



St. Mary's
General Hospital

SENIOR LINK

Fall 2019 Programming Guide

To register for a program, visit smh-nj.com/events or call 973-365-6021

Nationally Recognized, Locally Preferred

St. Mary's General Hospital was awarded a Leapfrog Hospital Safety Award of "A," and a total of eight 2019 *Healthgrades*™ Awards. These awards are significant because they are based on data that is used to compare and evaluate hospital performances nationwide, and are the gold standard measure of patient safety, quality care, and clinical outcomes. This season the Senior Link is offering programming that highlights this high-quality healthcare. Featured this Fall are programs with St. Mary's General's new Director of Geriatric Services, Dr. Waleed Lashin, who is leading our Senior Care inpatient service line, and Dr. Motria Ukrainskyj, medical director of the Hospital's new Breast Health Center.

MONTHLY MEETINGS

*All Senior Link Meetings are held at **St. Mary's General Hospital (SMGH)**, in the **2nd Floor Cafeteria Conference Room, beginning at 2:00 p.m.** Blood pressure screenings are provided beginning at 1:00 p.m. Complimentary refreshments (and Kosher snacks) are served at every meeting. All meetings are open to the general public.*

10/14/19 – Joint Replacements: Separating Myth from Fact with *Orthopaedic Surgeon Dr. Oladapo M. Babatunde* For most people, the idea of joint replacement surgery is not always easy to digest. With the latest technologies, joint replacement surgery has become one of the most reliable and durable procedures in any area of medicine, yet there are myths that still exist today that deter candidates from having the procedure. Join Orthopaedic Surgeon Dr. Babatunde as he reviews myths related to expectations, age, joint durability, and recovery. He will also review preventative measures you can take now to avoid a joint replacement in the future, which include medications, exercise, weight loss, nutritional supplements, and joint injections.

11/11/19 – Low Back Pain in Older Adults with Pain Specialist *Dr. Todd Koppel* Even though general back pain may affect everyone at one point or another, individuals over the age of 60 are more likely to suffer from pain due to degeneration of the joints in the spine. Symptoms of back pain disorders include pain and stiffness in the morning or evening, tenderness when pressed, pain during sleep, leg pain when walking or standing, as well as weakness or numbness. It's important to recognize the differences in the type of pain and their symptoms in order to get effective treatment. Join Pain Specialist Dr. Todd Koppel as he reviews the specific signs of spinal conditions, and the latest options in treatment and prevention for seniors with back pain.

HOLIDAY PARTY

12/3/19 – 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 3rd at 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 of 3 Entrees, along with wine, beer and soda, plus free raffles and door prizes! **Price: \$49.** The Venetian, Garfield, NJ

SCREENING

Breast Screenings plus Mammograms

SMGH, in partnership with NJCEED, will be providing free screenings for those who meet eligibility criteria on **Thursday, October 17, 2019, 8:00 a.m. - 8:00 p.m.** Appointments are required. To register or for more information, please call 973-365-4450.

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.

FEATURED EVENTS

Breast Health for Seniors – *Tuesday, October 22nd at 11:30 a.m.*

Breast cancer is the most common form of cancer found in older women. Statistics show that the older a woman is, the more likely it is she will be diagnosed with the disease. It's vital that women—and their loved ones—know the warning signs, causes, and different types of breast cancer, as well as how and when to get tested, and how it can be treated and prevented. Join **Dr. Motria Ukrainskyj**, Medical Director of Breast Surgery at St. Mary's General, for an interactive presentation discussing these important breast health and breast cancer issues. **Tuesday, October 22, 2019, at 11:30 a.m.** at the Kip Center, 55 Kip Center, Rutherford, NJ 07070. Lunch will be served. Registration required.

The 411 on Metabolic Syndrome – *Monday, November 18th at 12:00 p.m.*

Metabolic syndrome is a cluster of conditions that occur together, significantly increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. The chances of acquiring metabolic syndrome increase as we age, with nearly half of all Americans in their 60s and 70s being affected by the issue. The good news is that there are ways to reduce the impact of metabolic syndrome. Join Family Medicine specialist **Dr. Faisal Nagarwala** as he reviews the specific signs of these conditions, and how to prevent them through lifestyle changes that are possible for everyone. **Monday, November 18, 2019, at 12 noon** in St. Mary's General Hospital's Cafeteria Conference Room – 2nd floor. Lunch will be served. Registration required.

Dementia: Inevitable or Preventable? – *Friday, December 6th at 3:00 p.m.*

Many health-related ailments become inevitable with age. Some of the most worrisome for seniors are disorders associated with Dementia. Dementia is a condition characterized by memory loss and impairment of judgement. Some symptoms of dementia include the inability of understanding or expressing oneself and a lack of overall function that can impact day-to-day independence. Are these disorders preventable? Join St. Mary's General Director of Geriatric Services **Dr. Waleed Lashin**, as he reviews the specific signs and symptoms of dementia, prevention, and treatment options. **Friday, December 6, 2019, at 3:00 p.m.** in St. Mary's General Hospital's Cafeteria Conference Room – 2nd floor. Lunch will be served. Registration required.

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 6-week course, meeting **Tuesdays, October 15th, 22nd, 29th, November 12th, 19th, and 26th, 10:00 a.m. – 11:15 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 4, 9:00 a.m. – 3:00 p.m.** in SMGH's Cafe Conference Room. Price: \$15 for AARP members, \$20 for non-members.

EDUCATIONAL SUPPORT GROUPS

Defibrillator/Pacemaker Group

Support group for patients with internal defibrillators or pacemakers, and their significant others.

Thursday, November 21st at 11:30 a.m.

"Knowing Your Medications." Review of prescription medications, over-the-counter supplements, and interactions, with SMGH's Clinical Pharmacist, **Mirna Hanna**, PharmD, BCMTMS, Cafeteria Conference Room. Free lunch will be provided. Registration required.

Living with Parkinson's Disease: Diagnosis, Lifestyle Measures & Treatment Options.

Thursday, November 14th at 5:00 p.m.

Learn about the latest treatments for Parkinson's Disease and Essential Tremor, deep brain stimulation and surgical interventions for movement disorders with **Dr. Antonios Mammis**, Director, Functional & Restorative Neurosurgery, *Rutgers University*. SMGH's Cafeteria Conference Room. Refreshments served. To register, please call 631-521-4874.

To register for any Senior Link program listed on this programming guide, please visit smh-nj.com/events or call 973-365-6021.

GET ONLINE! Be the first to learn about free events! Register your email address with Senior Link by emailing us at SMHP-SeniorLink@primehealthcare.com



St. Mary's General Hospital

350 Boulevard, Passaic, NJ 07055
973-365-4300 □ www.smh-nj.com

