



Visiting Nurse Association
of Central Jersey

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Proactive West Long Branch Seniors Seek Answers about Swine Flu

Peter Cooper Village residents learn H1N1 influenza prevention strategies

West Long Branch, NJ, April 30, 2009 – Residents of the Peter Cooper Village senior housing complex in West Long Branch attended a special information session provided by Visiting Nurse Association of Central Jersey (VNACJ) on H1N1 swine flu and the risk to seniors.

The session was presented by Marjorie Forgang, RN, MSN, VNACJ vice president of clinical operations, and included an interactive discussion on the warning signs and symptoms, how the virus spreads, how to keep from getting sick, and what to do if you feel sick. Residents received take-home information on H1N1 and hand washing, as well as a bottle of hand sanitizer. As one of the largest community-based service organizations in Monmouth County, VNA of Central Jersey is taking a very proactive approach to educate the community about the H1N1 virus and preventive measures by reaching out to seniors, patients, schools, pregnant women and young mothers, community groups and health centers.

“The residents asked a lot of great questions and were very interested in learning more about the flu and how to stay healthy,” said Ms. Forgang. “Our focus is on prevention. We serve a very diverse population and meetings such as this offer a great opportunity to educate the people in our community about what they can and should be doing to protect themselves.”

“It’s comforting to seniors to have a healthcare professional provide straight forward answers,” said Doris Jean Henningsen, social service/CHSP coordinator at Peter Cooper Village. “Marjorie was able to explain the risks and the importance of prevention without causing undue alarm. I think everyone felt more informed.”

Each month at more than 60 locations throughout Monmouth and Middlesex counties, a VNACJ community health nurse visits senior residences and centers to provide free medical assessments. Services can include medication review, flu shots and other immunizations, health screenings for diabetes, cholesterol, hypertension, cardiovascular and more. In addition to health counseling for individuals, the VNACJ Senior Wellness program offers group education on a variety of health topics.

About VNACJ

Visiting Nurse Association of Central Jersey, now in its 96th year of service, is a nonprofit provider of in-home health care and hospice services. The organization offers extensive community-based health and wellness services throughout its service area of Middlesex,

Monmouth, Ocean, Burlington and Gloucester, Somerset and Union counties. For more information on VNACJ programs and services including speaker presentations, call 800-862-3330 or visit www.vnacj.org.

Photo Caption

Peter Cooper Village residents learn about H1N1 swine flu and the prevention strategies to stay healthy from VNA of Central Jersey Vice President of Clinical Operations, Marjorie Forgang, RN, MSN (far left in red)