

# AtlanticView

at Chilton | Fall 2020

**Don't delay care:**  
We are here with safety  
measures in place  
#ForwardTogether ❤️

Print Services  
Atlantic Health System

MOMENTS THAT MATTER

## SURVIVING A 'WIDOW MAKER' HEART ATTACK

Read Tom's Story  
on Page 6

Am I a Candidate for  
Weight Loss Surgery?

PAGE 10



Atlantic Health System  
Chilton Medical Center

High Performing Hospitals  
USNews  
2020-21  
COPD

High Performing Hospitals  
USNews  
2020-21  
HEART FAILURE

MAGNET  
RECOGNIZED  
AMERICAN NURSES  
CREDENTIALING CENTER

# CEO's corner

What a year it has been. While our team is always prepared for all sorts of emergencies and unexpected events, no one could have predicted the challenges we've faced during the coronavirus pandemic.

I have never been prouder of the Atlantic Health System team or more grateful to be here for our patients when they need us the most. Every day, I am in awe of our doctors and nurses working tirelessly around the clock; our caregivers preparing hot meals and keeping our facilities safe and clean; those who are transporting patients to our hospitals and home again; and countless others who stand ready to do whatever it takes to heal our community and restore our hope in brighter days soon to come.

You can help us beat the coronavirus by continuing to do a few simple things – stay six feet away from others, wear a mask when you go outside, wash your hands regularly with soap and hot water, and use hand sanitizer when soap is not available. We will get through this together if we all do our part.



*Brian A. Gragnoli*

**Brian A. Gragnoli**  
President & CEO,  
Atlantic Health System

Now more than ever before, we thank you for entrusting Atlantic Health System to care for you and your family. Be well and stay safe.



**ATLANTIC HEALTH SYSTEM RANKED NO. 89 IN 2020 FOR 12TH YEAR ON FORTUNE'S 100 BEST COMPANIES TO WORK FOR® LIST**



**ATLANTIC HEALTH SYSTEM NAMED TO THE FORTUNE 100 BEST WORKPLACES FOR DIVERSITY LIST**

# AtlanticView

at Chilton | Fall 2020

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*AtlanticView at Chilton* is published for Atlantic Health System by **Wax Custom Communications**.  
For additional information, visit [atlantichhealth.org](http://atlantichhealth.org).

**Atlantic Health System**, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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**OFFICIAL HEALTH CARE PARTNER**



## WE WANT TO HEAR FROM YOU

Would you like to share your experience at Chilton? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

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*Please note: Some photos were taken before masking and social distancing guidelines were in effect.*



# 14

9 Ways to Reduce Anxiety During Unprecedented Times



# LETTER FROM THE PRESIDENT

Dear Friends,

In recognition of the skill and dedication of our nurses, I'm extremely proud to announce that Chilton has been designated as a Magnet® hospital by the American Nurses Credentialing Center. This national recognition serves as the gold standard for nursing practice. Magnet designation is a reflection of our rigorous standards of nursing excellence, professionalism and teamwork. We are honored to be among the 8% of hospitals in the United States that have earned this designation.

I'm also pleased to share *U.S. News & World Report* has named Chilton a High-Performing hospital in COPD and Heart Failure. We also received the Leapfrog Hospital Safety grade of "A" for the fourth year in a row and Healthgrades 2020 Patient Safety Excellence Award, which places Chilton among the top 10% of all short-term acute care hospitals. And we've earned the Geriatrics Emergency Department Accreditation by the American College of Emergency Physicians. All of these accolades demonstrate that Chilton is focused on the highest standard of quality and safety.










Through this unprecedented time, the team at Chilton Medical Center has been so grateful for the steadfast support from our community. I wanted to take this opportunity to share our heartfelt gratitude to our incredible neighbors, friends, supporters, local businesses, and first responders who extended their help and appreciation to our hospital heroes. We thank you for your kindness and generosity.

Our hospital was founded in the spirit of strength and determination. As we face these uncertain times together and look toward the future, one thing is certain: Chilton is here for our community.




**Stephanie Schwartz, FACHE**  
President,  
Chilton Medical Center

## ACTIONS WE ARE TAKING TO KEEP YOU SAFE

 <p><b>Clean, protected environments:</b> All public areas are cleaned throughout the day, every day with hospital-grade disinfectant.</p> <p>All patient rooms, patient care areas and equipment are thoroughly cleaned between patients.</p>	 <p><b>Facemasks:</b> Everyone must wear a facemask at all times.</p>	 <p><b>Hand sanitizer:</b> Hand sanitizer is readily available.</p>
 <p><b>Emergency departments:</b> EDs have been reconfigured to optimize safety.</p>	 <p><b>Temperature checks:</b> All patients and team members are screened for COVID-19 symptoms prior to entering the hospital or office.</p>	 <p><b>Social distancing:</b> Observed throughout the hospital, except as needed in treatment areas for care delivery.</p>
 <p><b>No wait times and express check-in:</b> In many offices and departments, patients can wait in their cars, complete check-in procedures using a cell phone, and are escorted right to the exam room/treatment area when ready.</p>	 <p><b>Express checkout:</b> Patients are discharged immediately, when possible. An after-visit summary will be sent digitally to your MyChart account.</p>	 <p><b>Limited Visitors:</b> To see the latest information, visit <a href="http://atlanticealth.org/visitor">atlanticealth.org/visitor</a>.</p>

Feel free to call your health care professional with any questions or concerns. We are here for you.

MMC-41413-20

**U.S. NEWS & WORLD REPORT HAS NAMED CHILTON A HIGH-PERFORMING HOSPITAL IN CONGESTIVE OBSTRUCTIVE PULMONARY DISORDER (COPD) AND HEART FAILURE.**



## Chambers Center for Well-Being Now Open

At Atlantic Health System, we believe preventive care, wellness services and an integrated approach are the foundation for health. The Chambers Center for Well-Being offers high-quality, affordable services to keep you well and feeling your best, delivered with the same safety and level of care you trust at Atlantic Health – and in a beautiful, supportive environment.

The Center offers a comprehensive range of lifestyle and functional medicine, acupuncture, fitness, nutrition, spa, well-being, and therapeutic services to improve your overall wellness.

Visit [chamberscenterforwellbeing.org](http://chamberscenterforwellbeing.org) to view our menu of services and book today.

## CHILTON MEDICAL CENTER ACHIEVES HEALTHGRADES 2020 PATIENT SAFETY EXCELLENCE AWARD™



Chilton Medical Center is a recipient of the Healthgrades 2020 Patient Safety Excellence Award. This distinction places Chilton Medical Center among the top 10% of all short-term acute care hospitals reporting patient safety data as evaluated by Healthgrades, the leading resource that connects consumers, physicians and health systems.

“Earning this prestigious recognition from Healthgrades reinforces our message to the community that meeting the highest quality and safety standards are top priorities at Chilton Medical Center,” says Stephanie Schwartz, president, Chilton Medical Center. “It also reflects the consistent collaboration between our physicians, nurses, and team members to deliver safe and extraordinary care to our patients.”

## Mammograms Save Lives



Now in its fifth year, **#AskHer** is a movement that has impacted thousands of lives in our communities. When it comes to breast cancer, early detection literally saves lives.

If you have delayed your mammogram, now is the time to schedule your appointment. Do not wait; our Breast Centers are here for you with safety measures in place.

### Three easy ways to make an appointment:

- Text ASKHER to 555-888
- Visit [atlantichealth.org/askher](http://atlantichealth.org/askher)
- Call 1-844-343-3540

## CHILTON MEDICAL CENTER IS ANTIBIOTICS AWARE

Chilton Medical Center received the Gold Award in the first New Jersey Department of Health (NJDOH) Antimicrobial Stewardship Recognition Program (ASRP). The Gold Award is the highest level of recognition in the program, which acknowledges local health care facilities' efforts to enhance the appropriate, evidence-based use of antibiotics, prevent overuse and, in turn, reduce antimicrobial resistance.





**CHILTON MEDICAL CENTER  
AWARDED AN 'A' FROM  
LEAPFROG GROUP**

The Leapfrog Group, which uses 28 measures of publicly available hospital safety data to assign single grades to more than 2,600 U.S. hospitals twice per year, awarded Chilton Medical Center for the fourth time in a row, an "A" in the ranking, the highest grade possible. The Hospital Safety Grade scores hospitals on how safe they keep their patients from errors, injuries, accidents and infections.

This recognition joins Chilton's numerous quality achievements this year, including most recently, several nationally recognized awards from *U.S. News & World Report* and Healthgrades.

**CHILTON MEDICAL CENTER'S EMERGENCY DEPARTMENT  
ACHIEVES LEVEL 3 GEDA ACCREDITATION**

Atlantic Health System's Chilton Medical Center has earned Level 3 (bronze) Geriatric Emergency Department Accreditation (GEDA) from the American College of Emergency Physicians (ACEP). The award recognizes emergency departments that provide excellent care for older adults.



**Paint the Towns Pink 2020**

Chilton Medical Center is hosting the 12th annual "Paint the Towns Pink" event during Breast Cancer Awareness Month in October. The Chilton Medical Center Foundation partners with local establishments to raise funds for our Breast Center, while promoting breast cancer awareness and the importance of early detection. Enjoy take-out from participating restaurants, pick up a delicious bundt cake or pretzel, purchase a Police Department Pink Patch or consider taking a music lesson! When you do, a portion of the proceeds will be donated to benefit Chilton Medical Center's Breast Center. For more information, call 973-831-5165.

***For more information, visit [atlanticealth.org/pink](http://atlanticealth.org/pink).***

**New MAGNETOM  
Sola MRI at Chilton  
Medical Center**

Chilton Medical Center recently added a new MAGNETOM Sola MRI, which uses advanced technology, including artificial intelligence, to provide better image quality, and a more comfortable imaging experience for patients. Chilton is only the third hospital in New Jersey to offer the Sola MRI.



## SURVIVING A 'WIDOW MAKER' HEART ATTACK: TOM'S STORY

**A**s manager of print services for Atlantic Health System, 58-year-old Tom Polito from Edison is a very busy man, supervising team members at two print shops. Although he is based in the Livingston location, Tom spends at least one day a week in the print shop at the Atlantic Health Pavilion near Chilton Medical Center, and it's a lucky thing he chose to spend October 1 there. During his workday, he felt a strange sensation.

"I just started feeling not right," Tom says. "I never felt like that before. My whole body felt off in a way that's hard to describe. I never suspected a heart issue, because I had no chest pain, just an odd feeling."

It was suggested he go to Chilton Medical Center's emergency department, located down the street.

When Tom arrived, the emergency department team was waiting for him. Within minutes, cardiologist Brandon Calenda, MD, had reviewed Tom's EKG and recommended immediate cardiac catheterization out of suspicion that Tom was having a heart attack. Minutes later, he was headed to the Cath Lab where it was discovered that the artery supplying the entire front wall of his heart was completely blocked. Interventional cardiologist and medical director of the Cardiac Catheterization Laboratory, Lawrence Blitz, MD, performed the procedure. Without emergency treatment, it's usually fatal. Symptoms can include chest pain, discomfort, shortness of breath, nausea, cold sweat, light-headedness and/or pain in the back of the jaw.

In the Cath Lab, Dr. Blitz inserted two stents to open Tom's artery using the radial artery approach (through the wrist), which minimizes recovery time and bleeding risks to patients.

"Things moved so quickly, by the time my wife arrived, I was in recovery. It was, at most, 45 minutes from the time I arrived at the emergency department until I was diagnosed and remedied," Tom says.

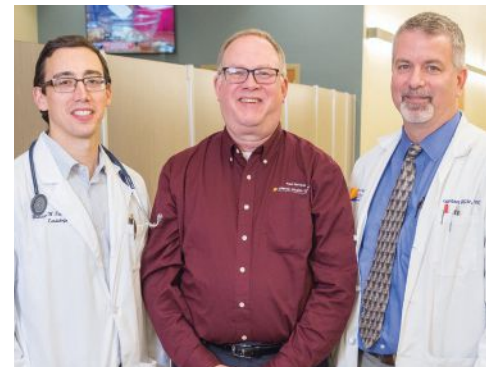
It's a good thing Tom listened to his body and went to the emergency room. He said if he had been in the Livingston print shop when he started feeling odd, he might have simply gone home. "You know how people say, 'See how you feel in the morning?' Morning might not have come for me if I'd waited."



**ABOVE:**  
TOM AND CO-WORKER  
BART AT ATLANTIC  
HEALTH SYSTEM'S  
PRINT SHOP

**RIGHT:**  
(L TO R): DR. CALEDA,  
TOM AND DR. BLITZ

**NOTE:** PHOTOS TAKEN  
PRE-COVID-19



**"Things moved so quickly, by the time my wife arrived, I was in recovery. It was, at most, 45 minutes from the time I arrived at the emergency department until I was diagnosed and remedied."**

**– Tom Polito**

After a two-day stay at Chilton Medical Center, Tom was home and back to work at Atlantic Health System four days later.

Tom is now focused on living his healthiest life. "I'm a little bit more cognizant of what I'm eating," he says. Although he never expected to be the focus of a story, he is tremendously grateful for the amazing care he received and expertise of his colleagues. ▲

**To find a heart care specialist, call 1-800-247-9580 or visit [atlantichealth.org/heartcare](http://atlantichealth.org/heartcare).**

# Stronger Together

Support group helps mothers with breastfeeding challenges



NOTE: PHOTO TAKEN PRE-COVID-19.

**C**hilton Medical Center's Maternity Center creates the perfect setting for bringing your baby into the world comfortably and safely. Our family-friendly environment, expert medical care, and personalized comforts and amenities for the entire family provide support throughout the entire birth process. Our caring nurses and expert medical staff encourage moms and babies to remain together as much as possible to establish a firm bond, and our certified lactation consultants help new moms with breastfeeding in the hospital. Once baby is home, our lactation consultants offer classes and support groups to ensure that moms continue to learn and develop breastfeeding skills with confidence.

New mother Jen Chinskey had her first child at Chilton Medical Center in January of 2018. She assumed that the mothering instinct would kick in when it came to breastfeeding her son, but that did not happen. "To me, it was what you naturally did," says Chinskey. "My mom did it, my stepmother, my sister – so I went in with the thought process that I would automatically be successful."

Unfortunately, her initial attempts were unsuccessful. "When I first started, he wouldn't latch. The lactation staff gave me a nipple shield to help him latch on more effectively. It took a long time. But we are finally shield-free, and now it is very easy."

Health professionals agree that breastfeeding has many advantages. "It's really nature's ideal food," says Amy Moriarity, manager, Maternity Center at Chilton Medical Center. "Breast milk has qualities that prevent and fight infection, it changes properties as the infant feeds, and it helps to thin out mucus. Although formula-fed infants and mothers enjoy the bonding process, bonding may be enhanced in the nursing mother and infant because of the secretion of hormones during breastfeeding."

The Maternity Center at Chilton has been designated as a Baby-Friendly Hospital by Baby-Friendly USA. "The designation visit is a two-day intensive visit in which patients, providers and nurses are interviewed to ensure that the 10 steps of successful breastfeeding are consistently followed," says Moriarity.

To support mothers' breastfeeding challenges, Chilton Medical Center's lactation consultant, Meg Johnstone, founded a breastfeeding support group over two years ago. "We've had more than 80 mothers attend this free group," says Johnstone. "In addition to daytime meetings, we've expanded to include an evening group every other week for moms who are returning to work, and we are now meeting virtually."

Chinskey says she started attending the support group when her son was about a week old. "I was very grateful for the group because I thought my challenges were issues that only I was experiencing," she says. "The members of the group talk about shared experiences and challenges. It's nice to be able to socialize and problem solve with like-minded women with similar experiences and the expertise and guidance from a lactation consultant." ▲



***The breastfeeding support group meets virtually every Monday from 11:00am-Noon and every Wednesday from 6:00-7:00pm. An additional group for the newest moms with babies from birth to 12 weeks has been added. This "Fourth Trimester" group meets every Monday from 1:00-2:00pm. Please call 973-831-5263 for more information.***

# CHILTON MEDICAL CENTER

Achieves Magnet® Recognition for Nursing Excellence



Chilton Medical Center has achieved the highest level of nursing recognition. Less than 9% of the hospitals in the country can say that. Magnet status means better patient outcomes, safety and satisfaction. It means that our nurses have positively impacted every patient experience and our community as well.

**Don't delay care. We are here with safety measures in place.**

**To learn more, visit [atlanticealth.org/Magnet](http://atlanticealth.org/Magnet)**



# MASK UP!

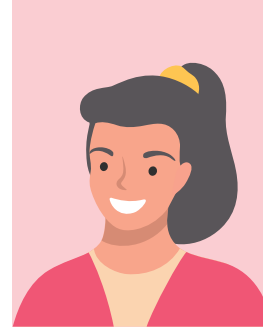
Reduce risk of transmission

COVID-19 Carrier



**HIGHEST RISK**  
of COVID-19 Transmission

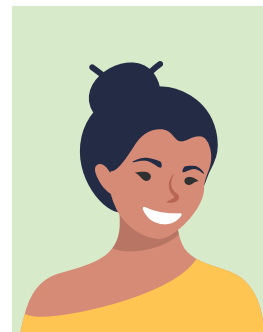
OTHERS



**HIGHER RISK**  
of COVID-19 Transmission



**LOWER RISK**  
of COVID-19 Transmission



**LOWEST RISK**  
of COVID-19 Transmission



## BARIATRIC Q&A

### Q. Am I a candidate for weight loss surgery (bariatric surgery)?

**Channing Chin, MD, bariatric surgeon, Chilton Medical Center, discusses weight loss surgery.**



**A.** This is a very common question I get from prospective patients as well as from primary care doctors. There is a lack of awareness among the public and medical community, despite the well-established benefits of weight loss surgery for several decades.

The eligibility criteria for bariatric surgery was established by the National Institutes of Health (NIH) in 1992 and has not changed since. It is essentially based on a person's height and weight, using those numbers to calculate the body mass index (BMI). According to these criteria, eligible patients should have a BMI  $\geq 40$  kg/m<sup>2</sup>, or a BMI between 35 and 40 kg/m<sup>2</sup> if they have high-risk, weight-related health problems such as diabetes, high blood pressure, high cholesterol, sleep apnea, etc.

#### LET'S TAKE A LOOK AT TWO PEOPLE WHO QUALIFY:

- 1) 65-YEAR-OLD FEMALE, WHO IS 5'4", 204 POUNDS, TREATED FOR HYPERTENSION
- 2) 21-YEAR-OLD MALE, WHO IS 6', 295 POUNDS, AND NO MEDICAL PROBLEMS

Both qualify for surgery. A big misconception is that a person needs to be 100-200 pounds overweight to be a candidate for surgery. Due to the profound effects of weight loss surgery on metabolic diseases such as diabetes and high cholesterol, I believe the criteria for bariatric surgery will become less restricted to a patient's height and weight.

Many other countries, and some specialized centers in the United States, are performing bariatric surgeries in patients who have BMIs lower than 35, but have significant diabetes. Bariatric surgery is the most effective treatment modality for morbid obesity, and should be discussed with all obese patients.

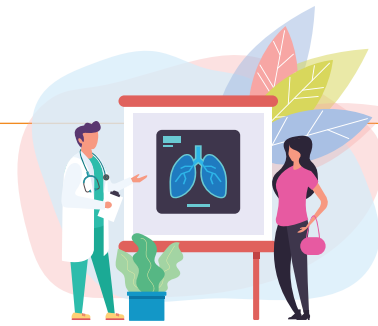


**To find out more information about Channing Chin, MD, bariatric surgeon, Chilton Medical Center, and Atlantic Health System's bariatric and weight & wellness centers, visit [atlanticealth.org/bariatrics](https://atlanticealth.org/bariatrics). More information on Dr. Chin can be found at [atlanticealth.org/doctors](https://atlanticealth.org/doctors).**

**"Due to the profound effects of weight loss surgery on metabolic diseases such as diabetes and high cholesterol, I believe the criteria for bariatric surgery will become less restricted to a patient's height and weight."**

### Q: Is there a correlation between COVID-19 and obesity?

**A.** People who are obese are at higher risk for complications related to COVID-19 infection. This is related to multiple factors, and all are equally important. Obesity is a pro-inflammatory state, which can affect one's immune response and the ability to fight off infection. Obese patients often have impaired organ function due to comorbidities associated with obesity. Some of these organs, such as the lungs, heart, and kidneys, are targeted by the coronavirus, and can result in failure. Excess weight also physically impairs lung movement and makes the need for intubation and mechanical ventilation higher. Weight loss is critical in decreasing the risks associated with being overweight and COVID-19 infection. **▲**



## OVERCOME THE STIGMA OF HPV AND THROAT CANCER

The FDA is to be applauded for its recent approval of the expanded use of a human papillomavirus (HPV) vaccine for individuals up to age 45.

We need to overcome the misunderstanding, embarrassment and stigma associated with head and neck cancers caused by HPV – the most common sexually transmitted disease. We must do this not just for the sake of those who suffer today, but for the next generation.

“HPV” includes a family of over 200 viruses. It is transmitted through direct contact. Most of us are exposed to these viruses once we become sexually active. A vast majority of us, through our immune system, clear the HPV without even realizing its presence. In a minority of us, the virus can evade our detection system and stay inside our cells for years.

It may then cause warts, benign tumors or, on rare occasions, cancer. HPV-associated cancers of the head and neck have tripled in the past several decades, while other types of head and neck cancers have been declining. Cancer of the oropharynx (back and side of the tongue and the tonsils) used to affect older men – longtime heavy smokers or drinkers. Many of today’s patients with HPV-associated throat cancer are men in their 40s and 50s.

According to the National Cancer Institute, HPV is now responsible for 70% or more of oropharyngeal cancers. The incidence of head and neck cancers associated with HPV will, if not already, outnumber that of cervical cancer in 2020.

### SYMPTOMS AND TREATMENTS

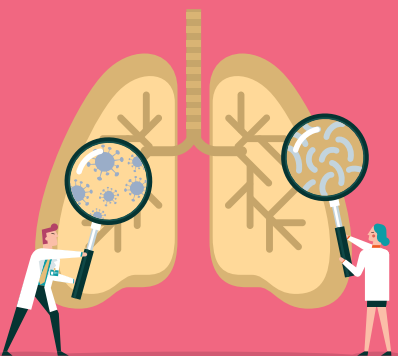
If a physician discovers a lump or ulceration in your throat, he or she should refer you to a specialist such as an otolaryngologist (ENT) or head and neck surgeon. If you do not have these symptoms, but you or someone you have been intimate with has a history of sexually transmitted diseases, ask your physician to examine your throat and neck area carefully. Dentists can also detect suspicious-looking lumps or ulcers in the mouth. Treatments for these cancers have significantly improved in recent years. Therapies may include minimally invasive robotic or laser surgery done through the mouth, targeted radiation therapy that spares healthy tissue, and tried-and-true chemotherapy.

The best treatment for HPV-associated head and neck cancer is prevention. We have effective HPV vaccines that prevent infection with cancer-causing HPV types. In general, the vaccine must be given before a person has become sexually intimate. We are many years into this growing silent epidemic, and the stigma shows no signs of abating. If you get HPV-associated cancer, or suspect you may have it, you are not alone. Do not be afraid to speak with your physician and your significant other. More importantly, get your children vaccinated. ◀



#### ATLANTIC MEDICAL GROUP

Tom Thomas, MD, MPH, is director of head and neck reconstructive surgery and transoral robotic surgery at Morristown Medical Center. He is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). He can be reached at Atlantic Head & Neck Surgery, 973-971-7355.



**November Is Lung Cancer Awareness Month**  
**LUNG CANCER SCREENING**

In the United States, lung cancer is the second most common cancer in both men and women. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. This test uses low-dose computed tomography (LDCT) that only takes a few minutes to complete and may identify lung cancer at earlier, more curable stages. Research has shown that using LDCT scans to screen people at higher risk of lung cancer saved more lives compared to chest X-rays. For higher-risk people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer.

**Contact the Atlantic Health System Lung Cancer Screening Program at 1-844-228-LUNG (5864).**

# WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?

With a secure telehealth visit, you can consult with an experienced Atlantic Health physician from anywhere.




When you're traveling or on vacation



You can't take time off from work

You have kids at home and don't want to take them all to the doctor




It's difficult to get to the doctor's office

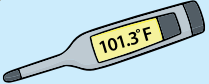
You live in an area with limited access to health care



You need a prescription refilled (when appropriate)



You aren't sure whether you should go to urgent care or wait until your doctor's office reopens



You don't feel well enough to leave the house

It's after hours, the weekend, or a holiday



Annual Wellness Visits



## Why Online Visits?

- It's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are.

## Common Conditions Treated

- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting



## Chilton's ED Renovation Isn't Going According to Plan ... *That's on Purpose*

**A**fter finalizing plans last year to modernize and reconfigure its Emergency Department (ED), Chilton Medical Center is back at the drafting table, making enhancements to the new design using valuable insights gained during the COVID-19 pandemic.

"Our goal for the new ED has always been to align our physical space with the excellence of our clinical care and services," stated ED Chairman and Interim Chief Medical Officer Eric Perez, MD. "COVID-19 highlighted the need for additional features and design elements to strengthen the already high-quality care we offer, and they have since been added to our plans."

These include negative-pressure ventilation for patients on isolation, exam rooms sized for lifesaving respiratory equipment, and larger clinical workstations that will allow for increased staffing at times of heightened volume.

**"Redesigning Chilton's ED for pandemic readiness has created a greater role for philanthropy in bringing the new space to life."**

**– Michael Bressman, Foundation Director**

"Chilton is one of the nation's first hospitals to undertake an ED modernization project in the months after the height of COVID-19," said Chilton President Stephanie Schwartz, FACHE. "This state-of-the-art space will represent the start of a new era in emergency medicine."

While Chilton has made significant investments of time, effort, and expertise in the ED project, major commitments of resources have also propelled it forward.

"The Chilton Medical Center Foundation has built the framework for a multimillion-dollar fundraising initiative to support construction of the new ED," explained Chief Development Officer Joan Beloff. "Seven figures had been raised before the campaign could even be announced, demonstrating the community's overwhelming support for the project."

When completed, the ED will feature 33 private exam rooms; a dedicated suite to address behavioral health needs; a private, comfortable registration and waiting area; and repositioned clinical workstations that maximize sightlines between patients and providers.

"Redesigning Chilton's ED for pandemic readiness has created a greater role for philanthropy in bringing the new space to life," said Foundation Director Michael Bressman. "Meaningful opportunities abound for community members to invest in the hospital's strength, express gratitude to its health care heroes, and contribute to a world-class medical resource for their families, their neighbors and themselves."

With construction set to begin later this year, Schwartz stressed the importance of local support.

"Our community is Chilton's reason for being," she said. "As a nonprofit hospital, we draw considerable strength from charitable support, especially when it represents how much our work means to our neighbors."



**ARCHITECT'S RENDERING OF EXAM ROOM IN THE NEW ED.**

### **ABOUT THE CAMPAIGN FOR EMERGENCY CARE**

The Chilton Medical Center Foundation warmly invites you to take part in realizing this once-in-a-generation project. Philanthropic contributions at all levels are welcome and appreciated. Naming opportunities begin at \$5,000 and include spaces for both patients and clinicians. ▲

**For more information about the Campaign for Emergency Care, please contact the Chilton Medical Center Foundation at 973-831-5165, email [Chilton.Foundation@atlanticealth.org](mailto:Chilton.Foundation@atlanticealth.org) or visit [atlanticealth.org/ChiltonFoundation](http://atlanticealth.org/ChiltonFoundation).**

# 9 WAYS TO REDUCE ANXIETY DURING UNPRECEDENTED TIMES

Staying calm during challenging times such as the novel coronavirus (COVID-19) pandemic is not easy, but it's possible



## REDUCE YOUR STRESS WITH THESE NINE TIPS:

- 1 MEET YOUR BASIC NEEDS.** Create a new daily schedule. Prioritize healthy eating. Hydrate regularly. Aim for seven to nine hours of sleep per night. "A new routine will help ease the chaos," Dr. Bolo says.
- 2 PRIORITIZE YOUR HEALTH.** Manage any current medical conditions. It will help you feel better and will offer greater protection if you get sick. Avoid alcohol or drugs, which can heighten anxiety.
- 3 STAY INTENTIONALLY CALM.** An occasional outburst is OK. But staying composed most of the time will benefit you and others. Free apps like Calm and Headspace have brief meditation exercises to help you self-soothe.
- 4 GET OUTDOORS.** Walk, hike, bike or jog.
- 5 BE KIND TO YOURSELF.** "You're probably already doing a good job under this very stressful situation, so give yourself a pat on the back," Dr. Bolo says.
- 6 CONNECT WITH OTHERS.** Use online messaging and video apps to talk with family members and friends. Host virtual game nights or family dinners.
- 7 USE UPLIFTING WORDS.** Remind loved ones you appreciate them. "Reassuring language soothes unsettled feelings," Dr. Bolo says.
- 8 LIMIT MEDIA EXPOSURE.** Stay informed with reputable media sources but take screen breaks so every "breaking news" banner does not create stress.
- 9 GET CREATIVE.** "Any major crisis is an opportunity for creativity," Dr. Bolo says. Turn hand-washing into a 20-second "spa" for your hands. Create a pandemic playlist on Spotify or other streaming services. ▲



"Having some fear and anxiety over coronavirus is perfectly normal. But if anxiety begins to impede your ability to care for yourself or others, it's a problem," says Peter Bolo, MD, Interim Medical Director, Atlantic Behavioral Health; Chairman of Psychiatry, Overlook Medical Center; and Resiliency Advocate, Atlantic Health System.

# community calendar

Fall 2020

Welcome to your Chilton Medical Center Community Calendar.

Due to COVID-19, many of our classes will be held virtually or rescheduled.  
Call the telephone number listed or email the contact person for more information.

Please visit [atlanticealth.org/calendar](http://atlanticealth.org/calendar) or call 1-800-247-9580 for up-to-date information on classes and events.

## BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

## CANCER CARE

For up-to-date information on cancer support, call 973-831-5311.

## COMMUNITY HEALTH

For information on virtual health education programs, call 973-831-5433.

Health & wellness programs specifically for adults 65+. All programs are virtual.  
To register, visit [atlanticealth.org/NVclasses](http://atlanticealth.org/NVclasses) or call 1-844-472-8499.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Second and Fourth Tuesdays of the month, 1:00-2:00pm (via Zoom)	GRIEF & LOSS SUPPORT GROUP	Meeting ID: 951 4941 2531; Passcode: 464065; Dial-in: 929-205-6099.
Various dates and times (in-person program on hold)	WALK WITH A DOC (WWAD)	For more information on virtual WWAD events, visit <a href="http://walkwithadoc.org/join-a-walk/virtual-walk-with-a-doc-events">walkwithadoc.org/join-a-walk/ virtual-walk-with-a-doc-events</a> .

## DIABETES AND NUTRITION

For up-to-date information on self-management education groups and other events, call 973-831-5433.

## PARENTING AND CHILDBIRTH

Maternity tours, childbirth education, baby care classes and breastfeeding classes are currently canceled due to COVID-19.  
Call 1-800-247-9580 or visit [atlanticealth.org/classes](http://atlanticealth.org/classes) for updates.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Saturday of the month, Noon	VIRTUAL MINDFUL PREGNANCY	To register, visit <a href="http://atlanticealth.org/classes">atlanticealth.org/classes</a> .
Mondays, 11:00am; Wednesdays, evenings	WEEKLY VIRTUAL BREASTFEEDING SUPPORT GROUP	For up-to-date information or to sign up, contact <a href="mailto:chiltonparented@atlanticealth.org">chiltonparented@atlanticealth.org</a>

## PULMONARY

Smoking cessation classes are currently on hold. For up-to-date information, call 973-831-5427.

**Atlantic Health System**  
475 South St.  
Morristown, NJ 07960-6459

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an Atlantic Health System  
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or visit [atlanticehealth.org/doctors](http://atlanticehealth.org/doctors).



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