

Woman to Woman

An Update of Issues Concerning Women

Fall 2014 Issue



To the Women of Ocean County:

The Ocean County Advisory Commission on the Status of Women is dedicated to raising the awareness of women's health issues and addressing the health needs of every woman in every stage of her life. This Commission is also committed to identifying the needs, concerns, problems and interests as well as coordinating services and resources for women in Ocean County. As part of this mission, the Commission celebrates **Women's Health Month** by partnering with local health care providers, educators and advocates for a county wide calendar of events during the month of October. Women's Health Month activities and resources target both social and health concerns with a variety of educational, interactive and informative programs.

This year the **Women's Health Month Calendar** (p. 2 & 3) highlights various programs offered to the women in our community. Health concerns including: early detection, prevention and screenings, stress management, and healthy lifestyles are among the programs being offered. Take advantage of these programs, spread the word of their availability, and perhaps persuade someone you love or care about to attend an event with you. By becoming a women's health program participant, you become a women's health advocate and sometimes our actions speak louder than words. Come and join us in making this years celebration a success!

Sincerely,

Barbara Florimont
Barbara Florimont, Chair
Advisory Commission

Dana Ann O'Connor
Dana Ann O'Connor, Chair
Women's Health Month Committee

Commission Honors Chief of Police Karin DiMichele 2014 Advocate of the Year



Commission members, officials and advocates will gather on October 11, 2014 at the TR Hotel, Toms River, for the Commission's tenth annual Advocate of the Year Celebration honoring Chief Karin DiMichele.

Chief Karin DiMichele is a lifelong resident of Berkeley Township completing her primary education with her graduation from Central Regional High School where she was an outstanding athlete. Chief DiMichele graduated in 1993 with a Bachelors degree in Business Administration from Adelphi University and she also holds a Masters Degree in Criminal Justice from Monmouth University.

Chief Karin DiMichele began her career in January 1995 as the first female police officer in Berkeley Township. Officer DiMichele was assigned to the Patrol Division on the evening shift prior to being promoted to sergeant in May of 2001 and remained in the Patrol Division after her promotion. In May 2007, Sergeant DiMichele was promoted to the rank of Lieutenant, where she was assigned to the evening shift lieutenant. In August

2011, then Lieutenant DiMichele was promoted to Chief of Police where she currently leads 70 sworn officers and 30 civilian personnel.

Chief DiMichele has served as the department Domestic Violence Liaison with the Ocean County Prosecutors Office, Ocean County Courts, and Providence House. She has attended numerous educational programs in the area of domestic violence. She previously sat on the Silent Witness Awareness Committee, the ADT Committee which provides alarms for victims of domestic violence, and served as the liaison for the Domestic Violence Team. In September of 2008 Lt. DiMichele was appointed as the Accreditation Manager to assist the department in attaining accreditation status recognizing the department's commitment to professionalism and excellence in policing. She also has attended numerous leadership and command courses during her career.

Chief DiMichele has embraced her role as the leader of a progressive professional law enforcement organization which has been challenging to say the least. During her tenure as chief, she has led the department through numerous natural disasters, large

scale incidents and the day to day operations of running a large police department while providing leadership and guidance to not just the police department but served as a beacon of hope and light for the community she has sworn to protect and serve.

In 2013 Karin DiMichele was presented with the Advancing the Status of Women Award by the Soroptimists of the Toms River area and inducted into the Ocean County Women's Hall of Fame sponsored by the Ocean County College and the Soroptimists of the Toms River Area in recognition of her contributions in law enforcement and in the prevention of domestic violence. Chief e was also inducted into Central Regional High School's Distinguished Alumni in 2013 and this year she will be inducted into the Central Regional High School Hall of Fame.

Tickets are still available

October 11, 2014 at 8:30 am

TR Hotel ~ \$15.00 per person

(includes breakfast)

Please call 732-506-5374

for more information

American Cancer Society**800-ACS-2345 • www.cancer.org****10/19 Making Strides Against Breast Cancer Walk**

Hundreds of thousands of people across the country will gather to participate in this monumental breast cancer walk. Making Strides Against Breast Cancer supports the American Cancer Society's unique programs that fight breast cancer on all four fronts: research, education, advocacy, & patient and family services. Join the American Cancer Society in Point Pleasant Beach.

**Community Medical Center
Center for Women's Health****1 Riverwood, 3rd Fl. • Toms River • 732-341-1400**

For Monthly Programs, Support Groups & Fitness Programs please call 800-621-0096 for more information. For Physician Lectures, Diabetes Education & Special Interest Programs please call 888-724-7123 (prompt 4) for more information.

Family Planning Center of Ocean County, Inc.**290 River Avenue • Lakewood • 732-364-9696****1173 Beacon Avenue, Suite B • Manahawkin • 609-597-6094 • www.fpcoc.net**

Staff and literature will be available at various sites to provide information regarding services offered by the Family Planning Center.

October Free Health Information Fair

The Family Planning Center of Ocean County, Inc. (FPCOC) will be hosting a free health information fair at their Lakewood office throughout the month of October. Patients & visitors are invited to visit the conference room where they can access free educational materials on breast health and other women's health issues. Light refreshments will be served.

Long Beach Island Health Department**9306 Long Beach Blvd • Peahala Park****609-492-1212 • www.lbihealth.com****10/16 RNS Mobile Mammography Van 9:30 am -4:00 pm****12/19 RNS Mobile Mammography Van 9:30 am -4:00 pm**

Call 800-246-2404 to register for an appointment.

Ocean County Health Department**175 Sunset Avenue • Toms River****800-342-9738 • www.ochd.org****Pretty In Pink Day - October 15, 2014**

Join us in WEARING PINK as Ocean County recognizes October as National Breast Cancer Awareness Month.

Ocean County Library**101 Washington Street • Toms River****732-349-6200 • www.theoceancountylibrary.org****10/9 Check Out Health Information & Doctors Online 9:30 - 11:00 am**

Toms River Branch • 101 Washington Street • Toms River

Please register at 732-349-6200

10/17 It's Not Your Age That Matters, It's How You Age (Session 1 of 3) 2:00 pm

Manchester Branch • 21 Colonial Drive • Manchester

Please register at 732-657-7600

10/20 Journey to Wellness 1:00 - 3:00 pm

Waretown Branch • 112 Main Street • Waretown

10/20 Benefits of Physical Therapy 2:00 pm

Toms River Branch • 101 Washington Street • Toms River

Please register at 732-349-6200

10/21 Intimacy, Sex & Today's Mature Adult 3:00 pm

Upper Shores Branch • 112 Jersey City Avenue • Lavallette

10/24 Blue to You Van 10:00 am - 1:00 pm

Barnegat Branch • 112 Burr Street • Barnegat

Please register at 609-698-3331

10/24 Lifestyle Changes: Coping & Caring for Seniors 1:00 pm

Brick Branch • 301 Chambers Bridge Road • Brick

Please register at 732-477-4513

10/24 Health Care Reform - An Overview for Seniors 2:00 pm

Waretown Branch • 112 Main Street • Waretown

Please register at 609-693-5133

10/27 It's Not Your Age That Matters, It's How You Age (Session 2 of 3) 2:00 pm

Manchester Branch • 21 Colonial Drive • Manchester

Please register at 732-657-7600

10/30 It's Not Your Age That Matters, It's How You Age (Session 3 of 3) 2:00 pm

Manchester Branch • 21 Colonial Drive • Manchester

Please register at 732-657-7600

11/3 S.A.D. Seasonal Affective Disorder 2:00 pm

Manchester Branch • 21 Colonial Drive • Manchester

Please register at 732-657-7600

Ocean County College**732-255-0364 • www.ocean.edu****Programs for October, November & December 2014**

Cardiovascular Health & Hypertension • Eating Disorders • Fetal Alcohol Syndrome • Contraceptive Choices & STD's • Smoking Cessation • Breast Health • Club Drugs & Sexual Assault • Weight Management & Nutrition • Back & Neck Strain • Wrist Strain & Carpel Tunnel Syndrome • Domestic Violence • Effects of Alcohol & Drug Abuse on Families • Stress Management • Interpersonal Relationships & Conflict Resolution • Menopause • Emotional Intelligence • Behavioral Changes in the Elderly • Depression & Anxiety • Meditation & Visualization • Date Rape

“GET YOUR HEALTH SCREENS IN 2014”

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|-----------------------------|-----------------------------|--------------------------------|
| ♥ Yearly/Wellness Check-Up | ♥ Colonoscopy (over age 50) | ♥ Foot Screening |
| ♥ Blood Pressure | ♥ Bone Density | ♥ Mental Health Screening |
| ♥ Blood Screening | ♥ Vision/Hearing Screenings | ♥ Immunizations |
| ♥ Mammography (over age 40) | ♥ Skin Screening | ♥ Treat Yourself & Laugh Often |
| ♥ GYN Exams | ♥ Dental/Oral Screening | |

Ocean County Office of Senior Services

732-929-2091 • www.co.ocean.nj.us/onestop.htm

Medicare Part D Days at the County Connection

Free **one-on-one** assistance in comparing **only** the Medicare Prescription Drug Plans for 2015 on the Medicare Plan Finder. You **must** call **Donna** at 732-288-7777 to register. **Registration is Required.**

10/17, 10/20, 10/24, 11/7, 11/14, 11/19, 11/21, 12/3 9:30 am - 5:00 pm

Ocean Mental Health Services

160 Route 9 • Bayville • 732-349-5550

81 Nautilus Drive • Manahawkin •

609-597-5327 • www.oceanmhs.org

Free Mental Health Screenings The screening consists of a short questionnaire and a brief face-to-face visit with a staff member. No registration or appointment is needed & all services are confidential. Call 732-221-1492 if you would like more information.

10/9 Ocean Mental Health Services

160 Route 9, Bayville 3:00-7:00 pm

10/28 OC Library, Little Egg Harbor Branch

290 Mathistown Rd., Little Egg Harbor 1:00-3:00 pm

Stress Busters - October 25th, 10:00 am-3:00 pm

Join us for a day of fun-filled ways to address stress. You will be able to try a yoga pose, get a quick chair massage, try your hand at knitting, join a paper airplane race & so much more! Pre-registration is NOT required. St. Paul's Lutheran Church, Beachwood.

“Take Control of Your Health” is a free six-week workshop to learn new ways to manage the symptoms of chronic pain & fatigue, overcome depression, manage stress, increase your energy, improve your communication skills and become stronger in mind and body. **You must register by calling 732-281-8391.** Workshops for October are available at:

10/1, 10/8, 10/15, 10/22 Mancini Hall,
Toms River Library 9:30 am - 5:00 pm

Providence House Domestic Violence Services of Catholic Charities, Diocese of Trenton

732-350-2120 • www.providencehousenj.com

10/19 Pamper Me Day 12:00 pm - 5:00 pm

Meridian Health & Fitness Center, Route 9, West Creek
There will be a reflexologist, massage therapist, makeovers, photographer, nutritionist with cooking demos, hairdresser, and angel card readings. Cost is \$25.00. Anyone interested should call to schedule appointments at 609-384-0745. 100% of the proceeds benefit Providence House Domestic Violence Services of Catholic Charities.

10/23 Silent Witness Project 10:00 am

Ocean County Mall, Toms River (center court)

10/29 Holiday Shoppe Preview Fundraiser 5:00-7:30 pm

Opdyke Furniture • 308 Route 35 South • Point Pleasant Beach • Call 732-892-2020 for more information.

Southern Ocean Medical Center

1140 Route 72 West • Manahawkin • 609-978-3400

For a Calendar of Events, Information or to Register call 1-800-DOCTORS or visit:

www.southernoceanmedicalcenter.com/SOMC/newseventsandclasses/EventCalendar.cfm

10/29 Women's Health Night 4:30 pm - 8:30 pm

Southern Ocean Medical Center

Health & Hospice, OB & Pediatric Services, Cancer, Community Resources and more!

For Information & to Register call 609-978-3400

Ullmann Conference Center, Route 72, Manahawkin

Screenings: Balance, Blood pressure, Blood sugar, Bone densitometry, Colorectal cancer screening, Foot screening, Hearing screening, Pulmonary function, Lipid profile, Pap smears (registration required)

Health Lectures Offered

DROP-OFF UNUSED OR EXPIRED MEDICATIONS

24/7, FREE OF CHARGE AT THE FOLLOWING LOCATIONS:

- Toms River Police Department
- Seaside Heights Police Department
- Lacey Township Police Department
- Manchester Township Police Department
- Lakewood Police Department
- Berkeley Township Police Department

**Ocean County Department of Human Services
Advisory Commission on the Status of Women**

1027 Hooper Ave., Bldg. 2, 3rd Floor
Toms River, NJ 08754-2191

Phone 732-506-5374
Fax 732-341-4539

www.co.ocean.nj.us/ocdhs

**Presented by the Ocean County
Advisory Commission on the Status of Women and:**

American Cancer Society
Central Jersey Family Health Consortium
Community Medical Center & The Center for
Women's Health
Family Planning Center of Ocean County, Inc.
Girls Scouts of the Jersey Shore
Long Beach Island Health Department
Ocean County College

Ocean County Library
Ocean County Health Department
Ocean County Office of Senior Services
Ocean Mental Health Services
Providence House Domestic Violence Services of
Catholic Charities
Southern Ocean Medical Center

Women's Commission

The Ocean County Advisory Commission on the Status of Women was established to identify the needs and concerns of Ocean County women. Nineteen volunteer commissioners are appointed by the Board of Chosen Freeholders. The Commission makes recommendations to the Freeholders to pursue the betterment of women in our County.

Barbara Florimont, Chair
Barbara Lehman, Vice-Chair
Norvella Lightbody, Past Chair
Dr. Mary Ellen Carr, Exec. Board
Theresa Kubiel, Executive Board

Therese Adamo
Roberta Anne Burcz, Esq.
Jenny Cody
Clyde H. Crofoot, Esq.
Christina Gaetano

Barbara Lanuto
Michele Lardieri
Dr. Kathleen McCormick
Dana Ann O'Connor
Bonnie R. Peterson, Esq.

Hazel Gluck, Honorary Commissioner

Joyce Jackson
Linda Kardos

April Yezzi
Carol Zsiga

Ocean County Department of Human Services
Jill S. Perez, Director
Tracy Maksel, Assistant Director

Advisory Commission on the Status of Women
Kelly Mitchell, Coordinator
Suellen Semevolos, Support Staff



**An Activity of the Ocean County
Board of Chosen Freeholders**

John C. Bartlett, Jr.
John P. Kelly
James F. Lacey, Liaison
Gerry P. Little
Joseph H. Vicari