

Woman to Woman

An Update of Issues Concerning Women

Fall 2011 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,

Norwella Lightbody
Norwella Lightbody, Chair
Advisory Commission

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

Commission Honors Grace Johnson 2011 Advocate of the Year

Commission members, officials and advocates gathered on September 10, 2011 at the Holiday Inn, Toms River, for the Commission's seventh annual Advocate of the Year Celebration honoring Grace Johnson.

Honors given at the event included an Ocean County Resolution presented by Freeholder Joseph H. Vicari & a Township of Toms River Mayor and Council Resolution by Council Vice President Brian S. Kubiel & Councilman Gregory P. McGuckin. Personal remarks and stories were shared by Dr. Jon Larson, President, Ocean County College; returning student, Shalonda Maples; Kathy Borngesser, Soroptimist International of Toms River; Reverend Sarah Reed, Women of Purpose; Dewey Schofield, NAACP.

Originally, from Mount Vernon, New York, Grace Johnson has resided in Ocean County since 1977. Although, having various other career possibilities, Grace chose the education profession as her career path. Graduating from Ocean County College (OCC), Toms River, NJ, in 1988 with an Associate Science Degree, *Notable Note: Grace was OCC's first African-American commencement speaker.* She continued her

higher education at Georgian Court College, Lakewood, NJ, where in 1992 she earned a Bachelor of Arts Degree in Special Education. Grace now holds the distinguished position of Assistant Director for the Office of Multicultural Services at her alma mater, OCC.

As a mother of two daughters, Valerie and Nakia, a single head of household and more recently as a grandmother, Grace has always stayed involved. Her oldest daughter, Valerie Johnson-Green, is a Psychiatric Nurse in the Crisis Unit at Jersey Shore Medical Center. Also, she is a Sexual Assault Nurse Examiner for the Ocean County Prosecutors Office. She is married to Cornelius Green and they have a beautiful daughter, Sade. In May 2011, Sade graduated from the College of Saint Elizabeth, Morristown, NJ. Grace's youngest daughter, Nakia Johnson-Santos is a homemaker, as well as a graduate student, pursuing a Masters Degree at Kean University. Nakia is married to Joseph Santos and they have a debonair son, Joseph Rome Santos. Joseph, who is 11 years old, has received the President Obama Award for Academic Excellence, in both 2010 and 2011.

In addition to managing family, home and academic responsibilities, Grace has maintained a twenty five-plus year's service affiliation with OCC. In this capacity she has been the Coordinator for "Camp Viking", a summer program for academically disadvantaged students. She was the Office of Multicultural Services Community Outreach Representative, thus making her available to potential students and other community members in convenient settings, such as, libraries, stores, churches, community centers, medical centers and schools. Her third roll at OCC was as an Academic Advisor in the Counseling Department. In this capacity she helped freshmen and non-traditional students (i.e., formerly homeless women in transitional housing programs) plan their college courses. In addition, she conducted campus tours, worked with misplaced workers and returning students. Grace has been a mentor for up to five college student protégés in OCC's mentorship program. True to her convictions, as well as rising above the call of duty, even after her heart attack in April 1995, Grace voluntarily participated in the multi-cultural committee's three day conference and training seminar on cultural diversity and prejudice reduction.

IN THIS ISSUE:

Women's Health Day	Page 1	Health Month Calendar Cont.	Page 3
Advocate of the Year	Page 1	Health Month Partners	Page 4
Health Month Calendar	Page 2	Commission Members	Page 4

American Cancer Society**800-ACS-2345 • www.cancer.org****10/16 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, and patient and family services. Join the American Cancer Society at Point Pleasant Beach.

**Community Medical Center
Center for Women's Health****99 Highway 37 West • 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.

**10/25 Women's Health Day 4:30 - 8:30 pm
Quality Inn of Toms River**

Screenings: Blood pressure, osteoporosis, cholesterol, glucose, balance & other screenings available
Preregistration is required, call 888-724-7123 prompt 4.

Physician & Health Lectures

Visit displays & exhibits provided by Community Medical Center & community agencies for a variety of women's health & wellness information.

11/1 Diabetes...News You Can Use 5-8 pm

Quality Inn of Toms River • Call to register 732-349-5757

Take Control of Your Health...Put Life Back in Your Life

Mondays 10/31, 11/7, 11/14, 11/21, 11/28, 12/5 11am-2pm
The Chronic Disease Self-Management Program by Stanford University • Presented by Community Health Education & Outreach • 591 Lakehurst Road, Toms River • Pre-registration is required, call 1-888-724-7123 (prompt 4)

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.

10/20 Celebrating 40th Anniversary 6:00-8:00 pm

The Family Planning Center of Ocean County, Inc. (FPCOC) is celebrating its 40th Anniversary on Thursday, October 20, 2011, at Crystal Point Yacht Club, Point Pleasant. FPCOC has been Advancing Women's Health Generation after Generation. FPCOC will be honoring Edmund Bennett, Jr., Linda Griffith, Manouchehr T. Shahab, MD, & Barbara York. For additional information, contact Michelle Marshall at 732-364-9696 x109.

Long Beach Island Health Department**11601 Long Beach Blvd • Haven Beach****609-492-1212 • www.lbihealth.com****10/28 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 19, 2011**

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****GET HEALTHY @ YOUR LIBRARY****Ongoing Health Fair-Variou Branches**

Health care professionals will be sharing information on a wide variety of topics including nutrition, medication management, mental health, and senior related issues. Stop by your local branch for a complete listing of events and programs.

Ocean County Office of Senior Services**732-929-2091 • www.co.ocean.nj.us/onestop.htm****Educational Seminars: Medicare Changes for**

2012 - Free Medicare Part D educational seminars addressing the 2012 changes. Call 732-929-2091 or 800-668-4899 for more information or to register.

10/18 Manchester Civic Center 9:30 - 11:30 am

1 Colonial Drive, Manchester

Original Leisure Village 1:30 - 3:30 pm

Dorchester Hall, 718 Buckingham Dr., Lakewood

10/24 Ocean County Southern Service Center**10:00 am - 12 noon & 1:30 - 3:30 pm**

179 South Main Street, Manahawkin

Medicare Part D Days at the County Connection

Free **one-on-one** assistance in comparing the Medicare Prescription Drug Plans for 2011 on the Medicare Plan Finder. Call 732-288-7777 to register. Registration is Required.

10/19, 10/21, 10/25, 10/27, 11/1, 11/4, 11/9, 11/14, 11/18, 11/28, 12/1 9:30 am - 5:00 pm

Caregiver Volunteers of Central Jersey is partnering with WOBM's Marianne Levy....

Calling All Dog Lovers!

What: Therapy Dog Fashions Show & educational seminars on therapy dog certification & behavioral issues

When: October 15, 2011 **Time:** 12:30-3:30pm**Where:** Toms River High School North, 1245 Old Freehold Rd.**For information & tickets call Danielle at 732-505-2273, x202**

“Healthy Seven In 2011”

- Get Your Mammography, Have Regular Medical Checkups & Health Screenings
- Fruits & Vegetables, Stay Hydrated
- Calcium & Exercise Daily for Healthy Bones
- Sunscreen All Day, Everyday
- Avoid Tobacco Products, Addictive Substances & Risky Behaviors
- Safety First
- Build Positive Relationships

Treat Yourself & Laugh Often

Ocean County College

732-255-0364 • www.ocean.edu

Programs for October, November & December 2011

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

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

732-350-2120 • www.providencehousenj.com

10/15 Mother Daughter Spa Luncheon 1:00-4:00pm

1st Annual Benefit • Matisse Restaurant in Belmar New Jersey • For Moms & Daughters age 12 & under • Please call for tickets 732-687-6691

10/26 Holiday Shoppe Preview Fundraiser 5:00-7:30pm

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

12/12 Communities of Light at dusk

At dusk, hundreds of people across Ocean County will light candles outside their homes & businesses. The light helps spread our important message that, “Peace Begins at Home” • Luminary kits are \$10 each with 100% of the proceeds to benefit PHDVS • Call 732-350-2120 for a kit or more information.

Providence House Domestic Violence Services of Catholic Charities

Celebration of Survivors “It Takes a Community”

Honoring: Berry Fresh Farms, Criticom Monitoring Services, Opdyke's Furniture, United Water of Toms River

October 6, 2011 7:00 pm - 9:00 pm

Presbyterian Church of Toms River, 1070 Hooper Avenue, Toms River

Please RSVP at 732-350-2120

Southern Ocean Medical Center

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

10/26 Women's Health Night 4:30 pm - 9:00 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: *Blood pressure, blood sugar, feet, lung, body fat analysis, fitness assessment, hearing, colon rectal cancer, pap smears (registration required), breast cancer risk assessments*

Health Lectures Offered

Healthy Choices -

Free & Fun!

For Moms & their 7th, 8th & 9th grade daughters

Wednesday, November 16, 2011 • 5:30 - 9 pm

Sea Oaks Country Club, Little Egg Harbor

Registration is required. Call 1-800- DOCTORS

Central Jersey Family Health Consortium

725 Airport Rd., Suite 1C • Lakewood • 732-363-5400

2 King Arthur Ct., Suite B • North Brunswick • 732-937-5437

• www.cnjmchc.org • www.rpcmoc.net

Formerly Central New Jersey Maternal & Child Health Consortium and The Regional Perinatal Consortium of Monmouth & Ocean Counties.

WE ARE NOW ONE!

TOGETHER working to improve the health & well being of women, children & families.

YCS Institute for Infant & Preschool Mental Health

9th Annual Professional Conference - Mother-Infant

Communication Disturbances: Research & Treatment

October 14, 2011

8:30 am-3:30 pm

The Valley Regency, Clifton, NJ

For more information & to register call 973-395-5500

“Take Control of Your Health” a better way to manage your Chronic Health Condition. The six-week sessions include ways that work for you & your life, that help you feel healthier & manage your symptoms, including pain & fatigue. Learn new ways to overcome issues & thoughts that can disrupt your progress. Workshops for October & November are available at:

10/3 Whiting Town Hall 10am - 12:30am

10/6 Georgian Court University 1 - 3:30pm

10/13 Barnegat Library 10am - 12:30pm

10/31 Community Medical Center 11am - 2pm

11/9 YMCA Toms River 11am - 1:30pm

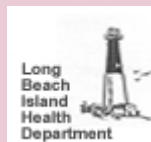
**Ocean County Department of Human Services
Advisory Commission on the Status of Women**

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:



Girls Scouts of the Jersey Shore, American Cancer Society, Ocean County Health Department, Family Planning Center of Ocean County, Inc., Community Medical Center & The Center for Women's Health, Long Beach Island Health Department, Ocean County Library, Ocean County College, Southern Ocean County Hospital, Providence House Domestic Violence Services of Catholic Charities, Dottie's House, Central Jersey Family Health Consortium, OC Office of Senior Services

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.

Norvella Lightbody, Chair

Joyce Jackson, Vice-Chair

April Yezzi, Past Chair

Barbara Florimont., Exec. Board

Carol Zsiga, Executive Board

Hazel Gluck, Honorary Commissioner

Roberta Anne Burcz, Esq.

Dr. Mary Ellen Carr

Jenny Cody

Clyde H. Crofoot, Esq.

Christina Gaetano

Linda Karos

Theresa Kubiel

Barbara Lanuto

Michele Lardieri

Barbara Lehman

Dr. Kathleen McCormick

Dana Ann O'Connor

Bonnie R. Peterson, Esq.

Ocean County Department of Human Services

Jill S. Perez, Director

Tracy Maksel, Assistant Director

Rose Marie Bulbach, Principal Clerk Typist

Advisory Commission on the Status of Women

Kelly Mitchell, Program Development Specialist I

Sue Semevolos, Administrative Clerk Typist



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