

Woman to Woman

An Update of Issues Concerning Women

Fall 2009 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,

April Yezzi
April Yezzi, Chair
Advisory Commission

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

Commission Honors Providence House Domestic Violence Services of Catholic Charities 2009 Advocate of the Year

Commission members, officials and advocates gathered on September 12, 2009 at the Holiday Inn, Toms River, for the Commission's fifth annual Advocate of the Year Celebration honoring Providence House Domestic Violence Services of Catholic Charities, Diocese of Trenton, an active advocate for women.

Honors given at the event included an Ocean County Resolution presented by Tracy Maksiel, Assistant Director of the O.C. Department of Human Services, Township of Toms River Mayor and Council Proclamation by Council President Gregory P. McGuckin, Councilman Brian S. Kubiel & Councilman George Wittmann. Personal remarks and stories were shared by Sid Colvin, Executive Director of Ocean's Harbor House and Carol A. Wolfe, Founder & Executive Director of Dottie's House.

Catholic Charities, Diocese of Trenton, a faith-inspired human service agency, provides nonreligious based assistance regardless of faith, race, sexual orientation, or gender to more than 100,000 people in need each year and touches the lives of one in every 19 residents of central NJ.

Providence House Domestic Violence Services is one of four service areas of Catholic Charities that assists victims of domestic abuse with an

array of services in Burlington and Ocean Counties. Providence House was established in Ocean County in 1986. It assists victims of domestic abuse and their children with counseling or direct services such as: an emergency shelter that we prefer to call a Safe House; a 24-hour hotline; residential and nonresidential individual and group counseling services; legal options counseling, advocacy, and court accompaniment; a project that assists homeless victims in securing and maintaining housing; a comprehensive children/teen program; a creative arts therapy program for children; a program specifically designed to assist victims age 50 and older; domestic violence response teams; and community education. All these services are offered **free of charge** to victims and their children who are struggling to break free from the violence in their homes.

Catholic Charities was approached to open a domestic violence shelter in Ocean County in 1985 based on its already existing domestic violence program in Burlington County. At that time, Ocean County was one of four counties in New Jersey without a shelter for victims and their children. Providence House started to provide services on October 1, 1986 with four staff people operating out of a small office in Toms River. Victims of domestic abuse in need of shelter were housed in local motels. Case management

services, individual counseling, food, and other basic necessities were delivered to or provided at the various motels housing our clients.

With the assistance of the Department of Community Affairs, The Board of Chosen Freeholders, Ocean First Foundation, and private donations, the emergency Safe House was built in 1990. With the creation of the emergency Safe House, Providence House was able to provide shelter, food, and basic necessities in a structured, but homelike program setting. In 1997, the Safe House was expanded to hold up to 27 individuals. More recently, the Safe House was expanded again to include a group room in which residents could attend their weekly group counseling meetings.

Providence House offers over 20 years experience in working with victims of domestic abuse and offers multiple locations through which to receive services: the confidentially located emergency Safe House for those whose lives are in danger; the Outreach office through which clients may receive a variety of nonresidential counseling and case management services; a satellite outreach in Toms River and one in Lakewood where staff offers English and Spanish speaking services; and in the Ocean County Superior Court and several Municipal Courts.

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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 for more information.

10/28 Women's Health Day Fair 10:00 am - 2:00 pm

Community Medical Center, Pecora Auditoriums,
Route 37 West, Toms River 888-724-7123

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

Physician & Health Lectures 11am - 1pm

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

O.C. Office of Senior Services

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

Medicare Part D Prescription Drug Seminars -

Free Medicare Part D educational seminars addressing the 2010 changes - Q&A with state SHIP representative. Call 732-929-2091 or 800-668-4899 for more information or to register.

10/21 Brick Senior Center 9:30 - 11:30 am
373 Adamston Road, Brick

11/12 Jackson Senior Center 10:00 am - 12 noon
45 Don Connor Boulevard

Ocean Medical Center

Jack Martin Boulevard • Brick • 1-800-DOCTORS

10/6 MidLife Fitness for Women 1:00 - 2:00 pm
Call 1-800-DOCTORS for more information & to register.

10/16 Movin' & Groovin' Joint & Spine Health Fair
East Wing Conference Center, Rooms A, B, C 12 noon - 5:00 pm
Join us for this Free, interactive program that explores how to live an active life with arthritis & osteoporosis. The day will include fitness demonstrations, bone density screenings, samples of healthy food choices & physician & specialist lectures. For more information & to register call 732-836-4007.

10/29 Girls Night Out 5:00 pm - 8:00 pm

Join us for physician lectures, massages, belly dancing & Zumba demonstrations, makeovers, & health screenings. Tour the Women's Imaging Pavilion & treat yourself to great shopping with local vendors. The event is free & includes door prizes & refreshments. For more information call 1-800-DOCTORS.

Southern Ocean County Hospital

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

For Information & to Register call SOCH Connect 609-978-3400 to register.

10/5 & 10/6 AARP Driving Safety Program
9:00 am-1:00 pm \$10 fee

10/7 Healthy More Attractive You 3:00 pm

10/7 Living With COPD 11:00 am

10/8 Advanced Genealogy 10:00 am

10/12 Look Good /Feel Better 10 am - 12 pm

10/14 Breast Cancer TODAY 10:00 am

10/16 Understanding Sleep Apnea 2:00 pm

10/19 Fasting Lipid Screening 7:00 - 9:00 am

10/19 Dive Medicine 7:00 pm

10/21 Women's Health Night 5:00 pm - 9:00 pm

Southern Ocean County Hospital

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

Information on Family Nutrition, Fitness, Home Health & Hospice, OB & Pediatric Services, Cancer, Community Resources and more!

For more information call SOCH Connect
609-978-3400

10/22 Medicare Part D Update 10:00 am

10/26 Incontinence Take Control 2:00 pm

10/28 Carotid Artery 2:00 pm

10/29 Supermarket Smarts 3:00 pm

11/3 Treating Uterine Fibroids 7:00 pm

11/4 Hearing Aid Know-How 10:00 am

11/11 Colon-Rectal Cancer Screening 2:00 pm

11/13 Living Wills 10:00 am

11/17 Genealogy 1:00 pm

11/18 Stoke Prevention 2:00 pm

11/18 Stop Smoking with Hypnosis 7 pm \$29.95 fee

11/19 Recipe Makeover 3:00 pm

RTS Bereavement Training in

Early Pregnancy Loss, Stillbirth & Neonatal Death
October 26 & 27, 2009

Carmel Retreat Center, 1071 Ramapo Valley Rd., Mahwah
For information email: iventura@nnjm-chc.org

Sponsored by The Six NJ Maternal Child Health Consortia
& the NJ Department of Health & Senior Services

Perinatal Infection:

Maternal, Fetal & Neonatal Consequences

Annual March of Dimes Professional Conference

October 16, 2009 Forsgate Country Club, NJ

For more information, contact Xenia Acquaye 609-655-7400

“Taking Time In 2009”

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

Treat Yourself and Laugh Often

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.

10/5 Pink Hair For Hope 2:00 - 4:00 pm

For a \$10 donation, a professional hair stylist from Hans Maxems Salon & Day Spa in Jackson will add a pink hair extension to a person's hair. All proceeds will be given to the National Breast Cancer Foundation. Call Michelle Marshall to register at 732-364-9696 x109.

American Cancer Society

800-ACS-2345 • www.cancer.org

10/18 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.

Long Beach Island Health Department

11601 Long Beach Blvd • Haven Beach
609-492-1212 • www.lbihealth.com

10/26 RNS Mobile Mammography Van 10 am -2 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 - To Be Announced

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

The Ocean County Library
 101 Washington Street • Toms River
www.theoceancountylibrary.org

10/7 MAD! How to Deal With Anger & Get Respect 5:30 pm
 Toms River Branch • 101 Washington St. • Toms River
 Please register at 732-349-6200.

10/10 Self Defense for Teens! 10:00 am - 12 noon
 Jackson Branch • 2 Jackson Drive • Jackson
 Please register at 732-928-4400.

10/20 True Colors Personality Test 7:00 pm
 Barnegat Branch • 112 Burr Street • Barnegat
 Please register at 609-698-3331.

10/20 Beyond Diets II 7:00 pm
 Lacey Branch • 10 East Lacey Road • Forked River
 Please register at 609-693-8566.

Ocean County College

732-255-0364 • www.ocean.edu

Programs for October, November & December 2009

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

The Changing Role of the Health Care Provider in an Increasingly Tobacco-Free World

October 9, 2009 8:30 am - 4:30 pm

Saint Barnabas Medical Center, Livingston

For information & to register call 732-914-3815

Institute for Prevention in collaboration with the NJDHS Division of Addiction Services & the NJDHSS –CTCP

Providence House Domestic Violence Services of Catholic Charities

Celebration of Survivors

Honoring: St. Joseph's Church of Toms River, St. Aloysius Church of Jackson, St. Elizabeth Ann Seton Church of Whiting

October 21, 2009 7:00 pm - 8:30 pm

St. Elizabeth Ann Seton Church, 30 Schoolhouse Rd., Whiting

Please RSVP at 732-350-2120

**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, Catholic Charities - Providence House, Dottie's House, & Georgian Court University

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.

April Yezzi, Chair

Kathleen Bombery

Theresa Kubiel

Michele Lardieri, Vice-Chair

Roberta Anne Burcz

Barbara Lanuto

Jenny Cody, Past Chair

Dr. Mary Ellen Carr

Barbara Lehman

Bonnie R. Peterson, Esq., Exec. Board

Clyde H. Crofoot, Esq.

Norvella Lightbody

Dorothy Wahlers, Executive Board

Barbara Florimont

Dr. Kathleen McCormick

Joyce Jackson, RDA

Dana Ann O'Connor

Hazel Gluck, Honorary Commissioner

Linda Kardos

Marie Elena O'Connor

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
Terri Battaglio, 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