

IDEAS *for* HEALTHY LIVING

CLASSES
PROGRAMS
TOURS
LOCATIONS

 **Abington
Jefferson Health®**

Jefferson.edu/Abington

SUPPORT/SELF-HELP AND NETWORK GROUPS

Abington Health Physician Referral.....	215-481-MEDI (6334)
Abington Hospital's Cancer Help Line	1-800-405-HELP
Adult Children of Alcoholics	215-281-9045
Al-Anon Meetings	215-222-5244
Alateen Meetings	215-659-5347
Alcoholics Anonymous (AA) Journeys	215-887-1531
Alzheimer's Caregivers Support Group	267-263-2874
A.W.A.K.E (Alert, Well and Keeping Energetic)	215-481-2376
Behavior Modification Weight Loss Program	215-635-3173
Bereaved Spouses/Partners Support Group – Warminster	215-441-6842
Bereaved Spouses/Partners Support Group – Willow Grove	215-441-6842
Bereavement Support Group	215-481-2700
Bright Perspectives	215-970-5462
Building the Family	215-659-7088
Cancer Support Community of Greater Philadelphia	215-481-6700
Caregiver's Support Group	215-481-3160
Colitis/Crohn's Disease Support Group	215-361-6796
Dealing with Memory Loss Support Group	215-441-6888
Diabetes Support Group	215-672-0899
Diet Chat Network Support Group	267-994-7870
Domestic Violence Support Group.....	215-481-2576
Domestic Violence 24-Hour Emergency Line	800-773-2424
Dual Diagnosis Support Group	215-970-5462
Faith Community Nurse Network	215-361-6796
Family Caregivers Groups	215-855-1298
First Steps: Beginning the Journey Bereavement Support Group.....	215-441-6842
Focus on Motherhood	215-348-9770
General Loss Support Group	215-441-6842
Help Yourself to Healthy Living Support Group	215-361-6796 or 215-361-6700
Kidney Talk	215-830-1115
Lupus Support Group	215-517-5070
LVAD Support Group.....	215-481-8695
Narcotics Anonymous	215-990-5432 or 215-385-1058
New Directions.....	215-659-2366
Non-Tubercular Mycobacterium Support Group	215-920-8205
Nursing Mothers Advisory Council Hotline	215-794-9852
Ostomy Support Group.....	215-481-5800
O.U.R Stroke Club	215-481-3631
Perinatal Bereavement Support Group	215-481-4814
Pet Palliative Caregiver Support Group	215-441-6821
People Understanding Parkinson's disease (PUPS).....	215-542-2931
Post-Polio Survivors Support Group	215-219-2813
Prostate Support Group.....	215-481-6700
Sjogren's Syndrome Support Group	215-266-3505
Spine Support Group	215-481-7101
Well Spouse Support Group	257-625-7507 or 215-478-7689
Younger Widow/Widower Bereavement Support Group	215-441-6842



HEALTHY LIFESTYLES PROGRAMS

Abington Fitness Institute

Medically supervised exercise to help you achieve your fitness goals. The Fitness Institute is also recognized by many insurance companies, which offer reimbursements. For more information, call 215-481-5900 or stop by for a tour at AHC – Willow Grove, Willowood Building, suite 100.

Breast Cancer Screenings

With support from the Philadelphia Affiliate of Susan G. Komen for the Cure®, women who are 40 years of age or older, uninsured or underinsured, and have not had a mammogram for one year are encouraged to register. Free clinical breast examination, mammogram, breast cancer awareness and instruction in breast self-examination are provided. Services are provided in a welcoming environment with special attention to language assistance needs. On-site interpreters are available. Registration is required for appointment. For more information or to register for this program, please call 215-481-2586.

Center for Bloodless Medicine and Surgery

Abington's Center for Bloodless Medicine and Surgery offers advanced blood conservation methods for those wishing to avoid exposure to donated blood and blood components. For more information call 215-481-7400.

Communicable Disease Clinic

Confidential diagnosis and treatment of sexually transmitted diseases; HIV counseling, diagnosis and treatment of tuberculosis or testing for residents of Montgomery County. All care is free and medical insurance is not required. The department is staffed by Montgomery County Health Department physicians and public health nurses. Services are available on a walk-in basis on Mondays, 5:30 to 7 PM. Nurse of the day - 215-784-5415.

(Continued)

Concussion

Abington – Jefferson Health neurologists, sports medicine physicians and neurosurgeons in the Concussion Program are highly experienced in diagnosing and treating concussion. These specialists work closely with emergency departments to provide sophisticated concussion treatment. Each patient receives an individualized concussion treatment plan and additional care and monitoring. Please call 215-481-HEAD (4323) for more information.

Diabetes Center

The Diabetes Center can help you learn how to manage your diabetes, prevent complications and enjoy a lifetime of optimal health. If you are interested in our programs, talk to your doctor. Then, make an appointment with us by calling 215-672-0899.

Domestic Violence – Medical Advocacy Project

Abington Hospital and The Women’s Center of Montgomery County offer free and confidential counseling, legal advocacy, shelter referrals and support groups. For more information, please call the domestic violence social worker of Abington Hospital at 215-481-2576 or the Women’s Center 24 hour hotline at 800-733-2424.

Financial Assistance Program

To apply for financial assistance, contact Abington – Jefferson Health’s Financial Counseling Program. A financial counselor will help determine if you are eligible for government sponsored programs and offer assistance with the health insurance exchange and other insurance coverage. You will NEVER be refused emergency services because of your financial or insurance status. For questions on qualifications, eligibility, circumstances and necessary documents visit Jefferson.edu/Abington or call 215-481-2185.

Cardiopulmonary Resuscitation (CPR) Training

Abington – Jefferson Health is an American Heart Association training center, which provides CPR and first-aid training to community members at three locations. Pre-registration is required. Class size is limited. Off-site training is available.

Available programs include:

- CPR Anytime Kits
 - Family and Friends CPR
 - Basic Life Support Renewal CPR
 - Heartsaver First Aid, CPR and AED
 - E-Learning Options
 - Basic Life Support CPR
 - Heartsaver CPR and AED
 - Heartsaver First Aid
- Call 215-361-6708 for more information.

Lung Cancer Screenings215-485-LUNG

Make a Difference... Donate Blood

Please consider donating blood at one of the hospital-wide blood drives. See Jefferson.edu/Abington. Federal regulations require donors to wait 56 days between donations. Please bring form of ID.

Maternity Education Classes

Childbirth Preparation Class, Expectant Parents Orientation, Sibling Preparation, Caring for Baby, Breastfeeding, Infant Massage and Prenatal Yoga. For dates, times and to register call 215-481-6800.

Other Classes for Your Family

Ask the Pediatrician..... 215-481-6800
 Breastfeeding Support Services215-481-6104
 Center for Parenting Education215-657-5720
 Child safety seat inspection:www.chop.edu/centers-programs/kohls-injury-prevention-program/event-listing

Babysitting Workshop

Child, Home and Community, Inc., conducts a six-hour program to teach young people to become more qualified babysitters. Call Child, Home and Community, Inc., 215-348-9770.

Muller Institute for Senior Health

ElderMed215-481-5740
 Geriatric Assessment215-481-5640
 Memory Fitness Center – Lansdale267-645-3410
 Memory Fitness Center – Warminster215-441-6888
 Operation Reassurance215-481-2571
 Stop Abuse in Later Life (SAILL)215-481-2571

Nutrition Counseling Center

The Nutrition Center is committed to providing solution-based, medical nutrition therapy and counseling. Individual sessions are scheduled with registered dietitians who will counsel you on nutritional, behavioral and lifestyle changes to help you achieve your goals. If you would like to schedule an appointment at the Nutrition Center, call 215-672-0899.

Safe Harbor

The Safe Harbor Program provides a place for children, teens and their family members to share experiences as they move through the healing process after the death of a loved one. Children and teens are assigned to age appropriate support groups, while parents or guardians are in a separate group. A young adult group is available for ages 19-29. A suicide grief support group is also available for children, teens and families grieving the death of a loved one. Please call 215-481-5983.

Skin Cancer Screenings

Dermatologists perform a screening for skin cancer, as well as lesions at risk of cancer. This program is provided for the uninsured or underinsured. For more information or to register, call 215-361-6708.

Smoking Cessation

Abington – Jefferson Health’s Smoking Cessation program provides education, guidance and support to those who are interested in quitting, those who recently quit and those trying to maintain a smoke-free lifestyle. Classes are available on the first and third Wednesdays every month at Abington – Lansdale Hospital and on the second Saturday of each month at Abington Health Center – Willow Grove. For more information or to register, call: 215-481-2204.

Speaker’s Bureau

Abington – Jefferson Health’s Speaker’s Bureau provides health experts who are available to speak about a wide range of health and medical topics to audiences of all ages at community organizations free of charge. For more information or to schedule a speaker, please call the number listed below.

Abington – Jefferson Health Speaker’s Bureau215-481-7679

Volunteer Opportunities – In Service to Our Community

Volunteers are welcome and are a significant part of the healthcare team. Assignments are based upon individual skill and interests, as well as the hospital’s needs. Assignments are available in patient care, clerical or community-based positions. For an application, call 215-481-2490 or email AJH-volunteer@jefferson.edu for Abington Hospital. For Abington – Lansdale Hospital, call 215-361-4619.

DOWNLOADABLE MEDICATION WALLET CARD
Jefferson.edu/Abington

