

valley

| WINTER/SPRING 2020 |

Valley Breaks Ground on New Hospital in Paramus





SOMETIMES, THE BEST MEDICINE IS
at home.

At Valley Health System, we don't underestimate the healing power of home. It's why we bring the highest level of health care to the homes of more than 12,000 people, each year.

One way we measure our success is making sure our patients don't have to go back to the hospital. Less than 15 percent of Valley Home Care patients were readmitted for unplanned hospital care. **That's better than the national average and puts Valley Home Care among the best performing providers in New Jersey.*** From heart and cancer care to chronic disease management, Valley brings the best, home.

Ask your doctor about Valley Home Care, call 201-291-6283 or go to ValleyHomeCare.com for more information.

Top-Rated Patient Experience

**SINCE 2016, NO AGENCY HAS CONSISTENTLY RECEIVED
HIGHER MARKS FOR PATIENT SATISFACTION.***



*Centers for Medicare and Medicaid, Home Health Compare





2 Valley Breaks Ground on New Hospital in Paramus

Valley Health System leadership, and local, state, and federal officials came together Friday, November 1, to break ground on The Valley Hospital's new, state-of-the-art healthcare facility in Paramus.



“As we celebrate the groundbreaking of the new hospital, we are also proud to affirm our commitment to providing groundbreaking care. The design of the new hospital will enhance our ability to deliver high-quality care and service, with the personal touch for which Valley is so well known.”

– AUDREY MEYERS, PRESIDENT AND CEO
THE VALLEY HOSPITAL AND VALLEY HEALTH SYSTEM

5 Vision to Reality – Philanthropy's Important Role

Philanthropy is playing a critical role in transforming this vision of The New Valley Hospital – *your new hospital* – into a reality.

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.



SPECIAL DISCOUNT & FREE GIFT!

Join Valley Health *LifeStyles*

before January 31 and receive \$50 off the enrollment fee and a *LifeStyles* gym bag packed with swag!



Valley Health *LifeStyles* is a world-class fitness program designed to help you maintain the healthy lifestyle that's right for you. Join today!

1400 MacArthur Blvd., Mahwah 201-389-0839

Monday – Friday: 5:30 a.m. to 10 p.m.

Saturday: 7 a.m. to 6 p.m.

Sunday: 8 a.m. to 6 p.m.

ValleyHealthLifeStyles.com

• VALLEY BREAKS GROUND ON NEW, STATE-OF-THE-ART HOSPITAL IN PARAMUS •



Donning hard hats and carrying shovels, Valley Health System leadership; philanthropic supporters; community members; and federal, state and local elected officials came together on Friday, November 1, to break ground on The Valley Hospital's new, state-of-the-art healthcare facility in Paramus.

New Jersey Governor Phil Murphy, U.S. Senator Robert Menendez, U.S. Representatives Josh Gottheimer and Bill Pascrell, Bergen County Executive James Tedesco III, and Paramus Mayor Richard LaBarbiera were among the elected officials on hand to show their support for the new hospital.

(Continued on page 3)



LEFT TO RIGHT: U.S. Representative Bill Pascrell; U.S Representative Josh Gottheimer; U.S. Senator Robert Menendez; New Jersey Governor Phil Murphy; Audrey Meyers, President and CEO, The Valley Hospital and Valley Health System; Paramus Mayor Richard LaBarbiera; and Bergen County Executive James Tedesco III



LEADERSHIP DONORS

The Valley Hospital Foundation gratefully recognizes the following individuals for their leadership gifts toward The Valley Hospital in Paramus:

- The Valley Hospital Auxiliary, represented by Auxiliary President Jean Meloro
- The Bolger Foundation, represented by Bevin, J.T., and Theo Bolger
- Nancy and James Bush
- Marilyn J. Clark
- Ellen and Vincent Forlenza
- Carol and Robert Gillespie
- Stefanie and Adam Hawkinson
- Audrey and Robert Luckow
- Martha and Peter Marron
- Lya and Joseph Pfeifer
- Susan and Charles Snyder
- Pennee and Elias Tsoukas, MD
- Susan and Victor Wortmann

When The Valley Hospital opens its doors in Paramus, it will provide access to outstanding healthcare and will benefit everyone who calls Paramus home – families, children, seniors, and our business community. The new hospital will be an economic engine for our entire community – revitalizing an aging, industrial section of our town, helping homeowners by diversifying our commercial tax base, and transforming Paramus into the healthcare hub of the state. That is why I have proudly supported this project from the beginning.”

– PARAMUS MAYOR RICHARD LABARBIERA

“As we celebrate the groundbreaking of the new hospital, we are also proud to affirm our commitment to providing groundbreaking care,” said Audrey Meyers, President and CEO of The Valley Hospital and Valley Health System. “The design of the new hospital will enhance our ability to deliver high-quality care and service, with the personal touch for which Valley is so well known.”

The new Valley Hospital, which was first announced in 2017, will be located on Winters Avenue in Paramus, just 2.5 miles from Valley’s current campus in Ridgewood. It will incorporate the latest innovations and best practices in modern healthcare facility design, with all single-patient rooms to enhance patient privacy, safety, and comfort.

The plans for the new hospital also call for the creation of universally-sized rooms for surgery and procedures. These rooms will be designed to accommodate the latest high-tech, minimally invasive robotic surgeries and interventional procedures with the flexibility to adapt to different purposes over time.



First Floor Lobby

From the beginning of planning the new hospital, Valley has also made a strong commitment to incorporate environmentally sustainable practices into the construction, operation, and maintenance of the new facility, with 20 percent of the site dedicated to open, green space. The facility will incorporate green roofs, which

I applaud your commitment to The Valley Hospital’s legacy of delivering high-quality and compassionate healthcare. You don’t reach milestones like this by accident. You achieve them through constant progress and consistent performance. You achieve them through visionary leadership. You achieve them by having a generous philanthropic community and equally committed local officials and community leaders, all of whom understand the value and importance of a hospital to the families it serves. In each of these areas, Valley has it, and then some.”

– NEW JERSEY GOVERNOR PHIL MURPHY

THE THREE P’S OF HOSPITAL PLANNING

Who knew that planning and designing a new hospital from the ground up would involve glue guns, yarn, cardboard, and other craft materials! It may seem like an art class, but last summer, Valley held several day-long workshops with HDR Architects to plan the new Valley Hospital.

Staff involvement and input was an integral part of the process. Teams from services, including Patient Admitting, the Surgical Suite, Same Day Surgery, Cardiac Catheterization and Electrophysiology Labs, Diagnostic Imaging, and Emergency Services, met for a 5-day, hands-on “3P” – Production, Preparation, Process – workshop event. During the multi-day “3P event,” the teams created and tested potential designs. This included designing layouts to scale, building full-size room mock ups, and testing the flow of patients, visitors, and services throughout each area!



I am excited about the potential for Valley's new, modern hospital to transform care for our residents and bolster our economy by supporting local businesses and bringing good jobs to northern New Jersey."

– U.S. REPRESENTATIVE JOSH GOTTHEIMER

involves growing plants on the facility's rooftops, to reduce storm water runoff, improve energy efficiency, and enhance the overall look of the hospital for patients and neighbors.

"This new hospital will allow us to raise the bar in all that we do," said Meyers. "It will revolutionize how we deliver extraordinary healthcare, strengthen our ability to help people in our community live healthier lives, and provide the flexibility necessary to adapt to changes in healthcare delivery."

David Bohan, Vice President and Chief Development Officer, The Valley Hospital Foundation, thanked the leadership donors – those who provided significant early support for the project – who as of the groundbreaking had generously donated more than \$60 million in support of the new hospital. "We will continue to count on families, community leaders, and organizations to provide philanthropic support for this vital project," Bohan said. "Each dollar is a vote for Valley's future in this region."

"I want to personally thank our leadership donors for stepping forward to provide support for our new hospital," said Vic Wortmann, Chairman of The Valley Hospital Foundation Board of Trustees.

"We are extremely proud that for close to 70 years Valley has a distinguished legacy of serving and caring for our community," said Frank Sheehy, Vice Chairman of the Valley Health System Board of Trustees. "Today, we build on that legacy by beginning a new and important chapter right here in Paramus."

THE NEW VALLEY HOSPITAL: FAST FACTS

- The new hospital will be a modern, state-of-the-art healthcare facility located on Winters Avenue in Paramus, just 2.5 miles from Valley's current campus in Ridgewood.
- It will incorporate cutting-edge technology and the latest innovations and best practices in healthcare facility design, including the flexibility to accommodate new and emerging healthcare models.
- The hospital will be built with all single-patient rooms.
- The new hospital has been designed, constructed, operated, and maintained using "green" or environmentally friendly principles and processes.
- The new hospital will be a component of a larger healthcare campus divided into an eastern and western campus. The west side of Winters Ave. is the western campus, which includes the Robert & Audrey Luckow Pavilion and the former Children's Museum. The east side of Winters Ave. is the eastern campus, and will include the new hospital building, a parking garage, and 140 E. Ridgewood Ave. The combined campuses equal nearly 40 acres total land area.
- Moving inpatient and emergency services to Paramus will allow Valley to repurpose its current campus in Ridgewood for a broad range of healthcare services, including an urgent-care center, and laboratory, radiology, and endoscopy services.
- It is anticipated that the new hospital will open in 2023.



Main Entrance

Today is a good day for everyone committed to building a healthier community and providing New Jerseyans with top-notch medical care. For families, the value of having access to top-notch medical care so close cannot be overstated. Whether you're a parent with a child running a high fever in the middle of the night or a patient in need of expertise when faced with a difficult diagnosis, it means a great deal to have a trusted provider like Valley Hospital as your neighbor. And beyond expanding access to high-quality care, today's groundbreaking is a big win for Paramus and for jobs in our local economy."

– U.S. SENATOR ROBERT MENENDEZ



Single-patient Room

This facility will serve North Jersey very well. The positive effects of adding a state-of-the-art hospital are profound, in the form of creating thousands of jobs as well as stimulating our local economy. But most important, expanding on its existing roots in Paramus, Valley will provide for the unique needs of our community. Its very presence will increase access to high-quality healthcare programs and services for local residents. Because at the end of the day, nothing is more vital than our health and the health of our families, and this hospital will do so much to provide that future.”

– U.S. REPRESENTATIVE BILL PASCRELL, JR.

This is a milestone day for Bergen County. Valley’s commitment to the community has been unwavering, and this exciting project will not only provide greater access to healthcare for the residents of Bergen County, but will also strengthen our local economy by creating new jobs. Bergen County is well on its way to becoming the healthcare hub of the state.”

– BERGEN COUNTY EXECUTIVE JAMES TEDESCO III

The new hospital will be the centerpiece of Valley’s healthcare campus in Paramus. On the western side of Winters Ave. are the Robert & Audrey Luckow Pavilion (which houses the hospital’s comprehensive cancer and same-day-surgery centers) and the former Children’s Museum. A campus on the eastern side of Winters Ave. will include the new hospital building, a parking garage, and 140 E. Ridgewood Ave, which houses women’s and children’s services. The combined campuses equal nearly 40 acres total land area.

Moving inpatient and emergency services to Paramus will allow Valley to repurpose its current campus in Ridgewood for a broad range of healthcare services, including an urgent-care center, and laboratory, radiology, and endoscopy services. In addition, Valley plans to consolidate existing ambulatory and outpatient services and health system business functions back to the Ridgewood campus.

The new hospital could open as early as 2023. ■

Vision to Reality – Philanthropy’s Important Role

The New Valley Hospital will be the nexus of a health and wellness campus that will serve as a destination for our region for generations to come. This transformative project will allow Valley to build upon its tradition of exceptional care and compassionate service while incorporating the latest innovations and advancements in medicine and technology.

Philanthropy is playing a critical role in transforming this vision of The New Valley Hospital – *your new hospital* – into a reality. As we embrace the promise of the future to help people live healthier lives, Valley is counting on all of its neighbors and friends to invest in one of the most fundamental developments in the community’s history, The New Valley Hospital. We hope that you will join those who have already stepped forward to support this exciting project.



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

■ Focusing in on ADHD

Attention-deficit hyperactivity disorder (ADHD) is a condition that affects how well someone can sit still, focus, and pay attention. Although it cannot be cured, children with ADHD can learn to adapt and live productive lives. Learn about the different types, diagnosis, and treatment options available.

Marivic Santiago, MD
Neurodevelopmental
Pediatrician

Thursday, February 13
7 – 8:30 p.m.
The Valley Center
for Health and Wellness

■ With a Healthy Heart, The Beat Goes On

New approaches in cardiac care for women have improved health outcomes and enhanced our quality of life. Join our

physician panel to hear about the current trends in cardiac care and services at Valley, with a special emphasis on women's heart health. Staff from Valley's Cardiac Screening Program will be on site to take sign-ups for FREE Heart Risk Assessments.

Gerald Sotsky, MD
Chair, Cardiology Services
Suneet Mittal, MD
Medical Director, The Snyder
Center for Atrial Fibrillation
Benita Burke, MD, FACC
Medical Director, Heart Care
for Women

Kariann Abbate, MD
Heart Failure Specialist
Elliot Brown, MD, FACC
Cardiologist
Himanshu Gupta, MD
Medical Director
Cardiac Imaging

Thursday, February 13
7 – 8:30 p.m.
AMC Theaters
Garden State Plaza, Paramus

■ The Secrets of Vaping

The CDC has identified vaping as a public health epidemic. As of October 2019, they had identified 1,299 lung

injury cases and 26 deaths associated with vaping across the U.S. Learn what you need to know about this alarming epidemic.

Jill Lefkowitz, RRT
Respiratory Care Educator

Wednesday, February 19
7 – 8:30 p.m.
The Mahwah Public Library
100 Ridge Road, Mahwah

■ Your Valves are Calling

Valvular heart disease is classified as damage to one of the four valves of the heart. Join us to learn the ins and outs of valvular heart disease, including how you may benefit from a minimally invasive procedure and how it can improve your quality of life.

Atish Mathur, MD, MPH, FACC
Structural Interventional
Cardiologist

Wednesday, February 26
7 – 8:30 p.m.
The Ridgewood Public Library
125 N. Maple Avenue
Ridgewood

■ Wristy Business

You may not realize how much you use your hands until arthritis starts to affect them, making daily activities challenging. Join us to learn about the causes, how to manage the pain, and the available treatment options.

Kevin Roenbeck, MD
Orthopedic Surgeon

Thursday, March 5
7 – 8:30 p.m.
The Valley Center
for Health and Wellness

■ Angst Movie Screening and Discussion

Angst is an IndieFlix Original, documentary designed to raise awareness around anxiety

with an emphasis on youth and families. The film includes interviews with kids, teens, experts, and parents. The goal is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. Discussion will follow the movie screening. In partnership with the Mahwah Municipal Alliance, Ramapo College, and Christian Health Care Center.

Jerry Bubrick, PhD
Senior Clinical Psychologist
Anxiety Disorders Center
Child Mind Institute

Tuesday, March 10
7 – 8:30 p.m.
Ramapo College -
Berrie Theater
505 Ramapo Valley Road
Mahwah



■ A Holistic Approach to a Healthy Heart

Heart disease is the leading cause of death in America. Explore holistic and complementary approaches to heart health, emphasizing the beneficial effects of holistic therapies related to exercise and fitness, nutrition, stress management, and much more.

Benita M. Burke, MD, FACC
Medical Director, Heart Care
for Women

Tuesday, March 24
7 – 8:30 p.m.
The Mahwah Public Library
100 Ridge Road, Mahwah



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

■ Concussions in Kids

What is a concussion? Is one concussion too many? Talk with our professionals about keeping your kids safe, what to do if you think they may have suffered a concussion, and the newest technology in concussion management.

Don Tomaszewski, MS/ATC/L, CSCS, CES, Director, Sports Medicine in Medical Fitness

**Sarah Edge, MS, ATC/L
Lead Exercise Physiologist**

**Tuesday, March 31
7 – 8:30 p.m.
The Ridgewood Public Library
125 N. Maple Avenue
Ridgewood**

■ Is It Your Thyroid?

The thyroid is a gland that sits at the front of the neck and has a number of functions in helping to regulate the body. Join us to discuss those functions along with common health problems associated with the thyroid and how to know when it's time to see your doctor.

**Vanessa Narwani, MD
Endocrinologist**

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

■ The Irritable Gut! IBS vs. IBD

Irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) are two very different gastrointestinal disorders that require very different treatments. Learn about the differences between IBS and IBD and treatment options to alleviate gut issues.

**Sita Chokhavatia, MD
Gastroenterologist**

**Tuesday, April 21
7 – 8:30 p.m.
The Valley Hospital
223 N. Van Dien Avenue
Ridgewood**



■ Tech-Dependence and Its Impact on Substance Abuse, Anxiety, Depression, and More

Technology is everywhere in today's society and, while beneficial in many ways, it could be inhibiting learning, creating, attention issues, influencing social skills and overall negatively affecting families and young people. Join us to learn more and discuss ways you can talk with your kids about the influence technology may have on their day-to-day lives.

**John Kriger
Kriger Consulting**

**Monday, April 27
6:30 – 8 p.m.
East Brook Middle School
190 Spring Valley Road
Paramus**

■ Stressing Wellness

Stress is linked to many chronic illnesses, and most people struggle with feeling overwhelmed and anxious on a regular basis. Learn about Mindfulness and guided imagery as two effective methods to manage stress, and discover additional stress management techniques so that you can feel calmer, more focused, and healthier in every way!

**Susan Breithaupt, LCSW
Health Educator**

**Wednesday, May 6
6 – 8 p.m.
Brandywine Living at Mahwah
814 Wyckoff Avenue, Mahwah**

■ Drumming Circle

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

Adults only.

**Thursdays, January 23,
February 20, March 19,
April 23, May 21, June 18,
July 16, August 20
2:30 – 3:45 p.m.
5:30 – 6:45 p.m.**

The Valley Center for Health and Wellness

■ Atrial Fibrillation

Atrial fibrillation (Afib) is the most common irregular or abnormal heart rhythm disorder, affecting more than 3 million Americans today. Thankfully more options to treat atrial fibrillation are available more than ever before. Learn about Afib and the latest treatment options available.

**Dan Musat, MD; Advay Bhatt, MD; Tina Sichrovsky, MD;
Mark Preminger, MD,
Electrophysiologists**

**Thursday, February 6, and
Thursday, August 6
6:30 – 7:30 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus**

**Thursday, April 9
6:30 – 7:30 p.m.
The Valley Hospital
Conference Center
223 N. Van Dien Avenue
Ridgewood**

**Thursday, June 11
6:30 – 7:30 p.m.
The Valley Center
for Health and Wellness**

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 or visit ValleyHealth.Enrollware.com.**



**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.



■ Treatment Options for Heartburn

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

Melissa Bagloo, MD
Medical Director, Center for Metabolic Surgery and Weight-Loss Management

Robert Korst, MD, Chief, Oncology Surgical Services, and Director, Thoracic Surgery

Mark Shapiro, MD
Thoracic Surgeon

Thursday, January 16, and Thursday, July 16
The Valley Hospital Conference Center
223 N. Van Dien Avenue
Ridgewood

Thursday, March 19
The Dorothy B. Kraft Center
15 Essex Road, Paramus

Thursday, May 28
The Valley Center for Health and Wellness
6:30 – 7:30 p.m.

■ Managing Your Pain

Pain management can improve function, allowing people who suffer from acute or chronic pain to participate in day-to-day activities. Discover the latest treatments for pain including medications and other therapeutic modalities.

Robert Silverman, MD
Medical Director, Valley Pain Management Center

Robin Iversen, MD
Pain Management

Fani Thomson, DO
Pain Management

Wednesday, February 19
6:30 – 7:30 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus

Wednesday, May 13
6:30 – 7:30 p.m.
The Valley Hospital Conference Center
223 N. Van Dien Avenue
Ridgewood

Wednesday, July 15
6:30 – 7:30 p.m.
The Valley Center for Health and Wellness

■ 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, MD
Medical Director, Center for Metabolic Surgery and Weight-Loss Management
Amy Hall, ACNP-BC

Thursdays, March 12, May 14, July 9
6 – 7 p.m.
The Valley Center for Health and Wellness

Thursdays, February 13, April 9, June 11, August 13
6 – 7 p.m.

The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ 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 patient. Here patients can meet staff, ask questions, and prepare for their surgery. **To register for the class, call 201-251-3317.**

■ “Prehab” for Total Joint Replacement Surgery

An individualized exercise program designed for the Total Joint Replacement patient.

Improve strength, endurance, and function before surgery to enhance post-surgical recovery. The program includes assessment, programming, and education to best prepare you for your surgery. **For more information, call 201-447-8133.**

■ 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. **Registration is required.**

Wednesdays, February 5, February 12, February 19, February 26; 7 – 9 p.m.

Wednesdays, May 13, May 20, May 27, June 3; 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 201-447-8219 for more information or to register.**

Healthy Lifeways – Youth Fit Group Exercise Classes

Come get your kids moving with our fun and motivational youth fitness classes. Classes will teach the principles of exercise and combine all aspects of fitness into each session. Each class will incorporate: cardiovascular training, strength training, core work, and flexibility, and will be taught by a *LifeStyles* group fitness instructor. Participants must be between the ages of 10 and 16 years of age. Class size is limited to 10. **For more information, class schedule, and to register, call 201-316-8434.**

The Valley Center for Health and Wellness

Fee: \$99 per month



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.

Thrive!

The Next Generation of Mom

■ Mommy & Me

Join us for a three-part series! Each session will have a new theme for you and your little one including, but not limited to, healthy snacking, taste tests*, arts and crafts, drumming, and more. These fun mommy-and-me programs are for little ones ages 6 months – 4 years.

*Peanut free foods for tasting

Thrive! & Valley's Kireker Center for Child Development

Wednesdays, April 15, May 20, and June 10 • 10 – 11 a.m.

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

■ Baby Registry Scavenger Hunt

Expecting your first baby is one of the most amazing experiences in the world, but it can also be overwhelming and scary at times. Join us at buybuy Baby to connect with a variety of health professionals, prepare for your baby's arrival, learn what your baby may need, enter to win prizes, and more.

Tuesday, April 28 • 6 – 8 p.m.
buybuy Baby, 34 E. Ridgewood Avenue
Paramus

■ Challenges of Feeding Baby

Are you getting ready to introduce solids to your baby? Maybe you have already started with less ease than you expected. Join us to talk about the challenges you may face when feeding baby and ways of making feeding time fun for everyone!

Lori Sperduto-Cox, MS, CCC, SLP
Speech Pathologist, Kireker Center for Child Development

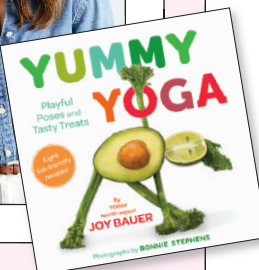
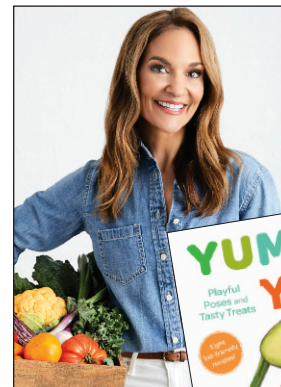
Monday, March 16 • 7 – 8:30 p.m.
Hillsdale Free Public Library
509 Hillsdale Avenue, Hillsdale

SAVE THE DATE:

3 Easy Ways to Lose Weight, Boost Energy and Maximize Brain Power

Joy Bauer, MS, RDN, health and nutrition expert for NBC's TODAY show and mom of three, understands a thing or two about balancing life, work, family, and household obligations. Joy will show you – *with easy, practical, and manageable tricks* – how to boost energy, enhance cognitive function, maintain weight, and improve overall health so you can become a master juggler. In her talk, Joy will share the secret sauce for being the best version of yourself.

Saturday, March 14 • 10 a.m. – noon
140 East Ridgewood Ave, Paramus

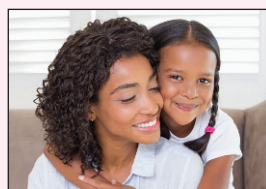


■ Healthy Moms, Healthy Kids

Moms are on duty 24/7, with no week-ends or sick days off. How do you stay healthy and happy when you're struggling to manage a million tasks and be the best mom possible? Join us at Bar Louie, Garden State Plaza to learn ways to care for your body and mind so you can take care of theirs. Light lunch will be provided. Space is limited.

Joyce Thomas, MSN, RN, FNP-C
VMG Wellness & Walk-In Care Center,
Garden State Plaza

Tuesday, May 5 • Noon – 2 p.m.
Bar Louie, Garden State Plaza
Paramus



■ Just for Girls

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

Maryanne C. Carrillo, MD, OB/GYN

Wednesday, April 22 • 6:30 – 8 p.m.
The Valley Center for Health & Wellness
1400 MacArthur Boulevard, Mahwah

Thrive!

For Women. For Health. For You.

■ Does It Hurt?

Women's vaginal comfort and sexual health isn't always a topic of conversation and it's about time we change that! Join us for this important conversation and get your questions answered.

Ruth Schulze, MD, Gynecologist

Tuesday, February 25 • 6 – 7:30 p.m.
VMG Center for Women's Health and Primary Care
85 Chestnut Ridge Road, Montvale

■ Does It Hurt Her?

Men, husbands, partners – this one's for you! Women's vaginal comfort and sexual health isn't always a topic of conversation and it's about time we change that. Join us for this important conversation and get your questions answered.

Ruth Schulze, MD, Gynecologist

Tuesday, March 31 • 6 – 7:30 p.m.
VMG Center for Women's Health and Primary Care
85 Chestnut Ridge Road, Montvale

All programs 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.



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.



■ Does It Hurt?

Women's vaginal comfort and sexual health isn't always a topic of conversation and it's about time we change that! Join us for this important conversation, get your questions answered and enjoy a light breakfast.

Ruth Schulze, MD, Gynecologist

Wednesday, February 5
10 – 11:30 a.m.

Bazille Restaurant
Nordstrom at Garden State Plaza
Paramus



■ Over-the-Counter Health

We are inundated with choices about medications both prescribed and over-the-counter. Join us to learn about popular over-the-counter medicines, their effectiveness, and their potential interactions with prescribed medications.

Gerard Tuouhy, RPh, Pharmacist

Thursday, February 6

11 a.m. – noon

The Valley Center
for Health and Wellness

■ Emergency Preparedness – Being Ready in a Crisis

Staying safe during a dangerous event has become a topic of interest for many. Find out how to best prepare for a crisis so you can feel more confident in most any situation!

Daniel Coss, DSc, CPP, CHSP, CHEP
Director, Security and Public Safety

Wednesday, February 19

10:30 a.m. – noon

The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ Strengthen Your Health

Strength training is an excellent way to build muscles and burn calories especially as one ages. Find out more about this type of exercise and how to start and stick with an effective strength training program!

Valley Health *LifeStyles*
Exercise Specialist

Thursday, February 27

2 – 3 p.m.

The Valley Center
for Health and Wellness

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.

Registration is necessary for the medication review.

Wednesday, February 19

Noon – 1 p.m.

The Dorothy B. Kraft Center
15 Essex Road, Paramus

Thursday, May 14

Noon – 1 p.m.

The Valley Center
for Health and Wellness



■ 5 American Icons

Join us to learn about the lives, stories, and accomplishments of John Wayne, Johnny Carson, Mickey Mantle, Babe Ruth, and Lana Turner during this interesting and entertaining presentation.

Professor James Kane, Historian

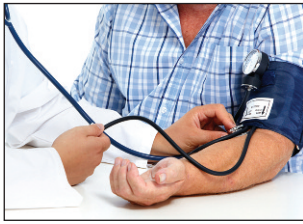
Friday, February 28

2 – 3:30 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](https://www.valleyhealth.com/events).

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



■ Keeping the Pressure and Risk Low

High blood pressure is known as the “silent killer” because often there are no symptoms. What we do know is high blood pressure is the No. 1 cause of stroke and heart disease. Come and learn the latest information on high blood pressure and stroke so you don’t become one of the statistics!

Stephanie Duarte, MD, Internist

Wednesday, March 11
10 – 11:30 a.m.
Valley Medical Group
1578 Route 23 North, Wayne

■ The Language of Health – Health Literacy

Find out how to obtain and better understand basic health information

so that you can make effective medical decisions and more accurately follow treatment instructions.

Josh Gregoire, MS, MPH, RN
Quality Manager, Valley Medical Group

Thursday, March 12
10:30 a.m. – noon
The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ C-Reactive Protein-Testing for Heart Disease

Your level of C-reactive protein can be an indicator of how at risk you are for developing cardiovascular problems. Find out about this test and how this cardiac knowledge can enable you to keep strong and feeling your best!

Patricia Murphy, MD, Cardiologist

Wednesday, March 18
2 – 3 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus

■ An Ounce of Prevention

Preventative medicine focuses on promoting health and well-being so you can avoid disease and disability. Find out how you

can take action, prevent illness, and live a better quality life.

Bennet Leifer, MD, Medical Director
Geriatric Services

Tuesday, March 24
4:30 – 6 p.m.
The Valley Center
for Health and Wellness

■ Clean Your Plate

Clean eating – is it a trend or here to stay? Find out what it means to eat clean and how to embrace a healthy eating style!

Danielle Fabrizio, MS, CHES
Health Education Supervisor

Tuesday, March 31
1 – 2:30 p.m.
The Valley Center
for Health and Wellness

■ Bladder, Bladder What’s the Matter?

As we get older, the bladder changes and it becomes more important to keep this important organ healthy. Find out more about common bladder problems, as well as effective, up-to-date treatments.

Victor Hartanto, MD, Urologist

Wednesday, April 1
10 a.m. – noon
The Dorothy B. Kraft Center
15 Essex Road, Paramus



■ Henry Ford – Educational Innovator

Better known as the founder of Ford Motors, Henry Ford was also the creator of many schools in southeastern Michigan that were alternatives to public schools. Find out more about this famous industrialist and how he sought to change the way American children were educated.



Professor Alex Urbiel, Historian

Monday, April 27
10:30 a.m. – noon
The Valley Center
for Health and Wellness

WE’VE MADE GETTING YOUR COLONOSCOPY A SNAP!

CALL 201-389-0808.

Schedule a *Fast Track Screening Colonoscopy* and skip the doctor’s appointment. Our Nurse Navigator will quickly determine your eligibility and schedule your screening. It’s that easy!

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



The Painful Truth – Opioid and Chronic Pain

The opioid crisis affects older adults in a number of ways and seniors can be more susceptible to addiction and its devastating consequences. Join us to learn more about this healthcare crisis and how you can keep you and your loved ones safe.

Robert Silverman, MD
Medical Director, The Valley Pain Management Center

Thursday, May 7 • 10:30 – noon
The Dorothy B. Kraft Center, 15 Essex Road, Paramus



■ Our Aging Skin

Yes, our skin changes as we age, but there are things we can do to protect ourselves so we can look and feel our best as we mature. Join us to discover some key secrets to having healthy skin at any age.

Tamar Zapolanski, MD, Dermatologist

Wednesday, April 29
10:30 a.m. – noon
The Valley Center
for Health and Wellness

■ What Exactly is Functional Medicine?

Functional medicine is an individualized, science-based healthcare approach that focuses on identifying and addressing

the root cause of disease. Find out more about this increasingly popular type of medicine and how it may benefit you on your healthcare journey.

Jodie Katz, MD, Family Practitioner

Thursday, May 14
10:30 a.m. – noon
The Valley Center
for Health and Wellness

■ Game Day!

Tap into your inner child as we play popular games and have some fun. This is a great opportunity to discover ideas for leisure time and connect with others. Light refreshments will be served and prizes will be awarded!

Kathy Newberg
Community Health Associate
Susan Breithaupt, LCSW
Health Educator

Tuesday, May 19
1 – 2 p.m.
The Valley Center
for Health and Wellness

■ Delay the Disease™

Valley Health *LifeStyles* now offers an eight-week group exercise for people with Parkinson's. Delay the Disease™ is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. **For class schedule or to register, call 201-316-8434.**

Wednesdays
1 p.m.
The Valley Center
for Health and Wellness

Fee: LifeStyles Members \$100
Non-LifeStyles Members \$150

Developed by David Zid, BA, ACE, APG, and Jackie Russell, RN, BSN, CNOR, in Columbus, OH, this national wellness program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and maintenance of independence. This program targets daily functional challenges and symptom-specific fitness agendas. Exercise plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike. David and Jackie see changes in all participants and boast "It's never too late to start exercise, and certainly never too early!" Visit www.delaythedisease.com for additional information, seminars, and educational courses.

■ Gravity – Balance and Fall Risk Evaluation

Falls are not a normal part of aging.

By identifying your risks and developing a fall prevention strategy. 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.



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, Mahwah. For more information and registration for any of our programs, please call **201-447-8133** or visit ValleyHealthLifeStyles.com/Sports-Institute.



Human Performance Testing

■ V02 Sub Max (Aerobic Capacity Test)

Whether you're training for a marathon, your local 10K or a triathlon, testing for your V02 Sub Max is the ultimate measure of your aerobic capacity, which can help plan training to improve your pace and place!

■ RMR (Resting Metabolic Rate Testing)

RMR tells you how many calories your body burns everyday just to stay alive! How many more you burn through daily living activities and exercise is up to you! Call us to get another piece of the puzzle to help with weight management!

■ FMS (Functional Movement Screen)

Get screened to aid with injury prevention and athletic development by identifying muscle imbalances, weaknesses, and/or dysfunction.

■ Medical Fitness Programs

Aquatic Exercise Classes for Arthritis

(Specialized classes for those with arthritis and/or related rheumatic diseases)

Aquatic exercise can aid in reducing joint stress, increasing circulation, and decreasing pain for those individuals with arthritis, related rheumatic diseases or musculoskeletal conditions. **Classes held monthly.**

Registration is required. Space is limited.

Prehabilitation

(Supervised exercise for Total Joint Replacement patients)

Education and individualized exercise plans developed based on health history, current fitness levels, and goals. We aim to improve function and fitness prior to surgery to help with post-operative outcomes.

AfterCare

(Supervised exercise for post-rehab patients and/or specific populations based on health history)

A physical conditioning program designed to work with a variety of populations based on specific medical conditions and/or limitations that require additional supervision.

■ ImPACT™ Baseline Concussion Testing

Individual and Group Testing

(available for ages 12 and older)

Two group sessions held on the second Tuesday of each month at 4:30 and 6 p.m. Space is limited. Registration is required.

Pediatric Testing (available for ages 5 – 11)

Individual appointments are required.

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

This course is required under the "Little League Law" in New Jersey to protect volunteer coaches and officials. Course provides safety orientation for youth sports.

All participants must register at 1-800-VALLEY 1 (1-800-825-5391).

February 6, April 2, August 13

6:30 – 10 p.m.

The Valley Center for Health and Wellness

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

Call 201-447-8133 or visit ValleyHealthLifeStyles.com/Sports-Institute for more information and program registration.

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.** All programs listed below are held at The Valley Hospital, 223 N. Van Dien Avenue, Ridgewood, unless otherwise noted.



■ Sugar – Is it Toxic?

New research is revealing that sugar is more than just bad for our teeth. We know that sugar and sweets are not good for our waistlines. Learn about the links between sugar intake and your health.

Andrea Anfuso-Sisto, RD
Valley Dining

Wednesday, February 12
7 – 8:30 p.m.

The Valley Hospital
Conference Center

■ Vitamins – What Do You Really Need to Know?

Do you know what is in your vitamin pill? Do you know the amounts that are considered safe and recommended to enhance good health? Join us for an informative evening discussing vitamins.

Suzanne Peiffer,
MA, RD, Valley Dining

Wednesday, March 11
7 – 8:30 p.m.

The Valley Hospital
Conference Center

■ Plant Forward Cooking Demo

Starting a healthier lifestyle can be exciting and fun.

John Graziano, CDM, CFPP
Valley Dining

Thursday, April 23
7 – 8:30 p.m.

The Valley Hospital Terrace

■ Nutrition for Kids

Learn some tips and tricks for keeping your kids healthy throughout the summer while also enjoying some much needed deserved summer treats.

Janet A. Brancato, MS, RD
Valley Dining

Thursday, June 25
7 – 8:30 p.m.

The Valley Hospital
Conference Center



■ 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 excellent 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 Navigator
- 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 Navigator

Working with Valley's childbirth navigator can empower you with knowledge about all of your childbirth options – both natural and medical.

Initial Consultation

At approximately 28 weeks, your initial private consultation with our childbirth navigator focuses on:

- Informing you about birth options from self-care to labor and birth.
- Educating you about Valley's approach to care that includes

all components of you: body, mind, spirit.

- Forming a partnership with a physician or midwife so you can enter into this important event with confidence.
- How best to educate yourself to be prepared for your birth with confidence, not fear.
- Assisting you to express your fears, hopes, and desires about this long-awaited event.

After your initial consultation, you're encouraged to attend a Childbirth Preparation class through our Center for Family Education. This class provides the education needed for labor and delivery.

Final Consultation

At approximately 36 weeks, your final private consultation (after taking the Childbirth Preparation class) covers:

- Helping you finalize what path you would like to take for the birth of your child.
- We then share this information with our Labor & Delivery staff and your obstetrician.

- When you arrive at the hospital for your delivery, our team will be aware of your wishes and assist you on this journey.

Meet with Our Navigator

Call 201-447-8233 before you reach 20 weeks to set up an appointment with our childbirth navigator.



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

A comprehensive course on taking care of yourself, as well as your baby. This class includes bathing, bath products, diapering, cord care, temperature taking, dressing and sleep patterns, as well as what to expect in your postpartum period.

Fee: \$50 per couple

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. This class is also for patients with multiples and resources geared towards multiples will be given.

Fee: \$150 per couple

Please see our website for class options.



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

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.

Fee: \$55 per couple



■ 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.

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

■ 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/Family Education](http://ValleyHealth.com/FamilyEducation) for additional information.

■ Sibling Class (3-7 yrs.)

Big brothers and sisters will enjoy this class designed especially for them, encouraging positive feelings about the new baby.

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.

Fee: \$70 per person

■ Grandparents' Class*

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

Fee: \$25 per person

■ 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 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. These consultations may be covered by your insurance company. Call your carrier for specifics. **To schedule an appointment, please call 201-291-6152.**

■ Telehealth Consultations

Valley now offers convenient virtual consultations through SnapMD, a secure, on-line telehealth service. During a one-hour video conference, moms receive guidance, advice, and support from our International Board Certified

Lactation Consultants (IBCLC) in the comfort of their homes. Our lactation specialists may:

- Address challenges that a breastfeeding mom may be experiencing
- Observe a nursing session
- Assess breastfeeding position, technique, and/or use of equipment and supplies
- Provide advice and tips for breastfeeding success

Please visit ValleyHealth.com/FamilyEducation for additional information or call 201-291-6152.



■ 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.

***Does not include CPR**

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

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.**

■ Valley Moms – A Pregnancy and Postpartum Support Group

This mother's support group meets weekly and is facilitated by a clinical social worker. Discussion centers on issues concerning baby blues and postpartum depression. Email Erin Smith, LSW, at esmith6@valleyhealth.com, or Theresa Grueter, LSW, at tgruete@valleyhealth.com, or call 201-447-8539 before attending.

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.**



Every 2nd and 4th Tuesday of the month at 7:30 p.m.
Every 1st and 3rd Wednesday of the month at 1 p.m.
140 East Ridgewood Ave., Suite 480 (4th Floor North) Paramus

■ Perinatal Women's Mental Health Program

This program is offered to women by professionals who

are specially trained in women's health issues surrounding pregnancy and childbirth. For more information, please call Dyana Thompson, Perinatal Bereavement Navigator, at 201-614-6123 or email her at dthomps@valleyhealth.com.

The following groups are held through the Perinatal Women's Health Program

■ 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.

■ 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 virtual tour of the Center for Childbirth at The Valley Hospital is available to expectant parents. To watch a virtual tour or for more information, please go to ValleyHealth.com/FamilyEducation.

It's About Your Time

Online ER Scheduling

Select an appointment time.
Be seen when you arrive.

ValleyHealth.com

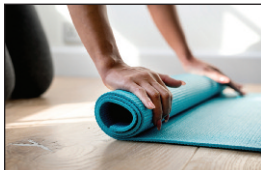
Powered by
InQuicker

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

INTEGRATIVE HEALING ARTS

REGISTRATION

PLEASE NOTE that all Yoga classes are now held at the Valley Center for Health and Wellness at 1400 MacArthur Blvd., Mahwah. Tai Chi classes continue to be offered 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

Mondays:
Structural Yoga
3:30 – 4:30 p.m.

Gentle Yoga
5:30 – 6:30 p.m.

Structural Yoga
6:45 – 7:45 p.m.

Session Start Dates:
January 20, March 2, April 13,
June 1

Tuesdays:
Beginners Yoga I

9:45 – 10:45 a.m.
(Effective 3/3/20)

Intermediate Yoga
11:15 a.m. – 12:15 p.m.

Session Start Dates:
January 21, March 3, April 14,
May 26, July 7

Wednesdays:
Beginners Yoga I – II
8:30 – 9:30 a.m.

Beginners Yoga
9:45 – 10:45 a.m.

Session Start Dates:
January 29, March 11, April 22,
June 3

Thursdays:
Beginners Yoga I – II
11:30 a.m. – 12:30 p.m.

Session Start Date:
January 23

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.

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 18
Wednesday, February 19
Thursday, February 20

Session II Start Dates:
Tuesday, April 28
Wednesday, April 29
Thursday, April 30

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

Visualization/ Guided Imagery

Weekly guided imagery and meditation workshop that teaches participants how to relax their body and use their breath and imagination to de-stress and find peace within.

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.



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

*Offered in conjunction with Valley-Mount Sinai Comprehensive Cancer Center.

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).

To register, please call 201-291-6090.

Orientation:

Wednesday, April 22, 6:30 – 7:30 p.m.

Wednesdays, April 29 – June 17, 6 – 8:30 p.m.

Full Day Saturday, May 23, 8:30 a.m. – 3 p.m.

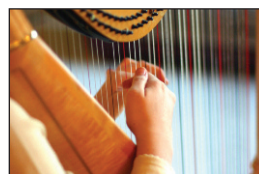
Fee: \$450



■ 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.**



■ Bedside Harp Information Meeting

Learn to play the folk harp for your own healing and enjoyment and train to serve patients with the harp. Musical experience not necessary.

Wednesday, January 29
(Snow date: Wednesday, February 5)
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.



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 and 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
223 N. Van Dien Avenue
Ridgewood**

■ 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
223 N. Van Dien Avenue
Ridgewood**

■ Diabetes – 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 Joan Herman at 201-291-6000, ext. 111-7384, or email jherman@valleyhealth.com.**

**4th Thursday every month –
No meeting in August
and December
7 – 8:30 p.m.**

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

■ Diabetes – Pediatric Diabetes Support Group

This free support group is open to children 18 years and younger and their families. **For more information, please call Judy Brewer, RN, BSN, CDE, at 201-669-7087, or e-mail j.brewer.cde@gmail.com.**

**2nd Tuesday of every month
7 – 9 p.m.
The Dorothy B. Kraft Center
15 Essex Road, Paramus**



DOWN SYNDROME SERVICES

■ 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 or e-mail JoeyCenter@valleyhealth.com.**

■ 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
223 N. Van Dien Avenue
Ridgewood**

■ Fibromyalgia Support Group

Please join us for friendship, support and helpful advice 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
223 N. Van Dien Avenue
Ridgewood**

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.

■ 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.**

■ Missing Mom Support Group

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

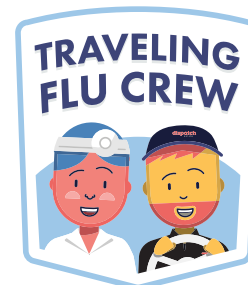
See page 17 for Family Education Support Groups.



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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.



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