

health fitness & Wellness

ryoung@buckscountyherald.com

Alcoholics Anonymous of Upper Bucks. If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

Bedminster Nar-Anon Family Group, for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Mennonite Church, 1008 Deep Run Road, Perkasie, bedminster.naranon@yahoo.com.

Brain Injury Family, Spousal, Partner Support Group, 6-8 p.m. third Monday of the month at First United Church of Christ, Church Parlor, Fourth and Park Avenue, Quakertown, 215-538-3488, 610-558-1326.

Bucks County Lewy Body Dementia Support Group Meeting, sponsored by Home Instead Senior Care Plumsteadville, 1:30-3:30 p.m. third Tuesday of the month at The Manor at York Town, 2010 York Road, Jamison. For information or to RSVP: carncat65@verizon.net, 215-766-8929.

Doylestown Nar-Anon, for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park, Doylestown. Information: nar-anon.org.

Family Education Program on Addiction, held 7 p.m. monthly, various evenings and Bucks County locations. Doylestown, Doylestown Health, 702 Hyde Park, Doylestown. Information: nar-anon.org.

FACES: Families and Communities Embracing Solutions, offering weekly education and peer-to-peer support for anyone, 18 years or older, who has a loved one struggling with addiction, 6:30-8 p.m. Thursdays at Summit Behavioral Health, 702 Hyde Park Road, Doylestown. Call 215-688-5886 or visit summit-behavioralhealth.com.

GRASP (Grief Recovery After

Substance Passing), support group for those grieving the loss of a loved one due to drugs, meets 7-8:30 p.m. first and third Thursdays at Southern Bucks Recovery Center, 1286 Veterans Highway, Bristol, grapsbuckscountry@gmail.com.

Narcotics Anonymous Drug Problem? We can help. Call 24-hour helpline, 844-624-3575, epama.org.

Overeaters Anonymous meets 10 to 11 a.m. Thursdays (babysitting available) at West Swamp Mennonite Church, 2501 Allentown Road, Quakertown, 610-762-3779, oa.org.

Parent/Family Support Group on Addiction, meets 7 p.m. first and third Wednesdays in the library, Presbyterian Church Deep Run, 16 Irish Meetinghouse Road, Perkasie (Bedminster Township). Join parents helping each other with loved one's substance abuse issues. Substance abuse affects the whole family so do you want your own recovery? Contact 215-527-3077.

Pennsylvania Polio Survivors Network, information and inspiration for survivors and their families, including support group listings. 215-858-4643, papoliownetwork.org.

S'Mycin Faces MS Support Group, meets 6:30-8 p.m. second Wednesday of the month at Good Sheppard Physical Therapy, Telford. Soudertongroup.ms@gmail.com, 215-723-8017.

Steps To Serenity

Anonymous Meeting, 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Warminster, 215-918-3370.

Women for Sobriety, an alternative self-help recovery group. Meets in Willow Grove and Phoenixville. Call 215-536-8026 or email womenforsobriety.org.

Pennsburg native joins St. Luke's family practice

A native of the Pennsburg area, Karen Snyder has joined St. Luke's University Health Network's Pennsburg Family Practice as a nurse practitioner.

Snyder had worked as a registered nurse for more than 25 years at St. Luke's Hospital - Quakertown Campus. Much of her time was in the emergency room, where she cared for patients of all ages.

Snyder earned a master's in nursing from Moravian College in Bethlehem in May 2015 and a

post master's certificate as a family nurse practitioner from Drexel University in Philadelphia in September 2017.

Snyder is accepting new patients and is seeing them along with Dr. Tina Myers and Dr. Alex Page. Snyder works Monday through Friday and every third Saturday at the practice office, 2793 Geryville Pike, Suite 200, in Pennsburg.

To make an appointment, call 267-424-8200.

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Medical students matched to residency programs

In a nail-biting letter-opening ceremony, Temple/St. Luke's medical school students learned their fate - that is, to which medical residency programs across the country they have been paired.

Known as National Match Day, it's the day that fourth-year medical students across the country take a major step in their academic journey to become a physician.

Dedicated to advancing medical education, St. Luke's is a major teaching hospital - the only one in the Greater Lehigh Valley to be designated as a 100 Top Hospital by IBM Watson Health. In partnership with Temple University, St. Luke's created the region's first and only regional medical school campus. It also operates the nation's longest continuously operating School of Nursing, established in 1884, and 28 fully accredited graduate

medical educational programs with 226 residents and fellows.

Collectively, St. Luke's various education programs serve as a critical source of medical talent for the Lehigh Valley, helping the region's hospitals to be staffed despite a nationwide physician shortage.

In total, 29 Temple/St. Luke's Medical School students matched to residency programs throughout the country, including St. Luke's.

After attending St. Luke's medical school on an Army scholarship, Charles "CJ" Kidd of Hellertown will be doing his residency in neurology at Walter Reed National Medical Center in Bethesda, Md.

Kidd said he was drawn to St. Luke's, his hometown hospital, because he was well aware of its reputation for overall excellence. At St. Luke's, he said, he enjoyed small class sizes and personal re-

lationships with faculty.

"I'm just so delighted after working with these students the past four years that they are well-placed with residency programs, and I look forward to seeing their growth into excellent, well-trained physicians," said Dr. Joel Rosenfeld, chief academic officer, St. Luke's University Health Network, and senior associate dean and professor of surgery, Lewis Katz School of Medicine. "Of those who leave us for their residencies, some will in just a few years return to the Lehigh Valley, infusing the region with new medical expertise that will improve the overall health of our community."

The 2018 Temple/St. Luke's class will graduate May 14 at the Kimmel Center in Philadelphia. The medical school will welcome the incoming Class of 2022 in August for its White Coat Ceremony.

Addictive behaviors topic of mental health talk

Doylestown Health's 2018 Mental Health Series continues with "Understanding and Overcoming Addictive Behaviors" 4:30 to 5:30 p.m. Wednesdays, April 4.

Do you know the difference between addictive behaviors such as drinking, substance abuse or shopping - versus dependence? Can you recognize the signs and symptoms? The program will offer insight into how addiction

impacts the individual, family, friends and co-workers and explore current drug trends in the community.

Doylestown Health's Mental Health Series offers free educational sessions throughout the year. Local mental health professionals and community partners offer monthly presentations in an effort to educate area residents, provide resources and next steps, and work to remove the stigma sur-

rounding mental illness.

Presentations are held in Conference Room J at Doylestown Hospital, 595 W. State St., Doylestown.

"Understanding and Overcoming Addictive Behaviors" will also be live-streamed to the Yellowwood Inn at Pine Run Retirement Community, 777 Ferry Road, Doylestown.

Registration is requested by calling 215-345-2121.

Opioid education events slated at Bucks libraries

Bucks County Free Library will present four sessions on Opioid Education with certified prevention specialist David Fialko of The Council of South-east Pennsylvania Inc.

Attendees will learn why opioids are so addictive, how to identify warning signs of opioid abuse, how they can help someone suffering from addiction and what kinds of treatment are

available. Sessions are free and there is no registration.

Events are scheduled for:

- Monday, April 2, 7 to 8:30 p.m., Doylestown District Center Library;
- Monday, April 9, 7 to 8:30 p.m., Quakertown Branch;
- Monday, April 16, 7 to 8:30 p.m., Bensalem Branch;
- Monday, April 23, 6 to 7:30 p.m., Levittown Branch.

Flemington eye center hosts free educational seminars

Paul Phillips Eye & Surgery Center hosts a Cataract Surgery Seminar 11 a.m. to 1 p.m. Wednesday, April 11 at its Flemington, N.J., office.

Paul Phillips Eye & Surgery Center, which also has offices in Clinton and Bridgewater, N.J., encompasses the full range of medical and surgical ophthalmic care for both children and adults. Doctors offer medical expertise in corneal and retinal

diseases, uveitis, LASIK and cataract surgery, contact lenses, eyewear and cosmetic services.

Located at 6 Minnesota Road, the Flemington office hosts educational seminars for the community throughout the year as well as art shows for local artists of Hunterdon County. All artwork is for sale and proceeds go directly to the artists.

In addition to the upcoming

Cataract Surgery Seminar, the office will hold a Live LASIK Surgery event 6 to 7 p.m. Thursday, April 26. Join the physicians to learn about advanced technology in cataract surgery and custom all-laser LASIK.

Visit njseyereye.com for details regarding upcoming seminars.

To receive an invitation to attend the next art show, call 908-824-7144, option 2.

HealthLink Dental Clinic reaches appointment milestone

HealthLink Dental Clinic has reached the 25,000 mark in appointments provided at no-cost to local adults.

HealthLink Dental Clinic, which opened its doors in 2001, provides free dental care to low-income, working adults and veterans who live in Bucks County or Montgomery County. The free oral services available range from exams, X-rays and cleanings to more extensive work like fillings, extractions, root canals, and crowns. All of which are provided for free to eligible patients.

"We're proud to have reached such a milestone and to have made such an impact in the community. Dental care is often inaccessible to low-income

adults, but our clinic eliminates the financial barrier for these individuals, empowering them to improve their oral health and their overall health."

Raquel Braemer, development director at HealthLink Dental Clinic.

Last year alone, more than 2,000 local residents walked through the clinic doors and received \$760,980 worth of free dental care. This feat is made possible through financial contributions from the community - through donations, grants and attending special events - and the donation of time and talent from local dental professionals. In 2017, HealthLink Dental Clinic's small staff was aided by 1,334 hours donated by den-

tist volunteers.

Local dentists, dental hygienists and dental assistants are encouraged to join the team of volunteers at the clinic.

To make a donation, visit healthlinkdental.org or send a check to: HealthLink Dental Clinic, 1775 Street Road, Southampton, Pa. 18966. All donations are tax-deductible.

To be eligible for the free dental care provided at the clinic located on Street Road in Southampton, one must be: at least 18 years old; live in Bucks County or Montgomery County; be working, have a spouse or domestic partner who is working, or be a veteran; and have a household income at or below 250 percent of the Federal Poverty Guidelines. More information about patient requirements can be found online at healthlinkdental.org.

Behavioral health center welcomes staff

Philmont Guidance Center, a behavioral health organization with offices in Huntingdon Valley, Doylestown and Flourtown/Erdenheim, has welcomed four new therapists and two certified nurse practitioners.

The expansion will help address the increased demand for behavioral health services throughout the community.

Ann E. Plenderleith, Amy Vecho, Addie Johnson and Siobhann Hall have joined Philmont's care team and will support patients on their health journey. Aura Moreno and Katelyn Shaffer will work with Philmont's psychiatrists assisting with medication management and evaluation.

Advertise in the May issue of the Area Guide Book

The Area Guide Monthly

A directory of businesses and services in the Lehigh Valley, including: Allentown, Bethlehem, Easton, Hazleton, Pottsville, Reading, Schuylkill, and more.

MAY ISSUE
Publication Date: **April 26**
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