



## Investing in Our Community

This year has brought about much change and excitement at St. Mary's General Hospital. A \$27 million renovation plan to completely modernize St. Mary's General is fully underway. Currently we are restoring the first floor of the 350 Boulevard building, including the brand new Main Lobby, Patient Registration & Admitting, and Coffee Shop, all which should be completed by year's end. The implementation of an electronic medical record system is bringing the Hospital's medical record services into the 21<sup>st</sup> century. Patient rooms have received upgrades with new monitoring equipment, beds, furniture, and TVs. Other upgrades and advances include new elevators, parking lots, the installation of an advanced security system, and improved internal/external signage. The overhauls of the cardiac unit and maternity ward are slated for 2016.

St. Mary's General launched a new advertising campaign aimed to highlight how all the advances in services will benefit the many communities that we serve.

This season we are proud to provide the following FREE Senior Link programs to raise awareness to the health issues and interest that matter to you most.

### MONTHLY MEETINGS

*Senior Link Meetings are held every 3<sup>rd</sup> Monday of the month at **2:00 p.m.** in the **Boys & Girls Club of Clifton's Bingo Hall, 181 Colfax Avenue, Clifton, New Jersey.** All meetings are open to the general public. Blood pressure screenings are provided beginning at 1:00 p.m. Complimentary refreshments and a variety of snacks are served at every meeting.*

**10/19/15 – Planning for Long-Term Care** – When it comes to your home, your health, and your finances, you want to be in the driver's seat. The best time to plan for long-term care for you or your loved one is long before it is needed, as it may become a stressful and overwhelming ordeal when done at the last minute. Join us as we discuss the necessary steps you need to take to ensure a healthy and secure future. Registration required.

**11/16/15 – A Body in Motion: Staying Active with Age** - As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even slow some of the symptoms of aging, as well as promote a healthy mind, mood, and memory. Learn how the simplest of exercises and activities can trigger a positive change in your life, regardless if you are generally healthy or are managing an illness. Registration required.

### 12/8/15 – Senior Link Holiday Party at The Venetian – Garfield, NJ

Join your fellow Senior Link members in this annual festive event ushering in the holiday season. Please join us this year for a fun and entertaining celebration on **Tuesday, December 8<sup>th</sup>, 12:30 p.m. – 4:30 p.m.** Enjoy musical entertainment and a sit-down dinner with 1 hour cocktail hour, 4 course dinner with a choice from 3 Entrees, along with wine, beer and soda, plus free raffles and door prizes! Price: \$47.

### SUPPORT GROUP

#### Defibrillator Support Group

Defibrillator Support Group for patients with internal defibrillators and their significant others. Group meets in 2<sup>nd</sup> floor Cafe Conference Room at SMGH. Next meeting takes place on **Thursday, October 8<sup>th</sup>, 11:00 a.m.** Lunch will be provided. Registration required.

## FEATURED PROGRAM

### **Gallbladder Disease 411** with *Dr. Aziz Merchant* and *Dr. Roshni Venugopal*

It's an organ no one thinks much about - until it starts causing problems. Although small, the gallbladder plays a significant role in digestion. Common symptoms of a gallbladder disorder include pain in the mid- to upper- right section of the abdomen, nausea, fever or chills, and unusual stools or urine. Various conditions from inflammation, gallstones, and even cancer, may be the culprit of these symptoms. Join St. Mary's General and Rutgers University Medical School surgeons Dr. Aziz Merchant and Dr. Roshni Venugopal as they review the most common causes of gallbladder disease and the latest treatment options available. Program will take place: **Thursday, November 12, 2015 at 5:30 p.m.** in the SMGH 2<sup>nd</sup> floor cafeteria. Refreshments will be served. Registration required.

### **The Care Act: Empowering Caregivers and their Loved Ones** sponsored by the *AARP*

Everyday unpaid family caregivers perform complicated medical/nursing tasks at home, including responsibility for complex medication management. One of every eight Medicare beneficiaries who leaves the hospital is readmitted in 30 days. The NJ Caregiver, Advise, Record and Enable (CARE) Act is a commonsense solution to help family caregivers whose loved ones are in the hospital. Join St. Mary's General Hospital and the AARP for a presentation on the new law and other initiatives to support family caregivers and their loved ones in NJ. Information on resources that are available to help family caregivers will be available. **Tuesday, November 17, 2015 at 3:00 p.m.** in the SMGH 2<sup>nd</sup> floor cafeteria. Refreshments will be served.

*The Senior Link Supper Club (see below) will be taking place simultaneously with each of the above programs.*

## SPECIAL PROGRAMMING

### **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. Must attend the entire session in order to receive credit for the course. Program will take place **Friday, December 11<sup>th</sup>, 9:00 a.m. – 3:00 p.m.** in SMGH's Cafeteria Conference Room. Price: \$15 for AARP members, \$20 for non-members.

### **Stretch and Strengthening Classes**

Guided by a certified instructor, this course aims to build strength, body tone, and increase flexibility through slow and controlled exercises and stretches. St. Mary's General will be providing an ongoing course meeting **Fridays, through November 20<sup>th</sup>, 11:00 a.m. – 11:45 a.m.** at the Boys & Girls Club of Clifton. The cost of the course is \$5 per session. Space is limited.

### **Senior Link Supper Club**

Every night, Monday – Friday, 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. Dinner is served 4:00 p.m. - 6:00 p.m. **Cards must be presented to cashier at time of purchase to receive discount.** For menu updates, please call the menu hotline at **973-365-4655**.

### **T'ai Chi Chih Classes: Beginner – Intermediate**

*T'ai Chi Chih*, a moving meditation, shown to increase energy, relieve stress, improve balance, and provide various other physical and emotional benefits. St. Mary's General will be providing an 8-week course\*, **Tuesdays, October 13<sup>th</sup> – December 1<sup>st</sup>, 10:00 a.m. – 11:00 a.m.** meeting at the Boys & Girls Club of Clifton. The cost of the 8 week course is \$40. Space is limited.

*\*Meeting days are subject to change due to a holiday and/or the weather. New days will communicated by the instructor.*

*To register for any Senior Link program listed on this current programming guide, please call **Senior Link** at 973-365-6021. We reserve the right to cancel an event due to low registration. If you don't see a listing for your particular area of interest, please let us know how we can accommodate you.*



ST. MARY'S  
GENERAL HOSPITAL

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