



Outpatient Services and Support Groups Resource Guide



Revised 4/25/2012

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Alzheimer's				
	<i>Please call for information regarding our Prime Time programs or referral to a local support group..</i>	201-291-6218 or 201-291-6219		n/a
Bereavement				
	<i>See Support Groups, Healing Hearts</i>			
Cancer/Oncology				
Ambulatory Infusion Center	Offers infusion services in an easy to access setting. Dedicated pharmacy staff are available. Infusions include antibiotics, chemotherapy, blood transfusions, Remicade, Gamma Globulin and others. Maintenance of PICC and other central lines also available.	201-634-5376	M-F 7:30a- 6:00p	Luckow Pavilion, 2 nd floor
Boutique for Integrative Healing	Services and products to help those living with cancer improve the way they look and feel. Includes personalized free consultation for cancer patients/survivors. Hair replacement options (wigs), headwear, hats, scarves, turbans, breast prostheses/enhancers/swimwear, lymphedema products, specially formulated make-up, shampoos and nail strengtheners and more are available.	201-634-5325	M-F 9:00a- 5:30p	Luckow Pavilion, 2 nd floor
Breast Cancer Education	<i>See Education</i>			
Cancer Resource Center	In conjunction with the American Cancer Society, provides visitors with Internet access and up-to-date information about prevention, research, treatment options and support services.	201-634-5339	M-F 9:00a-4:00p	Luckow Pavilion, 1 st floor
Cancer Education and Screening Programs	Cancer screenings, lectures, special programs and support groups are offered to patients, family members and the community.	201-634-5339	Varies	Luckow Pavilion
Community & Medical Education in Oncology	<i>See Education</i>			

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Esophageal Cancer	<i>See Gastroenterology Procedures – Center for Barrett's Esophagus & GERD</i>			
Gamma Knife	<i>See Neurology</i>			
Genetic Counseling for Cancer Diagnoses	A licensed genetic counselor is available to review a person's risk for cancer based on their family history and/or genetic testing. Gives guidance on appropriate screening tools and guidance based on the information received. (There is also access to testing with certain cancers.)	201-634-5339	By appointment	Luckow Pavilion
Gynecological Cancer Specialists	Offers patient-centered compassionate care and the most advanced treatment methods for women suspected/diagnosed with cancers of the cervix, uterus, ovary or any other GYN sites. Minimally invasive techniques – including the use of the DaVinci Robotic Surgical System are available for the treatment of gynecological cancers.	201-634-5401	M-F 9:00a-5:30p	Luckow Pavilion
Healing the Whole Self	A personal wellness program developed with cancer patients in mind.	201-634-5359	Call for information	Luckow Pavilion
Integrative Healing Services	<i>See Complementary Medicine-</i> complementary approaches to the oncology and chronic medical patient's regular therapy.			
Lung Cancer Prevention and Treatment Center	The Center is designed to provide services and support to persons with a known diagnosis of lung cancer, with a lung nodule seen on a CT scan, or those who wish to be screened for lung cancer with a low dose CT scan.	201-634-5538	M-F 8:30a-5:00p	Luckow Pavilion
Oncology Clinical Trials	Availability to access the latest in research through clinical trials. Offers the most current treatment available for oncology. Studies are available for different types of cancer through pharmaceutical companies and oncology organizations.	201-634-5792	M-F 8:30a-5:00p	Call for information
Oncology Home Care Program	<i>See Home Care</i>			
Preserving Hope After a Diagnosis of Cancer	The Valley Hospital Fertility Center is committed to offering fertility preservation options for cancer patients. <i>See Fertility (Fertility Preservation Program) for more information.</i>	201-634-5515	By appointment	Luckow Pavilion

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Prostate Cancer Center	Designed for men who have been diagnosed with prostate cancer or those seeking a second opinion. Consult with a team of physicians who confer and design an optimum treatment plan. Nutrition, complementary therapies and support services consultations available. Access to clinical trials is also available.	201-634-5339	M-F 8:30a-5:00p	Luckow Pavilion
Radiation Oncology Services	Offers the latest advancement in radiation therapy including 3D, Intensity Modulated Radiation Therapy (IMRT) and Image Guided Radiation Therapy (IGRT) using CT/Simulation and treatment planning systems. Brachytherapy including High Dose Radiation (HDR) and seed implants are also available. Nutrition, complementary therapies and support services are inclusive in this comprehensive program.	201-634-5403	M-F 7:00a-6:00p	Luckow Pavilion, 1 st floor
Rectal & Advanced Colon Cancer Center	Designed for patients who have been diagnosed with rectal or advanced colon cancer or who are seeking a second opinion. Consult with a team of physicians who confer and design an optimum treatment plan. Nutrition, complementary therapies and support services consultations available. Access to clinical trials is also available.	201-634-5339	M-F 8:30a-5:00p or by appt	Luckow Pavilion
Cancer/Oncology Support Groups				
Caring, Sharing, & Learning Breast Cancer Support Group	An education and support group for people diagnosed with breast cancer from diagnosis through completion of treatment.	201-634-5422	Please call to register Mondays 4:30-6:00pm	Luckow Pavilion
Look Good....Feel Better Cancer Support Group	A free, non-medical program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and The Cosmetic, Toiletry, and Fragrance Association.	1-800-ACS-2345	Call to register	Luckow Pavilion
Life After Cancer Support Group	For cancer survivors who are up to two years post-cancer treatment.	201-634-5422	Please call to register 4 th Monday 6:00-7:30pm	Luckow Pavilion

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Living with Pancreatic Cancer Support Group	For any person touched by pancreatic cancer (patients, caregivers, friends, loved ones, etc.). The group is designed to provide comprehensive resources to patients and families living with pancreatic cancer. No registration required..	201-634-5391	3 rd Thursday 1:30-2:30pm	Luckow Pavilion 2 nd fl conf rm
Us Too Prostate Cancer Support Group	Prostate cancer support group.	201-634-5339	Call for information	Luckow Pavilion
Metastatic Breast Cancer Support Group	For women who are living with metastatic or stage 4 breast cancer. Women will have the opportunity to connect with others, share experiences, information, and take part in mutual support.	201-634-5787	Please call to register. 3 rd Wednesday of month 6:00-7:30 p.m.	Luckow Pavilion 1 st floor Resource Center
Cardiac Care				
Cardiac Catheterization	For pre-procedure inpatients and outpatients. Includes discussion and a film describing the procedure.	201-447-8068	Call for information	The Valley Hospital
Cardiac Education	For present and former Valley Hospital patients who have experienced a heart attack. Discussion includes identification of risk factors and lifestyle adjustments.	201-447-8068	Call for information	The Valley Hospital
Cardiac Home Care	Valley Home Care provides the most comprehensive in-home cardiac care in the area for patients dealing with a wide range of heart conditions including: congestive heart failure, coronary artery disease, hypertension, atrial fibrillation, arteriosclerosis, post-surgical care, and hospitalization follow-up.	201-291-6171	Call for information	Kraft Center
Cardiac Rehabilitation Center	Medically supervised multidisciplinary program that teaches people how to safely manage their heart disease through physical activity, nutrition, medication management and education about signs and symptoms of problems.	201-447-8227 201-447-8439	M- W 7:00a-6:30p Th 3:00p-6:30p F 7:00a-1:00p	The Valley Hospital

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Cardiac Rehabilitation Support Group	Valley conducts a support group for patients in its Cardiac Rehabilitation program.	201-447-8439	Call Coleen Deery-Lascari for information	The Valley Hospital
Heart to Heart	A heart failure community outreach program designed help the patient and their caregiver manage their heart failure and improve their quality of life. This program offers support, tips for handling care, and a chance to meet others in similar situations. The patient also has access to pharmacy residents who will review their medications and design a medication program focused on the patient's specific needs.	201-291-6467	Call for information	Kraft Center
Live Wires Cardiac Support Group	For those living with implantable defibrillators. The group meets 3-4 times a year from 6:30 to 8:00p.m.	201-447-8119	Call after 5pm for information or to be added to the group's mailing list	The Valley Hospital, Terrace
Mended Hearts Cardiac Support Group	Regional cardiac support group for patients post cardiac surgery.	201-265-9296	Every 3 rd Thurs. 7:00p	HUMC cafeteria
The Center for Men's Heart Health	The Center offers a comprehensive Heart Risk Assessment for men. The assessment includes: medical history, blood pressure screening, heart and lung auscultation measurements, pulse assessments blood glucose monitoring, limited neurological assessment, ankle-brachial index, and Reynold's Risk Score. <i>See Support Groups for men diagnosed with cardiac disease.</i>	201-447-8207	Call for information or to make an appointment	The Valley Hospital
The Center for Women's Heart Health	The Center offers a comprehensive Heart Risk Assessment for women. The assessment includes: medical history, blood pressure screening, heart and lung auscultation measurements, pulse assessments blood glucose monitoring, limited neurological assessment, ankle-brachial index, and Reynold's Risk Score. <i>See Support Groups for women diagnosed with cardiac disease.</i>	201-447-8125	Call for information or to make an appointment	The Valley Hospital

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Men's Heart Health Support Group	For men who have been diagnosed with cardiac disease. This group provides educational and emotional support from professionals in the field of cardiology as well as peers. Discussion will focus on the needs and concerns of its male population. Experts in the field will lecture on topics that will be determined by the group.	201-447-8207	Every 1 st Thurs 7:00p	The Valley Hospital Board Room
Women's Heart Health Support Group	For women who have been diagnosed with cardiac disease. This group provides educational and emotional support from professionals in the field of cardiology as well as peers. Discussion will focus on the needs and concerns of its female population. Experts in the field will lecture on topics that will be determined by the group.	201-447-8125	Every 3 rd Thurs 7:00p	The Valley Hospital Board Room
Colonoscopy/Endoscopic Procedures <i>see Gastroenterology Procedures</i>				
Community Health				
Community Health	Wellness programs, disease specific events and lectures to promote Valley Health services.	201-291-6090	M-F 7:30a-4:00p	Kraft
Community Care Clinic	Community care is for people of all ages who cannot afford private medical care and who have limited or no medical insurance. Any NJ resident is eligible if he/she meets the financial criteria.	973-427-7676	M-F 8:00a-4:30p	1114 Goffle Road, Hawthorne
PrimeTime	<i>See Geriatrics (Seniors)</i>			
Public Health and Wellness	Provides health services and flu shots to community members and health and wellness educational programs to community and schools.	201-291-6090	M-F 9:00a-5:00p	Kraft Center

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Complementary Medicine				
Integrative Healing Services	Provides support for the oncology and chronic medical patient to add complementary approaches to their regular therapy, minimize side effects, improve the quality of life and improve coping skills. Modalities available include massage, Tai Chi, stress reduction yoga, individual counseling, nutrition counseling, exercise therapy, individual consultations, meditation, support groups.	201-634-5359	M-F 8:30a-5:00p	Luckow Pavilion, 2 nd floor
Acupuncture	Board-certified acupuncturist provides acupuncture to patients experiencing pain, nausea, diarrhea, fatigue, anxiety and other medical concerns resulting from chemotherapy, radiation and cancer surgery. Services also offered include: electroacupuncture for patients who cannot experience needles due to immune problems, bleeding risk or phobia.	201-634-5359	2 days/week, by appointment	Luckow Pavilion, 2 nd Floor
Acupuncture for Smoking Cessation (Quitting)	<i>See Smoking</i>			
Boutique for Integrative Healing	<i>See Cancer Care</i>			
Mindfulness-Based Stress Reduction	Mindfulness Based Stress Reduction (MBSR) is a unique meditation technique that enables you to develop a heightened awareness of your body and your emotions, to take charge of your life, and to learn to consciously and systemically work with your own stress, pain, illness, and the challenges and demands of everyday life.	201-634-5325	Call for program schedule	Luckow Pavilion, 2 nd Floor
Diabetes				
Diabetes Self-Management Education Program	A four-week self-management program, which includes a one-hour comprehensive one-on-one assessment. Recognized by the American Diabetes Association.	201-291-8000 ext. 7080	Call for Information	Kraft Center
Pediatric Diabetes Support Group	<i>See Pediatrics/Children</i>			

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Diagnostic Imaging				
Diagnostic Imaging Services (X-ray, CT Scan, Ultrasound, MRI, Mammography, PET CT, Vascular Studies)	Provides inpatient and outpatient diagnostic imaging services. Services include magnetic resonance imaging (MRI), computed axial tomography (CT Scanning), radiographic and fluoroscopic Services (X-ray), ultrasound, nuclear medicine, Digital and 3D Mammography, Bone Densitometry and positron emission tomography (PET Cat Scan), and vascular ultrasound.	201-447-8200 (main) 201-447-8569 (MD line only, 9am-5pm, M-F) 201-634-5580 (Outpatient MRI)	Appt Scheduling: M-F 8:00a-5:30p Digital Imaging Service: M-F 7:00a-8:00p, and weekends 7:30a-4:00p.	The Valley Hospital
Dialysis <i>(see Renal Care)</i>				
Education				
Breast Cancer Education	Educational sessions provided to patients regarding diagnosis, nutrition, symptom management and treatment side effects.	201-634-5339	M-F 9:00a-5:00p	Luckow Pavilion
Cardiac Education	<i>See Cardiac Care</i>			
Community & Medical Education in Oncology	Programs include conferences, oncology symposiums and screenings.	201-634-5339	Varies	Luckow Pavilion
CPR & First Aid	Programs include CPR, Advanced Cardiac Life Support, Pediatric Advanced Life Support and First Aid. Classes held at the Community Training Center.	201-291-6100	Day and evening courses	Kraft Center
Total Joint Class	Multi-disciplinary class that reviews what to expect after total joint surgery during the hospital stay and how to prepare for the transition to home.	Arranged through orthopedist	Tues. 1:30p-3:30p	The Valley Hospital

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Lactation Education	<i>See Maternity</i>			
Lamaze Classes – Prepared Childbirth	<i>See Maternity</i>			
Nursing Education	Clinical courses offering continuous educational credits for RNs. Classes include Basic Dysrhythmia, Neuro Update, Intro to Orthopedic Nursing, Basic Oncology, Cardiac Review/Update, Adult IV Course, Ventilator Course, and others.	201-291-6100	M-F 9:00a-5:00p	Kraft Center
The Center for Women, Children & Family Education	Educational programs designed to assist couples and their family through every phase of pregnancy. Classes include childbirth education, Lamaze, dad’s class, parenting, grandparent, sibling, newborn care, infant and child safety, breast feeding support groups, multiples, pregnancy, moms & babies and many more.	201-291-6151	M-F 8:30a-4:30p	Kraft Center
Emergency Services				
Emergency Department	Offers the communities it serves a full-service emergency department providing emergency services and minor treatment services. Services include a minor treatment area and a pediatric emergency room.	201-447-8300 or 911	24 hrs/day 7 days/week	Valley Hospital
Lifeline	24-hour communication and personal response system A device that links a homebound individual with emergency care or personal support with the push of a button, 24 hours a day, 365 days a year. Promotes client independence and peace of mind.	201-291-6233	M-F 8:00a-5:00p	Kraft Center
Mobile Intensive Care Units	Mobile Intensive Care Units are “emergency rooms on wheels,” which are authorized by the Commissioner of the State of New Jersey Department of Health and Senior Services. MICU programs consist of physicians and specially trained advanced life support personnel (paramedics and mobile intensive care nurses)..MICU vehicles are equipped to handle intravenous therapy, airway management, cardiac monitoring and defibrillation directly to people in need of emergency care.	911	24 hrs/day 7 days/week	Valley Hospital

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Specialty Care Transport Unit (SCTU)	Offers a full array of patient transport services including basic life support transportation to long-term care facilities, transportation to and from Valley Hospital, critical care transportation to and from Valley.	201-996-2985 from outside Valley ext. 2001 from within Valley	M-F 10:00a-6:00p On call	Valley Hospital
Epilepsy				
Adult Monitoring Program Epilepsy, Adult Monitoring Program	Provides diagnostic services and therapeutic possibilities for patients suffering from epilepsy.	201-447-8311	Call for info	The Valley Hospital, Neurology Unit
Epilepsy Support Group	Adult support group open to people with epilepsy as well as their family and friends.	973-244-0850	Every 3 rd Mon 7:00p	The Valley Hospital
Pediatric Epilepsy Center	The center uses sophisticated technology including digital EEG/Video surveillance system that records seizures as they occur, as well as update magnetic resonance imaging that provides doctors with the information they need to determine the most effective treatment.	201-447-8343	M-F 8:00a-4:30p	The Valley Hospital, Pediatric Unit
Exercise/Fitness				
Health and Fitness	Supervised exercise programs designed by highly skilled exercise professionals. All programs are designed based on a thorough health/medical history and readiness screening and any guidelines or precautions recommended by a participant's physician.	201-447-8133	M-F 7:30a-7:30p Sat 8:00a-Noon	555 Route 17 South, Ridgewood
Center for Youth Fitness	Instruction in traditional exercise principles and healthful nutrition are complemented with state-of-the-art virtual gaming exercise equipment. Our CFYF professional staff will provide a variety of fun and motivational programming with new exercise circuits every day, giving young members more choices and more opportunity to enjoy being physically active. Group exercise classes are offered by appointment for grades K-1 and 2-4	201-447-8133	M-F 3:00p-6:00p Sat 9:00a-Noon	555 Route 17 South, Ridgewood

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Concussion Management Program	Proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a user-friendly, computer-based testing program specifically designed for the management of sports-related concussions. Such evaluation and testing can help to objectively evaluate the post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.	201-447-8133	Call for appt	579 Franklin Turnpike, Ridgewood
Sports Medicine Education	Offered to high school students interested in pursuing careers in sports medicine professions.	201-447-8133	Call for info	555 Route 17 South, Ridgewood
Fertility				
Endocrinology Lab Services	On site endocrinology services include egg, embryo, and sperm freezing. <i>Also see Fertility Preservation Program below.</i>	201-634-5400	M-F 7:00a-4:00p, Sat 8:00a-Noon	Fertility Center, Luckow Pavilion
Fertility Center	The Center is dedicated to helping couples who are trying to achieve a pregnancy. Board certified physicians specialize in diagnosing and treating infertility. State-of-the-art procedures including ovarian stimulation, surgical treatment, and assisted reproductive technologies such as in vitro fertilization are offered. Patient education, emotional counseling, and insurance and financial guidance. The Valley Fertility Center is affiliated w/ New York University	201-634-5400	M-F 7:00a-4:00p Sat 8:00a-Noon	Fertility Center, Luckow Pavilion
Fertility Preservation Program	The Valley Hospital Fertility Center is committed to offering fertility preservation options for patients who have diagnosed with cancer and other serious chronic conditions and diseases. Egg freezing and embryo freezing are available to patients with a cancer diagnosis before chemotherapy or radiation treatment begins.	201-634-5515	By appt	Fertility Center, Luckow Pavilion
Infertility Counseling	Psychological counseling services for couples coping with infertility. Services offered include individual psychotherapy; stress management (mind-body) training, couples and group therapy, and donor consultation.	201-634-5486	By appt.	Fertility Center, Luckow Pavilion

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Infertility Support Groups	Support groups conducted by a licensed clinical psychologist for couples seeking treatment at the Valley Fertility Center. Topics include: women's support and stress management, couples using donor egg or donor sperm, and secondary infertility.	201-634-5486	Thursdays 6:30p-7:30p	Fertility Center, Luckow Pavilion
Preserving Hope After a Diagnosis of Cancer	The Valley Hospital Fertility Center is committed to offering fertility preservation options for patients who have been diagnosed with cancer and other serious chronic conditions and diseases. We offer a variety of options to give you peace of mind for child bearing in the future. Egg freezing and embryo freezing are available to patients with a cancer diagnosis before chemotherapy or radiation treatment begins.	201-634-5515	By appointment	Luckow Pavilion
Gastroenterology Procedures				
Endoscopy Department	Staff includes 40+ specially trained nurses and technicians, performing many endoscopic procedures annually (12,900 procedures in 2005). Procedures offered include: colonoscopy, esophagogastroduodenoscopy (EGD), endoscopic retrograde cholangio pancreatography (ERCP), percutaneous endoscopic gastrostomy (PEG), esophageal and anal/rectal manometry, capsule endoscopy, bronchoscopy, ultrasound with fine needle aspiration and foreign object removal.	201-447-8275	M-F 6:00a-7:00p, Sat 6:00a-4:00p	The Valley Hospital
Esophagus (Barrett's), Gastroesophageal, Reflux (GERD) Disease	The Valley Hospital Center for Barrett's Esophagus and GERD is designed to identify and provide comprehensive evidence-based multidisciplinary care to patients with heartburn, GERD, or a known diagnosis of Barrett's Esophagus.	201-634-5789	M-F 8:30a-5:00p	Luckow Pavilion
Geriatrics (Seniors)				
PrimeTime	A unique membership program that offers a variety of health and wellness programs, exercise classes, social and cultural workshops and health programs for those 55+.	201-291-6467	M-F 9:00a-5:00p	Community Health, Kraft Center

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Senior Solutions	Provides comprehensive medical, home care, geriatric care management, and other support services to seniors and their care-givers. Provides the linkage for clients and their families to access all of the resources they need to function as independently as possible.	201-291-6213 or 201-291-6243	Call for appt.	
Home Care				
Valley Home Care, Inc.	Offers a comprehensive range of professional home care and support services to patients in Bergen and Passaic counties. All home healthcare plans are under the direction of the patient's physician. Basic services include visiting nurses, PT, OT, ST, MSW, Nutritionist, Certified Home Health Aides, IV therapy, and bereavement. In addition, provides care in many specialty areas.	201-291-6000	M-F 8:00a-5:00p	Kraft Center
Butterflies Program (Pediatric Home and Palliative Care)	Provides comprehensive home care and palliative care for children (from birth to age 18) with life-limiting diagnoses.	201-291-6335	M-F 8:00a-5:00p	Kraft Center
Cardiac Home Care	Valley Home Care's cardiac team can monitor and manage patients with a heart condition right at home. For more info, see <i>Cardiac Care</i>			
Home Care Specialty Clinicians	Specially trained nurse clinicians, who specialize in cardiology, oncology, IV therapy, enterostomal therapy, wound care and diabetes are available for home care. Provide vital diagnostic/therapeutic services, such as electrocardiograms and chemotherapy supervision.	201-291-6062	M-F 8:00a-5:00p	Kraft Center
In-Home Equipment & Supplies	See <i>Wellness - Valley Health Marketplace</i> for online purchase of equipment/supplies to aid in therapy and in-home recuperation.			
Valley Help for Moms	Private assistance in the home to new moms to assist with the transition. Available day or night.	201-291-8000 ext. 7080	M-F 8:00a-5:00p	Kraft Center
Maternal Child Health Home Care	Home visits to assess and treat acute/chronic illnesses of infants and children. Includes: PT, OT, ST, HHA, nutritionist, MSW, lamaze, newborn post-partum visit, lactation, volunteer. Provide care to women with high risk pregnancies.	201-291-6241	M-F 8:00a-5:00p	Kraft Center

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Oncology Home Care Program	Home care support and education program re: pain, symptom management and treatment related side effects.	201-291-6000	M-F 8:00a-5:00p On call	Kraft Center
Pain Management Home Care	Home nursing care for pain management and symptom control.	201-291-6131	24 hours	Kraft Center
Senior Solutions	<i>See Geriatrics (Seniors)</i>			
Well @ Home Telemanagement Program	A telemonitor that empowers patients to become more involved in their own care. A portable monitor records blood pressure, heartbeat, blood oxygen levels and weight. The patient enters the information daily which is transmitted to a secure web-site to be reviewed by the nurse. Communication is maintained with the physicians to keep them apprised of changes in their patient's condition.	201-291-6378	Call for info	Kraft Center
Hospice				
Bereavement	For people who have lost a loved one and are in need of support during the grieving process. <i>See Support Groups, Healing Hearts</i>	201-291-6243	Call for info	Kraft Center
Hospice	Provides care to Bergen and Passaic County residents at home or in a homelike setting to persons who are terminally ill. Offers a wide range of adult services to meet the physical/ spiritual needs of the terminally ill and their families.	201-291-6131 On Call after hours: 201-291-6000	M-F 8:00a-5:00p	Kraft Center
Palliative Care	Assists in providing patients achieve optimal symptom control while dealing with illness.	201-291-6131 On Call after hours: 201-291-6000	M-F 8:00a-5:00p	Kraft Center

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Joint Replacement				
Joint Replacement Center	Centralized care from pre-operative information through joint replacement surgery followed by rehabilitation.	201-447-8365	M-F	The Valley Hospital Orthopedic Unit
Total Joint Class	<i>See Education</i>			
Total Knee & Hip Videos	Two videos explain what to expect after total knee or total hip replacement.	Arranged through orthopedist	Every 2 nd Tues. 7pm (except July & August)	The Valley Hospital
Lab Services				
Laboratory Services	Fully accredited laboratory utilizing sophisticated diagnostic instrumentation, including flow cytometry. Cytodiagnostic Center specializes in fine-needle aspirate. High-tech robotics are used for accurate sampling of specimens and fast turn-around time. Board-certified anatomic and clinical pathologists are available to consult w/ physicians regarding lab results.	201-447-8250	24 hours/day, 7 days/week	The Valley Hospital
Laser Treatment				
Laser Treatments	Comfortable and effective hair removal, cosmetic treatments, and the permanent removal of vascular lesions using the Candela GentleYAG laser system.	201-387-7055		VHMG Dumont
Liver Diseases				
Center for Liver Diseases	The Center for Liver Diseases provides comprehensive prevention, diagnostic, evaluation, treatment, management, and consultation services for patients with all types of liver diseases.	201-493-8402	Thursdays	579 Franklin Turnpike, Ridgewood

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NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Maternity				
Birthing Doula Program	Continuous professional support during labor, birth and the immediate postpartum period.	201-291-6152	Call for information	
Holistic Birthing Program	Our Holistic Birth Program helps prepare the mother for the birth of her precious child. A holistic birth consultant, a certified nurse-midwife and advanced practice holistic nurse will refer the expectant mother to child education classes, help choose childbirth options, and create an appropriate birth path.	201-447-8233	Call for information	The Valley Hospital
Lactation Center	The Center offers prenatal breastfeeding classes, in hospital visits/consultations, outpatient consultations, home lactation consultations, breastfeeding accessories for rental or purchase and special assistance to our intensive care babies and multiples.	201-447-8722	Varies by service	The Valley Hospital/ Kraft Center
Lactation Education & Support	Board certified lactation consultant provides home visits to reinforce education on breastfeeding techniques, trouble shooting and support.	201-291-6000	M-F 8:00a-5:00p On call	Kraft Center
Lamaze Home Program	Individual in-home visit program, where concepts of childbirth are taught.	201-291-6241	M-F 8:00a-5:00p	Kraft Center
Lamaze Classes - Prepared Childbirth	Designed to instruct the expectant parents on what to expect before, during and after the labor process. An integral part of this program is the management of the pain associated with childbirth. Class includes: relaxation techniques, visualization and other non-pharmaceutical methods. The proper uses of medication and anesthesia available during labor are also discussed.	201-291-6151	Varies	Kraft Center
Valley Help for Moms	<i>See Home Care – Valley Help for Moms</i>			
Maternal Child Health Home Care	<i>See Home Care</i>			
Parent Education	<i>See Education - programs designed to assist couples and their family through every phase of pregnancy.</i>			

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Perinatology (Maternal-Fetal Medicine)	Subspecialty of obstetrics that specializes in the diagnosis, treatment, and ongoing care of expectant mothers and their unborn babies. Treatment of women who anticipate or are experiencing a high-risk pregnancy.	201-291-6321	M-F 9:00a-5:00p	Kraft Center
Reproductive Genetic Counseling	Genetic counseling for pregnant woman and those who want to become pregnant. Helps patients understand genetic disorders and potential genetic disorders that might concern today's families.	201-291-6136	M-F 9:00a-5:00p	Kraft Center
Medical Library				
Medical Library	Open to physicians, employees, patients, family members and members of the communities that Valley serves. Resources available to support patient care, education and research needs. Physicians refer consumers and patients to the Library's information services.	201-447-8285 FAX 201-447-8602	M-F 7:00a- 3:30p	The Valley Hospital Medical Library
Consumer Health Information Service	Open to all members of the community the hospital serves. Put Valley's medical librarians to work for you. Our library staff will research a condition or treatment and provide the information requested, free of charge	201-447-8285 FAX 201-447-8602	By appointment only	The Valley Hospital Medical Library
Neurology				
Gamma Knife Center	Gamma Knife radiosurgery, a non-surgical tool designed to treat cancer and neurological conditions in the brain, is completed in a matter of hours on an outpatient basis. Treating patients with the Gamma Knife offers the precision of surgery without a scalpel, anesthesia, or an incision, and eliminates potentially devastating side effects and complications that are associated with traditional brain surgery.	201-634-5677	M-F 8:00a-5:00p	Luckow Pavilion, 1st floor

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Nutrition				
A Recipe for Life Nutrition Programs	Programs on weight management, heart health, nutrition, diabetic management, calcium and bone health, vitamin needs, eating healthy when dining out, cancer prevention nutrition, shaking the salt habit and smart snacking. Personal nutrition guidance, individual counseling and supermarket tours with specific themes are offered.	201-634-5371	M-F 8:30a-8:30p Sat. hours available	Luckow Pavilion, 2 nd floor
Nutrition Counseling	A Registered Dietitian counsels patients to help the body prepare for and deal with the challenges it may face in response to surgery or treatment. A general healthy diet can also be the subject for discussion. In-depth nutritional assessment and individualized nutrition counseling. Personalized meal plans address diseases and prevention. Chair-side consults during infusion and radiation treatment are available for troubleshooting.	201-634-5371	By appointment	Luckow Pavilion, 2 nd floor
Occupational Health				
WorkPlace Connection (Occupational Health)	Focuses the resources of the Valley Health System on employers specific occupational health needs including: work related injury care, care coordination, physicals, wellness programs and drug and alcohol testing.	201-291-6047	Call Center for hours	VHMG Centers
Pain Management				
Pain Management	A multidisciplinary approach to pain management. Draw upon expertise of anesthesiologists board certified in pain management. Includes epidural injections, and new techniques such as those involving heat energy or freezing techniques.	201-634-5318	M-F	Luckow Pavilion, 3 rd floor
Pain Management Home Care	<i>See Home Care – Pain Management</i>			

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Pain Management - Same Day Services	Same Day Pain procedure area where a variety of outpatient pain-control procedures are performed.	201-634-5318	By appointment	Luckow Pavilion
Pediatrics/Children				
Pediatric Home and Palliative Care	<i>See Home Care - Butterflies Program</i>			
Adoption Screening and Evaluation Program	The <i>Center for Child Development</i> works with adoptive parents to educate them about the potential medical/developmental issues that a particular child may have and to help families provide the appropriate evaluations and services. Provides pre- and post-adoption consultations for domestic and international adoptions.	201-447-8151	M-F 8:00a-4:30p	505 Goffle Road, Ridgewood
Asthma Management for Children (C.H.A.M.P.) -	Disease management program designed to improve the quality of life of children with asthma and their families.	201-291-6241	M-F 8:00a-5:00p	Kraft Center
Autism	The period of birth to 3 years old is a critical time in a child's development which is why the early detection of autism is crucial to getting the child started on a pathway of treatment to address and improve difficulties. At The Valley Hospital's Kireker Center for Child Development, we offer a multidisciplinary approach to diagnosing autism.	201-447-8151	M-F 8:00a-4:00p	505 Goffle Road, Ridgewood
Center for Child Development Department	Developmental delays in children with a variety of special needs are evaluated and followed at Valley's Center for Child Development. Services offered by the center include: Physical Therapy, Speech Therapy, Occupational Therapy, Audiology, Developmental/ Behavioral Pediatrics, School Psychologist, Adoption Screening and Evaluation Program; Social Work and Mental Health, Neurodevelopmental Follow-Up, and a Pulmonary Program.	201-612-1006	M-F 8:00a-5:00p (Some Sat & Sun hours)	505 Goffle Road, Ridgewood
Child Health Clinic	Public health, wellness programs, disease specific events and lectures to select towns in Bergen County.	201-291-6219	M-F 8:00a-5:00p	Varies

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Concussion Management Program	<i>See Exercise/Fitness</i>	201-447-8133		
Developmental Pediatrics	Board certified developmental pediatricians are available to evaluate and provide ongoing follow-up for infants and children who present with concerns regarding their development and behavior including: delays in acquiring early skills (sitting, walking, talking, play); attention (ADHD); learning at school; autism/PDD, and cognitive-adaptive delays. A developmental psychologist is available to perform psycho-educational testing to assess children who are experiencing difficulties learning at school.	201-447-8151	M-F by appt only	Kireker Center for Child Development
Pediatric Epilepsy Center	<i>See Epilepsy</i>			
Pediatric Endocrinology	A pediatric endocrinologist provides endocrine consultations to children with diabetes, thyroid conditions, short stature, and disorders of puberty (precocious or delayed). In addition, the pediatric endocrinologist provides additional expertise for children with obesity, hypertension, lipid disorders, insulin resistance, and polycystic ovarian syndrome.	201-447-8182	M-F 9:00a-5:00p	579 Franklin Turnpike Ridgewood
Pediatric Genetics	Consultation from a board certified geneticist is available to diagnose genetic disorders and syndromes which may result in medical and developmental difficulties. Comprehensive genetic evaluations and genetic counseling are provided.	201-327-8765	Once a month - varies	470 N. Franklin Turnpike Ramsey
Neonatology Services	Board certified neonatologists who intercede when a high-risk infant comes into the world to handle virtually every medical/surgical complication that may arise. Every child admitted to the Neonatal Intensive Care Unit (NICU) is evaluated to determine if follow-up care will be needed in Valley's Center for Child Development.	201-447-8388	M-F 8:30a-5:00p	The Valley Hospital
Pediatric Neurology	A board certified pediatric neurologist provides neurological consultations to children who are seen by other medical specialists and therapists at the Center for Child Development. The pediatric neurologist provides additional expertise for children with development delay, ADHD, Autistic Spectrum Disorders, learning issues, seizures, and other neurological conditions.	201-447-8151	Twice a month	505 Goffle Road, 2 nd Floor

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Pediatric OR Tour	Tour of the OR at the Luckow Pavilion or Valley Hospital designed for pediatric patients and their family.	Luckow: 201-634-5462 Hospital: 201-447-3799	Thurs 6:00p-8:00p or by appt Thurs. 6pm	Luckow Pavilion and The Valley Hospital
Pediatric Rehabilitation Medicine	A board certified adult and pediatric physiatrist provides expertise in physical medicine and rehabilitation for children. The physiatrist works with the physical, occupational, and speech therapists at our Center and in the community to create care plans that include appropriate therapies, orthotics, and equipment needs for children with disabilities and neuromuscular disorder including spasticity.	201-251-3304	Wed, Thurs, Friday 7:00a-3:30p	505 Goffle Road, 2 nd Floor
Pediatric Pulmonology	A board certified pediatric pulmonologist is available to diagnose and treat children with respiratory problems.	201-447-8026	M-F 8:00a-4:00p	505 Goffle Road, 2 nd Floor
Pediatric Rehabilitation, Home Care	Services consist of specially trained physical, occupational and speech therapists trained to work with children.	201-291-6052	M-F 8:00a-5:00p	Kraft Center
Pediatric Sleep Disorders and Apnea Center	<i>See Sleep Disorders</i>			
Pediatric Spasticity Center	Comprehensive care for children with spasticity caused by cerebral palsy, stroke, or other neurological issues. Patients and their families are provided with the convenience of seeing several pediatric specialists during the same appointment time	201-251-3304	Call for information	505 Goffle Road, 2 nd Floor
Pediatric Audiology	A range of diagnostics and amplification/management options are provided for children of all ages (birth through school years) with hearing loss or hearing concerns. The pediatric audiologists work with children and their families in conjunction with schools, other agencies, and other providers to help promote the child's communication development.	201-612-1006	Mon-Tue: 8:30a-6:00p Wed 8:30a-7:00p Thu 8:30a-5:30p Fri 8:30a-4:30p	505 Goffle Road, 1st Floor

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Pediatric Speech Language Pathology	<i>See Speech Therapy</i>			
A Circle of Friends Pediatric Support Group	For children who have had a loved one diagnosed with cancer or another life-threatening illness.	201-291-6243	Call for information	Call for information
A Circle of Growth Pediatric Support Group	For adolescents who have experienced the loss of a loved one.	201-291-6243	Call for information	Call for information
A Circle of Hope Pediatric Support Group	For children who have experienced a loss of a loved one.	201-291-6243	Call for information	Call for information
A Circle of Strength Pediatric Support Group	Based upon need, we occasionally offer specialty groups focusing on such issues as sudden or traumatic death, AIDS and sibling death.	201-291-6243	Call for information	Call for information
Journeys Pediatric Support Group	Works with children age 3-17, who are affected by the serious illness or the death of a loved one. Board certified art therapists who use art and other creative means to help children express their feelings, facilitate the support groups.	201-291-6243	M-F 8:00a-5:00p	Kraft Center
Pediatric Diabetes Support Group	For children with diabetes under the age of 18 and their families.	201-291-8000 ext. 7080	Every 2 nd Tues. 7pm, (except July & August)	Kraft Center

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Pharmacy				
Pharmacy	<p>The Pharmacy is open to the public and designed to meet the needs of all of our area residents and patients. We accept most insurance plans and credit cards.</p> <p>The pharmacy can meet your prescription needs and also sells herbal medicines, over-the-counter medications, first aid and surgical supplies, gifts and candies.</p>	201-634-5799	M-F 7:30a-5:30p Sat 8:00a-1:00p	Luckow Pavilion
Reflux (GERD) Disease				
<i>See Gastroenterology Procedures (Esophagus, Barrett's)</i>				
Rehabilitation Medicine (Physical, Occupational Therapy)				
Cardiac Rehabilitation Center	<i>See Cardiac Care.</i>			
Lymphedema Therapy	Complete decongestive therapy including manual lymph drainage and bandaging. Assists patients with ROM exercises, precautions, work simplification and energy conservation with activities of daily living to assist them to achieve maximum independence.	201-447-8131	M -F 8:30a-5:00p Evening appts upon request	505 Goffle Rd, Ridgewood
Occupational Therapy for Post-Surgical Breast Surgery Patients	Services offered to patients after breast surgery, specifically to those who have undergone mastectomies, lumpectomies, axillary dissections, reconstructive surgeries and other procedures	201-447-8131	M -F 8:30a-5:00p Evening appts upon request	505 Goffle Rd, Ridgewood

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Outpatient Rehabilitation	Following a comprehensive evaluation, the latest therapeutic equipment and techniques are used by licensed therapists to help individuals learn and develop the skills necessary to overcome a disability or recover from a medical illness and/or procedure. Services offered include: physical therapy, occupational therapy and speech therapy. Physiatrists are on staff and provide direct care to patients when indicated.	201-447-8131	M,Tu,Th 7:30a-7:00p Wed & Fr 7:30a-5:00p Sat 8:30a-12:30p	505 Goffle Rd, Ridgewood
Pediatric Rehabilitation	<i>See Pediatrics/Children</i>			
Rehabilitation Medicine	Physical, occupational and speech therapy services for all ages including post-stroke rehab, post-surgery and post-injury rehab, lymphadema therapy for upper and lower extremities, wound care and functional training. Speech/language and dysphagia therapy including Vital-Stimulation.	201-447-8131	M-F 7:30a-7:00p Sat 8:30a-12:30p PT	505 Goffle Rd, Ridgewood
Rehabilitation Equipment & Supplies	<i>See Wellness - Valley Health Marketplace for online purchases of equipment/supplies to aid in therapy and in-home recuperation.</i>			
Renal Care (Dialysis)				
Renal Care Center of Fair Lawn	Center has 18 stations and two isolation rooms, offering the capacity to treat 144 patients annually. In addition to increasing the capacity to provide dialysis services for patients with end-stage renal disease, the Center is more convenient and accessible to patients than a hospital-based unit. For most chronic dialysis patients, it provides a more appropriate/comfortable treatment setting than the inpatient setting. Amenities include: individual TVs and VCRs for each patient, portable phone for local calls, light and airy space and convenient parking.	201 447-8676	Shifts starting 6am-6pm, Mon - Sat	18-01 Pollitt Drive, Fair Lawn

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Same Day Services/Surgery				
Same Day Services	The Jaqua Same Day Services Center in the Luckow Pavilion has six Same Day Surgical Suites, with special provisions for pediatric patients, and four Procedure Rooms.	201-634-5350	Varies	Luckow Pavilion
Sleep Disorders				
Sleep Medicine Center	A state-of-the-art facility that provides diagnosis and treatment for a variety of sleep disorders and ailments. Several types of sleep studies can be conducted at the Center. Some of the most common disorders that may be studied include sleep apnea, loud snoring, restless leg, excessive daytime sleepiness and other unusual sleep behavior. Patients having difficulty initiating and/or maintaining sleep can also be evaluated.	201-251-3487	Call for info	579 Franklin Turnpike, Ridgewood
Pediatric Sleep Disorders and Apnea Center	Comprehensive medical care for newborns, infants, children and adolescents experiencing breathing/sleep disorders. Committed to accurately diagnosing and treating sleep disorders, which have long-term implications. Our physicians, nurses, registered polysomnographic technicians, respiratory therapists and staff are exclusively pediatric trained and focused, assuring the highest level of care for your child. Staff includes two full-time, board certified neonatologists, nurse practitioners, registered polysomnographic technicians, respiratory therapists and RN program coordinator and pediatric home care nurses with expertise in pulmonary disorders.	201-447-8152	M-F 8:00a-400p:	505 Goffle Rd, Ridgewood
Smoking				
Acupuncture for Smoking Cessation (Quitting)	Board-certified acupuncturist provides acupuncture to patients seeking smoking cessation through the Hospital's Tobacco Education & Treatment Program.	201-634-5359	2 days/week, by appointment	Luckow Pavilion, 2 nd floor

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Quitting Smoking: Tobacco Education & Treatment Program	Individual smoking cessation counseling and treatment planning, by appointment only..	201-447-8612	By appointment	Luckow Pavilion
Speech Therapy				
Speech Pathology	Offers a wide variety of diagnostic and treatment services for adults with speech, language, or swallowing disorders. Services are provided by master's level Speech-Language Pathologists who hold New Jersey Licenses and Certificates of Clinical Competence from The American Association of Speech-Language Pathologists and Audiologists (ASHA).	201-447-8131	By appointment	505 Goffle Road, Ridgewood
Pediatric Speech Language Pathology	Pediatric Speech-Language Pathologists are trained to diagnose, evaluate and treat children who have speech-language, cognitive, voice, pragmatic and feeding-swallowing problems. Pediatric communication disorders that are treated include: Speech-articulation disorders; Receptive and expressive language delays; voice disorders; fluency disorders; and feeding-swallowing impairments		M-T 8:30a-6:00p W 8:30a-7:00p Th 8:30a-5:30p Fri 8:30a-4:30p	505 Goffle Road, 1st Floor
Spine Care				
Spine Center	Multidisciplinary providers at The Valley Hospital Spine Center offer both surgical and non-surgical treatment for spine care. Using the latest technology, services include neurology evaluation, diagnostic imaging, acupuncture, spine surgery, biofeedback, electromyography (EMG), as well as rehabilitation services, interventional pain management and spine fitness.	201-251-3491	Call for information	579 Franklin Turnpike, Ridgewood

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Stroke				
Stroke Support Group	A positive group forum for stroke survivors and their caregivers dealing with life issues after stroke.	201-447-8000 ext. 2263	Every 4 th Tuesday	The Valley Hospital
Support Groups				
CHADD – ADD/Hyperactivity Support Group	Children and Adults with Attention Deficit/Hyperactivity Disorder.	201-664-1313	Every 1 st Mon 8:15p	The Valley Hospital, Auditorium
Breastfeeding Support Group	For moms and newborns through one year.	201-447-8722	Every Thu, 10:00a- 12:00p	Kraft Center
Crohns/Colitis Support Group	For people with Crohns/Colitis Disease.	201-825-1266	Every 2 nd Wed.	The Valley Hospital, Bergen Conf. Room
Epilepsy Support Group	<i>See Epilepsy</i>			
Healing Hearts Bereavement Support Group	For parents who have lost children from early miscarriage through newborns. The group is facilitated by a Certified Bereavement Counselor and licensed Social Worker. No reservations are needed.	201-447-8539	Every 3 rd Thurs 7:30p– 9:00p	The Valley Hospital, Cheel Conf Room, 2 nd Floor
Hepatitis C Support Group	For people with Hepatitis C.	201-599-1740	Every 3 rd Tues.	The Valley Hospital, Bergen Conf. Room
Infertility Support Group	<i>See Fertility</i>			

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Parkinson's Disease Support Group	For people and their families with Parkinson's Disease.	201-291-6218	Every 3 rd Thurs 7:30p	Cedar Hill Reformed Church, Wyckoff
Pediatric Support Groups	<i>See Pediatrics/Children – Circle of Friends, Growth, Hope, Strength; Journeys; Diabetes</i>			
Relaxation/Visualization Support Groups	Visualization and guided imagery can help tap into inner strengths and other qualities that can empower individuals to cope with life stressors. Participants are lead through the guided imagery and relaxation techniques surrounded by the sounds of soothing music. An individual can learn to relax and work toward reducing, modifying and/or eliminating pain and other symptoms. No registration is required.	201-634-5359	Every Wed. 10-10:30a	Luckow Pavilion, Meditations Room, 2nd floor
Stroke Support Group	<i>See Stroke</i>			
Men's Heart Health Support Group	<i>See Cardiac Care</i>			
Women's Heart Health Support Group	<i>See Cardiac Care</i>			
Travel Medicine				
Travel Medicine - Enlightened Traveler	Designed to maintain the traveler's good health while traveling. A personalized plan of prevention is developed based on the individual's medical history, physical condition, itinerary, and exposure risks. Pre- and post-travel consultations are available.	201-447-8029	By appointment	Kraft Center and VHMG, Montvale and Riverdale

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Urgent Care				
<i>see Valley Health Medical Group</i>				
Valley Health Medical Group				
Anticoagulation Management (Valley Health Medical Group)	Specially trained team of pharmacists manages the drug therapy of patients taking the oral anticoagulant warfarin (Coumadin). An INR is obtained within minutes of taking blood via a simple finger stick. Provides one-on-one education/information and makes appropriate dosage recommendations according to Medical Board approved protocol. Pharmacists work directly with patient's physician.	201-447-8121	Tues 8:00a-3:00p Fri 9:00a -5:00p	Valley Health Medical Group, Waldwick
Family Care (Valley Health Medical Group)	All 6 Valley Health Medical Group locations provide family care. Services include: treatments for childhood illness, injury and immunizations; School, camp and sports physicals. Care for chronic illnesses such as diabetes, high blood pressure, allergies, peptic ulcers, arthritis and asthma.	Dumont 201-387-7055; Hawthorne 973-423-1364; Montvale 201-930-1700; Riverdale 973-835-7290; Teaneck 201-836-7664; Waldwick 201-447-3603; Wayne 973-709-0099	Call Center for hours	Valley Health Medical Group

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Preventative Care (Valley Health Medical Group)	All 6 Valley Health Medical Group locations provide preventive care. Services include: screenings for diabetes, cancer, high blood pressure; comprehensive cardiovascular risk assessments; smoking cessation assistance; comprehensive annual history and physical examinations; and immunizations.	Dumont 201-387-7055; Hawthorne 973-423-1364; Montvale 201-930-1700; Riverdale 973-835-7290; Teaneck 201-836-7664; Waldwick 201-447-3603 Wayne 973-709-0099	Call Center for hours	Valley Health Medical Group
Urgent Care (Valley Health Medical Group)	Valley Health Medical Group offers a unique blend of traditional, appointment-based primary care and urgent care, and occupational medicine where no appointments are necessary. All of our full-time physicians are board certified in either Family Practice or Internal Medicine.	Dumont 201-387-7055; Hawthorne 973-423-1364; Montvale 201-930-1700; Riverdale 973-835-7290; Teaneck 201-836-7664; Waldwick 201-447-3603 Wayne 973-709-0099	Call Center for hours	Valley Health Medical Group
Workplace Connection	<i>See Occupational Health</i>			

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Valley Specialty Care (NY State)				
Valley Specialty Care (NY State)	A practice of medical and surgical specialists serving Orange County NY. Specialties offered at Valley Specialty Care are: weight loss surgery, interventional cardiology, thoracic surgery, vascular surgery, and electrophysiology	845-343-8666	By appointment.	Wisner Professional Building, 419 East Main Street, Suite 303, Middletown, NY
Weight Loss (Bariatrics)				
Metabolic and Weight Loss Surgery Center	The Center for Metabolic and Weight Loss Surgery provides surgical weight loss solutions to patients with a wide range of co-morbidities along with nutritional support and counseling, behavioral modification strategies and exercise. Surgical options include laparoscopic gastric bypass, LAP-BAND, and Sleeve. Affiliated with New York-Presbyterian Hospital/Columbia University Medical Center.	201-251-3480	By appointment	579 Franklin Turnpike, Ridgewood
Nutrition Counseling	<i>See Nutrition</i>			
Wellness				
Valley Health Marketplace	An online health and wellness store featuring hundreds of items chosen to help you live a more healthy and productive life, as well as supplies and equipment that will be useful in your recuperation at home. Personal care items, vitamins, diabetic supplies, mom and baby care, skin and wound care, and gifts are also available.	webinfo@valleyhealth.com	n/a	www.valleyhealth.com

Valley Health System Outpatient Services and Support Groups Resource Guide

NAME	DESCRIPTION	CONTACT NUMBER	HOURS OF SERVICE	LOCATION
Women's Health				
Breast Center	Offers breast screening/diagnostic services which include digital mammography, ultrasound, stereotactic and ultrasound-guided fine needle aspiration and core biopsy. Other services include sentinel lymph node biopsy, educational programs, preventive screenings and bone densitometry screenings.	Patient Appts: 201-447- 8422 Physicians call: 201-447-8744	M-Th 8:00a-8:00p; Fri 8:00a-5:00p; Saturdays 8:00a-Noon	The Valley Hospital
Caring, Sharing, & Learning Breast Cancer Support Group	<i>See Cancer/Oncology Support Groups</i>			
Fertility/Infertility	<i>See Fertility</i>			
Gynecologic Oncology Program	<i>See Cancer</i>			
Occupational Therapy for Post-Surgical Breast Patient	<i>See Rehabilitation Medicine. Also see Lymphedema Therapy for breast surgery patients.</i>			
Women's Heart Health Support Group	<i>See Cardiac Care</i>			
Metastatic Breast Cancer Support Group	<i>See Cancer/Oncology Support Groups</i>			
Wound, Ostomy & Continence				
Wound, Ostomy & Continence	This outpatient service for adults, children and infants is positioned as an adjunct to the physician's office visit, post-discharge hospital care and to assist with patient self-management. The scope of services includes: surgical, traumatic, ulcer wounds, pre-op education, stoma site marking and recalibration, pouching systems and procedures, support group referrals, skin problems related to incontinence, containment devices, and skin care/protective products.	201-447-8345	By appointment	The Valley Hospital

Valley Health System Outpatient Services and Support Groups Resource Guide

Frequently Called Numbers			
Administration	201-447-8021	Nutrition Counseling	201-634-5371
Bergen Anesthesia Group	201-847-9320	Occupational Health (WorkPlace Connection)	1-800-637-1136
Breast Center	201-447-8422	Pain Management	201-634-5555
Cancer Center	201-634-5339	Parent Education	201-291-6151
Center for Child Development	201-612-1006	Pastoral Care	201-447-8150
Complementary Medicine	201-634-5359	Patient Financial Services	201-291-6080
Diagnostic Imaging	201-447-8200	Patient Relations	201-447-8169
Directions to Valley	201-447-8000, ext 2643	Physician Referral Line	1-800-VALLEY1 (1-800-825-5391)
Emergency Department	201-447-8300	Physician Relations	201-291-6053, 6099, 6176 or 6381
Foundation, The Valley Hospital	201-291-6300	Pre-Surgical Screening	201-634-5678
Home Care	201-291-6000	PrimeTime	201-291-6467
Hospice	201-291-6000	Radiation Oncology	201-634-5403
Human Resources	201-291-6266	Rehabilitation Medicine	201-447-8131
Information Systems Help Desk	201-447-8000, ext. 2700	Renal Care Center	201-447-8587
Fertility Center	201-634-5400	Sleep Center	201-251-3487
Kurth Cottage Gift Shop	201-447-8000, ext. 2110	Social Services	201-447-8166
Laboratory Appointments	201-447-8250	Spine Center	201-251-3491
Lifeline	201-291-6233	Sports Institute/Health & Fitness Center	201-447-8133
Main Number, Hospital	201-447-8000	Valley Health Medical Group Admin	201-291-6120
Marketing & Communications	201-291-6330	Vascular Lab	201-447-8147
Medical Library	201-447-8285	Volunteer Services	201-447-8135
Medical Records (Health Info Mgmt)	201-447-8111	Web Site Manager	201-291-6311
Medical Staff Administration	201-447-8020	Weight Loss Surgery	201-251-3480

Valley Health System Outpatient Services and Support Groups Resource Guide

Facility Addresses	
The Valley Hospital	Valley Health Medical Group
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Rev: 4/29/2009, 6/12/09, 7/7/09, 2/22/10; 2/21/12; 3/12/12; 4/25/12