aortic stenosis, a serious heart valve disease.

In a TAVR procedure an expandable heart valve is placed into the body with a tube-based delivery system (catheter). This allows the valve to be inserted through a small cut into an artery in the groin or through the ribs or top of the sternum. TAVR patients have a shorter hospital stay and are able to get up and walk around faster than with those who undergo conventional surgery.



"The number of TAVR treatments we perform at Valley keeps growing," said John Goncalves, M.D., Director of Cardiac Surgery, and Surgical Director of Valley's Transcatheter Valve Program. "For patients at high or intermediate risk for conventional open heart surgery, excellent outcomes are consistently realized. And now we're especially excited to be participating in a clinical trial to evaluate the use of TAVR in low-risk patients."

TO MAKE AN APPOINTMENT with a member of Valley's TAVR team, please call 201-447-8418.



Valley's TAVR team includes (left to right) structural heart specialist Thomas Ciolek, M.D.; John Goncalves, M.D., Director of Cardiac Surgery, and Surgical Director of Valley's Transcatheter Valve Program; and Sean Wilson, M.D., Director of Structural Heart Disease Program.

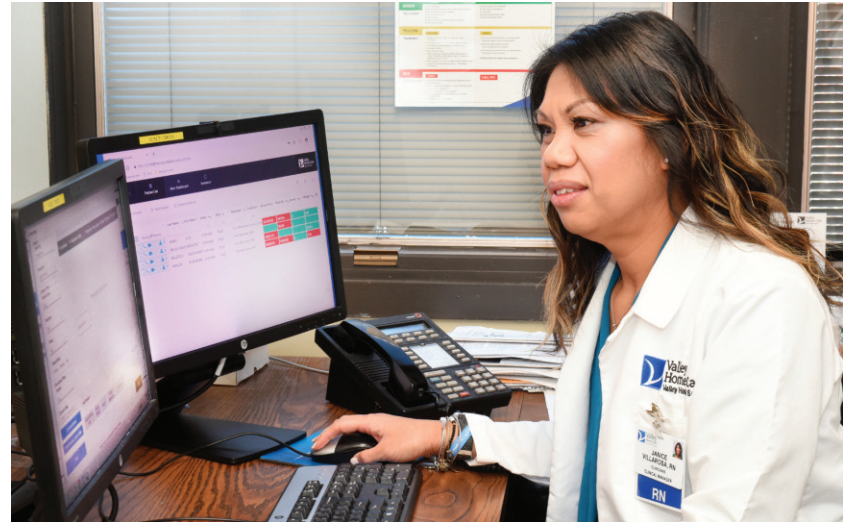
Telemedicine: Healing at Home

Does remote monitoring of your health condition sound like the medicine of the future? Great news! Valley Home Care (VHC) offers telemedicine technology – a remote, streamlined and innovative approach to care – to patients.

The goal of VHC's telemedicine program is to provide exceptional care to patients, such as those who are recovering from a medical procedure or managing a chronic medical condition, while allowing them to safely heal at home.

The program takes a multidisciplinary, individualized approach to care, with an emphasis on communication between patients and providers. All patients in the program have their vital signs monitored daily and can call VHC 24 hours a day with any questions they may have. For example, if a patient doesn't feel well overnight, they can call and speak to a triage nurse who can assist with their needs. Any non-emergent follow-up care is completed the next morning. Depending on need, a patient's care team may include nurses, heart clinic clinicians, mobile health professionals, population health specialists, palliative care clinicians and/or dietitians.

Since its 2005 inception, the program has expanded to include wireless, Bluetooth and video chat capabilities. These technologies greatly improve a patient's quality of life by allowing freedom of movement and enhanced, personal contact with the nursing team.



Janice A. Villarosa, R.N., Clinical Manager, Cardiac, IV, and Telehealth services, Valley Home Care, reviews a Telehealth patient's vital signs.

TO LEARN MORE, CALL 201-291-6000.

Introducing the Valley-Mount Sinai Head and Neck Institute: An Experienced, Multispecialty Team for the Treatment of Head and Neck Cancers

The Valley-Mount Sinai Head and Neck Institute offers advanced, personalized care for the treatment of patients with cancers of the mouth, throat, head and neck.

"Our partnership with Mount Sinai Health System has enabled us to build upon our strong oncology program to offer the skill and expertise of physicians from Mount Sinai to our patients," said Ephraim Casper, M.D., Chief Medical Officer, Valley-Mount Sinai Comprehensive Cancer Care. "Now patients can see Mount Sinai specialists who are offering breakthrough treatments for head and neck cancers, as well as the expert

team of Valley medical and radiation oncologists, right here in Paramus."

"The Valley-Mount Sinai Head and Neck Institute addresses an unmet need in this area," said Eric M. Genden, M.D., Isidore Friesner Chair of the Department of Otolaryngology-Head and Neck Surgery at the Mount Sinai Health System. "We are proud to partner with Valley Health System to further advance the care of patients with head and neck cancer in this region."

The Valley-Mount Sinai Head and Neck Institute is backed by Mount Sinai's multidisciplinary Head and Neck Cancer team. Valley patients will also have access to the latest clinical trials through Mount Sinai's Head and Neck Research Program.

The Institute also offers a unique Patients First Program, which provides unparalleled service to meet each patient's unique needs to help that patient access a provider as quickly as possible.

FOR MORE INFORMATION, or to schedule a consultation, please call 201-634-5656.

NATIONAL DOCTORS' DAY IS MARCH 30



Have you ever experienced exceptional care at Valley from a doctor who made a significant impact on your life?

Each spring, The Valley Hospital Foundation invites the community to join in the National Doctors' Day celebration observed on March 30. Not surprisingly, our generous Valley family responds with a plethora of letters of gratitude, donations of support and stories of exceptional care and kindness demonstrated by Valley's Medical Staff.

Philanthropy enables Valley to continuously improve...to purchase the latest technology, hire expert clinicians, upgrade facilities and offer new programs and services. These investments invariably lead to an improved patient experience and better patient outcomes.

Please consider making a donation in honor of your extraordinary Valley doctor(s) who made a difference. Simply visit ValleyHospitalFoundation.org/DocDay and we will pass your message of appreciation along to them.

Thank you for your trust, your confidence and your support!

Weight-Loss Innovation: Robotic Technology for Bariatric Surgery

Surgeons at The Valley Hospital's Center for Bariatric Surgery and Weight-Loss Management are employing leading-edge robotic technology to perform weight-loss surgery.

"The robotic approach provides surgeons with better visualization of the surgical field which, in turn, leads to increased surgical precision," says Omar Bellorin-Marin, M.D., (left) a general and bariatric surgeon.

Similar to conventional laparoscopic weight-loss procedures, robotic bariatric surgery offers patients numerous benefits, including:

- Quicker recovery ■ Reduced pain and scarring
- Quicker return to a regular routine ■ Fewer complications
- Less trauma to the body ■ Shorter hospital stays

"To date, our team has performed more than 200 fully robotic surgeries," says Melissa Bagloo, M.D., the Center's Medical Director. "Dr. Bellorin-Marin plays an integral role in our robotic surgery practice. In his surgical career, he has performed nearly 300 fully robotic cases, including the first fully robotic gastric bypass surgery here at Valley."



TO LEARN MORE or to schedule an appointment with Dr. Bagloo or Dr. Bellorin-Marin, please call 201-251-3480.

REGISTRATION

Registration is necessary. To register or for more information, unless otherwise noted, please call **1-800-VALLEY 1** (1-800-825-5391). You can request a reservation to any featured program online by going to ValleyHealth.com/Events. **All programs are free unless a fee is indicated.** All featured programs listed below are held at The Valley Center for Health and Wellness, 1400 MacArthur Boulevard, Mahwah unless otherwise noted.

FEATURED PROGRAMS



■ Women Take Heart

February is American Heart Month. Do more than wear red. Learn about cardiovascular risk and reducing your chance of heart attack and stroke.

Edward Julie, M.D.
Cardiologist

Wednesday, February 6
7 – 8:30 p.m.

Valley Medical Group
1578 Route 23 North, Wayne

■ A Work of Heart – Heart Valve Surgery

Join us to learn about transcatheter aortic valve replacement (TAVR), a minimally invasive procedure to repair damaged heart valves, who is a candidate and how it could benefit you or a loved one.

Sean Wilson, M.D.
Director, Structural Heart Disease Program

Wednesday, February 13
7 – 8:30 p.m.

The Valley Center for Health and Wellness

■ The Many Faces of Pain

Trigeminal neuralgia affects the largest nerve in the head and can cause symptoms of extreme stabbing pain that typically affects one side of the face. Learn causes of trigeminal neuralgia, diagnosis and the latest treatment options available including gamma knife technology to relieve nerve pressure and pain.

Anthony D'Ambrosio, M.D.
Co-Director, The Gamma Knife Center

Tuesday, February 26
7 – 8:30 p.m.

The Valley Center for Health and Wellness

■ Sleep Right, Sleep Tight

Join us to learn about what you can do to get a good night's sleep from infancy through adulthood.

Rahat Salamat, M.D.
Pulmonologist and Sleep Specialist
Stephanie Zandieh, M.D.
Medical Director,
Pediatric Pulmonary and Family Sleep Medicine

Thursday, February 28
7 – 8:30 p.m.

The Valley Center for Health and Wellness



■ Food Fight Against Colon Cancer

This seminar will address how nutrition can help with

decreasing the risk of developing colon cancer.

Leigh Slagle, M.S., R.D., CSO, Dietitian

Wednesday, March 6
7 – 8:30 p.m.
The Valley Center for Health and Wellness

■ Eat Well, Age Well

Look forward to learning about the benefits of healthy eating and choosing foods for better health at any stage of life.

Jaclyn Murphy, RDN, Dietitian

Wednesday, March 13
6 – 8 p.m.

Brandywine Living at Mahwah
814 Wyckoff Avenue

SAVE THE DATE:

Joint in Motion Robotic Technology

Stryker Orthopaedics and The Valley Hospital invite you to attend this unique event, to learn more about robotic-arm assisted technology. Attend physician lectures and visit information and resource exhibits. Take a tour of Stryker's state-of-the-art facility and witness how a replacement joint is manufactured. **For more information, call 201-291-6467.**

Saturday, May 4

10 a.m. – 1 p.m.

Stryker Orthopaedics
325 Corporate Drive
Mahwah



Call 1-800-VALLEY 1 (1-800-825-5391) to register for featured programs. Register online at ValleyHealth.com/Events.



We are pleased to offer live online seminars! Enjoy interactive health and wellness presentations from the comfort of your home at no cost. An internet connection is required. **To register, visit valleyhealth.webex.com.**

■ Breast Cancer Screening Guidelines

What is breast cancer screening, when should you begin and what testing you should have? Connect with us to learn about the latest in breast cancer screening guidelines.

Eleonora Teplinsky, M.D., Head, Breast Medical Oncology

**Wednesday, April 10
7 – 8 p.m.**

■ Caregiving for the Older Adult

Caring for an older loved one can be both rewarding and challenging. Knowing about the community support system and resources, taking time for self and being able to ask for help when needed can ease the stresses and strains of caregiving and make the caregiving experience more rewarding.

**Sheila Brogan, MSW
Bergen County Division of Senior Services**

**Wednesday, May 15
7 – 8 p.m.**

■ Common Rheumatic Diseases

Join us to learn the latest treatment options for rheumatoid arthritis, psoriatic arthritis and gout. Explore the importance of diet and exercise in managing arthritis pain. Light dinner will be provided. Space is limited.

**Evan Leibowitz, M.D.
Rheumatologist**

**Arik Zaider, M.D.
Rheumatologist**

**Ashraf Raslan, M.D.
Rheumatologist**

**Tuesday, March 12
6 – 8 p.m.**

**Bacari Grill
800 Ridgewood Road
Township of Washington**

■ Get Your Sugar Together!

Prediabetes increases the risk for developing diabetes, heart disease and stroke. Learn what prediabetes is and what you can do to help prevent or delay the onset of diabetes.

**Eirene John, M.D.
Family Practice**

**Tuesday, March 26
7 – 8:30 p.m.
Ridgewood Public Library
125 N. Maple Avenue
Ridgewood**



■ Men's Health – Taking Care of Your Health Like You Take Care of Your Car

Your car gets regular oil changes. Do you get regular checks on your health? Learn what you can do to stay healthy to enjoy life!

Kasem Ayoub, M.D., Internist

**Thursday, March 28
7 – 8:30 p.m.
Mahwah Public Library
100 Ridge Road, Mahwah**

■ Medicare Made Clear™ by UnitedHealthcare®

Are you new to Medicare? Will you be enrolling in Medicare soon or are already enrolled and want to learn about the changes in the plans? Join us to get the latest information.

**Delmy Sosa, Agent Manager
UnitedHealthcare**

**Tuesday, April 2
6 – 7:30 p.m.
The Valley Center
for Health and Wellness**

■ Calling Dr. Robot – Orthopedic Surgery

Do you suffer from osteoarthritis? Join us to learn about the latest treatment options including robotic-arm assisted surgery for people with arthritis of the hip and knee.

**Mark Pizzurro, M.D.
Orthopedic Surgeon**

**Wednesday, April 3
6:30 – 8 p.m.
Township of Washington
Public Library
144 Woodfield Avenue
Township of Washington**

■ Lifestyle and Cancer – What's the Connection?

Cancer is a more prevalent diagnosis every day. Learn cancer prevention tips and the role nutrition can play.

**Kevin Wood, M.D.
Hematology/Oncology
Valley-Mount Sinai
Comprehensive Cancer Center**

**Tuesday, April 9
6 – 8 p.m.
The Village Inn
422 Runnymede Drive, Wayne**

■ Spinal Stenosis – Right Back at Ya!

This condition can impinge on the spinal cord and surrounding nerves. Learn about the latest advances in the management and treatment of spinal stenosis.

**Gaetan Moise, M.D., FAANS
Neurosurgeon**

**Wednesday, April 24
7 – 8:30 p.m.
Mahwah Public Library
100 Ridge Road, Mahwah**

■ The Genetic Factor – Colorectal Cancer

Join us for a discussion on how genetics and heredity can play a role in increasing your risk for colorectal cancer.

**Mary Kay Dabney, M.S., LCGC
Genetic Counselor**

**Thursday, May 9
7 – 8:30 p.m.
The Valley Hospital
223 N. Van Dien Avenue,
Ridgewood**



Call 1-800-VALLEY 1 (1-800-825-5391) to register for featured programs. Register online at ValleyHealth.com/Events.

Hypnosis to Stop Smoking

If you have a sincere desire to quit, make a clean break from cigarettes using hypnotic suggestions and behavior modification techniques. A free CD and monthly support are included.

Barbara Van Duyne, Alternative Health Systems

Tuesdays, February 26, April 30, June 25, August 27; 7 – 9 p.m.

The Valley Hospital, Conference Center

Fee: \$75



■ Managing Melanoma

Learn about the advances in managing melanoma, the use of immunotherapy and targeted therapy in addition to advances in surgical management. Strategies to optimize nutrition in melanoma patients will also be discussed.

Philip Friedlander, M.D., Ph.D.
Assistant Professor of Medicine, Hematology and Medical Oncology, and Dermatology, The Mount Sinai Hospital

Garrett T. Desman, M.D.
Assistant Professor of Pathology; Dermatopathologist at The Mount Sinai Hospital

Melanie Ongchin, M.D.
Medical Director Surgical Oncology The Valley Hospital

Leigh Slagle, M.S., R.D., CSO, Dietitian

Thursday, May 16

7 – 8:30 p.m.

The Valley Center for Health and Wellness

■ Stress Management – Revitalizing Your Life!

Feeling tired, stressed and overwhelmed by life? Learn about the causes of pain and stress in our lives and how one might work with them more effectively.

Jodie Katz, M.D., Medical Director, Integrative Medicine

Thursday, May 23
7 – 8:30 p.m.

The Valley Center for Health and Wellness

■ Drumming Circle

Drumming is a wonderful way to take care of yourself, as well as lessen feelings of burn-out and fatigue. Come and explore a new/old way of having fun while reducing stress.

Thursdays, January 24, February 21, March 21, April 18, May 23
5:15 – 6:30 p.m.

The Valley Center for Health and Wellness

■ Hypnosis for Weight Reduction

Learn how you may be able to permanently reduce your weight and increase self-esteem using hypnotic suggestions and behavior modification techniques. A free CD and monthly support are included.

Barbara Van Duyne
Alternative Health Systems

Tuesdays, January 15, February 12, March 26, April 16, May 21, June 18, July 23, August 20
7 – 9 p.m.

The Valley Hospital Conference Center
223 N. Van Dien Avenue Ridgewood

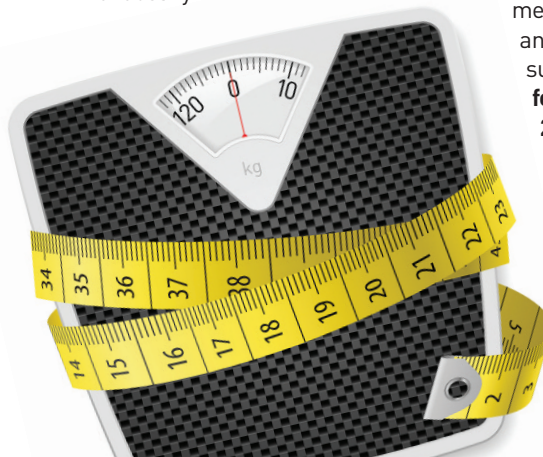
Tuesdays, January 22, February 19, March 19, April 23
7 – 9 p.m.

The Valley Center for Health and Wellness

Fee: \$75

■ All About Weight Loss Surgery

Are you struggling with obesity? We invite you to join us for an informational session discussing the medical and surgical options for treatment of obesity.



Melissa Bagloo, M.D.
Medical Director, Center for Metabolic Surgery and Weight-Loss Management
Omar Bellorin, M.D.
Bariatric Surgeon
Amy Hall, ACNP-BC

Thursdays, January 10, February 7, March 14, April 11, May 9, June 13, July 11, August 8
6 – 7 p.m.

Seminars held in Paramus and Mahwah. Please call 1-800-VALLEY 1 (1-800-825-5391) for details.



■ Free Heart Risk Assessment*

Includes health history; blood pressure screening; heart auscultation to evaluate heart rate, rhythm and presence of murmur; evaluation of lipid profile; biometrics and ASCVD score.

For more information and to make an appointment, please call Valley's Cardiac Screening Program at 201-447-8535.

■ The Total Joint Replacement Center Class

The Valley Hospital offers a pre-operative education class for Total Joint Replacement patients. Here patients can meet staff, ask questions and prepare for their surgery. **To register for the class, call 201-251-3317.**

Call 1-800-VALLEY 1 (1-800-825-5391) to register for featured programs. Register online at ValleyHealth.com/Events.

*Follow-up care, testing or treatment will not be free of charge.



■ Pediatric Behavioral Sleep Coaching

Overwhelmed by sleep deprivation? Frustrated by conflicting solutions? Determined to help your child sleep better? We have proven solutions to your child's sleep problems. We can help. **For more information or to make an appointment, call us at 201-447-8152.**



■ Adult Diabetes Self-Management Education Class

Certified diabetes educators teach ways to better manage diabetes. Bring a family member or significant other for support. Initial individual assessment and post-program follow-up included.

Wednesdays, February 13, February 20, February 27, March 6; 7 – 9 p.m.

Wednesdays, May 15, May 22, May 29, June 5; 7 – 9 p.m.

**The Dorothy B. Kraft Center
15 Essex Road, Paramus**

Fee: \$650

We also participate with several insurance companies and accept Medicare. **Call Valley Home Care at 201-291-6000, ext. 111-7080, or email lschifr@valleyhealth.com for more information or to register.**

Thrive!

designates *Thrive! For Women, For Health, For You.* programs, which are open to the public. **Registration is necessary.** To register, please call 1-800-VALLEY 1 (1-800-825-5391) or go to ValleyHealth.com/Events.

■ Walking Club

Tuesday mornings; all ages...speeds...are welcome! Meet at the Food Court entrance under the AMC movie theater.

**January through March
Tuesdays, 9 – 9:45 a.m.**

**Westfield Garden State Plaza, Paramus
To register, please call 1-877-283-2276.**



■ Mommy & Me Have a Date!

Four-part monthly series of activities and mini health tips for moms and their little ones up to age 3. **Attend one or all four sessions:**

Wednesdays, January 9, February 6, March 6, April 3; 10 – 11a.m.

**The Valley Center for Health and Wellness
1400 MacArthur Boulevard, Mahwah**

■ Just for Girls

Moms and daughters (9–12 years old) enjoy dinner, a crafty activity and hear about the exciting changes to expect in a young girl's body.

A Valley Medical Group OB/GYN

**Thursday, January 17
6:45 – 8 p.m.**

**The Valley Center for Health and Wellness
1400 MacArthur Boulevard, Mahwah**

■ Just for Boys

Parents and sons (9–12 years old) enjoy dinner, fun activities and hear from a pediatrician about the changes to expect in a young boy's body, including topics such as hygiene, bullying and social media responsibilities.

Brian Lewis, M.D., Pediatrician

**Thursday, March 28
6:45 – 8 p.m.**

**The Valley Center for Health and Wellness
1400 MacArthur Boulevard, Mahwah**

The Emergency Life Support Training Center at The Valley Hospital is an authorized provider of American Heart Association's (AHA) Emergency Cardiac Care (ECC) courses. **For more information or to register for the classes below, please call 201-291-6100.**



**American
Heart
Association®**

Family & Friends teaches lifesaving CPR skills, how to relieve choking along with use of an AED. This course **is ideal for the general public.**

Heartsaver CPR/AED course is for anyone with little or no medical training who **needs a course completion card** for job, regulatory (e.g., OSHA) or other requirements.

Basic Life Support (BLS) course is for healthcare providers (and students in healthcare) high-quality CPR and provide early use of an AED.

Advanced Cardiac Life Support (ACLS) for healthcare providers managing cardiopulmonary arrest and related cardiovascular emergencies. Prerequisites: knowledge of cardiac dysrhythmias and completion of Pre-Course Self-Assessment.

Pediatric Advanced Life Support (PALS) for healthcare providers managing respiratory and/or cardiovascular emergencies in pediatric patients. Prerequisites: knowledge of cardiac dysrhythmias and completion of Pre-Course Self-Assessment.

Call 1-800-VALLEY 1 (1-800-825-5391) to register for featured programs. Register online at ValleyHealth.com/Events.



REGISTRATION

PrimeTime is a free membership program available to individuals over age 60. The following programs are open to PrimeTime members. **Registration is necessary.** You may register at any time for free programs by calling **1-877-283-2276** or online by going to **ValleyHealth.com/Events**. All programs are free unless a fee is indicated. To become a member of PrimeTime, please call **201-291-6467**. All featured programs listed below are held at The Valley Center for Health and Wellness, 1400 MacArthur Boulevard, Mahwah unless otherwise noted.

James Calaski, Historian

Wednesday, February 20
10 a.m. – noon
The Valley Center
for Health and Wellness

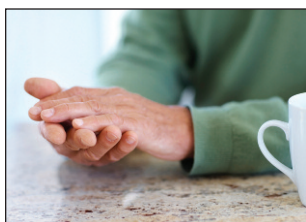
■ Anxious to Know...

Anxiety is a common medical disorder and is very treatable. Learn more about this issue and what you can do about it.

Bart Mongiello, LCSW, Director,
Outpatient Mental Health Services
Christian Health Care Counseling Center
Jill Ussher, LPC, Director of Admissions
and Utilization Review
Christian Health Care Center

Wednesday, February 27
1 – 2:30 p.m.
The Mahwah Public Library
100 Ridge Road, Mahwah

FEATURED PROGRAMS



■ Wristy Business

Join us to learn about the causes of arthritis of the hands and wrists, how to manage the pain and available treatment options.

Steven B. Shamash, D.O., FAOAO
Orthopedic Surgeon/Hand Surgeon

Tuesday, February 12
2 – 3:30 p.m.
The Valley Center
for Health and Wellness

■ What's New in Pain Management

Chronic pain impacts well-being and can prevent one from living a full life. Find out about the newest trends in effectively managing pain.

Robin Iversen, M.D., Pain Specialist

Wednesday, February 13
Noon – 1 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ The Nazi Spy from Glen Rock

Find out about Carl Schiphorst, a Glen Rock resident who operated an espionage camp set up to spread Nazi ideology during the 1930's.

Free Blood Pressure Screening* and Medication Review

Get your blood pressure checked and bring your bottles of medication to be reviewed by a Valley pharmacist.

Wednesday, February 13
1 – 2 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus

Wednesday, May 15
Noon – 1 p.m.
The Valley Center for
Health and Wellness



Call 1-877-283-2276 to register for PrimeTime programs. Register online at ValleyHealth.com/Events.

*Follow-up care, testing or treatment will not be free of charge.

■ Safe and Steady

Discover if you are at risk for a fall and how you can prevent this common occurrence.

Kristin Ryffel, P.T., DPT, Supervisor
Outpatient Physical Therapy
Eileen Emmanuel, MPH
Exercise Physiologist

Thursday, March 7

2 – 3:30 p.m.

**The Valley Center
for Health and Wellness**

■ The Irish Famine, Horatio Alger & Ragged Dick

Join us to learn about the boys who fled Ireland during the great famine only to arrive in America during the gilded age through the works of Horatio Alger.

Rick Feingold, Educator/Historian

Tuesday, March 12

1 – 3 p.m.

**The Valley Center
for Health and Wellness**

■ Taking Care of Your Gut!

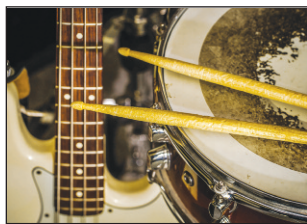
An increase in digestive health disorders often occur as one ages. Find out about these medical issues and how you can prevent and treat these potential problems.

Sita Chokhavatia, M.D.
Gastroenterologist

Thursday, April 4


10:30 a.m. – noon

**The Dorothy B. Kraft Center
15 Essex Road, Paramus**



■ Jazz, Pop & Rock: The NJ Connection

Listen as we explore American music of the 20th Century and NJ artists, including iconic legends Sinatra, Basie and Springsteen!



Palliative Care – Helping Patients Live Life to the Fullest

Many people are ill-informed about palliative care, which provides relief from symptoms and stress of serious illness. It is an essential part of healthcare and the knowledge and application of it is empowering. Come learn more about palliative care so that you and your loved ones can live a fuller, more comfortable life.

**Puneeta Sharma, M.D., Director, Palliative Care
Valley Health System**

Tuesday, March 19
10:30 a.m. – noon
The Valley Center for Health and Wellness

Walter Choroszewski
Author and Photographer

Wednesday, April 10

1 – 3 p.m.

**The Valley Center
for Health and Wellness**

■ The Mediterranean Diet

Find out more about the popular Mediterranean diet and if it is a good food plan for you and your health needs!

Jaclyn Murphy, RDN, Dietitian

Tuesday, April 16

1 – 2 p.m.

**The Valley Center
for Health and Wellness**

■ What's New in Stroke Care

Join us to learn more about the new ways to prevent and treat cardiovascular incidents or strokes.

Bradley Klein, M.D., Neurologist

Wednesday, May 1

10:30 a.m. – noon

**The Dorothy B. Kraft Center
15 Essex Road, Paramus**

Call 1-877-283-2276 to register for PrimeTime programs. Register online at ValleyHealth.com/Events.

Healthy Aging, Healthy Sleep

Changes to sleep patterns are a part of the normal aging process. Discover more about these issues and how you can get a good night's rest.

Jeffrey Barasch, M.D., FAACP, FAASM,
Board Certified Sleep Medicine Specialist and Director
Center for Sleep Medicine

Wednesday, May 15 • 10:30 a.m. – noon
The Valley Center for Health and Wellness



■ A Work of Heart

Find out about transcatheter aortic valve replacement (TAVR), a cutting edge aortic valve replacement procedure from an expert cardiologist in the field.

Sean Wilson, M.D.
Director, Structural Heart
Disease Program.

Tuesday, May 7
2 – 3:30 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ Drumming Circle

Drumming is a wonderful way to take care of yourself, as well as lessen feelings of burn-out and fatigue. Come and explore a new/old way of having fun while reducing stress.

Thursdays, January 24, February 21,
March 21, April 18, May 23
2:30 – 3:45 p.m.
The Valley Center
for Health and Wellness

■ Gravity – Balance and Fall Risk Assessment

Falls are not a normal part of aging.

By identifying your risks and developing a fall prevention strategy, your risk can be reduced. Valley's Gravity Program can help you feel more confident and work to help you return to your interests.

Call 201-447-8131 for an appointment.

You can also ask your physician to refer you to us.

**YOUR FIRST
COLONOSCOPY
IN A SNAP!**
CALL 201-389-0808.

Introducing *Fast Track Screening Colonoscopy*. No need for a doctor's appointment. Simply call our Nurse Navigator, who will quickly determine your eligibility and schedule your appointment. It's that easy!

Get on the fast track to a screening colonoscopy!
Call 201-389-0808.



Call 1-877-283-2276 to register for PrimeTime programs. Register online at ValleyHealth.com/Events.

SPORTS INSTITUTE & MEDICAL FITNESS CENTER

APPOINTMENTS

The Valley Hospital's Sports Institute and Medical Fitness Center are located at The Valley Center for Health and Wellness, 1400 MacArthur Boulevard in Mahwah. For more information and registration for any of our programs, please call **201-447-8133** or visit ValleyHealth.com/Programs_Services_Default.aspx.

AfterCare Medical Fitness

This comprehensive reconditioning program is designed to pick up where physical, occupational or cardiac rehabilitation leave off. Professional staff will help you continue on the road to recovery and improved fitness and build on the progress you made during rehabilitation. Exercise sessions are scheduled for one-on-one supervision to focus on individual needs and goals. **Call for fee and schedule information.**



■ Concussion Management

We offer the ImPACT™ neuro-cognitive and BioSway™ balance baseline testing, can help objectively evaluate the post-injury condition and track recovery for a safe return to sports. Our program includes follow-up testing for athletes who have sustained a brain injury (concussion) along with a comprehensive assessment report for their physician. **Group testing is on the second Tuesday of the month at 4:30 and 6 p.m.**

Individual testing is also available by appointment and on school holidays. Call for testing times and to make an appointment.

■ Total Joint Surgery Prehabilitation Program

Pre-surgical physical conditioning or "prehabilitation" can hasten the healing process and help minimize the loss of function following total joint replacement surgery. The prehabilitation exercise prescription includes a thorough assessment of range-of-motion, muscle flexibility and strength and standard functional performance measures. Balance and postural control will be assessed and a customized exercise routine will be developed.

Prehabilitation is most beneficial when started in advance of your surgery date. Call for fee and schedule information.

■ Sport/Human Performance

Services focus on the fundamentals of exercise. Sport-specific injury prevention programs. Sports re-conditioning after physical therapy. VO2 max testing for aerobic fitness. Resting Metabolic Rate (RMR) testing assessing your metabolism.

■ Sports Medicine Services

Our staff of certified athletic trainers serves as a sports medicine resource to the community. Certified athletic trainers are licensed healthcare professionals who specialize in the care and prevention of athletic injuries.

■ Rutgers S.A.F.E.T.Y. Clinic for Volunteer Coaches

This course meets the requirements recommended under the "Little League Law" in New Jersey to protect volunteer coaches and officials and provide safety orientation for youth sports. **All participants must register at 1-800-VALLEY 1 (1-800-825-5391).**

**Thursdays, March 7, April 4, June 6, August 15
Friday, September 13
6:30 – 10 p.m.**

**The Valley Center for Health and Wellness
Conference Center
1400 MacArthur Boulevard
Mahwah**

Fee: \$45 (checks only payable to The Valley Hospital).

Call 201-447-8133 for more information on sports institute and medical fitness programs or visit ValleyHealth.com/SportsMed.

NUTRITION PROGRAMS

REGISTRATION

To register for the programs described below, please call **1-800-VALLEY 1** (1-800-825-5391) unless otherwise indicated. You can request a reservation to any nutrition program online by going to **ValleyHealth.com/Events**. **There is no fee for these programs unless otherwise indicated.**



■ Eat Like a Mediterranean and Reap the Benefits

Find out why this lifestyle is linked with longevity and reduced incidence of chronic conditions and how to incorporate this eating and lifestyle.

Janet A. Brancato, M.S., R.D.
Valley Dining

Thursday, March 28
7 – 8:30 p.m.

The Valley Hospital Conference Center

■ H.O.P.E. What You Eat Matters

A feature-length documentary uncovering the effects of our typical Western diet.

Wednesday, April 17
6:30 – 8:30 p.m.
Ridgewood Public Library
125 North Maple Avenue
Ridgewood

■ Meal Planning to Help Manage Your Diabetes

Take the next step! Come learn what foods can also help you manage your blood pressure and cholesterol levels.

Nikole Gavriilidis, M.S., R.D.,
CDE, Valley Dining

Tuesday, May 14
7 – 8:30 p.m.

The Valley Hospital Conference Center



■ Savor the Flavor of Summer

Learn about the nutritional benefits of seasonal produce, exposure to new ways of meal preparation and how to make the most of your local harvest.

Jaclyn Murphy, RDN
Valley Dining

Thursday, June 13
7 – 8:30 p.m.
The Valley Center for Health and Wellness
1400 MacArthur Boulevard
Mahwah

■ A Recipe for Life Programs



Medical Nutrition Therapy

Schedule a one-on-one meeting with a registered dietitian as part of the treatment for your medical condition. Individualized meal plans are tailored to your lifestyle. Daytime, evening and Saturday hours are available. Please call 201-634-5371 for fee information and to schedule an appointment.

A Healthy You

We take a preventative approach to health and provide you with a simple and practical plan for a healthier you. The benefits of sound nutrition will last a lifetime.

Personal Nutrition Coaching

Hire a personal coach to help you and your family navigate the maze of eating healthy in the comfort of your home. We offer a wide range of services, everything from menu planning, refrigerator makeovers, lunch box ideas, recipes and more.

Supermarket Tours – Shop Smart/Shop Healthy

Take a trip down the supermarket aisle with a registered dietitian who will help you decipher the food labels and assist you in making healthy choices for you and your family. Tours can be customized to meet your individual interests

For A Healthy You, Personal Nutrition Coaching and Supermarket Tours, please call Joseph Juliano at 201-447-8093 for fee information and to schedule an appointment.



Call 1-800-VALLEY 1 (1-800-825-5391) to register for nutrition programs. Register online at ValleyHealth.com/Events.

REGISTRATION

Visit ValleyHealth.com/FamilyEducation regularly for up-to-date information on class descriptions, dates, times and to register for classes. **Please visit our website for class locations.**

***Gift certificates are available for all classes including exercise classes and Doula services.**

Valley's Center for Family Education offers moms and moms-to-be education and support throughout all stages of pregnancy.

Suggestions for classes:

■ Core Classes for the Mom-to-Be

- Childbirth Consultation
- Childbirth Preparation (Lamaze)
- Breastfeeding Basics
- Newborn Care (Take Care of Yourself/Take Care of Your Baby)

■ A Review for Experienced Moms

- Sibling Class
- Childbirth Preparation (Lamaze)
- Grandparents' Class

■ Preparing the Family

- Baby ER*
- Safe Sitter®*

*Does not include CPR

■ Essential Exercise

A variety of prenatal/postnatal yoga classes are offered. Please visit our website for class descriptions and current monthly schedule.



■ Childbirth Consultation

When a woman chooses a Childbirth Consultation, she is making the decision to empower herself with knowledge about all of her options – both natural and medicinal. The initial private consultation at approx. 28 weeks focuses on:

- Informing the expectant parents regarding their births from self-care to labor and birth
- Approaching care that includes all components of you: body, mind and spirit
- Forming a partnership with physician/midwife to enter into this important event with confidence
- How best to educate yourself to be prepared for your birth without fear but with confidence
- Assisting you in expressing any fears, hopes and desires about this long-awaited event

Following the initial consultation, the patient is encouraged to attend a Childbirth Education class. This class provides the education needed for labor and delivery focusing on physiologic birth.

Childbirth Preparation (Lamaze)

This class will provide you with the education needed for labor and birth. Please enroll by your 30th week of pregnancy. This class is available as a private session by appointment. **Bring two pillows and a blanket to class.**

Please see our website for class options.

Fee: \$150



A final private consultation is then offered at approx. 36 weeks, post Childbirth Education Class, to determine and finalize what path you would like to take for the birth of your child. This information is shared with our Labor & Delivery staff and your obstetrician so that upon your arrival at the hospital, we will be aware of your wishes and assist you on this journey. **For more information regarding these private consultations, please visit ValleyHealth.com/FamilyEducation.**

■ eLearning Childbirth Education

This is a convenient alternative for expectant parents who cannot attend a conventional prepared childbirth class. The web-based

program focuses on childbirth education and support, labor support and postpartum care.

To register, please call 201-291-6151 (option 1).

Fee: \$175

■ Marvelous Multiples®

This three-session prenatal class for couples focuses on labor, delivery and adapting to life with multiples.

Fee: \$200 per couple



To register for the above programs, visit our website ValleyHealth.com/FamilyEducation.



■ Breastfeeding Basics

Explore the benefits of breastfeeding and discuss nutrition, comfortable positions, common problems, pumping and storage of breast milk and the correct use of the breast pumping equipment. Partners are welcome to attend. Class should be taken during the seventh to eighth month of pregnancy.

Fee: \$25 per couple

■ Baby ER/A Night with A Pediatrician*

A Valley Hospital pediatrician will teach you a variety of topics, as well as what to do in case of an emergency (first aid, sickness, allergies and more).

Fee: \$20 per person

■ Newborn Care (Take Care of Yourself/ Take Care of Your Baby)*

This comprehensive course on taking care of yourself and your baby includes bathing, bath products, diapering, cord care, temperature taking, dressing and sleep patterns, as well as what to expect in your post-partum period. Class should be taken before the child's birth. Adoptive parents are welcome, as well as grandparents.

Fee: \$50 per couple



■ Sibling Class (3–7 yrs.)

Big brothers and sisters will enjoy this class designed especially for them. Class activities are age specific and encourage positive feelings about the new baby and the older sibling's place in the family.

Fee: \$40 for the family

■ Safesitter®*

This class provides attendees ages 11–14 with life and safety skills for taking care of and protecting infants/children. Topics include infant/child safety, handling problem behavior, care of a choking infant/child, keeping safe in the home and contacting emergency personnel.

Fee: \$70 per person

■ Grandparents' Class*

This course provides information on the most current childbirth practices, child development and childcare and fosters a better understanding between parents and grandparents.

Fee: \$25 per person

■ The Happiest Baby on the Block

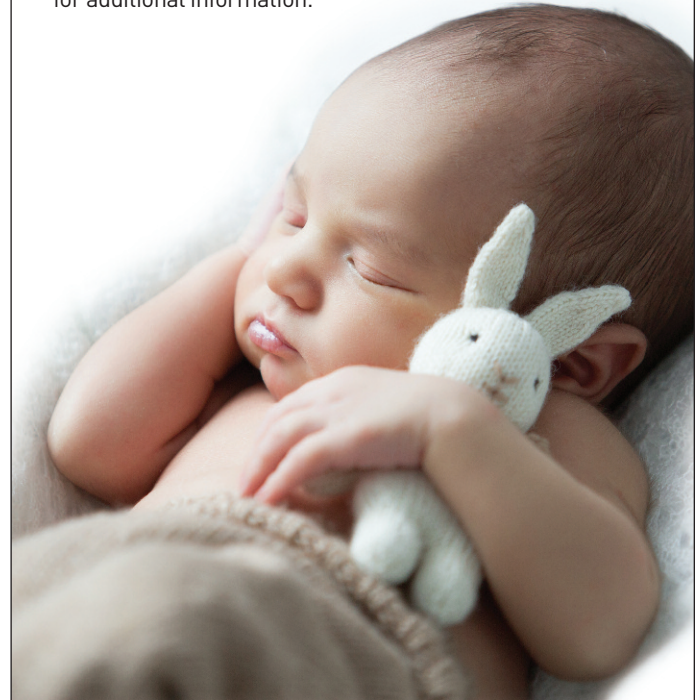
Learn how Dr. Harvey Karp's world-renowned parenting approach may help prevent breastfeeding failure, postpartum depression, exhaustion, marital stress and even shaken baby syndrome. All attendees receive a *Happiest Baby™* video/white noise CD combo.

Fee: \$55 per couple

Birth Doula

A Birth Doula is a woman who supports the birthing mother and her partner throughout labor and delivery to help her have a more satisfying birthing experience.

Visit ValleyHealth.com/FamilyEducation for additional information.



■ Sibling Attending Birth

Any child age 5 years or older who would like to attend the birth of their new sibling are required to attend this class. Class will include easy-to-understand explanations of what mom is feeling, why she is uncomfortable, how the child can be helpful and techniques to make mom comfortable. At the parent's discretion, a video will be shown. A tour

of The Valley Hospital's Center for Childbirth is included. **Class offered by appointment only. Please call 201-291-6151 (option 1).**

■ Outpatient Lactation Consultations

We offer private outpatient lactation consultations by appointment. Sessions are held at 140 E. Ridgewood Avenue in Paramus. Coverage for these consultations may be covered by your insurance company. Call your carrier for specifics. **To schedule an appointment, please call 201-291-6152.**

*Does not include CPR

To register for the above programs, visit our website ValleyHealth.com/FamilyEducation.

Lactation Center

All maternal child nurses are trained to provide breastfeeding support. International board-certified lactation consultants (IBCLC) are available for consultation during hospitalization for challenging situations. **Call the Breastfeeding Warm Line at 201-447-8722 for assistance by an IBCLC seven days a week.**



■ Prenatal/Postnatal Yoga

Yoga offers many benefits during and after pregnancy for you and your baby. It promotes physical, mental and spiritual health.

1 class: \$25
5 classes: \$100 (\$20/class)
10 classes: \$180 (\$18/class)
15 classes: \$250 (\$16/class)
20 classes: \$300 (\$15/class)

A variety of prenatal/postnatal yoga classes are offered.

Please visit our website ValleyHealth.com/FamilyEducation for class descriptions and current monthly schedule.

SUPPORT GROUPS

■ Breastfeeding Support Group

New moms are invited to join this free support group. Connect with other breastfeeding moms. Share your experiences. If you are having trouble, have questions and need some help, come join us. The group is facilitated by an international

board-certified lactation consultant. No registration required. **For non-mobile babies only. Please visit our website for group location, day and time.**

The following four support groups are held at The Valley Hospital. Call 201-447-8539 for more information.

■ Speak Up When You're Down

This new mothers' support group meets weekly. Discussion centers on issues concerning postpartum depression: when love and support are not enough and when symptoms last longer than two weeks or affect a woman's ability to enjoy her daily life.

■ Pregnancy After a Loss

This group meets twice monthly for support during pregnancy following a loss and addresses stressors or anxiety you may experience during this time.

■ Men's Support Group

This monthly group is for men who have experienced perinatal loss. Peer mentors are available. This program is made possible by a grant from the Hudson Shea Foundation.

■ Healing Hearts Bereavement Support Group

This monthly group is for parents who have lost children from early miscarriage through newborns.

■ Center for Childbirth Tours

A complimentary tour of the Center for Childbirth at The Valley Hospital is available to expectant parents. To register for a tour, please go to ValleyHealth.com/FamilyEducation. Tours are held at The Valley Hospital, 223 N. Van Dien Avenue, Ridgewood, NJ 07450-2736.

It's About Your Time

Online ER Scheduling

Select an appointment time.
Be seen when you arrive.

ValleyHealth.com

Powered by
InQuicker

To register for the above programs, visit our website ValleyHealth.com/FamilyEducation.

INTEGRATIVE HEALING ARTS

REGISTRATION

All yoga classes are held off-site at 1200 East Ridgewood, East Wing, Ridgewood, and T'ai Chi Chih classes are held off-site at the Unitarian Society of Ridgewood located at 113 Cottage Place, Ridgewood. All other services are offered at The Robert & Audrey Luckow Pavilion, One Valley Health Plaza, Paramus, unless noted otherwise. To register or for more information, please call 201-634-5325 for registration, or email OncologyClass@valleyhealth.com unless otherwise noted. *Please note dates, times, locations and class fees are subject to change.



■ Yoga*

Safe, gentle movement is taught in these therapeutic classes. Learn strengthening, body-alignment, balance, breathing and relaxation techniques to relieve stress, anxiety, pain and fatigue.

Nitya Diane Martino
Certified with International Association of Yoga Therapy

Tuesdays:
Beginner Yoga I
9:45 – 10:45 a.m.
Intermediate Yoga
11 a.m. – noon
Session Start Dates:
February 19, April 2,
May 14, June 25

Wednesdays:
Beginner Yoga I – II
9:15 – 10:15 a.m.

Yoga Therapy for Strengthening
10:30 – 11:30 a.m.
Session Start Dates:
February 13, March 27,
May 8, June 19

Thursdays:
Beginner Yoga II
11 a.m. – noon
Beginner Yoga I
5:45 – 6:45 p.m.
Session Start Dates:
February 14, March 28,
May 9, June 20

Fee: \$70 for a series
of 6 classes

■ T'ai Chi Chih®*

Learn 19 gentle, meditative movements to accumulate, balance and circulate the body's intrinsic energy. T'ai Chi Chih is a non-strenuous practice to balance body and mind.



Visualization/Guided Imagery

Visualization and guided imagery can help tap into one's inner strength and other qualities that empower individuals to cope with stress. Participants are led through the guided imagery and relaxation techniques surrounded by the sounds of soothing music and will learn to relax and practice reducing and/or eliminating unwanted stress through applied methods.

Wednesdays, 10:30 – 11 a.m.
Luckow Pavilion • 2nd Floor Conference Room

NO registration is required. Group is ongoing; no start date. No fee. For more information, please call 201-634-5787.



Dorene Krause, Accredited T'ai Chi Chih Instructor

Beginners:
Tuesdays, 4:15 p.m.
and 5:45 p.m.
Wednesdays, 9:30 a.m.
Thursdays, 9:30 a.m.

Intermediate*:
Tuesdays, 1 p.m.
Wednesdays, 11:15 a.m.
Thursdays, 4:15 p.m.

*Must have completed at least two Beginner courses and know all of the movements.

Session I Start Dates:
Tuesday, February 19
Wednesday, February 20
Thursday, February 21

Session II Start Dates:
Tuesday, April 30
Wednesday, May 1
Thursday, May 2

Fee: \$85 for 8 weeks
Each class is 1 hour and 15 minutes.

Call 201-634-5325 to register for integrative healing programs.

Eight-Week Mindfulness-Based Stress Reduction Course

Learn to get in touch with your body and to relax efficiently and effectively through Mindfulness-Based Stress Reduction (MBSR). This unique meditation technique will enable you to develop a heightened awareness of your body and your emotions, take charge of your life and learn to consciously and systematically work with your personal challenges and demands of everyday life.

To register, please call 201-291-6090.

Orientation:

Wednesday, January 9, 6:30 – 7:30 p.m.

Wednesdays, January 23 – March 13, 6 – 8:30 p.m.

Full Day Saturday, March 2, 8:30 a.m. – 3 p.m.

Orientation:

Wednesday, April 17, 6:30 – 7:30 p.m.

Wednesdays, May 1 – June 19, 6 – 8:30 p.m.

Full Day Saturday, June 8, 8:30 a.m. – 3 p.m.

Fee: \$450



■ Bedside Harp Information Meeting

Learn to play the folk harp for healing and enjoyment and train for certification to serve patients with harps in healthcare settings. Musical experience is not necessary. Soothing music of the harp has been found to lower blood pressure, reduce heart rates, calm anxiety and offer comfort. Learn more about this program (class schedule, harp rentals, fees and meet the instructors).

Wednesday, January 23
(Snow date: Wednesday,
January 30)
5:30 – 7 p.m.

To register, please call
the Bedside Harp office
at 1-215-752-7599.

Go to BedsideHarp.com
for additional information
about the program.



■ Gentle Therapeutic Yoga

Breathe, stretch, balance, get stronger and smile with mat or chair yoga. All classes are mixed flow and are suitable for all ages, fitness levels and physical conditions. Call 201-389-0075 for more information.

1200 E. Ridgewood Avenue
West Wing, 3rd Floor
Ridgewood

Gentle Therapeutic
Chair or Mat Yoga with
Gwen McCarthy
Mondays, 11 a.m. – noon

Gentle Therapeutic
Mat Yoga with Abby Denny
Mondays, 5:30 – 6:30 p.m.

Gentle Therapeutic
Mat Yoga with Abby Denny
Tuesdays, 5:30 – 6:30 p.m.

Fee: \$14 Individual Class
\$60 for 5 Classes
\$100 for 10 Classes



■ Quit Smoking Program

This **free** program, consisting of six weekly group meetings, will provide you with the tools and support to help you quit smoking. The program may improve your health through better breathing and increased energy, save you money and help you regain control of your life. Meetings are led by certified tobacco treatment specialists; participants will be provided with complimentary patches and/or nicotine gum/lozenges. The support includes people who are going through the quitting process, help with cravings and encouragement that you can quit! **To register or for more information, please call our Pulmonary Hotline at 201-447-8673.**



SUPPORT GROUPS

■ The Better Breather's Club

This **free** program is available to all members of the community diagnosed with chronic lung diseases, such as COPD, pulmonary fibrosis and lung cancer. Learn better ways to cope with lung disease while getting the support of others in similar situations. The group provides a safe space where patients can talk openly about their feelings, reduce stress, anxiety and receive education. **For more information visit ValleyHealth.com or call 201-447-8673.**

**1st Monday of every month
Noon – 1 p.m.
The Valley Hospital**

■ Cancer Support Groups

Current monthly group offerings include: *Adjustment to Life After Cancer Support Group*, *Living with Cancer Support Group* and *Young Women's Breast Cancer Support Group*. **Groups are open to all patients, regardless of where they receive treatment. No fee. Please call 201-634-5787 to register and for dates and times.**

■ The Debra Johnson Heart Health Support Group

For women and men with a diagnosis of cardiac disease. Individuals gain both education and emotional support from peers and medical professionals. **To register and for more information, please call 201-447-8587.**

**3rd Thursday of most months
7 – 8:30 p.m.**

**The Valley Hospital
Board Room**

■ Adult Diabetes Support Group

Join others and gain a better understanding of living an active and healthy life with diabetes. Family members are welcome and pre-registration is not necessary. **For more information, please call Valley Home Care at 201-291-6000, ext. 111-7080, or email lschifr@valleyhealth.com.**

**Thursdays, January 24,
February 28, March 28, April 25,
May 23, June 27, July 25
7 – 8:30 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus**

■ Down Syndrome Family Network

A safe and positive environment for children to play while parents and caregivers participate in discussions about their successes and challenges. Siblings welcome. **For information on dates, times and location, call 201-447-8278.**

■ Family Support Group for Women

Topics include motivation and setting positive goals, identifying triggers and motivators, developing positive communication techniques, helping your loved one enter treatment services and effective methods and available resources. **For more information, call 201-740-7069.**

Wednesdays

7 – 9 p.m.

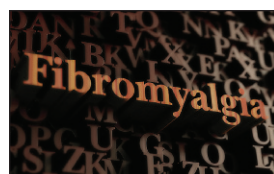
**The Dorothy B. Kraft Center
15 Essex Road, Paramus**

■ Epilepsy Support Group

A professionally run group that provides a positive forum for patients and families affected by epilepsy. It will provide mutual support and education. **Please call 201-251-3541 to register.**

**2nd Tuesday of every month
5 – 6:30 p.m.**

**The Valley Hospital
Garden Room**



■ Fibromyalgia Support Group

Please join us for friendship, support and understanding as we find ways to cope with the challenges of living well with this chronic illness. **Contact judymachacek@msn.com.**

**2nd Wednesday of
every month
7 – 9 p.m.**

**The Dorothy B. Kraft Center
15 Essex Road, Paramus**

■ Stroke Support Group

A positive forum for stroke survivors and their caregivers dealing with life issues after a stroke. Members share their challenges, triumphs and other personal experiences after having a stroke. **Please call 201-447-8000, ext. 111-2263, to register for our monthly invitation.**

**4th Tuesday of every month
(No meeting in December)
5:30 – 7 p.m.**

The Valley Hospital

To register or for more information for the below support groups, please call 201-291-6246.

■ New Start Bereavement Support Group

Bereavement support group for those who have had a loss within the last six months. It runs in eight-week series, four times a year. Daytime and evening groups are offered.

■ Pathways Bereavement Support Group

Bereavement support group for those who have had a loss within the last two years. This group is held on a monthly basis during the day and evening. Completion of our New Start program or previous group work is suggested.

■ Stepping Stones Bereavement Support Group

Bereavement support group for parents who are grieving the loss of a child age 22 or younger. This group meets twice a month in the evening.

■ Missing Mom Support Group

Bereavement support session for daughters who have lost their mothers. Discussion group meets three times a year.

■ Journeys Bereavement Program

A professionally run individual and/or group support for children and teens, ages 3 – 17 years, dealing with loss or the serious illness of a family member. **To register or for more information, please call 201-291-6243.**

See page 17 for Family Education Support Groups.

THINK FIVE FOR PROSTATE CANCER TREATMENT

Have you been diagnosed with prostate cancer and
been told you need surgery or radiation?

THINK FIVE.

Doctors at Valley-Mount Sinai Comprehensive Cancer Care, in Paramus, are now treating prostate cancer
with the most advanced radiation technology in just FIVE treatments.

Five short treatments while you continue to enjoy life as you know it.

Learn how Valley doctors are treating prostate cancer in this innovative way.

Don't wait another five minutes to call.

Make an appointment with our prostate cancer specialists:

201-634-5403

**CANCER CARE AT VALLEY HEALTH SYSTEM
DEFYING EXPECTATIONS**



COMPREHENSIVE CANCER CARE



223 North Van Dien Avenue
Ridgewood, NJ 07450-2726
ValleyHealth.com

Non-Profit Org.
U.S. Postage
PAID
S. Hackensack, NJ
Permit No. 897



Section 1557 – Notice of Nondiscrimination

The Valley Hospital complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, please visit ValleyHealth.com/Nondiscrimination.

The Valley Hospital purchases mailing lists in an effort to communicate with community members who may benefit from receiving our publications. We recognize the fact that some residents prefer not to receive our materials. However, Valley does not control the deletion of names from a purchased list. To reduce unsolicited third-class mail, please visit the Direct Marketing Association's website at DMAChoice.org.

**SPECIAL
NEW YEAR'S
DISCOUNT!**

Valley Health *LifeStyles*

is a world-class fitness program designed to help you maintain the healthy lifestyle that's right for you. Start the new year right. Join today!

Join by January 31 and receive \$50 off the enrollment fee and a special gift!

See our membership team today! 1400 MacArthur Blvd., Mahwah
M – F: 8 a.m. – 7 p.m., Sat.: 8 a.m. – noon 201-389-0839

ValleyHealthLifeStyles.com



The *LifeStyles* fitness center includes:

- Six-lane lap pool, warm-water leisure pool, whirlpool and saunas
- Group exercise studios, rock climbing wall, gymnasium and state-of-the-art fitness equipment
- *KidStyles* fitness program and babysitting services
- Sports performance training and walking/running track
- The medical fitness difference: qualified staff, physician oversight, safe and meaningful outcomes

