What is Direct Primary Care?
Direct Primary Care (DPC) is a truly unique medical practice model that provides patients with greater access to their care provider. A DPC practice does not bill your insurance — meaning patients no longer have to deal with co-pays, deductibles, and coinsurance. There is a flat monthly fee of $125.

What are the benefits of DPC?
There are many! Enhanced access to your physician, extended visits, guaranteed same- and next-day appointments, and on-demand telehealth visits for improved convenience and access. I also want to stress that the doctors in our DPC have made the life decision to be part of this innovative care model, and change the way they practice medicine to provide even more in-depth, personalized care. For a complete list of included services, visit JeffersonHealth.org/DPC.

Will the new Jefferson DPC practice accept my insurance?
The new practice – the only DPC Jefferson practice in New Jersey – does not bill insurance. The only ongoing cost will be the monthly $125 membership fee. You will have no co-pays, deductibles, nor coinsurance.

Where is the new DPC practice located and who will practice there?
Dr. James Runfola and Dr. Leonard Ridilla practice at the new DPC office, 308 N. Haddon Avenue in Haddonfield.

What about their original office on Redman Avenue in Haddonfield?
Redman Avenue Primary Care will remain open as a permanent location. Dr. Beena Daniel and Dr. Eric Kaminetsky are in practice there, and will soon be joined by board-certified Family Medicine physician Dr. Jeffery Mazure.

To find out more about the Jefferson Health New Jersey DPC office, visit JeffersonHealth.org/DPC, email a DPC representative directly at DPC@jefferson.edu, or call the office at 856-833-5249.

Located at 80 Tanner Street, the following providers work at this practice:
Greg Taylor, DO – Family Medicine/Primary Care
MaryAnn McMahon, MD – Primary Care
Jennifer Naticchia, MD – Family Medicine/Primary Care
Loretta Mueller, DO – Headache Specialist
Megan Brody, PA-C – Family Medicine/Primary Care

You can easily schedule an appointment by calling 844-542-2273.

Located at 80 Tanner Street, the following providers work at this practice:
Drew Chiesa, DO – Gastroenterology
Brett Garber, DO – Plastic & Reconstructive Surgery
Mary J. Spinosi, DO – Primary Care
Deborah Ubele, DO – Primary Care
A new ENT medical practice – Jefferson Otolaryngology – Head & Neck Surgery – is now open at the Medical Office Building at Jefferson Cherry Hill Hospital, 2211 Chapel Avenue, Suite 403. The practice offers comprehensive ENT, allergy, and audiology care services that include:

- Allergy testing and therapy
- Audiology (Diagnostic Testing & Hearing Aids)
- General ENT care
- Head & Neck Surgery
- Laryngology (Voice & Swallowing)
- Otology (Balance & Hearing)
- Rhinology (Sinus & Skull Base)
- Sleep & Snoring Surgery

A comprehensive Balance & Hearing Center is located within the practice for patients with balance issues, dizziness and/or hearing loss.

The following physicians are based at this new practice:

- Maurits S. Boon, MD
- Joseph M. Curry, MD, FACS
- Dennis C. Fitzgerald, MD
- Colin T. Huntley, MD
- Mindy Rabinowitz, MD
- David Rosen, MD
- Joseph R. Spiegel, MD
- Elina M. Toskala, MD, PhD

To schedule an appointment, call 856-922-5030.

New Jefferson Health ENT Practice Opens in Cherry Hill

Lung Cancer Has Met Its Match

Jefferson’s Lung Nodule team provides state-of-the-art medical care for lung nodules. Our team of experts will diagnose the severity of nodules through a unique approach involving detailed evaluation and discussion of imaging results and patient health history.

By providing patients with personalized and compassionate care, Jefferson’s advanced approach allows all services to be provided during a single visit. Patients considered to be at high risk for lung cancer should talk to their primary care physician about referral to the Lung Nodule Center. The Sidney Kimmel Cancer Center — Washington Township isa designated Lung Cancer Screening Center through the American College of Radiology (ACR) and a Lung Cancer Alliance Screening Center of Excellence.

For more information, or to schedule an appointment at one of our convenient locations in Glassboro (601 N. Main St.) or Stratford (205 E. Laurel Rd.), call 856-881-0083.

Pictured right is the lung cancer team from the Sidney Kimmel Cancer Center – Washington Township. Appointments available in Washington Township and Cherry Hill. Call 856-218-5324.
Community Health Needs Assessment Points to 4 Areas of Need

The Walter Rand Institute at Rutgers-Camden conducted a Community Health Needs Assessment (CHNA) on behalf of The South Jersey Health Collaborative — Jefferson Health, Cooper University Health Care, Lourdes Health System and Virtua and the Health Departments of Burlington, Camden and Gloucester counties. Community residents in Burlington, Gloucester and Camden counties took part in the CHNA this past February-March. The focus groups, interviews and surveys revealed four main health needs:

- **Behavioral Health** (mental health and substance abuse)
- **Access to Care**
- **Communications & Relationships**
- **Obesity**

Every focus group and interview mentioned the prevalence of **substance abuse**. Drug overdoses in our three counties occur at a higher rate than the national average. Additionally, resources for community members are inadequate. The survey participants emphasized the need for behavioral health services for children.

Most residents (75%) in the tri-county area had medical insurance, but still reported that the out-of-pocket expenses, not being able to get time off from work, childcare and inconvenient appointment times affected their **access to care**.

**Rushed or unclear communications** between patients and their healthcare providers, especially the Spanish-speaking population, resulted in confusion about diagnoses and treatment plans.

Lastly, one-third of the participants named **obesity** as a health issue facing their communities. Thirty-nine percent said “too much unhealthy food” is an issue in their community, while 19% worried that they would run out of food before payday.

When it comes to a healthy weight, your neighborhood has a lot to do with the number on the scale. Those who rated their neighborhoods as good places to connect with others tended to be less overweight. If you live near a grocery store, you tended to have a better diet than those who lived far from one.

To read the full CHNA, please visit JeffersonHealth.org/NJchna

**Conclusions**

The South Jersey Health Collaborative has plans in place to address these health needs with partnerships, expansion of services and continued education for the community.
Looking to stay in shape? Jefferson Health offers a wide variety of fitness and dance classes.

Fitness
20/20/20

Three workouts in one! 20 minutes of cardio, 20 minutes of sculpting, and 20 minutes of stretching. Bring a mat and weights (3 to 5 lbs.). Class size is limited.

Cherry Hill
When: Thursdays
Session I: October 3
Session II: December 12
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

Washington Twp.
When: Thursdays
Session I: September 26
Session II: December 2
Time: 5:30 - 6:30 p.m. or 6:45 - 7:45 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

Barre Chair Conditioning - Washington Twp.
Class uses a chair as a Ballet Barre to challenge and sculpt all your muscles. Bring a yoga mat, towel and weights (1 to 5 lbs.).

When: Thursdays
Session I: September 26
Session II: December 5
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Susan Leblang

Basic Yoga
A mixed-level yoga experience with the basics for new students, yet still challenging for advanced students. Bring a yoga mat.

Washington Twp.
When: Mondays
Session I: September 23
Session II: December 2
Time: 5:30 - 6:30 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

Stratford
When: Thursdays
Session I: September 26
Session II: January 9
Time: 6:45 - 7:15 p.m.
Fee: $37.50 per person for 8 weeks
Instructor: Kelly Valente

Zumba® for All Ages - Westville
This Latin-inspired, interval aerobic, dance-fitness class incorporates international music with fast and slow rhythms that are easy to follow.

When: Thursdays
Session I: September 26
Session II: December 5
Time: 7 - 8 p.m.
Fee: $50 per 8-week session
Instructor: Carla Maggio

Gentle Yoga - Washington Twp.
Gentle yoga posture and breathing techniques to relieve mental stress and muscle tension.

When: Mondays
Session I: September 23
Session II: December 2
Time: 8 - 9 p.m.
Fee: $75 per person for 8 weeks
Instructor: Sherri Horner

Resistance Training
Improve core balance, increase bone density, lose inches and tone your entire body with this complete workout. Bring a mat and weights (3 to 5 lbs.).

Cherry Hill
When: Thursdays
Session I: October 3
Session II: December 12
Time: 7:15-8:15 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

Dance

All classes held in Westville. Partners are NOT necessary, but certainly more fun! Dress comfortably with dress shoes. No sneakers, please.

Latin Mix
Join us and learn upbeat and fun Latin dances - Salsa basics and a great beginner Latin dance, the Merengue.

When: Tuesdays
Session I: September 24
Session II: December 3
Time: 7 - 8 p.m.
Fee: $75 per person for 8 weeks

Line Dances for Beginners
Learn the Electric Slide, Cupid Shuffle, and more popular line dances.

When: Wednesdays
Session I: September 25
Session II: December 4
Time: 7 - 8 p.m.
Fee: $75 per person for 8 weeks

Please Note: No classes held from December 19 - January 3

JeffersonCherry Hill Hospital
2211 Chapel Avenue
Conference Rooms 2 & 3

Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor Room L

Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Road
Suite 201
Sewell (Washington Twp.)

Westville Square
Dances by Diane
201 Broadway
Westville

To register, please visit JeffersonHealth.org/NJclasses or call 800-547-9007.
Straight Up: A Plant-Based Eating Series

Plant-based eating focuses on consuming more vegetables, fruits, whole grains, and plant-based proteins, while limiting animal-based products and processed foods. Join us for a 5-week, interactive class, with passionate plant-based speakers — including Registered Dietitians and a Physician — where you will:

- Learn more about what plant-based eating is, the health benefits, and how to transition to a more plant-based lifestyle.
- Enjoy a cooking demo and a delicious plant-based meal at each class.
- Have Q&A time with plant-based health coaches and physicians.
- Have the chance to win raffles, prizes & more at the last-class potluck dinner.

**When:** Tuesdays, September 10, 17, 24 & October 1, 8

**Time:** 6 - 7:30 p.m.

**Fee:** $49

**Place:** Jefferson Health
1099 White Horse Road
Voorhees
1st Floor Conference Room

For more information or to register, visit JeffersonHealth.org/NJclasses or call 609-781-1447.

The Maressa Center for MS Wellness at Jefferson
A Therapeutic Retreat for the Multiple Sclerosis (MS) Community

Jefferson Health is offering a new monthly Wellness Retreat that strives to enhance the quality of life for patients living with MS in southern New Jersey. This FREE collaborative day of learning, relaxation & sharing will feature education modules and activities, including guest speakers, body & mind programs, and spa experiences. Food will be served. The Wellness Retreat is made possible by the Joseph A. Maressa Fund, through the Jefferson Health Foundation - New Jersey. Each participant’s Care Partner is also invited to attend. Space is limited.

**When:** Saturdays, September 14, October 12 & 26, November 9 & 23

**Time:** 9:15 a.m. - 3:30 p.m.

**Place:** Jefferson Cherry Hill Hospital Medical Office Building
2201 Chapel Avenue

To register, or for more information, visit JeffersonHealth.org/NJMaressaCenter or call 856-922-5095.

Insulin Pump Seminar

Discover the freedom an insulin pump can provide. Join us and learn what an insulin pump is/does, the benefits and what to expect from being on a pump. Time will be available to browse current insulin pump and CGM (Continuous Glucose Monitoring) options available.

**When:** Thursday, October 17

**Time:** 6 - 8 p.m.

**Place:** Jefferson Health
1099 White Horse Road
Voorhees
1st Floor Conference Room

**Speaker:** Dr. Gregory Barone
Brianna Hanekom, RN, CDE
Jefferson Health

Understanding Suicide Out of the Shadows ... Into the Light

Veterans have made immense sacrifices, yet many of them still carry the weight of their service. Join us for a conversation about the symptoms and prevention tactics to help veterans and their families cope with stress and societal pressures, as well as how to help prevent suicide. Camden County Freeholder Melinda Kane will moderate a panel of health professionals, suicide prevention experts, and those touched directly by suicide, as they discuss warning signs, risk factors, and when it is more than just angst. All are welcome.

Panelists include (subject to change):
- Paul Kettl, MD, MHA, Education Director, Behavioral Health, Crescenz VA Medical Center
- Iris Roundtree, LSW, Suicide Prevention Coordinator, Crescenz VA Medical Center
- Maria Gagliardi, MSN, RN, CAPA, Jefferson Health
- Andrew Tatta, Navy Veteran
- Brittny O’Brien, Air Force Veteran

**When:** Tuesday, October 22

**Time:** 7 p.m.

**Place:** Jefferson Health
1099 White Horse Road
Voorhees
1st Floor Conference Room

Men’s Health Screening Event

FREE screenings for men age 35-80, which include a blood test for prostate-specific antigen (PSA), testosterone, and cholesterol. Screenings conducted are part of a research program. Registration is required. To register for your free screening, or for more information, call 856-218-5324.

**When:** Wednesday, September 18

**Time:** 5 - 7 p.m.

**Place:** Sidney Kimmel Cancer Center - Washington Twp.
900 Medical Center Drive
Suite 100, Sewell

Did You Know Jefferson Health Offers House Calls?

Our specially trained staff understands the challenges that homebound patients face. We’re here to assist with the support and resources needed for their ongoing healthcare needs.

Services provided:
- Primary Care
- Hospital/Sub-acute Rehab
- Transition of Care
- Medication Management
- In-home Labs and Imaging
- Care Coordination Assistance
- Health Coach Support
- 24/7 On-call Service

For more information or to schedule an appointment, call 856-812-6822.
Managing Health Care Expenses in Retirement: What ‘Baby Boomers’ Need to Know About Medicare

For “Baby Boomers” age 60-65, learn when you need to sign up for Medicare to avoid penalties, what it covers and does not cover. How much does Medicare cost? What about Medigap, prescription drug coverage and Medicare Advantage options?

When: Monday, October 28
Time: 6:30 - 8 p.m.
Speaker: Paul D. Levin, CFP®, ChFC®, RICP®
Retirement Income Certified Professional®
Place: Jefferson Health
1099 White Horse Road
Voorhees
1st Floor Conference Room

Treating Low Back Pain

Join us for a discussion on causes of pain in the lumbar spine and the available treatment options.

When: Tuesday, October 29
Time: 6:30 p.m.
Place: Jefferson Cherry Hill Hospital
2201 Chapel Avenue
Conference Room 2
Speaker: Dr. Christopher Kepler
Rothman Orthopaedics

Meditation for Stress Reduction

Learn and practice meditation to reduce stress and improve sleep. Guided meditation can be an effective practice for balancing your energy and reducing anxiety. These workshops are great for individuals new to meditation, or anyone experiencing stress and fatigue.

When: Wednesdays
Session I: September 25
Session II: December 4
Time: 6:30 - 7:15 p.m. or 7:30 - 8:15 p.m.
Fee: $70 per 8-week session
Place: Sidney Kimmel Cancer Center - Washington Township
900 Medical Center Drive (Suite 207)
Seewell
Speaker: Sherri Horner
Pause and Breathe

Learning About Breast Health

Join us for a FREE seminar about breast health and breast cancer. Children are welcome. Breakfast will be provided.

This seminar is made possible through a grant sponsored by:

When: Saturday, November 23
Time: 10 - 11 a.m. (Breakfast provided)
Place: Jefferson Family Health Services & OB/GYN Associates
One Somerdale Square, Suite 1
Sommersdale
Speaker: Dr. Kay Yoon-Flannery
Medical Director, Comprehensive Breast Center
Sidney Kimmel Cancer Center - Washington Township

Navigating Stress by Generating Joy

In this two-part series, learn how you can reclaim your joy, manage stress and optimize your well-being through the holidays and into the New Year! By learning stress-busting life hacks and how to incorporate holistic treatments, such as meditation, energy work, aromatherapy and mindfulness, into your day, you will be empowered to take on any challenge with a new and positive outlook! (These classes are part of a series, but participants may sign up for just one.)

November 12
Creating a Life with More Joy & Less Stress – Let’s Reframe and Take Action!

November 19
Going Forward by Looking on the Bright Side of Life – Creating Your Follow-Through Plan!

When: Tuesdays, November 12 & 19
Time: 6:30 - 8 p.m.
Fee: $25 for 2-week series ($15 for one class)
Place: Jefferson Health
1099 White Horse Road
1st Floor Conference Room
Speaker: Jen Fleisher, BS
Exercise Physiology
Mind, Body & Spirit Consultant

Wintry Holiday Wreath Workshop

Design a one-of-a-kind holiday ethereal wreath that will take you right through the season. A wide assortment of carefully chosen natural and artificial materials will be available from which to select to create your wintry design. From glittered and icy plant stems, bright red berries, snowy pinecones, snowflakes, a beautiful mushroom bird with nest, and so much more. No experience necessary. Must register by December 4.

When: Wednesday, December 11
Time: 7 - 8 p.m.
Fee: $12 (Due by December 4)
Place: Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor Conference Room L
Instructor: Rachelle Hasenberg
Inspirational Horticultural Therapy

Be a Savvy Health Consumer by Subscribing to Our FREE e-Newsletter!

Jefferson Health, home of the Sidney Kimmel Medical College, is reimagining health care. Stay ‘in the loop’ by signing up for our monthly electronic newsletter — HealthView e-News — filled with the latest community news, fitness tips, healthy recipes, hospital events, and programs. To subscribe, visit JeffersonHealth.org/NJ-e-news.
Orthopaedic Care at Jefferson: Restoring You to Good Health

As a diesel mechanic, William Brennan, 57, spent years climbing up and down, bending, twisting, kneeling, crouching — you name it.

It was a physically demanding profession that, naturally, wore down his body over time. In fact, in 1990 and 2002, Brennan required back surgery through Rothman Orthopaedics at Jefferson Health. Yet, fast-forward to 2019, the Williamstown resident discovered that was not the end of his worries, as he needed “staged” bilateral total hip replacement.

“I am not 100 percent sure what specifically caused the injury other than from working over the years,” Brennan said. “I chose Rothman at Jefferson again, and this time Dr. Gregory Deirmengian, because they have a great reputation.”

Brennan was in so much pain that he even stopped smoking cigarettes to allow for the operation to occur. “They wouldn’t operate until I quit,” he said. “My pain was so severe, so it just had to be done.”

The staged procedure meant Brennan needed both of his hips replaced as two separate surgical events, two hospital stays, two episodes of anesthesia and two rehabilitation periods. The surgeries were performed several months apart to allow for recovery — February 19 and May 16 – at Jefferson Washington Township Hospital in Turnersville.

Brennan said his top advice to any patient needing similar care is to not delay the surgery. “I was worried about getting my hips operated on, and I put it off as long as I could,” he said. “It’s not bad at all after you get it done.”

Brennan calls both of his hip surgeries and subsequent recoveries a “miracle,” adding he “feels great, way better than he did before.”

“I feel like a new person. I couldn’t believe that Dr. Deirmengian could do something like that and make me feel great just a couple of days later,” Brennan said.

“Before, I could hardly walk. I needed crutches because of how bad it was. Now, I’m steadily improving and getting better — every day and every week.”

If you are experiencing pain or trauma in the hip, knee, shoulder, back or other part of your musculoskeletal system, our physicians at Rothman Orthopaedics at Jefferson Health can help.

From non-surgical treatments to minimally invasive total joint replacement and complex revision and reconstruction care, Rothman at Jefferson has the experts you need in your neighborhood. Rothman physicians are internationally recognized for their skill and expertise in helping to restore freedom of movement for patients of all ages; they comprise the department of orthopedics at Jefferson Health and offer comprehensive diagnostic, therapeutic and restorative services.

For more information, visit JeffersonHealth.org/Rothman.

PATIENT SPOTLIGHT

Need to find a doctor?

Use the online physician directory at JeffersonHealth.org/NJMyDoc to access more than 1,000 primary and specialty care physicians.
Attend a FREE seminar with one of our bariatric surgeons on adjustable gastric banding, laparoscopic sleeve, laparoscopic gastric bypass and revisional surgery.

Dr. Marc Neff, Jefferson Health General & Bariatric Surgery
When: 3rd Wednesday
Time: 7 p.m.
Place: Jefferson Cherry Hill Hospital
2211 Chapel Avenue
Conference Rooms 2 & 3

Dr. Adeshola Fakulujo, Jefferson Health General & Bariatric Surgery
When: September 26, December 11
Time: 7 p.m.
Place: Jefferson Cherry Hill Hospital
2211 Chapel Avenue
Conference Rooms 2 & 3

When: October 8
Time: 7 p.m.
Place: Jefferson Stratford Hospital
18 E. Laurel Road
Administrative Conference Room

When: November 12
Time: 7 p.m.
Place: Jefferson Washington Township Hospital
435 Hurffville-Cross Keys Road
3rd Floor Classroom

Dr. Adam Goldstein, Jefferson Health General & Bariatric Surgery
When: 1st Wednesday
Time: 7 p.m.
Place: Jefferson Cherry Hill Hospital
2211 Chapel Avenue
Conference Rooms 2 & 3

To register for one of the above seminars, call 856-665-2017 x8 or email Cristin.Polizzi@jefferson.edu
Registration is required.

Jefferson Health Weight-Loss Surgery Fall Fashion Show
- Meet recent weight-loss surgery patients as they model fall fashions
- See amazing “before” photos
- Have your questions answered by the Weight-Loss Surgery Support Team

When: Saturday, September 21
Time: 1 - 3 p.m.
Place: Grand Court at Cherry Hill Mall

For more information, call the Jefferson Health Bariatric Office at 856-346-6470.

Bariatric Support Group
Offers support and information for pre- and post-operative bariatric patients.

When: 2nd Tuesday
Time: 6:30 - 7:30 p.m.
Place: Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor Room L

When: 4th Tuesday
Time: 6:30 - 7:30 p.m.
Place: Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Road
Suite 201
Washington Twp.

FREE 20-20-20 Fitness Class for Bariatric Patients
20 minutes yoga, 20 minutes resistance, 20 minutes cardio. Bring water, light weights, yoga mat and towel.

When: Wednesdays (except holidays)
Time: 6:30 - 7:30 p.m.
Place: Jefferson Health
1099 White Horse Road
Voorhees

Instructor: Cindy Sporer

Water Aerobics Class for Bariatric Patients
When: Mondays & Thursdays (except holidays)
Time: 6:30 - 7:30 p.m.
Cost: $5 per class
Place: Kennedy Fitness: A Jefferson Health Affiliate
501 Route 168, Turnersville

Instructor: Cindy Sporer

For more information, or to register, call the Jefferson Health Bariatric Office at 856-346-6470.
In the event of emergency cancellations, please refer to JeffersonHealth.org/NJbariatrics.
Art Discovery Workshops
Explore your creativity through various art techniques, including drawing, painting, collage, and clay, in a supportive and playful environment. Class is limited to cancer survivors, including those newly diagnosed or actively in treatment. No previous artistic experience required.
When: Wednesdays
Time: 2:15 - 3:45 p.m.
Instructor: Mary Barnett, BFA, Fine Artist & Muralist

Candlelight Yoga
All-level adaptive yoga open to cancer patients and survivors looking to catch their breath, relax, restore, and recharge.
When: Tuesdays
Time: 7 - 8 p.m.
Instructor: Tami Musumeci-Szabo, PhD, RYT

Chair Yoga
All poses are performed seated or standing, using a chair as support.
When: Wednesdays
Time: 1:15 - 2:15 p.m.
Instructor: Cindy Sporer, ACSM CPT, CES, Yoga Fit

HOPE (Helping Oncology Patients Exercise)
Open to adult cancer patients of all ages and fitness levels.
When: Mondays
Time: 1:15 - 2:15 p.m.
Facilitator: Cindy Sporer, ACSM CPT, CES, Yoga Fit

Tai Chi
A Chinese slow-motion exercise designed to promote good health and longevity by circulating internal energy, or "chi."
When: Tuesdays
Time: Noon - 1 p.m.
Facilitator: Jerry Devone, CPT

Men’s Health Screening Event
FREE screenings for men age 35-80, which include a blood test for prostate-specific antigen (PSA), testosterone, and cholesterol. Screenings conducted are part of a research program. Registration is required. To register for your free screening, or for more information, call 856-218-5324.
When: Wednesday, September 18
Time: 5 - 7 p.m.
Place: Sidney Kimmel Cancer Center - Washington Twp. 900 Medical Center Drive, Suite 100 Sewell
Instructor: Cindy Sporer, ACSM CPT, CES, Yoga Fit

Well-Being Yoga Classes
Yoga increases flexibility, range of motion and strength, and may bring additional benefits - both during and after cancer treatments.
When: Tuesdays
Time: 1:15 - 2:15 p.m.
Instructor: Colleen Arnold, ACE, AFAA, CES

Reflexology
A popular alternative therapy, Reflexology promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing. It is also used for post-operative or palliative care. Recommended as a complementary therapy, Reflexology should not replace medical treatment.
When: 3rd Thursday
Time: For an appointment, call 856-218-5591
Facilitator: Grace A. Morrow, CR

The Healing Touch of Reiki Therapy
Reiki, called “touch therapy,” involves placing the hands on, or very near, a person’s body. Reiki practitioners attempt to transmit or deliver energy.
When: For an appointment, call 856-218-5591
Facilitator: Valerie McGuire, CYT, RYT
Reiki II Practitioner

The Hope & Healing Stitchers
Join fellow community knitters and/or crocheters on an ongoing basis. Share and learn new skills, while working on community projects that benefit Sidney Kimmel Cancer Center - Washington Township patients and their families. Please bring your own supplies and materials.
NOTE: Sessions are non-instructional.
When: Tuesdays
Time: 10 a.m. - Noon

For more information, or to register, call 856-218-5591.
For support groups, see page 15.
Jefferson Health recently introduced two new breast cancer medical imaging technologies in New Jersey — the GE Healthcare Invenia™ Automated Breast Ultrasound System (ABUS), for the detection of breast cancer in women with dense breast tissue; and SAVI SCOUT®, a wire-free, radar localization technology that ensures an easier experience for women undergoing a lumpectomy.

**ABUS Increases Detection**

ABUS has been clinically proven to increase breast cancer detection by more than 35 percent. It is the only FDA-approved ultrasound supplemental breast screening technology specifically designed for detecting cancer in dense breast tissue; it is used along with mammography for women with no symptoms and no prior medical interventions.

“We are excited to add this technology to our comprehensive breast cancer screening program,” said Dr. Kay Yoon-Flannery, Medical Director of the Comprehensive Breast Center at the Sidney Kimmel Cancer Center in Washington Township. “By offering Automated Breast Ultrasound System, along with digital mammography for patients with dense breast tissue, we anticipate improving detection for small cancers that might be harder to detect with mammogram alone.”

The American Cancer Society recommends women receive yearly mammograms beginning at age 40. If you have been informed that you have dense breast tissue, you should talk to your doctor about your specific risk and whether or not ABUS might be appropriate as an additional screening tool.

**SAVI SCOUT Improves Outcomes**

Traditionally, lumpectomy procedures involve wire localization — inserting a wire into the breast on the day of surgery. For many women, this leads to discomfort, increased anxiety, and reduced satisfaction.

Instead of wires, SAVI SCOUT places a small reflector, the size of a grain of rice, into the breast prior to the day of surgery. Using the system — which detects the reflector using its unique radar signal — surgeons can precisely target the affected tissue to pinpoint its location within 1 mm — resulting in more accurate and successful surgeries, improved breast conservation strategies, and enhanced outcomes.

The ability to precisely locate tumors increases the probability of complete cancer removal and reduces the likelihood of needing follow-up surgeries—a huge advantage for early-stage breast cancer patients. Also, the ability to strategically plan the incision may result in better cosmetic outcomes.

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**Join Us for the 10th Annual Tree of Lights Remembrance Celebration**

Honor, remember and celebrate the lives of loved ones by symbolically illuminating a light on the Sidney Kimmel Cancer Center – Washington Township Tree of Lights. Celebration includes music, light refreshments, tree lighting and ceremony – names recited by Cancer Center staff. Donations of $5 for each name submitted benefit the Center for Hope and Healing Patient Assistance Fund. To register and make donations online, go to JeffersonHealth.org/NJTreeOfLights starting October 8.

**When:** Tuesday, November 19

**Time:** 5 - 6 p.m.

**Place:** Sidney Kimmel Cancer Center - Washington Twp.
900 Medical Center Drive, Sewell

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JeffersonHealth.org/NewJersey

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With MyChart you can:
- Access secure electronic records 24/7/365.
- Schedule appointments online.
- See test results.
- Message your doctor and care team.
- Refill prescriptions online.
- Swap your appointment for an earlier one.
- Schedule video visits with Jefferson Health doctors.

Accessing MyChart is Easy!
I want to sign up for MyChart: You can request a Jefferson Health MyChart activation code during your office visit or by calling your providers’ office. Or for a new account before your next appointment, visit JeffersonHealth.org/MyChart/Signup.

I already have an activation code: Download the MyChart app from Apple App Store or get it from Google Play.

I already have an account: Visit JeffersonHealth.org/MyChart to log in.

Need Help with MyChart?
Email: mychart@jefferson.edu
Call: 215-503-5700 (M-F 8 a.m.–10 p.m. EST)

Urgent Medical Matters:
Please do not use MyChart to send messages requiring urgent attention. For urgent medical matters, call your doctor’s office or 911.

Ask your healthcare team how you can activate your personal MyChart portal today.
Jefferson.edu/MyChart

Jefferson Health Nutrition Center
DIABETES Comprehensive Classes

Our Nutrition Center provides outpatient education in diabetes care and self-management, using the expertise of experienced and highly trained healthcare staff.

Staffed by Certified Diabetes Educators and Registered Dietitians, the center provides education to patients on a wide variety of issues related to diabetes, including:
- Designing an individualized menu
- Teaching proper insulin injections and mealtime dosing, when necessary.

We also offer:
- Individual Counseling
- Continuous Glucose Monitoring (CGM)
- Gestational Diabetes Counseling
- Insulin Pump Training.

For more information, or to register, call 844-309-7708.

Sidney Kimmel Cancer Center – Washington Township
900 Medical Center Drive (Suite 211), Sewell
Mondays, 5:30 - 8 p.m.
November 4, 18, 25
December 2, 9, 16

Jefferson Stratford Hospital
18 E. Laurel Road (3rd Floor Medium Conference Room)
Wednesdays, 5:30 - 8 p.m.
October 9, 16, 23
Fridays, 9:30 a.m. - Noon
November 8, 15, 22

Jefferson Cherry Hill Hospital
2211 Chapel Avenue (Conference Room 2)
Tuesdays, 5:30 - 8 p.m.
October 1, 8, 15
December 3, 10, 17
Behavorial Health Services
Jefferson Behavioral Health Services provides inpatient, partial hospitalization and intensive outpatient levels of care. Regardless of your age, background or ethnicity, we will work with you to help you live a happier, healthier and more fulfilling life. We treat children as young as kindergarten, along with adolescents, adults, and older adults. Additionally, we have groups for people struggling with alcohol and drug addictions. Our goal is to address the most important and personal needs of our clients to help improve their coping skills, increase their level of functioning, and more fully enjoy their life. For more information, or to make a referral, call 856-488-6789, ext. 2, in Cherry Hill, and 856-582-1419 in Washington Township.

Center for Advanced Wound Care & Hyperbaric Oxygen Therapy
For a wound to heal, it must be cared for correctly. The Center for Advanced Wound Care & Hyperbaric Oxygen Therapy uses a variety of diagnostic methods to help assess the type and stage of your wound. A treatment program will be developed based on your individual needs. Our staff will carefully monitor the healing process to ensure a quick and healthy recovery. The Wound Centers are located at our Cherry Hill and Washington Township campuses. To learn more, or schedule an appointment, call 866-547-4325.

Balance Centers
The Balance Centers at Jefferson Health can help you and your doctor determine the cause of your dizziness or unexplained falls, and can suggest a treatment plan to help you regain control. Balance Centers are located at Cherry Hill, Stratford and Washington Township campuses. For more information, call 866-943-4567.

Nutrition Center
Turn to Jefferson Health for comprehensive nutrition counseling and diabetes education services, offered by Registered Dietitians at locations in Cherry Hill, Marlton, Somerdale, Voorhees and Washington Township. Whether you have specific health issues that need addressing, or just want to feel and look your best, the Jefferson Nutrition Center is here to help you achieve your nutrition goals! Call 844-309-7708 for more information, or to schedule an appointment.

Sleep Centers
Tired all the time? Snore at night? Jefferson’s Sleep Centers in Cherry Hill, Stratford and Washington Township provide diagnostic testing to determine if you have a sleep disorder, and then suggest your best course of treatment. To learn more, call 800-580-6364.

Community Events – Save the Date!
Look for the Jefferson Health table at these upcoming free health fairs and conferences. Stop by and learn about our varied services and ask questions from our clinicians and health educators about how you can live a healthier life and how Jefferson Health can help you get there!

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For more information, and to register for Jefferson Health Women’s and Children’s classes in New Jersey, visit JeffersonHealth.org/NJclasses, or call 856-582-3098.

PROGRAMS FOR Women & Children

Unless otherwise noted, all classes and support groups are held in the Kennedy Health & Wellness Center, 405 Hurffville-Cross Keys Road, Sewell.

Childbirth and Breastfeeding Classes are FREE for moms delivering at Jefferson Washington Township Hospital and their support person.

Parent Prep

Childbirth Courses
(Classes held at the Jefferson Surgery Center – 540 Egg Harbor Road, Sewell)
Designed for expectant parents, around their sixth month of pregnancy. Please bring bottled water, two pillows, a blanket and your labor coach to class (fee).

Weeknight Childbirth Education Courses
When: Classes held four consecutive Wednesdays, beginning Sept. 4, Nov. 6, and Dec. 4
Time: 7 - 9 p.m.

Weekend Childbirth Education Courses
When: Two consecutive Saturdays, beginning October 19
Time: 8:30 a.m. - 12:30 p.m.

Jasmin Wright of Sicklerville, a patient of Dr. Deborah White at Jefferson OB/GYN in Turnersville, delivered baby girl Karys on August 6. Also pictured: her proud dad, Ameir Wright, and excited siblings (L to R) Jaeden, Rhys, & Payton.

The Big Day!

Maternity Tours
Complimentary tours of the Maternity Center at Jefferson Washington Township Hospital. You must register by calling 856-582-3098. Please meet in the hospital lobby (no fee).
When: Sundays: Sept. 8, Oct. 6, Nov. 3, Dec. 1
      Mondays: Sept. 23, Oct. 21, Nov. 18, Dec. 16
Time: 7:30 p.m.

Share. Support. Learn
Offers encouragement and reassurance to moms, as well as a time to focus on postpartum wellness. This group is professionally facilitated and is in partnership with the Southern NJ Perinatal Cooperative Postpartum Wellness Initiative. Babies welcome (no fee)!
When: Mondays (except holidays; no fee)
Time: 1:30 - 2:30 p.m.

Breastfeeding Classes
Learn about breastfeeding, proper positioning, how to tell if your baby is getting enough breast milk, and avoiding common challenges. Support person is encouraged to attend (fee).
When: Saturdays
      Sept. 21, Nov. 16
Time: 10 a.m. - 1 p.m.

Breastfeeding Support Group
For Breastfeeding Moms: Weigh your baby before and after feeding on our electronic baby scale to measure exactly how much your baby has eaten. Receive breastfeeding support and advice from an International Board Certified Lactation Consultant (no fee).
When: Mondays (except holidays)
      Noon - 1:30 p.m.

For Teens and Tweens

Babysitting Certification Course
For young people ages 11 and older. Attendance at two consecutive sessions is mandatory to obtain certification (fee).
When: Two consecutive Saturdays
      September 7 & 14
      October 5 & 12
      November 2 & 9
      December 7 & 14
Time: 9 a.m. - 1 p.m.
Support Groups

Breast Cancer Support: Survivors to Thrivers
Support group meetings include educational presentations, followed by open discussions.
When: 1st and 3rd Wednesdays
Time: 4:30 - 5:30 p.m.
Place: 900 Medical Center Drive
Facilitator: Cancer Center Team

Chronic Pain Support Group
Connect with others and learn new skills and strategies to cope with pain in a safe, intimate and supportive environment.
When: 2nd Friday
Time: 10:30 - 11:30 a.m.
Place: Voorhees Senior Living
501 Laurel Oak Road

Diabetes Support Group
Support for adults wanting to learn more about managing diabetes.
When: 4th Monday (except holidays)
Time: 1:30 - 2:30 p.m.
Place: Jefferson Stratford Hospital
18 E. Laurel Road
Private Dining Room

Fighting Men/Fighting Cancer - Prostate Cancer Support Group
For men coping with prostate cancer, this confidential education and support group provides helpful information to patients and their caregivers.
When: 1st Tuesday
Time: 7 p.m.
Place: 900 Medical Center Drive
Suite 211, Sewell
Facilitator: Joseph A. Musumeci

Parent Bereavement Support Group
A professionally facilitated support group for parents who have lost a child to share their feelings, receive mutual support, and learn about some ways to help manage their heartache.
When: 3rd Tuesday
Time: 6 - 8 p.m.
Place: Jefferson Washington Township Hospital
435 Hurffville-Cross Keys Road
3rd Floor Classroom
Facilitator: Kimberly Brody-Muckenfuss, BSN, RN

Smoking Cessation Support Group
Quitting smoking is hard, but Jefferson Health is here to help with free counseling and support groups.
When: 2nd and 4th Wednesdays
Time: 3:30 - 4:30 p.m.
Place: 900 Medical Center Drive
Suite 211, Sewell
Facilitator: Cancer Center Team

Rainbow Group
Groups for adults and adolescents of the LGBTQIA community held at Jefferson Behavioral Health Services - Cherry Hill, 2201 Chapel Avenue. Registered patients who are assessed by the staff may attend these sessions.
Adolescent Groups (ages 13-18)
When: Mondays
Time: 5 - 8 p.m.
Adult Groups (over age 18)
When: Tuesdays
Time: 10 a.m. - 1 p.m.
For more information, or a Behavioral Health assessment, please call 856-488-6789, option #2.

To register, visit JeffersonHealth.org/NJcpr. For questions regarding CPR and First Aid, call 856-488-6889, and for questions regarding ACLS/PALS/ENPC/TNCC, call 856-532-6279.

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To schedule an appointment, call Lori Santoro at 856-566-2099.

Support Groups

Become a ‘Lifesaver’ with CPR & Life Support Education
Each year, more than 8,000 South Jersey residents attend Jefferson Health’s Life Support Education classes, which are open to anyone age 9 and older.
We offer education and training for the community, as well as public safety personnel, including police, fire, EMS and communications.
Our courses include:
- CPR Courses
- First Aid
- ACLS
- ENPC
- PALS
- TNCC

To register, visit JeffersonHealth.org/NJcpr. For questions regarding CPR and First Aid, call 856-488-6889, and for questions regarding ACLS/PALS/ENPC/TNCC, call 856-532-6279.

Red Cross Blood Drives
Jefferson Cherry Hill Hospital
Wednesday, September 11
Thursday, December 19
8 a.m. - 6 p.m.
Jefferson Stratford Hospital
Friday, September 20
Thursday, December 12
8 a.m. - 6 p.m.
Jefferson Washington Township Hospital
Friday, September 6
Friday, December 20
11 a.m. - 8 p.m.
To schedule an appointment, call Lori Santoro at 856-566-2099.

Jefferson Health support groups, call 800-547-9007, or visit JeffersonHealth.org/NJsupport

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3rd Floor Classroom
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When: Mondays
Time: 5 - 8 p.m.
Adult Groups (over age 18)
When: Tuesdays
Time: 10 a.m. - 1 p.m.
For more information, or a Behavioral Health assessment, please call 856-488-6789, option #2.

To schedule an appointment, call Lori Santoro at 856-566-2099.
**PrimeTime Programs for Seniors**

**Is It Really Just Dry Skin?**
Join us for a discussion about the connection between dry skin and blood flow. Lunch will be provided.

*When: Tuesday, September 24*
*Time: 11:30 a.m. - 12:30 p.m.*
*Place: Margaret E. Heggan Free Public Library 606 Delsea Drive, Sewell*

**Speaker:** Dr. Brian Smeal  
Medical Director, Advanced Wound & Hyperbaric Center, Washington Township

**Filling Up on Fiber**
Eating enough fiber is essential for a healthy diet. This lecture will discuss how much dietary fiber you need, the foods that contain it, and how to add them to meals and snacks.

*When: Tuesday, October 8*
*Time: 2 p.m.*
*Place: Jefferson Cherry Hill Hospital 2201 Chapel Avenue Conference Room 3*

**Speaker:** Danielle Hall, RD  
Jefferson Health

**How to Relieve Shoulder Pain**
See page 19 for details.

**Relaxation Techniques for Stress Relief**
See page 19 for details.

**Staying Trim This Holiday Season**
See page 19 for details.

**Veterans Medal Ceremony**
Each year, Camden County veterans, whether currently serving or honorably discharged, are honored with a special medal ceremony. Call 856-374-5801 for an application, which must be returned by October 18. Medals presented by Camden County Freeholders, Veterans’ Affairs and Jewish War Veterans Post 126

*When: Thursday, November 7*
*Time: 11 a.m.*
*Place: Jefferson Center at Voorhees 1099 White Horse Road*

**Learn About Breast Health**
Join us for a FREE seminar about breast health and breast cancer. Children are welcome.

*This seminar is made possible through a grant sponsored by:*

**When: Monday, November 4**
*Time: Noon - 1 p.m. (Lunch provided)*
*Place: Jefferson Family Health Services & OB/GYN Associates 445 Hurffville-Cross Keys Road Suite A, Sewell*

**Speaker:** Dr. Kay Yoon-Flannery  
Medical Director, Comprehensive Breast Center Sidney Kimmel Cancer Center - Washington Township

**Managing Knee Arthritis**
Although there is no cure for arthritis, there are many non-operative treatment options available to help you manage pain, prevent further degeneration and maintain a healthy, active lifestyle. Join us to learn if any of these treatment options will work for you.

*When: Wednesday, November 6*
*Time: 5 p.m.*
*Place: 18 E. Laurel Road 3rd Floor Room L*

**Speaker:** Dr. Sunny Gupta  
Rothman Orthopaedics

**ACTIVITIES**

**Circle of Knitting and Crocheting**
Join fellow knitters and/or crocheters on an ongoing basis. Please bring your own supplies and materials. Group is non-instructional. Yarn, cotton fabric and fleece donations are accepted.

*When: 2nd and 4th Wednesdays*
*Time: 12 - 4 p.m.*
*Place: Vogelson Library, Voorhees 203 Laurel Road, 3rd Floor*

**Healthy Living Series at Camden County College**
Join us for wellness lectures addressing an array of health topics led by physicians and Jefferson Health experts. All lectures begin at 10 a.m.

*When: Fridays, September 27 - October 25*
*Time: 10 - 11 a.m.*
*Place: Camden County College Civic Hall 200 College Drive, Blackwood*

**TOPICS**

- **Understanding Lyme Disease**  
  Dr. Mark Condoluci, Infectious Disease  
  September 27

- **The Benefits of Vaccinations**  
  Dr. Michael Barnish, Infectious Disease  
  October 4

- **Learn to Manage Stress - Don’t Let It Manage You**  
  Jason Goslin, PA-C, Behavioral Health  
  October 11

- **Cancer Prevention, Early Detection, & Radiation Treatment**  
  Dr. Tamara LaCouture, Radiation Oncology  
  October 18

- **Stroke: Know the Signs. Reduce Your Risks**  
  Kathryn Donley, BSN, RN,CCRN-K, CNRN Stroke & Life Support Education  
  October 25

**Short Story Discussion Club**
Share the enriching experience of reading short stories. New members always welcome. Pick up copies of the stories prior to the meeting at the library’s front desk.

*When: 2nd Tuesday*
*Time: 1 - 2 p.m.*
*Place: Vogelson Library, Voorhees 203 Laurel Road, 3rd Floor*
*Facilitator: Jeane Sevast  
Adult Services Library Associate*

Please see pages 18 & 19 for additional wellness programs at Kennedy Fitness: A Jefferson Health Affiliate Please register for all programs by visiting our website, JeffersonHealth.org/NJclasses, or call 800-522-1965.
Gentle Yoga for Seniors – Cherry Hill
When: Tuesdays & Thursdays
Session I: September 17 - October 17
Session II: October 22 - November 21
Session III: November 26 - January 9
(No class 11/28, 12/24, 26, 31)
Time: 1 - 2 p.m.
Fee: $40 per session

Gentle Yoga for Seniors – Sewell
When: Mondays
Session I: September 16 - November 4
Session II: November 18 - January 20
(No class 12/23, 30)
Time: 2:30 - 3:30 p.m.
Fee: $32 per session

Just Move for Seniors – Sewell
Light aerobics, toning and stretching using a chair. Bring weights (1 to 3 lbs.) to class.
When: Tuesdays
Session I: September 17 - November 5
Session II: November 22 - January 24
(No class 12/27, 1/3)
Time: 10:30 - 11:30 a.m.
Fee: $40 per session

Gentle Yoga for Seniors – West Berlin
When: Mondays & Wednesdays
Session I: September 11 - October 16
Session II: October 21 - November 20
Session III: November 25 - January 8
(No class 12/23, 25, 30, 1/1)
Time: 1 - 2 p.m.
Fee: $40 per session

Tai Chi – Stratford
When: Wednesdays, September 11 - November 27
Time: 10:45 - 11:45 a.m.
Fee: $42 for 12 classes
Call 856-566-6746 to register.

Tai Chi – Westville
A Chinese slow-motion exercise designed to promote good health and longevity by circulating internal energy or “chi.”
When: Tuesdays
Session I: September 24 - November 12
Session II: December 3 - February 4
(No class 12/24, 31)
Time: 3 - 4 p.m.
Fee: $48 per session

Walk This Way Walking Program – Stratford
When: Tuesdays & Thursdays, September 3 - December 19
Time: 10 - 11 a.m.

Please register and pay at JeffersonHealth.org/NJclasses or call 800-522-1965.
Experience the Kennedy Fitness Difference

Glassboro Couple Finds Workout Success at Kennedy Fitness

The following is one of the daily success stories resulting from the new Prescription for Wellness Program at Kennedy Fitness: A Jefferson Health Affiliate. This program requires doctors to write wellness prescriptions for patients to improve cardiovascular health, weight management, joint and back pain, and many other common medical issues. This program is part of the collaborative efforts between Jefferson Health and Kennedy Fitness.

Glassboro resident Mike Klorig knew he needed to lose weight and get his blood pressure under control. So, taking the advice of his Jefferson Primary Care Physician, he began a regular exercise program at Kennedy Fitness in Sewell. The results were almost immediate.

“I worked with a trainer – Paul Barrett – for the first three months, and in less than four months, I’d lost nearly 40 pounds,” says the 58-year-old former athlete. Klorig is now a big fan of kettlebells – a type of free weights used for everything from cardiovascular workouts to strength and flexibility training – which Barrett helped Klorig incorporate into his workout.

While watching his diet certainly helped Mike shed some pounds, he attributes much of his weight loss to his ongoing commitment to exercising four times a week.

His wife, Cindy Klorig – a breast cancer survivor – started working out at Kennedy Fitness with her husband after her treatment recovery.

“I knew exercise would be beneficial for me, but my real motivation was to support my husband during his fitness journey,” says Cindy.

She also worked with a Kennedy Fitness personal trainer who designed a workout program for her incorporating a variety of cardio and toning equipment to work all body areas.

As for Mike, there’s power in numbers: “I know what a 35-lb. weight feels like to hold, so shedding more than even that many pounds is a great feeling!”

Talk with your physician about your own Prescription for Wellness.
How to Relieve Shoulder Pain
Join us for a discussion on the signs, causes and treatment options of shoulder pain.

- **When:** Tuesday, September 24
- **Time:** 4:30 p.m.
- **Place:** Kennedy Fitness - Cherry Hill
- **Speaker:** Dr. Luke Austin
  Rothman Orthopaedics

Learn About Breast Health
This lecture offers important information on breast health & breast cancer from prevention, to diagnosis, recovery and hope.

- **When:** Thursday, October 17
- **Time:** 3 p.m.
- **Place:** Kennedy Fitness - Sewell
- **Speaker:** Dr. Kay Yoon-Flannery
  Medical Director,
  Comprehensive Breast Center
  Sidney Kimmel Cancer Center - Washington Township

Relaxation Techniques for Stress Relief
Learn strategies for calming the body and mind, as well as simple, but effective, stress-relieving techniques.

- **When:** Tuesday, November 12
- **Time:** 10 a.m.
- **Place:** Kennedy Fitness - Mullica Hill
- **Speaker:** Jonathan Shulman, FNP-C
  Jefferson Primary & Specialty Care

Stay Trim This Holiday Season
The holidays are fast approaching, and for most that means lots of eating – followed by weight gain and resolutions to lose weight. But why not take a healthier approach? You can still indulge, but in moderation. It’s all about being mindful of what you eat. Join us and learn how!

- **When:** Tuesday, December 3
- **Time:** 1 p.m.
- **Place:** Kennedy Fitness - West Berlin
- **Speaker:** Danielle Hall, RD
  Jefferson Health

To register, visit JeffersonHealth.org/NJclasses or call 800-522-1965.

JeffersonHealth.org/NewJersey
Jefferson Health’s New Jersey Hospitals are the primary teaching affiliate of RowanSOM.

HealthView information is not intended to replace advice from your personal physician. If you have any concerns about specific items that appear in HealthView, please contact your doctor or call 800-547-9007.

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Farm to Fork Fall Festival

Jefferson Health and Duffield’s will partner for this **FREE** family event! Come and join the fun:

- Health Information & Screenings
- Children’s Crafts
- Prize Wheel
- Complete your “Passport to Health” for a prize
- Children’s Interactive Cooking Demo

For more information, visit [JeffersonHealth.org/NewJersey](http://JeffersonHealth.org/NewJersey) or call 800-547-9007, select option #3.

**When:** Saturday, October 5

**Time:** 11 a.m.-2 p.m.

**Place:** Duffield’s Farm Market
280 Chapel Heights Road
Sewell