Scandinavian Secrets to Happiness

According to the World Happiness Report, the Scandinavian countries of Finland, Norway, Sweden and Denmark have consistently ranked in the Top 10 for happiness. It certainly can’t be attributed to the cold weather and long, dark days they endure each winter! The Danish word hygge (pronounced hue-guh or hoo-gah) may be the key to understanding what makes these northern nations tops in happiness.

Hygge has been defined as the art of creating intimacy, warmth and coziness, as well as living with mindfulness.

In the book How to Hygge: The Nordic Secrets to a Happy Life by Signe Johansen, the author outlines ways to inject Hygge into our everyday lives:

- **Seek solace in nature.** Even in the winter months, Scandinavians dress for the weather and get outside to enjoy nature’s healing properties.

- **Bring nature inside** by adding houseplants like succulents, Boston Fern, Spider Plants and Bamboo Palm.

- **Declutter.** If the objects in your house don’t spark joy, ditch them!

- **Add Fika** (the Swedish word for “coffee break”) into your daily life, and enjoy everyday moments of indulgence with friends, family or co-workers.

- **You can never have too many candles!** Candlelight adds warmth and cheer to a gloomy room in winter.

- **Blankets and throws** scattered around your living area soften and warm interior spaces.

- **Come together to share a home-cooked meal.** In Scandinavia, much like many European countries, the social context of sharing a meal matters as much as the food itself.

Whether you savor a cup of coffee or hot chocolate in a candle-lit room, or invite friends over for a simple dinner, hygge is about living in the moment and creating a feeling of contentment, comfort, kinship and simplicity!
Jefferson Health – New Jersey Partners with Project SEARCH to Provide On-the-Job Training for Young Adults with Disabilities

In 2016, then-Kennedy Health embarked on an exciting and gratifying partnership – with the Y.A.L.E. School of Cherry Hill, the New Jersey Division of Vocational Rehabilitation, the NJ Department of Human Services’ Division of Developmental Disabilities, Jewish Family and Children’s Services and the Transportation Autism Project of Rutgers University – to become a Project SEARCH host business.

Founded in 1996 at Cincinnati Children’s Hospital Medical Center by then-Emergency Department Director Erin Riehle, Project SEARCH serves students ages 17 to 21 with developmental disabilities. Four hundred Project SEARCH programs exist in the U.S. and abroad. At the time, Kennedy Health was one of four sites in NJ (all hospitals) and the only one in South Jersey to partner with Project SEARCH.

Student interns report to a dedicated classroom Monday-Friday for classes in the morning and internships at various Jefferson Health – New Jersey departments in the afternoon. Classes include problem solving, teamwork, decision making, resume development and interviewing skills. A full-time teacher and two job coaches work on-site during the school year to support these students.

Seven interns graduated from both the Class of 2016-2017 and 2017-2018. Currently, there are eight students interning at Jefferson Health – New Jersey.

Did You Know Jefferson Health Offers House Calls?

Our specially trained staff in New Jersey understands the challenges that home-bound 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

Call 856-812-6822 for more information or to schedule an appointment.
Primary Care Physicians at Jefferson Health

– Jonathan Shulman, FNP-BC

Why should I seek Primary Care instead of Urgent Care?

A healthful lifestyle is just one aspect of your overall health. Studies have shown that people who have a trusted Primary Care provider have better long-term health outcomes. The best way to guarantee overall health is by having a Primary Care Physician (PCP) familiar with the details of your medical history. Knowing these details will help your PCP develop a wellness plan tailored to your individual health needs.

Primary care offers better continuity than urgent care, since its providers have recent laboratory data, medications, and previous treatments that urgent care may not have access to for the patient. It is easier to follow up on an established or acute condition with a patients’ PCP. Urgent Care Centers cannot guarantee the same provider being able to reevaluate a specific patient’s case.

How do I choose the right PCP for me?

When choosing a PCP, consider their expertise, credibility, and overall personal connection. For example, if someone in your family has a medical history of cardiovascular disease, you may want a PCP with a strong foundation in cardiovascular health. Choosing a PCP whom you trust is the key to successful patient-physician communication.

Jefferson in New Jersey has more than 200 primary care experts to choose from. All of our PCPs are highly skilled and conveniently located where you live and work.

How often should I meet with my PCP?

After finding the right PCP, it is important to schedule regular check-ups. Frequent visits will help build a patient-provider connection that will serve you well.

Jefferson Health’s primary care offices in New Jersey offer same-day appointments and weekend hours, as well as office hours as early as 7:30 a.m. and as late as 10 p.m., to help patients avoid potentially costly and time-consuming visits to the hospital ER, or urgent care centers for acute, but non-emergency, medical situations.

When you need immediate primary care, Jefferson Health has two convenient Care Now, walk-in centers — no appointment necessary, with locations in Stratford (205 E. Laurel Road) and Sewell (565 Egg Harbor Road).

For more information, or to use the online physician directory, visit KennedyIsJefferson.org/MyDoc.

What are the benefits of having a PCP?

One of the benefits of visiting your PCP is that you can discuss a variety of health issues in one appointment. If you are developing a cough, experiencing pain in your shoulder, or feeling anxious, you can mention all of these in one visit. Primary care physicians are not specialists; however, they are trained to catch underlying medical conditions and teach healthy lifestyle habits. A PCP will help coordinate appointments with specialists to get you the care that you need quickly and efficiently. It is important your PCP knows your current medical state so that he or she can provide accurate information to your specialists.

Your PCP can help you with preventative care, identifying and treating common medical conditions, and screening all major health-related conditions.

Need to find a doctor?

Use the online physician directory at KennedyIsJefferson.org/MyDoc to access more than 1,000 primary and specialty care physicians.
For more information, and to register for Women’s and Children’s classes at Jefferson Health in New Jersey, visit: KennedyIsJefferson.org/classes or call 856-582-3098.

Unless otherwise noted, all classes and support groups are held in the Kennedy Health & Wellness Center, 405 Hurffville-Cross Keys Road, Suite 201, Sewell.

**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 Jan. 9, March 6 & May 1
Time: 7 - 9 p.m.

**Weekend Childbirth Education Courses**
When: Two consecutive Saturdays, beginning Feb. 16 & April 20
Time: 8:30 a.m. - 12:30 p.m.

**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: Jan. 6, Feb. 3, March 3, April 7
Mondays: Jan. 21, Feb. 18, March 18, April 22
Times: 7:30 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
Jan. 5 & 12
Feb. 2 & 9
March 2 & 9
April 6 & 13
Time: 8:30 a.m. - 12:30 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
Jan. 19, March 16 or May 18
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)
Time: 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
Jan. 5 & 12
Feb. 2 & 9
March 2 & 9
April 6 & 13
**Time:** 8:30 a.m. - 12:30 p.m.

**Breastfeeding Education & Support**

**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
Jan. 19, March 16 or May 18
**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)
**Time:** Noon - 1:30 p.m.
Varicose Veins 101: Questions Answered and Free Screening
The doctor will go through the basics of varicose veins and venous insufficiency. What are they? What causes them? Should you be worried? Learn how to identify venous disease and what treatments are available in this informal educational session.

When: Tuesday, Jan. 29
Time: 6:30 p.m.
Place: Jefferson Health
1099 White Horse Road
1st Floor Conference Room
Speaker: Dr. Marlene O’Brien
Jefferson Health

Paint Your Stress Away!
Join us as you are led step by step to a finished painting that you can proudly take home that night!

When: Thursday, March 21
Time: 7 p.m.
Fee: $25 (Payment due March 1)
Place: Kennedy Health
& Wellness Center
405 Hurffville-Cross Keys Road
Suite 201, Sewell
Speaker: Nicole Blank
The Blank Canvas Splattered

Myths vs. Realities of Bariatric Surgery
There are a lot of misconceptions about bariatric surgery procedures that create barriers in pursuing a healthier lifestyle. Join us to learn the facts about bariatric surgery.

When: Wednesday, February 13
Time: 6:30 p.m.
Place: Jefferson Cherry Hill Hospital
2201 Chapel Avenue
Lower Level, Room 3
Speaker: Dr. Marc Neff
Jefferson Health

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: Tuesday, Mar. 26
Time: 6 - 8 p.m.
Place: Jefferson Health
1099 White Horse Road
1st Floor Conference Room Voorhees
Speaker: Dr. Gregory Barone
Stephanie Biggs, RD,
LDN, CDE
Jefferson Health

Want to Lose Weight? Focus More on Food Quality, Less on Calories
The quality of calories is what matters most for staying healthy, losing weight, and maintaining those results. Join us to learn how eating high-quality foods can be the key to weight loss.

When: Wednesday, March 27
Time: 6:30 p.m.
Place: Jefferson Cherry Hill Hospital
2211 Chapel Avenue
Lower Level, Room 2
Speaker: Danielle Hall, RD
Jefferson Health

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: Thursday, March 28
Time: 6:30 p.m.
Place: Jefferson Health
1099 White Horse Road
Voorhees
1st Floor Conference Room
Speaker: Dr. Sunny Gupta
Rothman Orthopaedics

Be a Savvy Health Consumer by Subscribing to Our FREE e-Newsletter!
Jefferson Health 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 KennedysJefferson.org/e-news.
Each year, more than 5,000 South Jersey residents attend Jefferson Health’s Life Support Education classes, which are open to anyone age 9 and up.

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 JHNJ-CPR.org. For questions regarding CPR and First Aid, call 856-488-6889, and for questions regarding ACLS/PALS/ENPC/TNCC, call 856-532-6279.

Mind, Body & Spirit Series

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.

Learning the Art of Hygge
In this two-part series (based on the concept of Hygge), we will look at how to live in the moment while learning how to create feelings of contentment, comfort, kinship and simplicity. See p. 2.

These classes are part of a series and intended to be taken together, but participants can sign up for one only.

Red Cross Blood Drives

Jefferson Washington Township Hospital
9:30 a.m. - 7 p.m.
Thursday, March 7
11 a.m. - 8 p.m.
Friday, June 21

Jefferson Cherry Hill Hospital
8 a.m. - 6 p.m.
Thursday, March 21 & Tuesday, May 28

Jefferson Stratford Hospital
8 a.m. - 6 p.m.
Friday, March 29 & Friday, June 7

To schedule an appointment, call Lori Santoro at 856-566-2099.
Fitness & Dance CLASSES

Looking to stay in shape? Jefferson Health offers a wide variety of fitness and dance classes.

Kennedy Health & Wellness Center
405 Hufﬁville-Cross Keys Road
Suite 201
Sewell

Westville Square
Dances by Diane
201 Broadway
Westville

To register, please visit KennedyIsJefferson.org/classes or call 800-547-9007.

Resistance Training - Cherry Hill
Improve core balance, lose inches and tone your entire body with this complete workout. Bring a mat and weights (3 to 5 lbs.).
When: Thursday, Jan. 24
Time: 7:15 - 8:15 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

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: Thursday, Jan. 24
Time: 7 - 8 p.m.
Fee: $50 per person for 8 weeks
Instructor: Carla Maggio

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: Thursday, Jan. 24
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

Washington Twp.
When: Thursday, Jan. 24
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Susan Leblang

Barre Chair Conditioning - Washington Twp.
A chair is used as a Ballet Barre to challenge and sculpt all your muscles. Bring a yoga mat, towel and weights (1 to 5 lbs.).
When: Thursday, Jan. 24
Time: 6 - 7 p.m.
Fee: $90 per person for 10 weeks
Place: Health & Wellness Center
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: Monday, Jan. 21
Time: Session I 5:30 - 6:30 p.m.
Session II 6:45 - 7:45 p.m.
Fee: $75 per person for 8 weeks
Place: Health & Wellness Center
Instructor: Sherri Horner

Stratford
When: Wednesday, Jan. 23
Time: 7:30 - 8:30 p.m.
Fee: $75 per person for 8 weeks
Instructor: Kelly Valente

Gentle Yoga - Washington Twp.
Gentle yoga posture and breathing techniques to relieve mental stress and muscle tension.
When: Monday, Jan. 21
Time: 8 - 9 p.m.
Fee: $75 per person for 8 weeks
Place: Health & Wellness Center
Instructor: Sherri Horner

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

Cha-Cha
Join the fun as you learn this popular Latin dance. Beginners welcome.
When: Tuesday, Jan. 22
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: Wednesday, Jan. 23
Time: 7 - 8 p.m.
Fee: $75 per person (adult) for 8 weeks
$60 per teen (ages 13 to 17)

To register, please visit KennedyIsJefferson.org/classes or call 800-547-9007.
**Thriving After Stroke: Linda Lathrop**

Linda Lathrop doesn’t remember much about that January night. She recalls getting out of the bathtub and sitting in a recliner with a towel wrapped around her. She remembers her husband Bob’s stricken expression and him saying “You’re having a stroke” as she tried to answer him, but found herself unable to speak.

Linda also has a vague memory of EMTs in the ambulance attempting to keep her awake during the drive to the hospital by repeating her name – “Linda, Linda, Linda” – over and over, then thinking about a popular YouTube video where a toddler says those same words repeatedly.

“It comes back to me in bits and pieces,” Linda, 70, says. “From Bob yelling out to our daughter to call 9-1-1, to the drive to the hospital.” At nearby Jefferson Stratford Hospital Emergency Department, a CT scan quickly confirmed a stroke and a blood clot in the Sicklerville resident’s brain.

Linda was immediately transferred to the Jefferson Neuroscience Center of Southern New Jersey, a state-designated Comprehensive Stroke Center located within Jefferson Washington Township Hospital.

Within an hour, she was undergoing surgery. As Jefferson neurosurgeon Hekmat Zarzour, MD, explains, it was imperative to quickly operate to remove the blueberry-sized blood clot to prevent a more catastrophic stroke from occurring.

“Time is brain,” Dr. Zarzour explains. “We had no time to waste. Any delay could result in the type of stroke from which you cannot recover.”

But recover Linda has – something she credits to her husband’s quick-thinking, the expedient, high-level care she received at Jefferson, and extensive rehabilitation/physical therapy.

During her four-day stay at Jefferson’s Neurology Intensive Care Unit, Linda was “visited” each day by a Jefferson Center City-based neurologist with expertise in stroke care. This tele-stroke visit was conducted via a robot device that allowed the consulting neurologist to assess Linda’s progress in conjunction with the onsite team of care providers.

“It was impressive,” Linda said. “I felt like I was getting a lot of great care and attention.”

Aside from some weakness on her left side, Linda has made a near-complete recovery, something that has left her feeling “incredibly grateful and blessed.”

“It could have been so much worse than it was,” she says. “I was lucky to be able to get the care I needed so close to where I live.”

“Linda’s husband got her to the hospital fast,” he said. “That was very important. If someone is having a stroke, the faster you can get them to the hospital, the better.”

- Nicole Pensiero

Dr. Zarzour says the most important “take-away” from Linda’s experience is the importance of acting quickly if someone appears to be having a stroke. According to the National Stroke Association (stroke.org), common signs of stroke include:

- **SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body**
- **SUDDEN confusion, trouble speaking, or understanding**
- **SUDDEN trouble seeing in one or both eyes**
- **SUDDEN trouble walking, dizziness, loss of balance or coordination**
- **SUDDEN severe headache with no known cause**

You should call all 9-1-1 immediately if you observe any of these symptoms. And note the time of the first symptom, as that information can assist caregivers in making treatment decisions.
HOPE (Helping Oncology Patients Exercise)
Open to adult cancer patients of all ages and fitness levels. Research suggests exercise can help cancer patients reduce pain, nausea, anxiety and fatigue, improve ability to perform daily activities and enhance mood.
When: Mondays
Time: 1:15 - 2:15 p.m.
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: Cindy Sporer, ACSM CPT, CES, Yoga Fit
When: Thursdays
Time: 1:15 - 2:15 p.m.
Instructor: Colleen Arnold, ACE, AFAA, CES

Chair Yoga
For the person who finds it difficult to participate in a traditional yoga class due to physical limitations or joint issues. All poses are performed seated or standing, using a chair as support. Benefits include: increased muscle tone and flexibility, reduced stress and pain, and improved mood and overall sense of well-being.
When: Mondays
Time: 1:15 - 2:15 p.m.
Instructor: Cindy Sporer, ACSM CPT, CES, Yoga Fit

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

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

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

Events, Classes and Support Groups for cancer patients and survivors are available at the Sidney Kimmel Cancer Center - Washington Township.
Art Discovery Workshops
Creating art in a nourishing, peaceful environment often allows the mind and body to relax, experience stillness, and enter a zone of acceptance that carries on to daily activities. 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

Tai Chi
A Chinese slow-motion exercise designed to promote good health and longevity by circulating internal energy, or “chi.”

When: Mondays
Time: Noon - 1 p.m.
Instructor: Jerry Devone, CPT

SUPPORT GROUPS

Breast Cancer Awareness and Support
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 Suite 211, Sewell
Facilitator: Cancer Center Team

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.

Dates: 1st Tuesday
Time: 7 p.m.
Place: 900 Medical Center Drive Suite 211, Sewell
Facilitator: Joseph A. Musumeci

Oncology Services at Sidney Kimmel Cancer Center - Washington Township

In the fight against cancer, the right team can make all the difference. Sidney Kimmel Cancer Center - Washington Township patients have access to the latest developments in cancer research, technology and treatment – including oncology services – close to home. From diagnosis through treatment, you can count on the latest advancements in technology and a highly skilled team of Jefferson cancer specialists to provide seamless and effective care.

Cancer Center physicians work cooperatively with Jefferson specialists, maintaining communications and collaboration throughout your care journey. The Cancer Center offers a full range of comprehensive services for cancer prevention, early detection, diagnosis, treatment, rehabilitation, support and follow-up. You will have the peace of mind knowing that wherever you or a loved one are on your journey, we are with you every step of the way.

If more advanced care is needed, the Sidney Kimmel Cancer Center – Washington Township is backed by the power of the Sidney Kimmel Cancer Center – Jefferson Health (an NCI-designated cancer center), providing you with even greater access to world-class care.

CONTACT US
Sidney Kimmel Cancer Center - Washington Township
900 Medical Center Drive
Sewell, NJ 08080
856-218-5324

For more information about services at the Sidney Kimmel Cancer Center – Washington Township, visit KennedyIsJefferson.org/cancer.

Free Smoking Cessation Support Groups & Counseling (Open to All)

When: 2nd and 4th Wednesdays
Time: 3:30 - 4:30 p.m.
Location: Suite 211
Facilitator: Certified Tobacco Treatment Specialist
Registration is required. For more information on counseling, or to register for the support group, please call 856-218-5324.
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:* Wednesdays, Jan. 16, Feb. 20, Mar. 20
*Time:* 7 p.m.
*Place:* Jefferson Cherry Hill Hospital 2211 Chapel Avenue Lower Level, Rooms 2 & 3

**Dr. Adeshoa Fakuju, Jefferson Health General & Bariatric Surgery**
*When:* Tuesday, Jan. 22
*Time:* 7 p.m.
*Place:* Jefferson Stratford Hospital 18 E. Laurel Road Administrative Conference Room

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

*When:* Wednesday, Mar. 13
*Time:* 7 p.m.
*Place:* Jefferson Cherry Hill Hospital 2211 Chapel Avenue Lower Level, Rooms 2 & 3

**Dr. Adam Goldstein, Jefferson Health General & Bariatric Surgery**
*When:* Wednesdays, Jan. 9, Feb. 6, Mar. 6
*Time:* 7 p.m.
*Place:* Jefferson Cherry Hill Hospital 2211 Chapel Avenue Lower Level, Rooms 2 & 3

To register, visit KennedyIsJefferson.org/classes
Registration is required.

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**Bariatric Support Group**
Offers support and information for pre- and post-operative bariatric patients.
*When:* 2nd Tuesday (No Class 1/8)
*Time:* 6:30 - 7:30 p.m.
*Place:* Jefferson Stratford Hospital 18 E. Laurel Road 3rd Floor Room L

**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

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**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

To register, call 856-346-6470.
Breast Cancer Awareness and Support
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 Suite 211, Sewell
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

Dialysis Support Group
A monthly support group with fellow dialysis patients and family members in a non-judgmental, supportive environment.
When: 2nd Wednesday
Time: 2 p.m.
Place: Jefferson Dialysis Center 201 Laurel Oak Road, Suite A Voorhees

When: 2nd Friday
Time: 10:30 a.m.
Place: Jefferson Dialysis Center 300 Medical Center Drive Sewell
To register for Voorhees, call 856-566-5467. For Washington Township, call 856-218-4918.

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
For more information, call Kimberly Brody-Muckenfuss, BSN, RN, at 856-488-6680 (day); 609-519-3113 (evening); or Kimberly.Brody-Muckenfuss@jefferson.edu

Rainbow Group
Groups for adults and adolescents of the LGBTQIA community 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.

Wound Care Support Group
Meeting includes educational presentations, followed by open discussions.
Topic: Stop the Swelling!
When: Wednesday, January 23
Time: 11:30 a.m.
Place: Komfort & Kare Solution Center 425 N. White Horse Pike Magnolia
Speaker: Dr. Lisa Derr Medical Director
All are welcome. Lunch will be served. For more information, or to register, call 856-922-5010.

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

For information about all other Jefferson Health support groups, call 800-547-9007 or visit KennedyIsJefferson.org/support
The Lung Nodule Center at the Sidney Kimmel Cancer Center - Washington Township provides continuation of care for high-risk patients who have been diagnosed with a lung nodule. Lung nodules are abnormal spots, or lesions, on a CT scan. High-risk patients include individuals, ages 55-77, who have a tobacco-smoking history of at least 30 pack-years (meaning they smoked the equivalent of a pack of cigarettes a day for 30 years, or about two packs per day for 15 years); as well as those who are either currently smoking or have quit less than 15 years ago.

Jefferson’s Lung Nodule team provides state-of-the-art medical care for lung nodules. Jefferson’s 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 multidisciplinary approach allows all services to be provided in a single visit, which helps patients get a diagnosis and appropriate treatment or monitoring quickly and easily. Our providers implement a shared decision-making model which allows them to work closely with the patients and their families to tailor care to their specific needs.

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 is a designated Lung Cancer Screening Center through the American College of Radiology (ACR) and a Lung Cancer Alliance Screening Center of Excellence.

To make an appointment or for more information, please call the Sidney Kimmel Cancer Center - Washington Township at 856-218-5324 or visit KennedyIsJefferson.org/mydoc/lung-nodule-center.

‘Care Now’ Walk-In Centers – No Appointment Needed

Whether you need treatment for allergies, or are suffering from a sprain, Jefferson Health in New Jersey offers two convenient locations for you to receive immediate care when you need it. Now you can enjoy Jefferson-quality care just by walking in!

Services for:
- Eye complaints
- Incision and drainage
- Physicals (camp, school, sports)
- Suturing and minor laceration repair
- Tick bites
- Vaccines
- Ear wax removal

Basic Lab Tests:
- Glucose
- Monospots
- Pregnancy
- Rapid flu
- Rapid strep
- STD testing/treatment
- TB skin
- Urinalysis
Fight the Flu, From the Comfort of Your Home

**JeffConnect® Video Visits**
The Faster, Easier Way to See a Jefferson Doctor – Virtually!

With widespread flu everywhere you are, this is no time to be sitting in the doc’s office or ER waiting room for a checkup. The good news is ... you don’t have to. Don’t risk exposure to the flu.

Instead, use the JeffConnect® app to see a Jefferson doctor, virtually, from the comfort of your home – even your bed! Stay warm and cozy while a Jefferson doctor pays you a modern-day house call.

Even if you suspect you’ve been exposed to the flu virus, the CDC recommends taking an antiviral within the first 48 hours of the onset of symptoms to reduce the length of illness. If you are concerned, choose JeffConnect® for the care you need for the flu, fast!

**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 Jefferson Health’s Cherry Hill, Stratford and Washington Township campuses. For more information, call 866-943-4567.

**Behavioral Health Services**
Jefferson Behavioral Health Services provides intensive inpatient, outpatient and partial hospitalization care. Regardless of your age, background or ethnicity, we’ll 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, professionals and other high-functioning adults 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.

**Nutrition Center**
Turn to Jefferson Health for comprehensive nutrition counseling and diabetes education services, offered by highly trained 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.
WELLNESS PROGRAMS FOR SENIORS

PrimeTime

The Conversation of Your Life
Learn how to have an engaging and fruitful dialogue – the “Conversation of Your Life” – to let family, friends, or doctors understand and respect your end-of-life wishes through advance care planning.

When: Wednesday, January 30
Time: 11 a.m.
Place: Jefferson Cherry Hill Hospital
2201 Chapel Avenue
Lower Level, Room 3
Speaker: Michelle A. Gentek-Mayer
Camden County Surrogate

Chronic Obstructive Pulmonary Disease (COPD) - The Basics
COPD affects almost 15 million Americans. Learn what COPD is, how it affects the lungs, the causes, signs & symptoms, and disease management, at this informative lecture.

When: Thursday, February 7
Time: 2 p.m.
Place: Kennedy Health & Wellness Center
405 Hurrayville-Cross Keys Rd.
Suite 201, Sewell
Speaker: The COPD Specialist Team
Jefferson Health

Memory Challenge
The MIND Diet
The MIND diet aims to reduce dementia and the decline in brain health that often occurs as people get older. It combines aspects of two very popular diets, the Mediterranean and the Dietary Approaches to Stop Hypertension (DASH). Join us for a discussion on how to start following this diet.

When: Thursday, March 21
Time: 2 p.m.
Place: Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor Room L
Speaker: Kelsey Thornton, MS, RD
Jefferson Health

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

Short Story Discussion Club
Share the enriching experience of reading short stories. New members always welcome. Pick up copies of the short 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: Jeanne Sevast
Adult Services Library Associate

Horticultural Therapy: Shamrock Shake Arrangement
Ever wonder how to create an appealing St. Patrick’s Day simulated milkshake arrangement using real flowers? Create one of your very own and discover the emotions and symbolism associated with these beautiful flowers.

When: Wednesday, March 13
Time: 2 p.m.
Place: Kennedy Health & Wellness Center
405 Hurrayville-Cross Keys Rd.
Suite 201, Sewell
Speaker: Rachelle Hasenberg
Inspirational Horticultural Therapy

Please register for all programs by visiting our website, KennedyIsJefferson.org/classes, or call 800-522-1965.

Please see pages 18 & 19 for additional wellness programs at Kennedy Fitness: A Jefferson Health Affiliate

Save the Date
National Healthcare Decisions Day 2019
April 18, 2019 ~ 1 - 3 p.m.
Kennedy Health & Wellness Center
Sewell

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Sewell
**Gentle Yoga for Seniors – Cherry Hill**

- **When:** Tuesdays & Thursdays
- **Session I:** Jan. 8 - Feb. 21
- **Session II:** Feb. 26 - April 11
- **Time:** 1 - 2 p.m.
- **Fee:** $56 per session

**Gentle Yoga for Seniors – Mount Laurel**

- **When:** Tuesdays & Thursdays
- **Session I:** Jan. 8 - Feb. 21
- **Session II:** Feb. 26 - Apr. 11
- **Time:** 3 - 4 p.m.
- **Fee:** $56 per session

**Gentle Yoga for Seniors – Mullica Hill**

- **When:** Mondays & Wednesdays
- **Session I:** Jan. 21 - Feb. 13
- **Session II:** Mar. 4 - 27
- **Time:** 2:30 - 3:30 p.m.
- **Fee:** $40 per session

**Gentle Yoga (Chair Flow) for Seniors – Sewell**

Chair sequences based on the principles of yoga.

- **When:** Mondays
- **Session I:** Jan. 7 - Feb. 18
- **Session II:** Feb. 25 - Apr. 8
- **Time:** 2:30 - 3:30 p.m.
- **Fee:** $28 per session

**Gentle Yoga for Seniors – Sewell**

- **When:** Wednesdays
- **Session I:** Jan. 9 - Feb. 20
- **Session II:** Feb. 27 - Apr. 10
- **Time:** 2:30 - 3:30 p.m.
- **Fee:** $28 per session

**Gentle Yoga for Seniors – West Berlin**

- **When:** Mondays & Wednesdays
- **Session I:** Jan. 7 - Feb. 20
- **Session II:** Feb. 25 - Apr. 10
- **Time:** 1 - 2 p.m.
- **Fee:** $56 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:** Jan. 8 - Feb. 19
- **Session II:** Feb. 26 - Apr. 9
- **Time:** 10:30 - 11:30 a.m.
- **Fee:** $35 per session

**Tai Chi – Stratford**

A Chinese slow-motion exercise designed to promote good health and longevity by circulating internal energy or “chi.”

- **Session I:** Tuesdays, Jan. 15 - Feb. 26
  (No class 2/19)
- **Session II:** Wednesdays, Jan. 16 - Mar. 13
  (No class 2/6, 2/20)
- **Time:** 3 - 4 p.m.
- **Fee:** $21 per session or $39 for both sessions

Call 856-566-6746 to register.

**Tai Chi – Westville**

- **When:** Fridays
- **Session I:** Jan. 11 - Feb. 22
- **Session II:** Mar. 1 - Apr. 12
- **Time:** 10:30 - 11:30 a.m.
- **Fee:** Session I $35; Session II $30

**‘Walk This Way’ Walking Program**

- **When:** Tuesdays & Thursdays, Jan. 3 – Mar. 28
- **Time:** 10 - 11 a.m.
- **Place:** Stratford

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**Breakfast and Dinner Clubs**

Membership Card Required. No sharing or substitutions.

**Breakfast Club**

Early breakfast dining from 6:30 - 10 a.m. for only $4 per person. Enjoy the “traditional” with eggs, breakfast meat, and potatoes, or the “power” with oatmeal, fruit, and yogurt. Both include two slices of toast or a bagel, juice (no bottles), and coffee.

**Dinner Club**

Enjoy early dining from 4:30 - 6:30 p.m. for just $6 per person! Includes entrée, vegetable, small soup, small salad, dessert, coffee, and a fountain beverage (no bottles).

**Jefferson Cherry Hill Hospital Cafeteria**

- **Breakfast:** 2nd Monday
- **Dinner:** 3rd Wednesday

**Jefferson Stratford Hospital Cafeteria**

- **Breakfast:** 3rd Tuesday
- **Dinner:** 4th Thursday

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Dress comfortably and bring a water bottle and mat.

Please register and pay at KennedyIsJefferson.org/classes or call 800-522-1965.
The number one resolution people make as the New Year begins is to start exercising or improve their current workout routine. Kennedy Fitness & Wellness is here to help you achieve either goal. With personalized goal setting and monthly reprogramming (changing your workout routine) by nationally certified personal trainers, you can maximize your results and stay motivated!

**Variety of Equipment**
Changing your routine regularly – called “muscle confusion” – requires a diversity of equipment. Each Center offers 12 different equipment lines.

**Boredom Busters**
A full roster of classes will keep you in shape and invigorated. Kennedy Fitness: A Jefferson Health Affiliate offers:

- Functional Training
- Yoga
- Spin
- Zumba
- Tabaticise (short interval, high intensity)
- Kick-Boxing
- Cage (small group training)
- TRX
- Aerial Yoga
- Aquatics and more!

For fitness that will keep you engaged, healthy and happy this year, check out one of our seven Kennedy Fitness locations or visit: [kennedyfitness.org](http://kennedyfitness.org)
Living with Spinal Stenosis
The doctor will cover types of spinal stenosis, common symptoms, and surgical and non-surgical treatments.

When: Wednesday, Jan. 23
Time: 4:30 p.m.
Place: Kennedy Fitness – Sewell
Speaker: Dr. Barrett Woods
Rothman Orthopaedics

Bone Up on Bone Loss
Learn about osteoporosis and how to identify your risk for it, what lifestyle changes can prevent it, how much calcium you need and how to identify changes for fall prevention.

When: Tuesday, Feb. 19
Time: 11 a.m.
Place: Kennedy Fitness – Mullica Hill
Speaker: Brian Duffy, DPT
Jefferson Health

Health Coaching via Your Smartphone
We often complain about being tied to our smartphones, but there are positive aspects – one being, the fact that you can work with a Health Coach right from the palm of your hand. Join us to learn how to use your smartphone to take an active role in your health.

When: Wednesday, March 27
Time: 11 a.m.
Place: Kennedy Fitness – Turnersville
Speaker: Dr. Stephen Lewis
Physical Medicine & Rehabilitation

Ask your Jefferson Provider about a FREE 30-Day Trial at Kennedy Fitness – 800-983-8809
Our Nutrition Center provides outpatient education in diabetes care and self-management in New Jersey, using the expertise of experienced and highly trained healthcare staff.

The Centers are staffed by Certified Diabetes Educators and Registered Dietitians, committed to educating patients on a wide variety of issues related to diabetes, including:

- Checking and monitoring blood sugar levels
- Designing an individualized sample meal plan
- Understanding how exercise can often help people with diabetes manage their condition
- Administering insulin shots, when necessary, and
- Making lifestyle adjustments and helping resolve family issues.

We also offer:

- Individual Counseling
- Insulin Pump and Continuous Glucose Monitoring (CGM)
- Gestational Diabetes Counseling.

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