

HEALTH CALENDAR

ongoing

Mommy and Baby Care Group meets weekly at Palisades Medical Center - New mothers with babies ages 2-16 weeks can get info and support every Thursday from 11 a.m. to 1 p.m. in the PMC Auditorium. Discussion topics include caring for baby, understanding changes in mother's body and powerful hormones during the postpartum period. The Group is led by a board certified lactation consultant to offer breastfeeding support. No reg-

istration is required. For more info, call Robin Petrick at (201)295-4823, call to confirm the morning of class.

✓ **Alzheimer's Association Support Groups: Jersey City Medical Center**, 355 Grand Street, Jersey City, Rachel Bogom and Lisa Nathari, (201)915-2041, meets every third Tuesday at 6:30 p.m. Also, Secaucus Library, 1379 Paterson Plank Rd., Secaucus, Louise Munsch and Eydie Shapiro, (201)340-2238, meets every first Monday at 4:00 p.m. 24-hour helpline, 1-800-272-3900, or visit www.alz.org/nj.

✓ **The Ostomy Alliance of Jersey City (OAJC)** will offer **free assistance**,

guidance and support for those who have undergone a bowel or bladder ostomy (including a colostomy, ileostomy or urostomy), on the first Monday of every month starting June 6 at Jersey City Medical Center, conference room 9 at 355 Grand Street Jersey City. RSVP: Larry Pilarski (201) 339-5251.

Al-Anon meetings are being held on Sundays 7:30p.m. - 8:30 p.m. at the **Church of Our Saviour** 191 Flanagan Way, Secaucus. Al-Anon is a **support group** for friends and family members who are affected by someone else's drinking. For more info, contact Adele (201) 864-2095.

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Jersey City Medical Center to offer free diabetes education program

On Thursday, April 4 from 6:30 to 7:30 p.m., Jersey City Medical Center will host a class on the safe use of diabetes medications at the hospital's campus, located at 355 Grand Street. The presenter will be Dr. Michelle Centrella, a registered pharmacist at the hospital.

"All patients with diabetes and their families have questions regarding medications, which is why attendance at this class should be of particular interest," said Nancy Rodrigues, RN and certified diabetes educator at Jersey City Medical Center, who facilitates the program. "A diagnosis of diabetes can be scary and overwhelming, as it's an insidious disease that contributes to cardiovascular disease, loss of vision, nerve damage or amputation if not managed properly. Our intention in offering the program is to educate and empower our patients with diabetes and their family members on how to manage the condition effectively."

The primary goal of diabetes self-care management education is to provide knowledge and skills training, and to help individuals identify barriers, facilitate problem-solving and develop coping skills.

Family members of diabetics are also encouraged to attend.

To register for the free class, contact Corraine Lisio at Clisio@libertyhcs.org or (201) 915-2948. Space is limited. Attendees must pre-register to participate in the class.

see **BRIEFS** page 10

JCMC offers prenatal breastfeeding classes for 2013

Jersey City Medical Center will continue to hold its prenatal breastfeeding classes in 2013. Classes take place on the fourth Wednesday of each month (with the exception of November and December).

The classes will be held from 6 - 8 p.m. in the hospital's 4 East conference room and cost \$25 per session. They will feature a combination lecture and movie presentation with topics as How Breastfeeding Works; When To Feed Your Baby; How Much Is Enough; and Breast Care.

Registration forms must be filled out prior to the class date.

The Jersey City Medical Center recently received an "A" rating from The Leapfrog Group, an independent national nonprofit group, for patient safety. In addition, it is the only hospital in Hudson, Union and Essex counties to be recognized with the Magnet Award for Nursing Excellence.

To register for either class, contact coordinator April Major at (201) 521-5900.

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JC, for more info call (201) 915-2058 or (201) 915-2897.

Jersey City Medical Center is hosting a **free bereavement support program** for individuals coping with the loss of a loved one. Meetings are held the third Wednesday of each month at 6:30 p.m. – 7:30 p.m. in conference room 5 at the hospital .355 Grand St.

Jersey City Medical Center prepares for flu season, offers tips on how you can too

Jersey City Medical Center has taken added precautions to care for those affected by the flu epidemic.

The hospital has additional staff on duty not only to treat the seasonal flu, but a separate norovirus as well. To limit the spread of illness, patients may find staffers wearing surgical masks. Limitations have been placed on visitors and contagious patients are being isolated.

No visitors who have the flu or flu-like symptoms will now be allowed to enter the hospital and no visitors under the age of 18 will be permitted to visit patients in any department.

“We have taken these precautions to protect the health of our patients, visitors and staff,” said Joseph F. Scott, president and chief executive officer. “These steps will remain in place until the severity of the situation decreases.”

Jersey City Medical Center suggests the following for those feeling ill:

- Get a flu shot if you haven't. The Department of Health website offers places where you can get vaccinated at <http://www.state.nj.us/health/flu/findflushot.shtml>
- Contact your local drug store to find out if they have the vaccine.

- You should get the flu shot if you are over the age of 65; have a chronic health condition; or around infants less than six months of age and/or individuals with a serious health condition or compromised immune system.

- Continue to wash your hands often with soap and warm water, get plenty of rest, eat healthy and exercise.

- If you show signs of illness, the hospital recommends the following:

- Cover your mouth when sneezing or coughing.
- Stay home from work or school.
- Call your primary care provider first before going to the hospital. He or she can most likely treat you.
- If you are seriously sick, the hospital recommends:
 - Go to a hospital emergency room if you can't reach your primary care provider and are showing severe symptoms, such as difficulty breathing, constant vomiting, dizziness or disorientation or symptoms that temporarily improve but return with a higher fever or worse cough.
 - Go to the emergency room if you have an underlying medical condition such as emphysema or COPD that is made worse by flu symptoms.