

OCTOBER COMMUNITY SUPPORT GROUPS & SCREENINGS

NEW!! Grandparents Weekly Support Group

Every Monday from 11 am – 12:30 pm (October 5, 12, 19 and 26)

The grandparents support group is a free ongoing weekly support group open to any person caring for a grandchild or other relative. The group will offer support and education for grandparents and their grandchildren. Monthly family social gatherings will offer a chance for socialization for the children as well as for the grandparents. Meetings will be held at the Center for Healthy Living at Kimball Medical Center, 198 Prospect Street in Lakewood. Pre-registration is not required. Please call Kathleen Holahan at (732) 730-9112 for information. Free.

Bereavement Weekly Support Group

Every Tuesday from 4:30 – 5:30 pm (October 6, 13, 20 and 27)

This support group is for individuals who are confronted with long-term grief and helps them through the stages of coping with loss. The Bereavement Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is not required. Please call Kathleen Holahan at 732-730-9112 for information. Free.

Caregivers Weekly Support Group

Every Tuesday from 12:30 – 2:30 pm (October 6, 13, 20 and 27)

Every Wednesday from 11:45 – 1:45 pm (October 7, 14, 21 and 28)

This support group meeting is for individuals who are feeling isolated, alone and overwhelmed as they care for an elderly loved one or friend. Sponsored by Kimball Medical Center and Ocean County Office of Senior Services, this group is facilitated by a licensed clinical social worker who offers support and education for caregivers to enhance their coping skills and maintain balance in their lives. The Caregivers Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is not required. Please call Kathleen Holahan at (732) 730-9112 for information. Free.

Glucose Screening

Thursday, October 1 from 9:15 – 10:15 am

Are you at risk for diabetes? According to the American Diabetes Association, more than 24 million people in this country have diabetes, and 57 million have pre-diabetes – a condition where blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Left unchecked, these conditions can lead to long-term organ damage, especially to the heart and circulatory system. Kimball Medical Center is offering a glucose screening at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is requested by calling the Saint Barnabas Health Care Link at 1-888-724-7123. Free.

Diabetes Support Group

Thursday, October 15 from 1:30 – 3:30 pm

Trick or Treat? Learn healthy snack options for people with diabetes. A Registered Nurse and a Registered Dietitian-Certified Diabetes Educator provide diabetes management strategies through diet, exercise, reducing complications, new treatments and the latest research information. The Diabetes Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123. Free.

Arthritis Support Group

Thursday, October 22 from 11 am – 12 pm

Arthritis and medication: Learn the about medication options and interactions from a Kimball Pharmacist. A Registered Nurse will be available for discussion and to answer questions. The Arthritis Support Group will be held at the Center for Healthy Living located at 198 Prospect Street, Lakewood. Pre-registration is required by calling the Saint Barnabas Health Care LINK at 1-888-724-7123. Free.