

Linking You to Quality Care

Welcome to another exciting season of the St. Mary's General Hospital *Senior Link Club*, catering to your health needs and interests. Unless stated, all our programs are free, and registration is easy online at: www.smh-nj.com/events.

MONTHLY MEETINGS

All Senior Link Meetings are now held at St. Mary's General Hospital (SMGH), every 3rd Monday of the month at **2:00 p.m.** in the **Cafeteria Conference Room – 2nd Floor, 350 Boulevard, Passaic, New Jersey**. All meetings are open to the general public. Blood pressure screenings are provided beginning at 1:00 p.m. Refreshments are always served.

10/15/18 – Understanding Arthritis with SMGH's Rheumatologist Louise Albornoz, M.D. –

Arthritis is not a single disease but a complex family of more than 100 inflammatory conditions affecting the musculoskeletal systems of men, women, and children of all ages. Even though it is the leading cause of disability in the US and affects more than 50 million Americans, arthritis is poorly understood. Join specialist **Dr. Louise Albornoz** as she reviews the most common types arthritis, symptoms, treatments and prevention. She will also give advice on diet and exercises that may lessen the impact of this disease.

11/19/18 – When to Call 9-1-1 with SMGH's Director of Emergency Medical Services **Vito**

Cicchetti, MICP – A true medical emergency is an event that threatens your, or someone else's, life and where medical care is needed to prevent death or serious injury. As we get older, the line between a medical emergency and a non-urgent health condition may become blurred. Conditions such as chest pain or a headache may not seem urgent at first but may evolve to become life-threatening in a matter of minutes. Learn how to recognize the signs of a medical emergency with **Vito Cicchetti, MICP**, Director of Emergency Medical Services at St. Mary's General. Vito will also review how to communicate with dispatcher, what to do before and after the ambulance arrives, and what happens in the Emergency Room.

12/4/18 – Senior Link Holiday Party at the *Venetian*, Garfield, NJ - Join your fellow Senior Link members at this annual festive event ushering in the holiday season on **Tuesday, December 4th, 12:30 p.m. – 4:30 p.m.**

Enjoy musical entertainment and a sit-down dinner with cocktail hour, 4 course dinner with a choice from 3 Entrees, along with wine, beer and soda, plus free raffles and door prizes! **Price: \$48**. The Venetian, Garfield, NJ

SUPPORT GROUP

Defibrillator/Pacemaker Group

Support group for patients with internal defibrillators or pacemakers, and their significant others. **Tuesday, November 6th at 12:30 p.m.** in SMGH's 2nd floor Cafeteria Conference Room. Speaker: Cardiac Electrophysiologist **Dr. Atul Prakash**. Lunch will be provided.

SENIOR LINK IS NOW ONLINE

Registering to become a Senior Link member has now become even easier. Simply visit: www.smh-nj.com/SeniorLink and fill out the online application today.

Misplace your Senior Link Program Guide? No problem – the latest guide will always be online as well.

Senior Link Supper Club

Every night, Monday – Friday, 4:00 p.m. – 6:00 p.m., St. Mary's General *Café Maria* serves up delicious dinners including an entrée, side, beverage, and dessert for just **\$5.00** for Senior Link Members. **Senior Link Membership cards must be presented to receive this discount.** Menu hotline: 973-365-4655.



Please note: Senior Link replacement cards will no longer be mailed out. Due to the increased cost of postage, all members in need of a replacement card, may request one for pick up with the cafeteria cashier. Senior Link cards do not expire.

TURN FOR MORE

FEATURED PRESENTATIONS

All the below programs will take place in the St. Mary's General Hospital Cafeteria Conference Room – 2nd Floor, 350 Boulevard, Passaic, NJ. Refreshments will be served. Registration required.

Safety & Security for Seniors – Wednesday, October 24th at 11:00 a.m.

The "golden years" – a period of time when people enjoy their retirement from work and labor, yet, it's also during this time that senior citizens face a new set of safety concerns. Being vulnerable to identity theft, home invasions and physical attacks become more common as we get older. Join the **Passaic County's Sheriff's Office** as they review what proactive steps you can take at home and while traveling to ensure your safety. Also learn how to avoid common scams, and the latest in-home safety and security. **Wednesday, October 24, 2018 at 11:00 a.m.**

Hernias: Symptoms & Treatment Options – Tuesday, October 30, 2018 at 3:00 p.m.

A hernia is an uncomfortable condition in which an organ or bit of tissue slips through a weakness or tear and protrudes unnaturally from the body, many times the result of a weakened abdominal wall. Close to 5 million Americans suffer from hernias, which are common as people age due to factors such as sickness, surgery, poor nutrition or obesity. While not immediately dangerous on its own, an untreated hernia can lead to severe medical complications requiring emergency surgery. Join SMGH Surgeon and Professor at Rutgers-New Jersey Medical School, **Dr. Joseph Oliver** as he reviews the types of hernias, how to recognize their symptoms and the latest advancements in technology available. **Tuesday, October 30, 2018 at 3:00 p.m.** SMGH Cafe Conference Room.

Reflux 101 – Thursday, December 6th at 3:00 p.m.

Due to physical changes that occur with aging, older adults are more likely to experience acid reflux, heartburn, or gastroesophageal reflux disease (GERD). Symptoms of all three include: heartburn, nausea, food regurgitation, and pain when swallowing. Despite overlapping symptoms, acid reflux, heartburn, and GERD are different conditions and require different approaches. Learn more about these common disorders with SMGH Surgeon and Professor at Rutgers-New Jersey Medical School, **Dr. Dustin Cummings**, as well as prevention, latest treatment and management options. **Thursday, December 6, 2018 at 3:00 p.m.** SMGH Cafe Conference Room.

Foot Pain Explained – Tuesday, December 11th at 11:00 a.m.

Foot pain and foot disorders are common concerns for older people. Foot pain makes it harder to walk, impacts balance, and increases your chance of falling. Unresolved pain leads to less mobility resulting in weight gain, weakness, and decreased heart function. The causes of arch, heel, and toe pain may be symptoms of an untreated foot disorder. Join SMGH Podiatrist **Dr. Rajan Patel** as he reviews the most common pain-inducing foot disorders, and offers treatment options to alleviate them. **Tuesday, December 11, 2018 at 11:00 a.m.** SMGH Café Conference Rm.

SPECIAL PROGRAMMING

T'ai Chi Chih: Beginner – Intermediate

T'ai Chi Chih is a gentle moving meditation shown to increase energy, relieve stress, improve balance, and provide various other physical and emotional benefits. SMGH will be providing an 8-week course, meeting **Tuesdays, beginning October 16th, 10:00 a.m. – 11:00 a.m.** at the **B&G Club of Clifton**. Fee: \$40.

AARP's Driver Safety Course

The AARP Driver Safety Program is open to all age groups. Auto insurance companies in most states will provide a multi-year discount to graduates of this course. **Monday, November 26th, 9:00 a.m. – 3:00 p.m.** in SMGH's Cafe Conference Room. Price: \$15 for AARP members, \$20 for non-members.

EXCLUSIVE EXERCISE Discount!

Senior Link Members are entitled to an exclusive discount for the Clifton Recreation Center courses below. **Senior Link Member receive \$10 discount** (Normally \$40 for Clifton residents/\$50 for non-residents). Space is limited. These 6-week courses will take place at the Clifton Community Recreation Center, 1232 Main Avenue, Clifton, NJ. To register for these classes, please contact Clifton Recreation at 973-470-5956, or online at www.cliftonrec.com. Payment must be received before first class. Once enrolled, participants should attend the first class as scheduled as no confirmation will be mailed.

Zumba Gold

Wednesdays, 10/10/18 – 12/5/18, 7:00 p.m.- 8:00 p.m.

Mondays, 10/15/18 – 12/3/18, 10:00 a.m. – 11:00 a.m.

Fridays, 10/12/18 – 11/16/18, 12:00 p.m.- 1:00 p.m.

To register for any Senior Link program listed on this current programming guide, please call Senior Link at 973-365-6021. We reserve the right to cancel an event due to low registration. If you don't see a listing for your particular area of interest, please let us know how we can accommodate you.



St. Mary's General Hospital

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973-365-4300 □ www.smh-nj.com

