Stay Healthy This Winter!

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PROTECT YOUR SKIN FROM THE COLD WEATHER WITH THESE 7 TIPS

By Sarah Beggs, Dermatologist at Jefferson Health New Jersey

Whether our hands are cracking or our lips are chapped – we’ve all been there. It’s not surprising that the cold, dry weather can wreak havoc on our skin if we’re not careful. This happens because the moisture has left the air, and thus our skin, making it vulnerable and itchy.

Luckily, with just a few simple tips, it’s easier than you think to keep your skin in optimal condition throughout the winter season.

In addition to dry skin, some people may experience worsened acne this time of year, which can occur for various reasons. The cold strips away natural barriers in the skin, allowing acne bacteria to grow. Also, with less exposure to UV light, which has anti-inflammatory and antibacterial benefits, acne can worsen. These proper moisturizing techniques are an essential component to managing acne.

If you use acne medication, keep in mind that during the winter you may need to cut back on how often you use it, because of how much it dries out the skin. While it may appear to have adverse effects, it’s important not to make any drastic changes to your skin care regimen unless advised by a dermatologist.

Remember, when it comes to skin care, consistency is key! Don’t fall behind and try to use a heavy moisturizer only once a week to make up for all the days you missed. When you add proper moisturizing to your daily hygiene regimen, you can kiss flakey and irritated skin goodbye.

Sarah Beggs, MD, treats adults and children (6-weeks-old and up), and has a clinical focus in medical dermatology and cosmetic Botox. To schedule an appointment, call 856-557-6023.
Life After Cancer: HOW SURVIVING OVARIAN CANCER SHAPED JENISE INTO AN ADVOCATE

When Jenise Sienkiewicz, 43, of Burlington County, started experiencing lower-back pain – from what she suspected to be kidney stones – she had no idea what diagnosis was to come, and what would completely repave the road ahead of her.

After an eventual CT scan revealed two huge masses on her ovary in the summer of 2018, Sienkiewicz was referred to Dr. Robin Wilson-Smith, Medical Director of Gynecologic Oncology Services at the Sidney Kimmel Cancer Center – Washington Township. She underwent surgery shortly after her first visit and was diagnosed with ovarian cancer.

Several weeks of chemotherapy took a toll on Sienkiewicz, but she persevered. Some days, she felt unable to get out of bed, but many acts of kindness – from family, friends, and even people she hadn’t spoken to in years – replenished her strength.

“There was an incredible outpouring of people helping me in every way they could,” Sienkiewicz said, “My daughter, mom, and fiancé are my biggest supporters. Thanks to them, I was able to walk into every chemo session as if I were about to ‘win the championship game.’”

Now, cancer-free, Sienkiewicz finds herself being the advocate she never knew she could be.

Having recently attended an ovarian cancer awareness run/walk, surrounded by family, friends, and women who were virtual strangers to her, she has a new perspective on survivorship.

“Seeing so many other women that have gone through the same thing as me felt surreal and uplifting,” said Sienkiewicz. “It hit me that this walk was for women like me. I’ve never felt more blessed.”

It’s important to Sienkiewicz that more women understand the prevalence of ovarian cancer and how it can happen to anyone. “Even though, statistically, ovarian cancer is not as common as breast cancer, it has a similar and severe impact that needs to be shared. Both of these diseases are incredibly life-threatening to women.”

Sienkiewicz recently learned that she carries a gene mutation, placing her at high risk for breast cancer. In the future, she’ll be facing a double mastectomy.

“All I can tell myself is that I can’t control the past, and I can’t control the future,” continued Sienkiewicz. “Dr. Robin Wilson-Smith really instilled this in me. Instead of worrying, I just take it one day at a time and enjoy the moment that I’m in. It’s the best advice I could give anyone.”

She attributes much of her peace of mind to the entire gynecologic oncology staff. “Everyone made me feel special, cared for, and comfortable. Dr. Robin Wilson-Smith and Tracy Reynolds, RN, are down-to-earth and beyond accommodating.”

Sienkiewicz urges other ovarian cancer survivors and families to advocate with her and to take their experiences into their own hands.

“You can’t let cancer defeat you. You have to defeat it,” said Sienkiewicz. “I strongly believe that if you have the right, positive mindset, you can tackle any obstacle that comes your way, and I believe that this happened to me for a reason.”

— Sarah Galzerano

BE A SAVVY HEALTH CONSUMER

HealthView on the Go!
Do you want to go paperless and have HealthView delivered to your inbox rather than your home? Sign up at JeffersonHealth.org/NJpaperless

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 JeffersonHealth.org/NJe-news.
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

Candlelight Yoga
All-level adaptive yoga open to cancer patients and survivors looking to catch their breath, relax, restore, and recharge.
When: Tuesdays
Time: 7 - 8 p.m.
Instructor: Tami Musumeci-Szabo
PhD, RYT

Chair Yoga
All poses are performed seated or standing, using a chair as support.
When: Wednesdays
Time: 1:15 - 2:15 p.m.
Instructor: Cindy Sporer, ACSM CPT, CES, Yoga Fit

HOPE (Helping Oncology Patients Exercise)
Open to adult cancer patients of all ages and fitness levels.
When: Mondays
Time: 1:15 - 2:15 p.m.
Facilitator: Cindy Sporer, ACSM CPT, CES, Yoga Fit

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

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

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.
Please bring your own supplies and materials.
NOTE: Sessions are non-instructional.
When: Tuesdays
Time: 10 a.m. - Noon

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
Coping with Cancer: Strategies for Managing Life after a Cancer Diagnosis
A diagnosis of cancer may cause many emotions, such as fear, anxiety, and sadness. This class will give you tips to manage and cope with these emotions.
When: Fridays
Time: 11 a.m. - Noon
Speaker: Abigale Hassel, MSW, LCSW, OSW-C

Keep Moving – Benefits of Exercise for Patients with a Cancer Diagnosis
Learn benefits of engaging in a regular exercise routine, and the importance of staying active, to optimize physical stamina and mental well-being.
When: Tuesdays
Time: 1:30 – 2:30 p.m.
Speaker: Stacey Leady, PTA

Nourishing Our Bodies during a Cancer Diagnosis
Learn about healthful guidelines, supplements, and nutrient-dense foods, such as those with vitamins, minerals, complex carbs, lean protein, and healthy fats – to maximize nutrition during a cancer diagnosis.
When: Mondays
Time: 3 - 4 p.m.
Speaker: Danielle Hall, MS, RD

Preparing for Chemotherapy and Immunotherapy
This class will provide education and support for patients and their caregivers preparing to receive chemotherapy and/or immunotherapy treatment.
When: Wednesdays
Time: 4:15 – 5:15 p.m.
Speaker: Stacey Jacobs, RN, OCN
Traci Loud, RN, OCN
Susan Schact, BSN, RN
Allison Gibase, RN, OCN

What is a hematologist-oncologist?
A hematologist-oncologist is a physician who specializes in the diagnosis, treatment and/or prevention of blood diseases and cancers.

Why should potential patients choose the Sidney Kimmel Cancer Center – Washington Township for Medical Oncology services?
The Sidney Kimmel Cancer Center – Washington Township offers a full range of comprehensive, personalized services for cancer prevention, early detection, diagnosis, treatment, rehabilitation, support, follow-up, and survivorship. We provide patients with access to the latest developments in cancer research, technology, and treatment, close to home.

What services are offered at the Medical Oncology & Infusion Suite?
Patients have the ability to meet with their hematologist and/or medical oncologist and receive treatment within our center. We offer infusion services for the administration of chemotherapy and immunotherapy, transfusion services, and a full laboratory. Genetic consultation services are available, and our active Center for Hope & Healing provides many complimentary supportive care services to assist patients during their cancer journey.

What are some recent advances in Medical Oncology that patients should know about?
Extraordinary progress continues to be made in our ability to understand, prevent, diagnose, and treat cancer. Genomic testing allows a personalized treatment approach to the unique characteristics of a patient’s cancer. Cancer immunotherapy can stimulate one’s own immune system to work harder and smarter to attack cancer cells. Improvements in palliative care allow us to focus on our patient’s nutrition, morale, support system, and overall well-being.

What is the most rewarding part of your job?
Developing long-standing relationships with patients and their families is the most rewarding part of my job. As the majority of the conditions I treat are chronic in nature, being able to take on the role of counselor, healer, and confidant brings me great joy. Working with such a comprehensive team here at Jefferson, I know that my patients have access to the latest developments in cancer care. My ability to add days to patients’ lives, and more so, add life to patients’ days, is what makes me excited to come to work every day.
Her Birth, Her Way
HOW A PERSONALIZED BIRTH PLAN PROVIDED PEACE AND LASTING MEMORIES

After moving from New York, Voorhees resident Kristyna Underwood was hesitant to find a new OB/GYN to care for her during her second pregnancy. After a family recommendation, Kristyna made her first appointment with Dr. Jennifer Hummel of West Deptford Women’s Specialty Care.

Having had a cold and callous care experience during her first delivery, creating difficult memories, Kristyna came to Dr. Hummel with personal requests. Dr. Hummel knew how important it was to work with Kristyna on a personalized birth plan, keeping her involved and, more importantly, at ease. Kristyna’s journey would be something she’d be happy to remember for years to come.

“Personalized birth plans have helped many moms make their birth experience their own. They help ensure not only a great experience, but a safe one,” said Dr. Hummel. “It’s important to discuss the plan in the office, several weeks prior to your due date. There may be limitations to what requests we can fulfill, but we can always compromise.”

Personalized birth plans often cover the basic information of the parents, physician, and hospital; the atmosphere of the delivery room; delivery method; and post-pregnancy care. Parents may ask for specific music to be played during delivery, the lights to be down, to receive or not receive an epidural or other pain meds, to have a photographer or videographer present, and much more.

For Kristyna, her primary request was to have a labor and delivery team of all female professionals, and for Dr. Hummel to deliver her baby.

Dr. Hummel’s compassion and sympathy were clear. Her bedside manner and honesty told me I could trust her,” said Kristyna.

Everything was going as planned. However, when Kristyna’s C-section was moved up, Dr. Hummel was unsure if she’d be able to be there.

“It’s normal for birth plans to change,” said Dr. Hummel. “This can place a lot of stress on the parents, so it’s essential to sit down and talk them through it. We walk through the changes step by step. At the time, I had secured another female doctor for Kristyna.”

The morning of her C-section, Kristyna arrived to the hospital expecting to greet a different OB/GYN. Instead, to her surprise, she saw Dr. Hummel walking toward her with open arms.

“She told me she couldn’t let me go through this without her,” said Kristyna. “I immediately burst into tears, feeling overwhelmed. I felt so cared for and relieved. Doctors like her are rare to come by.”

Everyone on the team was aware and respectful of Kristyna’s wishes, having reviewed her birth plan. Having everyone on board is key to creating a happy and safe environment, adds Dr. Hummel.

“Before I knew it, my husband and I were shedding tears of joy while Dr. Hummel introduced us to our newborn son,” said Kristyna. “I felt joy because of my son, and because of Dr. Hummel, I felt security, peace, and no pain.”

When drafting up your birth plan, Dr. Hummel says to be sure to do your research, and don’t leave out any questions.

“No question is a stupid question,” added Dr. Hummel. “Chances are what you want is super easy for us to do! Let’s talk about it! A happy mom makes for a happy baby.”

To make an appointment with a Jefferson New Jersey OB/GYN who can help you create your own personalized birth plan, call 844-542-2273.

– Sarah Galzerano
PROGRAMS FOR WOMEN & CHILDREN

For more information, and to register for Jefferson Health Women’s and Children’s classes in New Jersey, visit JeffersonHealth.org/NJclasses, or call 856-582-3098.

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 January 8, March 4, May 6
Time: 7 - 9 p.m.

Weekend Childbirth Education Courses
When: Two consecutive Saturdays, beginning February 22, April 18, June 20
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, January 18, March 21, May 16
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.

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: January 5, February 9, March 1, April 5, May 3
Mondays: January 20, February 17, March 16, April 20, May 18
Time: 7:30 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.

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
January 4 & 11
February 1 & 8
March 7 & 14
April 4 & 11
May 2 & 9
Time: 9 a.m. - 1 p.m.

Did You Know
Jefferson Health Offers House Calls?

Our specially trained staff understands the challenges that homebound patients face. We’re here to assist with the support and resources needed for their ongoing healthcare needs.

Call 856-812-6822 for more information, or to schedule an appointment.

Services include:
- 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

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

– Sarah Galzerano

Breastfeeding

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, January 18, March 21, May 16
Time: 10 a.m. - 1 p.m.
Programs for Better Health

Balance Centers
The Balance Centers at Jefferson Health can help you and your doctor determine the cause of your dizziness or unexplained falls, and your doctor can suggest a treatment plan to help you regain control. Balance Centers are located at our Stratford and Washington Township campuses. For more information, call 866-943-4567.

New at our Cherry Hill campus is Jefferson Otolaryngology – Head & Neck Surgery. Patients with complaints of balance issues, dizziness, and/or hearing loss will benefit from evaluation and treatment at the office — which offers comprehensive otolaryngology, allergy care, and audiology care services, as well as eight physicians specializing in general ENT, head & neck, laryngology, otology, and rhinology. For more information, visit NewJersey.JeffersonHealth.org/ENT. To schedule an appointment, call 856-922-5030.

Behavioral Health Services
Jefferson Behavioral Health Services provides inpatient, partial hospitalization and intensive outpatient levels of care. Regardless of your age, background or ethnicity, we will 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. Additionally, we have groups for people struggling 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.

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, so that your doctor can suggest your best course of treatment. To learn more, call 800-580-6364.

Spring Events!
Look for the Jefferson Health table at Washington Township Super Saturday – Camden County Women’s Health Conference and Gloucester Township Day. Stop by and learn about our varied services and ask questions from our clinicians and health educators about how you can live a healthier life and how Jefferson Health can help you get there! For dates and times, visit JeffersonHealth.org/NJCommunityEvents
Support Groups

For information about all other Jefferson Health support groups, call 800-547-9007, or visit JeffersonHealth.org/NJsupport

Breast Cancer Support: Survivors to Thrivers
Support group meetings include educational presentations, followed by open discussions. To register, call 856-218-5324.
When: 1st and 3rd Wednesdays
Time: 4:30 - 5:30 p.m.
Place: 900 Medical Center Drive
Suite 211, Sewell
Facilitator: Cancer Center Team

Rainbow Group
Groups for adults and adolescents of the LGBTQIA community at Jefferson Behavioral Health Services in 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.

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

Smoking Cessation Support Group
Quitting smoking is hard, but Jefferson Health is here to help with free counseling and support groups. Registration is required. For more information on counseling, or to register, please call 856-218-5324.
When: 2nd and 4th Wednesdays
Time: 3:30 - 4:30 p.m.
Place: 900 Medical Center Drive
Suite 211, Sewell
Facilitator: Cancer Center Team

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
Facilitator: Kimberly Brody-Muckenfuss, BSN, RN

To schedule an appointment, call Lori Santoro at 856-566-2099.

BLOOD DRIVES

- Jefferson Cherry Hill Hospital
  Tuesday, March 24
  8 a.m. - 2 p.m.
  Tuesday, May 26
  8 a.m. - 6 p.m.

- Jefferson Stratford Hospital
  Friday, March 20th
  8 a.m. - 6 p.m.
  Friday June 5th
  8 a.m. - 6 p.m.

- Jefferson Washington Township Hospital
  Thursday, March 5th
  8 a.m. - 6 p.m.
  Friday June 19th
  10 a.m. - 8 p.m.

To schedule an appointment, call Lori Santoro at 856-566-2099.

Become a ‘Lifesaver’ with CPR & Life Support Education

Each year, more than 8,000 South Jersey residents attend Jefferson Health’s Life Support Education classes, which are open to anyone age 9 and older.

We offer education and training for the community, as well as public safety personnel, including police, fire, EMS, and communications.

Our courses include:
- CPR
- ENPC
- First Aid
- PALS
- ACLS
- TNCC

To register, visit JHNJ-CPR.org. For questions regarding CPR and First Aid, call 856-488-6889, and for questions regarding ACLS/ ENPC/ PALS/TNCC, call 856-532-6279.
Magee Rehabilitation expands outpatient rehabilitation services at Jefferson Cherry Hill Hospital

Magee Rehabilitation, a member of Jefferson Health, is now providing outpatient physical, occupational and speech therapies at Jefferson Cherry Hill Hospital, expanding and enhancing the existing physical medicine and rehabilitation services currently available.

Magee Rehabilitation has been recognized by U.S. News & World Report as one of the nation’s top hospitals for physical medicine and rehabilitation. Magee is one of only 14 federally designated Model Centers for Spinal Cord Injury (SCI). Since 1978, they have partnered with Thomas Jefferson University Hospital to provide coordinated, lifetime care for people with spinal cord injuries and their families. As a Model Center for SCI, Magee is involved in up-to-date research, clinical care and education related to spinal cord dysfunction.

Now the Magee team will join Jefferson Health in New Jersey to expand the patient population receiving rehabilitative care. Services offered include physical, occupational and speech therapies, with several specialized programs.

**Conditions treated include:**
- Spinal cord injury
- Brain injury
- Stroke
- Parkinson’s disease
- Multiple Sclerosis
- Guillain–Barre Syndrome
- Orthopedic/Musculoskeletal injuries
- Back and neck pain
- Sprains and strains
- Deconditioning and Balance
- Vestibular dysfunction
- Amputation
- Lymphedema

“We’re excited to work collaboratively with the Magee team to bring a new level of expertise to the communities we serve in southern New Jersey,” says Brian Duffy, PT, DPT, Director of Rehabilitation for Jefferson Health in New Jersey. “New equipment has been installed and will offer patients who have spinal cord injury, or more complex neurologic conditions, a place for outpatient rehab, closer to home.”

Samantha Adams, PT, DPT, NCS, will manage Magee Rehabilitation – Cherry Hill. She will work together with the Jefferson New Jersey staff to bring patients a comprehensive array of rehabilitative care. Specialized services, such as a lymphedema program for cancer patients and VitalStim® for patients needing help with vocal production and swallowing, will round out the clinic’s offerings.

“This is Magee’s first facility in New Jersey and we’re thrilled to work hand-in-hand with our Jefferson Health partners to expand rehabilitation services for patients in the Cherry Hill area,” says Adams. “Our goal is to help each person return to their best possible way of life.”

To make an appointment at Magee Rehabilitation – Cherry Hill, please call 856-922-5090. More information can also be found on JeffersonHealth.org/Magee.

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**New Jefferson Specialty Care Providers**

Sarah Beggs, MD – Dermatology – West Berlin Primary & Specialty Care, 301 Rt. 73 North
Solomon Bisangwa, MD – Neurology – 151 Fries Mill Road, Suite 202
Lucy Joo, DO – Gastroenterology at the Cherry Hill Medical Office Building, 2201 Chapel Ave.
Priya Shah, DO – Endocrinology – Woodbury Primary & Specialty Care, 159 S. Broad St.
Janhvi Sookram, DO – Gynecologic Oncology – Sidney Kimmel Cancer Center – Washington Township, 900 Medical Center Drive, Suite 205

Call 844-542-2273 to make an appointment.

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Jefferson Medical Group

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New • Jefferson Health New Jersey
Fitness and Dance Classes
Looking to stay in shape? Jefferson Health offers a wide variety of fitness and dance classes. To register, please visit JeffersonHealth.org/NJclasses or call 800-547-9007.

**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: Beginning Thursdays
Session I: March 5 (no class 4/23)
Session II: May 7
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Elise Penkala

**Washington Twp.**
When: Beginning Thursdays
Session I: March 5
Session II: May 7
Time: 7:15 - 8:15 p.m.
Fee: $75 per person for 8 weeks
Place: Health & Wellness Center
Instructor: Susan Leblang

**Barre Chair Conditioning - Washington Twp.**
Class uses a chair as a Ballet Barre to challenge and sculpt all your muscles. Bring a yoga mat, towel and weights (1 to 5 lbs.).
When: Beginning Thursdays
Session I: March 5
Session II: May 7
Time: 6 - 7 p.m.
Fee: $75 per person for 8 weeks
Instructor: Susan Leblang

**Gentle Yoga - Washington Twp.**
Gentle yoga posture and breathing techniques to relieve mental stress and muscle tension.
When: Beginning Mondays
Session I: January 20
Session II: March 30
Session III: June 8
Time: 8 p.m.
Fee: $75 per person for 8 weeks
Instructor: Sherri Horner

**Resistance Training**
Improve core balance, increase bone density, lose inches and tone your entire body with this complete workout. Bring a mat and weights (3 to 5 lbs.).

**Cherry Hill**
When: Beginning Thursdays
Session I: March 5 (no class 4/23)
Session II: May 21
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: Beginning Thursdays
Session I: January 23
Session II: March 26
Session III: June 4
Time: 7 - 8 p.m.
Fee: $50 per person for 8 weeks
Instructor: Carla Maggio

**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: Beginning Mondays
Session I: January 20
Session II: March 30
Session III: June 8
Time: 5:30 - 6:30 p.m. or 6:45 - 7:45 p.m.
Fee: $75 per person for 8 weeks
Instructor: Susan Leblang

**Stratford**
When: Beginning Wednesdays
Session I: January 22 (no class 2/5)
Session II: April 8 (no class 5/6 & 6/3)
Time: 7 - 8 p.m.
Fee: $75 per person for 8 weeks
Instructor: Kelly Valente

**DANCE**

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

**Swing Dance for Beginners**
Join us to learn a combination of the Jitterbug and Swing Dancing.
When: Beginning Tuesdays
Session I: January 21
Session II: March 31
Session III: June 9
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: Beginning Wednesdays
Session I: January 22
Session II: April 1
Session III: June 10
Time: 7 - 8 p.m.
Fee: $75 per person for 8 weeks

**Westville Square**
Dances by Diane
201 Broadway
Westville

Jefferson Cherry Hill Hospital
2211 Chapel Avenue
Conference Rooms 2 & 3

Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor Room L

Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Rd
Suite 201, Washington Twp./Sewell

Dances by Diane
201 Broadway
Westville
**Plant-Based Eating for Beginners**
Join us for a 5-week, interactive series where you will:
- Learn more about the health benefits of plant-based eating, and how to transition to a more plant-based lifestyle.
- Enjoy a cooking demo and a delicious plant-based meal at each class.
- Have Q&A time with plant-based health coaches and physicians.
- Have the chance to win raffles, prizes & more at the last-class potluck dinner.

**When:** Tuesdays, January 22 – February 19
**Time:** 6 - 8 p.m.
**Fee:** $49
**Place:** Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Rd.
Suite 201, Sewell

For more information or to register, call 609-781-1447 or visit JeffersonHealth.org/NJClasses.

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**Hypothyroidism – What You Need to Know**
Hypothyroidism is a condition that develops when the thyroid gland does not make enough thyroid hormone. 
Thyroid hormones help control body temperature, heart rate, growth, and weight. Dr. Cannon will discuss causes, signs & symptoms, diagnosis and treatment at this informative lecture.

**When:** Thursday, January 30
**Time:** 6:30 p.m.
**Place:** Glassboro Public Library
2 Center Street

**Speaker:** Dr. Anthony Cannon
Jefferson Health

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**The Maressa Center for MS Wellness at Jefferson**
**A Therapeutic Retreat for the Multiple Sclerosis (MS) Community**
A FREE collaborative day of learning, relaxation & sharing. Refreshments will be served. Care Partners are invited to attend.

**When:** 2nd and 4th Saturdays except August & December
**Time:** 10 a.m. - 2:30 p.m.
**Place:** Jefferson Cherry Hill Hospital
Medical Office Building
2201 Chapel Avenue

For information or to register, call 856-922-5095 or visit JeffersonHealth.org/NJMaressaCenter

Made possible by the Joseph A. Maressa Fund, through the Jefferson Health Foundation – New Jersey.

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**Common Hand Problems: Not Everything is Carpal Tunnel Syndrome**
Join us for a discussion on the many common hand problems that can interfere with your quality of life.

**When:** Wednesday, February 12
**Time:** 6 p.m.
**Place:** Jefferson Cherry Hill Hospital
Rooms 2 & 3

**Speaker:** Dr. Jonas Matzon
Rothman Orthopaedics

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**Financial Wellness for Women**
Women are a strong force in our country – they earn the majority of college degrees and make most of the purchasing decisions in their household. Yet, many women don’t prioritize their own financial goals. Join us for an inspiring presentation created for women: **Get Invested**
- You’ll learn compelling statistics that will help motivate you to take a more active role in your financial future
- Why women make great investment decisions
- You’ll get a crash course on key investment concepts
- You’ll understand how to “get invested” today

**When:** Tuesday, March 31
**Time:** 6:30 p.m.
**Place:** Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Road
Suite 201, Sewell

**Speaker:** Ana L. Barnett, RICP®, AAMS®, CLTC
LPL Financial Advisor

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**Healthy Body**

**Love Yourself First**
**Weight Loss Symposium**
Have you tried everything to lose weight with no success? Join our experts and learn about weight loss options – lifestyle, medical and surgical – that will have you looking and feeling your best. Registration is necessary.

**When:** Saturday, February 22
**Time:** 9 a.m.: Check-in and Light Breakfast
9:30 a.m. - Noon: Program
**Place:** Rowan College of South Jersey
1400 Tanyard Road
Business Center
Sewell
Meditation for Stress Reduction Series
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.

When: Wednesdays, March 4 – April 22
Time: 7 – 8 p.m.
Fee: $70 for 8 weeks
Place: Sidney Kimmel Cancer Center - Washington Township 900 Medical Center Drive (Suite 207) Sewell

Speaker: Sherri Horner

Mind, Body & Spirit Series
Join us for our upcoming series incorporating mindfulness and meditation into your life.

Meditation for Stress Reduction Series
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.

When: Wednesdays, March 4 – April 22
Time: 7 – 8 p.m.
Fee: $70 for 8 weeks
Place: Sidney Kimmel Cancer Center - Washington Township 900 Medical Center Drive (Suite 207) Sewell

Speaker: Sherri Horner

A Fresh New Start with Meditation
Come join us and learn how to incorporate meditation into your everyday life or expand your present practice. You will learn simple and effective meditation techniques that will help calm the body and mind, including Mindfulness, Breathwork, Guided Visualizations, Affirmations and more. The benefits are many, including improved concentration, health, relationships and personal connections. Learn to enjoy life a little more and give yourself a fresh new start!

When: Wednesday, April 29
Time: 6:30 - 8 p.m.
Place: Jefferson Cherry Hill Hospital 2211 Chapel Avenue Rooms 2 & 3

Speaker: Jen Fleisher, BS Mind, Body & Spirit Consultant

Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income
Advantages and disadvantages of applying early or delaying your benefits. Strategies for coordinating benefits with your spouse. Rules for divorced spouse benefits and survivor benefits.

When: Tuesday, April 21
Time: 6:30 - 8 p.m.
Place: Jefferson Health 1099 White Horse Road Voorhees

Speaker: Paul D. Levin, CFP®, ChFC®, RICP® Retirement Income Certified Professional

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: Wednesday, May 13
Time: 7 p.m.
Fee: $25 (Payment due by May 1)
Place: Jefferson Cherry Hill Hospital 2201 Chapel Avenue Rooms 2 & 3

Speaker: Nicole Blank The Blank Canvas Splattered

Caregiver’s Stress-Busting Class
You are always there for other people and ready to help. Now is the moment to take some time for yourself. Learn how to combat the stress of your daily life in a fun and unique way. This interactive class will show how meditation and other holistic modalities can increase your health, happiness and life fulfillment. Leave this class feeling refreshed and renewed, ready to take on anything that comes your way!

When: Wednesday, April 22
Time: 6:30 – 8 p.m.
Place: Jefferson Health 1099 White Horse Road 1st Floor Conference Room

Speaker: Jen Fleisher, BS Exercise Physiology Mind, Body & Spirit Consultant

Intermittent Fasting — What You Need to Know
It seems like there is always a new craze coming out in the world of eating and Intermittent Fasting is perhaps the newest one next to the Keto Craze. But, is it really beneficial to our health? There are actually different methods to intermittent fasting and some people may actually NOT benefit from partaking in this eating pattern. Learn what the methods are, how to do them properly if you are going to, what the benefits are, and what subgroups of people may not see results with Intermittent Fasting.

When: Wednesday, April 8
Time: 6:30 p.m.
Place: Jefferson Health 1099 White Horse Road Voorhees

Speaker: Elise Wood, CHC, FNS Jefferson Health

Need to find a doctor? Use the online physician directory at JeffersonHealth.org/NJMyDoc to access more than 1,000 primary and specialty care physicians.
**Bariatric Weight Loss Seminars**

Attend a FREE seminar with one of our bariatric surgeons on adjustable gastric banding, laparoscopic sleeve, laparoscopic gastric bypass and revisional surgery.

**Dr. Adeshola Fakulujo, Jefferson Health General & Bariatric Surgery**
- **When:** January 14, March 10, May 12
- **Time:** 7 p.m.
- **Place:** Jefferson Cherry Hill Hospital
  2211 Chapel Avenue
  Conference Rooms 2 & 3
- **When:** February 11, April 7, June 9
- **Time:** 7 p.m.
- **Place:** Jefferson Stratford Hospital
  18 E. Laurel Road
  Administrative Conference Room

**Dr. Adam Goldstein, Jefferson Health General & Bariatric Surgery**
- **When:** January 8 and continuing on the 1st Wednesday beginning in February
- **Time:** 7 p.m.
- **Place:** Jefferson Cherry Hill Hospital
  2211 Chapel Avenue
  Conference Rooms 2 & 3
To register for a seminar with Drs. Neff, Fakulujo or Goldstein, call 856-665-2017 x8 or email Cristin.Polizzi@jefferson.edu
Registration is required.

**Dr. Louis Balsama, Bariatric Surgery**
- **Christine Arroliga, RN, SMC, CBN**
  Certified Bariatric Nurse
  Surgical Specialists of Washington Twp.
- **When:** 3rd Monday
- **Time:** 6:30 p.m.
- **Place:** Jefferson Stratford Hospital
  18 E. Laurel Road
  3rd Floor Room M

To register for one of the above seminars, call 856-701-8668 or email carroliga@advocaredoctors.com
Registration is required.

**Bariatric Support Groups and Classes**

For more information, or to register, call the Jefferson Health Bariatric Office at 856-346-6470.
In the event of emergency cancellations, please refer to JeffersonHealth.org/NJBariatrics.

**Bariatric Support Group**
Offer support and information for pre- and post-operative bariatric patients.
- **When:** 2nd Tuesday
- **Time:** 6:30 - 7:30 p.m.
- **Place:** Jefferson Stratford Hospital
  18 E. Laurel Road
  3rd Floor Room L
- **When:** 4th Tuesday
- **Time:** 6:30 - 7:30 p.m.
- **Place:** Kennedy Health & Wellness Center
  405 Hurffville-Cross Keys Road
  Suite 201
  Washington Twp.

**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:** Kennedy Fitness:
  A Jefferson Health Affiliate
  405 Hurffville-Cross Keys Road
  Studio D
  Washington Twp.
  **Instructor:** Cindy Sporer

**Water Aerobics Class for Bariatric Patients**
- **When:** Wednesdays (except holidays)
- **Time:** 7 - 8 p.m.
- **Cost:** $5 per class for Kennedy Fitness non-members
- **Place:** Kennedy Fitness:
  A Jefferson Health Affiliate
  405 Hurffville-Cross Keys Road
  Washington Twp.
  **Instructor:** Cindy Sporer
Jefferson Health Nutrition Center
DIABETES Comprehensive Classes

Our Nutrition Center provides outpatient education in diabetes care and self-management, using the expertise of experienced and highly trained healthcare staff.

The Center is staffed by Certified Diabetes Educators and Registered Dietitians, committed to educating patients on a wide variety of issues related to diabetes, including:
- Designing an individualized menu
- Teaching proper insulin injections and mealtime dosing, when necessary.

We also offer:
- Individual Counseling
- Continuous Glucose Monitoring (CGM)
- Gestational Diabetes Counseling
- Insulin Pump Training.

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

Class Dates & Locations

Sidney Kimmel Cancer Center – Washington Township
900 Medical Center Drive (Suite 211), Sewell
Mondays, 5:30 - 8 p.m.
January 6, 13 and 20
February 10, 17 and 24
March 9, 16 and 23

Jefferson Stratford Hospital
18 E. Laurel Road (3rd Floor Medium Conference Room)
Wednesdays, 5:30 - 8 p.m.
January 15, 22 and February 5
Fridays, 9:30 a.m. - Noon
March 6, 13 and 27

Jefferson Cherry Hill Hospital
2211 Chapel Avenue (Conference Room 2)
Tuesdays, 5:30 - 8 p.m.
January 7, 14, 21

We also offer:
- Gestational Diabetes Counseling
- Insulin Pump Training.
For more information, or to register, call 844-309-7708.

Sponsored by the Jefferson Health Foundation – New Jersey

Get Ready!
Jefferson Health Foundation – New Jersey 2020 GALA

Proceeds benefit Jefferson Pride Primary and Specialty Care at Jefferson Health in New Jersey

For more information, call 856-566-2061 or visit JeffersonHealth.org/NJGala

Women’s Health Forum

Please join us for a panel discussion featuring Jefferson NJ clinicians speaking about Women’s Health topics.

When: Thursday, April 23
Time: 5:30-7:30 p.m.
Place: Jefferson Cherry Hill Hospital
Conference Rooms 2 and 3

Cocktails, appetizers and coffee will be served.
Call Jen at 856-566-2061 to register.
Wellness Programs

Bone Up on Bone Loss
Learn about osteoporosis and how to identify your risk, what lifestyle changes can prevent it, how much calcium you need and how to identify changes for fall prevention.
When: Wednesday, January 29
Time: 11:15 a.m.
Place: Gloucester County YMCA
235 E. Red Bank Avenue
Woodbury
Speaker: Marianne Kraemer, RN, MPA, Ed. M, CENP, CCRN-K
AVP Quality and Safety
Jefferson Health

Wound Care for Caregivers
Join us for a lunch and learn discussion on educating family members and patients on wound care basics and the Do’s and Don’ts. Light refreshments will be served.
When: Tuesday, February 11
Time: 12 p.m.
Place: Cherry Hill Public Library
1100 Kings Highway
Speaker: Dr. Lisa Derr, Medical Director
Jefferson Health Wound Center – Cherry Hill

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, March 5
Time: 2 p.m.
Place: Kennedy Health & Wellness Center
405 Hurffville-Cross Keys Road
Suite 201, Sewell
Speaker: Jefferson Health COPD Specialist Team

Weight Loss and Fiber – What's the Connection?
Eating enough fiber is essential for a healthy diet. This lecture will discuss how much dietary fiber you need, the foods that contain it, how it aids in weight loss, and how to add it to meals and snacks.
When: Wednesday, March 18
Time: 11 a.m.
Place: Margaret E. Heggan Free Public Library
606 Delsea Drive, Sewell
Speaker: Danielle Hall, RD
Jefferson Health

How to Relieve Shoulder Pain
Join us for a discussion on the signs, causes and treatment options of shoulder pain.
When: Tuesday, April 14
Time: 3:30 p.m.
Place: Jefferson Cherry Hill Hospital
2201 Chapel Avenue
Rooms 2 & 3
Speaker: Dr. Luke Austin
Rothman Orthopaedics

Understanding Alzheimer's & Dementia
Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s; the difference between Alzheimer’s and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer’s Association resources.
When: Tuesday, April 21
Time: 2 p.m.
Place: Jefferson Stratford Hospital
18 E. Laurel Road
3rd Floor, Room L
Speaker: Alzheimer’s Association

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).

Seconds Count when Stopping Strokes
Join us for a discussion on ways to reduce your risk, identify early signs and symptoms of heart attack and stroke, and when to call 9-1-1. FREE blood pressure screenings are included.
When: Thursday, May 7
Time: 2 p.m.
Place: Gloucester County Library Mullica Hill Branch
389 Wolfert Station Road
Speaker: Kathryn Donley, BSN, RN, CCRN-K, CNRN
Program Director, Stroke & Life Support Education
Center for Clinical Excellence
Jefferson Health

Horticultural Therapy – Creating an Indoor Fairy Garden
Come discover the fun in designing your very own indoor fairy garden. Adults all over are experiencing the magic in constructing them. Step-by-step instructions will be provided as participants plant in their own container and then choose from a wide variety of items to create their unique miniature fairy garden. No experience necessary.
When: Tuesday, May 19
Time: 2 p.m.
Fee: $12 due by May 5
Place: Jefferson Cherry Hill Hospital
2201 Chapel Avenue
Rooms 2 & 3
Instructor: Rachelle Hasenberg
Inspirational Horticultural Therapy

Jefferson Health > Prime Time

Please register for all programs by visiting our website, JeffersonHealth.org/NJclasses, or call 800-522-1965. See pages 18 & 19 for additional programs.
Healthy Living Series
Join us for wellness lectures addressing an array of health topics led by physicians and Jefferson Health experts. All lectures begin at 11 a.m.

**Topics**

- **Shingles, Vaccines and You: What You Need to Know**
  Dr. Michael Barnish, Infectious Disease
  March 9

- **Less Invasive Hip & Knee Care**
  Dr. David Nazarian, Orthopaedic Surgeon
  March 16

- **Hooked on Sugar? How to Cut Back**
  Kyleigh Heins, MA, CHES®
  & Elise Wood, CHC, FNS
  Population Health
  March 23

- **Is there Life after Menopause?**
  Dr. Jennifer Hummel, OB/GYN
  March 30

- **Forever Young: The Secrets to Living to 100 and Beyond**
  Dr. Vishal Phakey, Family Medicine
  April 6

Fitness Classes for Seniors

**Dress comfortably and bring a water bottle and mat.**

**Gentle Yoga for Seniors – Cherry Hill**

- **When:** Tuesdays & Thursdays
- **Sessions:** January 14, February 18, March 24 and April 30
- **Time:** 1 - 2 p.m.
- **Fee:** $40 per session

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

- **When:** Mondays
- **Sessions:** February 10 and April 20 (No class 5/25)
- **Time:** 2:30 - 3:30 p.m.
- **Fee:** $32 per session

**Gentle Yoga for Seniors – Sewell**

- **When:** Wednesdays
- **Sessions:** February 12 and April 22
- **Time:** 2:30 - 3:30 p.m.
- **Fee:** $32 per session

**Just Move for Seniors – Sewell (Room 201)**

- **Time:** 10:30 - 11:30 a.m.
- **Fee:** $40 per session

**Tai Chi – Stratford**

- **When:** Tuesdays
- **Sessions:** February 11 and April 21
- **Time:** 10:30 - 11:30 a.m.
- **Fee:** $40 per session

**Tai Chi – Westville**

- **When:** Fridays
- **Sessions:** February 14 and April 24
- **Time:** 10:30 - 11:30 a.m.
- **Fee:** $40 per session

PrimeTime Fitness

**Kennedy Fitness**
1432 Route 70, Cherry Hill

**Kennedy Fitness**
405 Hurffville-Cross Keys Road
Sewell

**Kennedy Fitness**
545 Route 73, West Berlin

**RowanSOM Wellness Center**
1 Medical Center Drive, Stratford

**Westville Square**
201 Broadway, Westville

Activities for Seniors

**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 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

Jefferson Health PrimeTime Office > 1099 White Horse Road, Voorhees, NJ 08043
BONES:
Good Nutrition is Not Enough!

According to the National Council on Aging, one in four adults over 65 years old experience a fall each year! Falls are a leading cause of non-fatal injury-related hospitalizations.

Bone strength helps prevent both breaks and falls. The good news is that you can improve your bone density and strength. The main purpose of our skeletal system is for stabilization and weight bearing. How you treat your bones today is how they expect you to treat them tomorrow. If you exercise, you are asking your bones to support your weight. Your bones will start to absorb magnesium, calcium, phosphorus, protein, and vitamin D. These nutrients harden and strengthen the bones. All this is in anticipation of your next bout with exercise.

Unfortunately, the reverse is also true. If we are inactive, the bones expect inactivity in the future. This leads to loss of the same healthy bone nutrients. Sadly, eating those nutrients without exercise has little value for your bone health.

When you begin an activity that’s new to you, always get your doctor’s approval. Start slowly and as your body adapts, slowly increase. It’s advisable to use a trained professional to coach you, especially in the beginning. Incidentally, as your new bones strengthen, your muscles strengthen, your energy increases, your sleep improves, you burn fat and a host of other healthy changes occur.

Please Join Us for HEALTH FAIRS at the following locations:

Tuesday, January 14
2 - 5 p.m. - Health Fair
4:30 p.m. - Lecture
Kennedy Fitness – Cherry Hill
1432 Route 70

Tuesday, February 25
10 a.m. - 1 p.m. - Health Fair
10 a.m - Lecture
Kennedy Fitness – Sewell
405 Hurffville-Cross Keys Rd.

Thursday, April 30
11 a.m. - 2 p.m. - Health Fair
11 a.m. - Lecture
Kennedy Fitness – Cherry Hill
1432 Route 70

Health Fairs will feature:
Health Information & Giveaways
Free Screenings: Blood Pressure, Body Fat & Body Composition with InBody
Refreshments

All Programs and Events Open to Everyone

Mention this article and receive 1 Free Day with a Personal Training Session!
Call 800-875-2720 or visit Kennedyfitness.org
Cervical Stenosis – What You Need to Know
Cervical Stenosis occurs when the neck’s protective spinal canal narrows due to degenerative changes or trauma. Join us for a discussion on the symptoms and treatment options.

When: Tuesday, January 14
Time: 4:30 p.m.
Place: Kennedy Fitness - Cherry Hill
Speaker: Dr. Christopher Kepler
Rothman Orthopaedics

Maintain Your Brain
Exercise for your brain is just as important as exercise for your body. Join us for a discussion on memory changes as we age and participate in challenging brain exercises.

When: Wednesday, March 25
Time: 10 a.m.
Place: Kennedy Fitness - Mullica Hill
Speaker: Tanya McKeown, BS, CHES®
Rothman Orthopaedics

Prevention – The Key To Successful Aging
Did you know you can receive the benefits of free health coaching by using an app on your smartphone? Medicare and other insurers will pay for this preventative service to help seniors age well. Get the support you need in the palm of your hand!

When: Tuesday, February 25
Time: 10 a.m.
Place: Kennedy Fitness - Sewell
Speaker: Dr. Stephen Lewis
Physical Medicine & Rehabilitation
Rothman Orthopaedics

Eating for Longevity
Longevity isn’t just about our genetic heritage. We can control many of the factors that will influence the quality and quantity of our years with our daily decisions, such as what we eat. Join us to learn what tasty items may add years to your life.

When: Thursday, April 30
Time: 11 a.m.
Place: Kennedy Fitness - Cherry Hill
Speaker: Kyleigh Heins, MA, CHES®
Rothman Orthopaedics

Senior Health & Fitness Day Demo
If you’re looking to make a healthy change to your life, there’s no better time to start than National Senior Health & Fitness Day. Join us for an exercise demo, healthy snacks, prizes and giveaways and start making fitness a part of your life!

When: Tuesday, May 19
Time: 11:15 a.m.
Place: Kennedy Fitness - West Berlin
Speaker: Cindy Sporer, ACSM CPT, CES
Rothman Orthopaedics

Eating for Longevity
Longevity isn’t just about our genetic heritage. We can control many of the factors that will influence the quality and quantity of our years with our daily decisions, such as what we eat. Join us to learn what tasty items may add years to your life.

When: Thursday, April 30
Time: 11 a.m.
Place: Kennedy Fitness - Cherry Hill
Speaker: Kyleigh Heins, MA, CHES®
Rothman Orthopaedics

Senior Health & Fitness Day Demo
If you’re looking to make a healthy change to your life, there’s no better time to start than National Senior Health & Fitness Day. Join us for an exercise demo, healthy snacks, prizes and giveaways and start making fitness a part of your life!

When: Tuesday, May 19
Time: 11:15 a.m.
Place: Kennedy Fitness - West Berlin
Speaker: Cindy Sporer, ACSM CPT, CES
Rothman Orthopaedics

Yoga Fit
7 locations in South Jersey

CHERRY HILL
1432 Route 70 • 856-857-0333

MEDFORD
180 Route 70 • 609-714-8808

MOUNT LAUREL
3 Hovtech Blvd. • 856-778-5900

MULLICA HILL
167 Bridgeton Pike • 856-478-0060

SEWELL
405 Hurffville-Cross Keys Rd.
856-582-2180

TURNERSVILLE
501 Route 168 • 856-401-1885

WEST BERLIN/VOORHEES
545 Route 73 • 856-753-1800

To register, visit JeffersonHealth.org/NJclasses or call 800-522-1965.
Jefferson Health Offers

FREE Teddy Bear Clinic

DATE: Sunday, April 19, 2020
TIME: 1-3 p.m.
PLACE: Jefferson Cherry Hill Hospital
2201 Chapel Ave.
Cherry Hill, NJ 08002

In support and sponsorship of the Philadelphia Science Festival, happening April 16 - 25, 2019, Jefferson Health is offering a free Teddy Bear Clinic. The clinic is open to all children and their families, and registration is not required. Youngsters will have the opportunity to “gown up” and give a check-up to their favorite teddy bear, stuffed animal or doll, side-by-side with Jefferson doctors and nurses.

Children will also receive a healthy snack.

The Philadelphia Science Festival, organized and led by the Franklin Institute, is now in its ninth year and will offer more than 80 science- and technology-themed events at locations throughout the region, most of which are free. For more information, visit: https://www.fi.edu/psf.

For specific information on the clinic offered at Jefferson Cherry Hill Hospital, call 856-566-2098.