

healthy living

A calendar of events and programs to boost the health of our community



Eat, Sleep, Pray: The Art of Balance

This special series integrates nutrition, sleep science, and spiritual reflection for a holistic approach to well-being. Our experts will guide you toward a more balanced and fulfilling life through Holy Name's mission of "Great medicine. Soul purpose."



PART 1 **The Therapeutic Value of Prayer**

Explore the connection between faith and wellness. Learn how prayer can be a powerful tool for healing and improving your health.

WHEN: Tuesday, March 11
11:00 am–12:00 pm

WHERE: Virtual

SPEAKER: Fr. Patrick Okafor
Director, Pastoral Care



PART 2 **Nutrition News You Can Use**

This National Nutrition Month, separate nutrition facts from fiction as well as noise from evidence-based recommendations.

WHEN: Tuesday, March 18
1:00–2:00 pm

WHERE: Virtual

SPEAKER: Registered dietitian TBA



PART 3 **Dream Big: Sleep as a Path to Well-Being**

Did you know that nearly one-third of your life is spent sleeping? Learn about the profound impact that sleep has on your overall health.

WHEN: Tuesday, March 25
1:00–2:00 pm

WHERE: Virtual

SPEAKER: Aimee Jengo, MBA, MPA
Manager, Center for Sleep Medicine

Wellness & Prevention Programs and Events

Practical Stress Management Strategies for a Healthier You

Learn practical tools and techniques to effectively manage stress in your daily life. Take the first steps toward a more balanced and resilient you.

WHEN: Tuesday, January 7, 2:00–3:00 pm
WHERE: Leonia Public Library, 227 Fort Lee Rd., Leonia, NJ 07605
SPEAKER: Olivia Van Vorst, BA, BSN, RN, MED-SURG-BC
Community Outreach Nurse

Registration required. Call 201-833-3336 to register.

Start the Year with Support: A Caregiver Resource Event

Start the new year by embracing fresh self-care strategies and coping methods to help you thrive as a caregiver. Take this opportunity to rejuvenate and restore your mind, body, and soul, ensuring that you can better manage the challenges you may face as a caregiver.

WHEN: Wednesday, January 8, 12:00–1:00 pm
WHERE: Virtual
SPEAKER: Alison Hinds, MSW, LSW
Home Care Social Worker

EmpowerHER: Cervical Cancer Awareness

According to the American Cancer Society, cervical cancer is highly preventable and treatable. Join us for a discussion on the importance of cervical health screening and education on preventive measures to protect, empower, and be your healthiest self ever.

WHEN: Wednesday, January 22, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Maria B. Schiavone, MD, FACOG, FACS
Gynecologic Oncologist

New Year, New You: A Clean Eating Event

Watch a live cooking demonstration and get practical tips to kickstart your year with clean, nutritious food.

WHEN: Friday, January 24, 2:00–3:00 pm
WHERE: New Milford YMCA, 256 Azalea Dr., New Milford, NJ 07646
SPEAKER: Megan Triolo, MS, RDN
Registered Dietitian

My Healthy Heart

Dr. Zankhana Raval, an expert cardiologist, will share tips for keeping your heart in top shape.

WHEN: Wednesday, February 5, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Zankhana Raval, MD, FACC
Cardiologist

Getting to the Heart of Stroke Risk

In recognition of American Heart Month, join our team as we discuss the link between brain and heart health.

WHEN: Wednesday, February 12, 6:00–7:00 pm
WHERE: Virtual
SPEAKERS: Marissa Siegel, MSN, RN-BC, SCRNP
Stroke Coordinator
Andrew Fruhschien, DNP, RN, NP-C
Nurse Practitioner, Cardiologist

Practical Tips for a Healthier Gut

Worried about colon or rectal cancer? Join Dr. Karmina Choi, a colorectal surgeon and proctologist, to gain insight into your own digestive health. You'll learn practical tips for taking control and making positive change.

WHEN: Wednesday, March 5, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Karmina Choi, MD, FACS
Colorectal Surgeon

Knee Deep in Innovation:

The Latest Information about Knee Replacement

Expert orthopedic surgeon Dr. Dennis Pfisterer Jr. will present an overview of knee replacement surgery that highlights the latest advancements and techniques in the field, including smart knee technology.

WHEN: Wednesday, March 12, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Dennis Pfisterer Jr., DO
Chief of Orthopedics

What Every Woman Should Know about Their Pelvic Floor

This presentation will familiarize women with different pelvic floor conditions. We will discuss symptoms, treatments, and how to seek help.

WHEN: Wednesday, March 26, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Diana Domingo Hearn, DO, FACOG
Urogynecologist

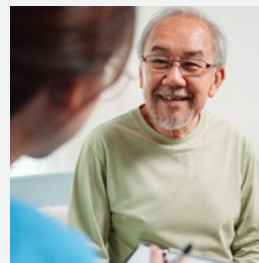
Zooming in on Heartburn

About 60% of adults experience some type of reflux each year. If you fall into that category, we invite you to attend this no-cost GERD seminar. We'll provide information on the GERD/Heartburn Center here at Holy Name, strategies for managing reflux, and a brief introduction to members of our care team. There will also be a Q&A session at the end.

WHEN: Wednesday, April 2, 6:00–7:00 pm
WHERE: Virtual
SPEAKER: Omar Bellorin-Marin, MD, FACS, FASMBS
Medical Director, Bariatric Surgery

Time to Quit Tobacco Seminar

It is never too late to quit tobacco. Join us to learn how to start your quit tobacco plan and develop the motivation to succeed. You'll learn about behavioral change tools, community resources, and creating a plan that works for you.

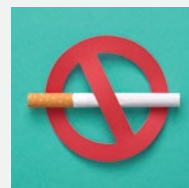


For more information and to register, call Holy Name Community Health at 201-833-3336.

Friday, Jan. 10, 12:00–1:00 pm
Friday, Feb. 14, 12:00–1:00 pm
Friday, Mar. 14, 12:00–1:00 pm
Friday, Apr. 11, 12:00–1:00 pm

Tobacco Cessation Support Forum

This no-cost tobacco cessation support group is for anyone who wants to quit smoking cigarettes or other tobacco products. Small group sessions provide community resources, education, and tactics for coping with common withdrawal symptoms. For more information and to register, call Holy Name Community Health at 201-833-3336.



All events are virtual unless indicated otherwise. To register, visit holyname.org/events or call 201-833-3336.

Wellness Wednesdays: Virtual Meditation Series

Recharge Your Body, Mind, and Spirit

Learn how to meditate and use affirmations in our instructor-led series. These programs can help you feel better and find a deeper sense of balance in body and mind.



Heart-Centered Meditation: Reducing Stress by Integrating Heart Qualities into Daily Living

The heart is the strongest bioelectrical and magnetic force in our bodies. Practicing heart-centered meditation opens the doorways between mind, body, and spirit. This easy-to-learn meditation technique focuses on positive emotions to reduce stress and rejuvenate health and well-being.

WHEN: Wednesday, February 19, 12:00–1:00 pm
WHERE: Virtual
SPEAKER: Janet Post, MSN, RN, NC-BC, NBC-HWC, CHT
Community Health Outreach Nurse

Spring into Wellness

Join us for a meditation that draws on the energy of spring to refresh your mind, body, and soul.

WHEN: Wednesday, March 19, 12:00–1:00 pm
WHERE: Virtual
SPEAKER: Jeri Kadison, MA, CCC-SLP, *Meditation Instructor*

All events are virtual unless indicated otherwise. To register, visit holyname.org/events or call 201-833-3336.

MEL is Coming to a Neighborhood Near You

Holy Name is proud to partner with local groups to bring the Mobile Education Lab (MEL) to the community. Stop by this upcoming event and learn simple steps to living a healthier life.

MEL in the Township of Teaneck: File of Life

WHEN: Friday, April 25
11:30 am–1:00 pm
WHERE: Teaneck Municipal Lot
818 Teaneck Rd.
Teaneck, NJ 07666



For more information, please visit holyname.org/events or call 201-833-3336. Check out our online calendar for future MEL events.

Take Control of Your Diabetes



Holy Name Diabetes Center

Embark on a journey to wellness with help from Holy Name's Diabetes Center, accredited by the American Diabetes Association. Our Certified Diabetes Care and Education Specialists (CDCES) provide expert guidance and personalized support. Whether you're dealing with pre-diabetes, type 1, type 2, or gestational diabetes, you can take proactive steps toward a healthier and more vibrant life.

Diabetes education and supplies are covered by Medicare and most private insurances. We speak English, Spanish, Korean, and Russian. To learn more or to schedule an appointment, call 201-833-3371.

Diabetes Support Forum

Thursday, January 2, 1:00–2:00 pm
Thursday, February 6, 1:00–2:00 pm
Thursday, March 6, 1:00–2:00 pm
Thursday, April 3, 1:00–2:00 pm



Check out our online calendar for events celebrating Black History Month in our community. Visit holyname.org/events or call 201-833-3336 for details.

Childbirth & Parenting

All parenting, birthing, and childcare classes are available to everyone at no cost.

Visit holyname.org/birthplace for dates of upcoming classes and to register.

The Journey of Pregnancy to Newborn Care

Learn what to expect from all phases of pregnancy, the delivery process, and the transition to caring for your new family member.

Parent Support Group

Come join other parents for a monthly conversation about parenthood.

Breastfeeding Preparation

Breastfeeding is natural but it doesn't always come naturally. Make it easier by learning how lactation works, how to position yourself and your baby, signs of a successful latch, hunger and satiety cues, and how to use your breast pump.

Preparación para la Lactancia (español)

La lactancia materna puede ser difícil. Hágalo más fácil aprendiendo cómo amamantar, con instrucciones sobre posicionamiento, mamando y cómo saber cuándo su bebé está recibiendo suficiente leche.

Infant & Child CPR

This video course from the American Heart Association teaches infant, child, and adult CPR, as well as defibrillator use and how to relieve choking. For information, call 201-833-3010 or visit holynamectc.enrollware.com/schedule.

ESPECIALLY FOR SENIORS

Senior Health & Resource Fair

Join us at the New Milford YMCA to connect with Holy Name experts and get strategies for enhancing health, independence, and quality of life. We'll also be offering blood pressure screenings; weight, stroke, diabetes, and fall risk assessments; cancer support; insurance counseling; and more!



WHEN: Friday, April 4, 9:00 am–12:00 pm

WHERE: New Milford YMCA
256 Azalea Dr.
New Milford, NJ 07646

Advance Care Planning: Your Decision Matters



Do you know what healthcare treatments you would and would not want if you could not speak for yourself? Do other people know what your wishes are? Learn the value of advance care planning.

WHEN: Tuesday, April 29, 6:00–7:00 pm

WHERE: Virtual

SPEAKERS: Tracey Arnauer, MSW, LCSW
Director of Social Work

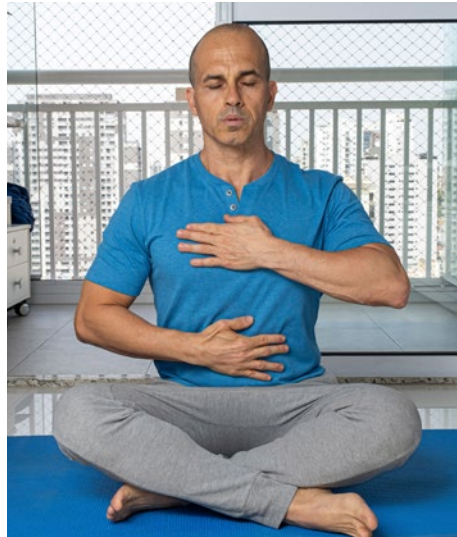
Lisa Blumer, MSN, RN, CHPN
Palliative Program Manager

Cancer Support Community at Holy Name

Cancer Center Programs

The Cancer Support Community (CSC) at Holy Name offers no-cost cancer support programs for anyone impacted by cancer, including patients, survivors, caregivers, and family members. CSC provides both in-person and virtual programming during daytime and evening hours. We offer:

- support groups
- fitness classes for all levels
- healthy cooking classes
- meditation sessions
- yoga and chair yoga sessions
- Qigong and tai chi classes



Our Coping through Cancer support group is open to people with all types of cancer. We also have specialized support groups for people with breast cancer, gynecologic cancer, and prostate cancer.

To register for programs or groups, visit holyname.org/cancersupport.

Cancer Support Community

National Resource Specialists
888-793-9355

Support groups in other languages:

Korean Medical Program Cancer Support Program

To register, contact Mi-Young Chung at 201-833-3399

Chinese Medical Program Cancer Support Program

To register, contact Anna Hong at 201-833-3388

Spanish-Speaking Cancer Support Group

Apoyo al Cáncer
Call/llame 201-541-6374

For more information:

David Igel

Director, Cancer Support Community
201-833-3392
digel@holyname.org

Creamer Family Physical Rehabilitation Center

Physical, Occupational, and Speech Therapy

Rehabilitation is a vital part of recovery. Holy Name's Physical Rehabilitation Center can help you improve strength, flexibility, range of motion, and endurance. Rehabilitation services are available to everyone at two state-of-the-art facilities in Teaneck and Oradell, regardless of where you had surgery. Sessions are by appointment, with convenient hours including nights and weekends. We are in-network with most insurances. Services require a physician's referral.

To learn more, go to holyname.org/physicaltherapy.

Teaneck location:

718 Teaneck Rd.
Teaneck, NJ 07666
201-833-3085

Oradell location:

514 Kinderkamack Rd.
Oradell, NJ 07649
201-265-1076



The Russell Berrie Institute for Simulation Learning

The Institute for Simulation Learning offers a wide range of courses and certifications, including CPR, AED use, First Aid, Basic Life Support, Advanced Cardiac Life Support, and Pediatric Advanced Life Support. Courses can be provided at Holy Name or as a group training at a location of your choice.



Family & Friends CPR

The Family & Friends CPR course is for people who want to learn CPR but do not need to be certified for a job. This course is ideal for community groups, new parents, grandparents, and babysitters. The Family & Friends CPR Course teaches the lifesaving skills of adult hands-only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and how to clear blocked airways. Skills are taught in a dynamic group environment using the American Heart Association's research-proven "practice-while-watching technique," which provides students with the most hands-on CPR practice time possible. For more information, visit holynamectc.enrollware.com/schedule.

Safe Sitter®

Safe Sitter® teaches children ages 11-14 how to properly care for younger children. The comprehensive program also teaches life and business skills, preparing young babysitters through fun activities and role-playing exercises. For more information, visit www.simulationlearning.org/safe-sitter.asp.

Insurance Counseling

Holy Name provides free, unbiased assistance from certified insurance counselors to help you fully understand your health insurance options. To make an appointment, call 201-379-5725 or email insurance@holyname.org.

Weight Loss Surgery Seminar

If you are considering weight loss surgery, join us for our next virtual educational seminar led by Dr. Omar Bellorin-Marin, Medical Director of Bariatric Surgery at Holy Name. Topics will include an introduction to Holy Name's Bariatric Program and members of our care team, what to expect if you choose to move forward with weight loss surgery, and a Q&A session. For more information, call 201-833-3444.

Support Groups

If you are facing a serious illness, a major life change, or a significant amount of stress, you don't have to face it alone. Holy Name support groups are here to help.

Cancer Support

David Igel

201-833-3392 / digel@holyname.org

Diabetes Center Support Group

Hilda Hernandez-Sepulveda, BSN, RN, CDCES

201-833-3371

hhernandez-sepulveda@holyname.org

To register, visit holyname.org/events.

Stroke Support

Marissa Siegel, MSN, RN-BC, SCRNP

201-833-7053 / mbrown@holyname.org

To register, visit holyname.org/events.

Bereavement Counselors

Grace M. Brockel, MSW, LSW

Patricia McLaughlin, MSW, LSW

Donna Rasulo, MSW, LSW

Our bereavement counselors provide tools and guidance to help you manage your grief. Support groups and monthly workshops are available as well.

To register, call 201-833-3000, ext. 7580.

Caregiver Support Group

Alison Hinds, MSW, LSW

201-833-3740

aedwards@holyname.org

Holy Name Home Care

Holy Name Home Care provides registered nurses on call 24 hours a day to help patients recuperating in their own homes after leaving the hospital, a rehab facility, or a recent visit with their provider. Home care professionals offer nursing care; physical, occupational, and speech therapies; nutrition support; and social work services. For further information, call 201-833-3740.



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Winter/Spring 2025



Start your journey in our state-of-the-art health and wellness center. We provide individual medical, fitness, nutrition, and sleep services as well as expert-guided programs tailored to your unique needs. Enjoy personal training, Pilates, spin class, saunas, massage therapy, and so much more on your path to the new you!
For more information, call 201-262-4626 or visit hnhfitness.com.



Be a hero: Donate blood!

Holy Name blood drives are held throughout the year in partnership with the New Jersey Blood Services Division of New York Blood Center. Donating is fast, easy, and saves lives.

For more information, please visit nybc.org/donate or call 800-933-2566.