

# AtlanticView

at Overlook | Fall 2018


MOMENTS THAT MATTER **STROKE TECHNOLOGY SAVED BARRY'S LIFE**

Read Barry's Story



#AskHer –  
Encourage the  
women in your  
life to get a  
mammogram

Outpatient Rehab –  
We Keep  
You Moving

 Atlantic Health System  
Overlook Medical Center

We have a lot to be proud of at Overlook Medical Center! I am honored to share that we are the ONLY hospital in New Jersey to be recognized on the *Becker's Hospital Review* list of 100 Great Community Hospitals for 2018, based on excellence in clinical care, patient outcomes, and staff and physician satisfaction. Healthgrades has also named Overlook as one of America's 100 Best Hospitals, which puts us within the top 2 percent of hospitals in the nation. And, as part of Atlantic Health System, we are a Fortune 100 Best Companies to Work For®. Congratulations to all our team members who work so hard every day to make us a great place to work!

In this issue of *AtlanticView at Overlook*, we ask you to #AskHer. This important annual campaign reminds women to commit to scheduling their annual mammogram. So, ask her!

You'll read about the many ways that our specialized therapists at outpatient rehabilitation centers meet the needs of patients recovering from an accident, illness, surgery or cancer treatment. You'll discover that our board-certified OB/GYN hospitalists are always available to meet the needs of moms-to-be during their delivery; hear about some of our new advanced technologies; and find out about four new pancreatic cancer clinical trials under way. And, in our Moments That Matter feature, you'll meet Barry, whose stroke was treated in a record-breaking time at Overlook. This was accomplished by our specially trained stroke neurology team using our Telestroke system for a rapid neurological video evaluation en route to Overlook.



*Alan Lieber*

**ALAN LIEBER**  
President,  
Overlook Medical Center

As part of our commitment to advancing the health of our community, we're continuing to expand the offerings at our Union Campus, doubling the services provided there from seven to 14.

In our Community Calendar, you'll find classes, activities and support groups to keep you busy throughout the season.

On behalf of the health care team here at Overlook Medical Center, we wish you and your loved ones a happy, healthy fall.

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**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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## CONTENTS

### Departments

- 3** CEO's Corner
- 3** Health Briefs
- 14** New Technology
- 17** Research
- 20** Physician Spotlight
- 24** Culinary Corner With Chef Todd
- 25** Foundation News
- 26** Community Calendar
- 32** Locations

### Health & Wellness

- 23** #AskHer

### Features

- 5** OB/GYN Hospitalists – Always Here for You
- 6** Moments That Matter:  
Stroke Technology Saved Barry's Life
- 8** Outpatient Rehab – We Keep You Moving
- 13** A Bridge to Recovery for Cardiac Patients
- 18** Overcoming Epilepsy
- 22** The Big Idea

25



18





## Delivering Well-Connected, Coordinated Care

Over the last year, Atlantic Health System has streamlined medical records using an advanced technology known as Epic.

This online platform creates a single electronic health record for each patient. It also connects physicians and practitioners at different locations, simplifying communication between you and your care team.

Whether you visit Atlantic Health System hospitals, acute care centers, physician offices, laboratories or imaging centers, you now have access to your medical and prescription history—and test results—right on your phone.

Beyond providing greater convenience, Epic helps us deliver better coordinated care. With all of your caregivers securely linked to accurate, real-time information about your health and wellness, you benefit from better clinical decision making and reduced paperwork and testing.

2018 has truly been an Epic year for Atlantic Health System. We thank you and your family for entrusting us with your care, and we look forward to sharing this innovation with you.



*Brian A. Gragnolati*

Brian A. Gragnolati  
President & CEO,  
Atlantic Health System



Atlantic Health System  
Overlook Medical Center



healthgrades.  
PATIENT SAFETY  
EXCELLENCE  
AWARD™  
\*\*\*\*\*  
2018

Recognized Among  
the Top 10% of  
Safest Hospitals  
in the Nation

Source: Healthgrades®

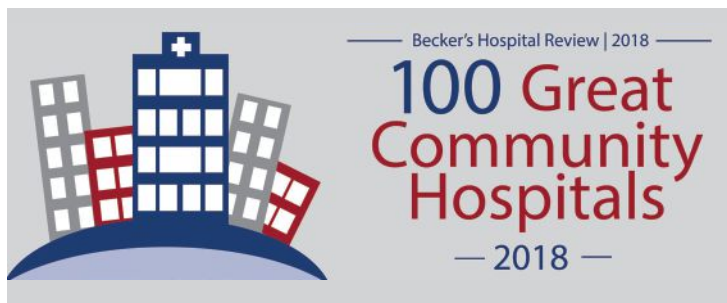


## Renowned Orthopedic Oncologist Joins Atlantic Health System

Internationally recognized orthopedic oncologist James C. Wittig, MD, has been named chairman of the Department of Orthopedics, Morristown Medical Center, and medical director of orthopedic oncology for Atlantic Health System. Dr. Wittig is one of approximately 100 orthopedic oncologists in the nation. He is acclaimed for his work treating and researching pediatric

and adult patients with bone and soft tissue cancers and benign and metastatic cancers. He will have oversight across Atlantic Health System's six hospitals and will focus on ensuring outstanding quality, academic excellence and optimal operational performance. Dr. Wittig says he is "honored to be selected as the new chairman for a truly accomplished department of orthopedic surgeons at one of the best medical systems in the United States. I look forward to continuing to build this premier department and expand the orthopedic oncology offerings."

**Dr. Wittig can be reached at Atlantic Orthopedic Oncology and Sarcoma at 833-292-BONE (2663).**



## Overlook Is the Only Hospital in NJ on Becker's 2018 Great Community Hospital List

Atlantic Health System's Overlook Medical Center was the ONLY hospital in New Jersey to be recognized on Becker's Hospital Review 100 Great Community Hospitals list. Hospitals who made the list were recognized for their clinical quality, operational excellence and economic impact on the surrounding areas, among other notable efforts.

## EXPANSION AT OVERLOOK MEDICAL CENTER UNION CAMPUS

Top-notch medical care just got more convenient at Overlook Medical Center's Union Campus (between Galloping Hill Road and Chestnut Street). By the end of 2018, Overlook will have greatly expanded their services at the facility, adding several new specialists and primary care physicians.

In addition to the Emergency Department, Lab, Imaging, Rehabilitation, Cardiology, Wound Care and Development Disabilities Center practices, Atlantic Health System and Atlantic Medical Group (AMG) have launched practices in the following:

- Nephrology
- Neurology
- AMG Internal Medicine Residency Practice
- AMG Primary Care
- AMG Oncology - Medical Diagnostics Associates

With free parking and easy access to the Garden State Parkway, local patients can see Overlook Medical Center doctors easily and close to home. **To book appointments in Union, call 1-800-247-9580.**



MedExpress®  
Atlantic Health System

## MORE URGENT CARE CENTERS

### Atlantic Health System Collaborates with MedExpress

Atlantic Health System and MedExpress, a neighborhood health care provider, have announced a collaborative initiative that will enable them to seamlessly coordinate care. MedExpress urgent care centers offer a broad scope of affordable walk-in care, employer health services, and basic wellness and prevention services. They also provide access to an Atlantic Health System facility if additional or more advanced care is needed.

MedExpress locations can also serve as an extension of the services available within Atlantic Health System. **Visit [atlantichealth.org/medexpress](http://atlantichealth.org/medexpress) for more information.**

## NEW INFUSION CENTER KEEPS UNION PATIENTS CLOSE TO HOME

Receiving cancer care close to home just got more convenient. "Our new Overlook Medical Center Infusion Center at Union Campus will keep patients near their homes with support networks," says Lydia Nadeau, RN, director of cancer services at Atlantic Health System.

"It's much preferred to stay close to home for infusion because cancer therapy can be quite debilitating," adds Dennis Lowenthal, MD, medical director of Carol G. Simon Cancer Center at Overlook Medical Center. "Our new facility will offer most of the services provided at the main campus, thus providing many of our patients with the convenience of receiving their care and infusion therapy closer to home, which is a huge advantage."

The Union center will provide infusion services to cancer and non-cancer adult patients. It is outfitted with 10 infusion chairs, plus an on-site pharmacy and pharmacist.



# Always Here for You

OB/GYN hospitalists help ensure moms and babies are safe

**H**aving a baby is a joyous occasion, but it can also be unpredictable. Mothers who deliver their child at Overlook Medical Center can rest assured that should the need arise, a board-certified obstetrician/gynecologist (OB/GYN) hospitalist is on-site 24 hours a day, seven days a week.

"If there was an emergency and the patient's doctor/midwife can't get there in time, they don't need to be worried because there is a board-certified OB/GYN in-house all the time. Their primary role is to make sure everything is safe and going well for mom and baby," says Diana Contreras, MD, chairman of the department of Obstetrics, Gynecology and Women's Health for Atlantic Health System.

An OB/GYN hospitalist is a board-certified obstetrician/gynecologist who specializes in the care of women during labor. According to Dr. Contreras, "Hospitalists do not replace your provider. But if something needs to happen immediately, we're here to help."

At Overlook, the OB/GYN hospitalist is part of the health care team that includes the patient's primary provider, hospital nurses and residents. They not only assist the patient's primary

care doctor in case of an emergency, but they coordinate care supervision with the nursing staff and play a key role in promoting patient safety.

"Patients will meet with the hospitalist soon after they're admitted. The hospitalist introduces themselves, so everyone knows the team," says Dr. Contreras.

Dr. Contreras adds, "Patients and their obstetricians love the idea that they have somebody in-house who's watching over them. Things can change quickly in labor and delivery, and it's comforting to know someone is watching over things 24/7 and there are extra sets of highly qualified hands available."

Dr. Contreras says, "It's our commitment to the moms and babies to make sure their entire experience is a really safe and positive one." ▲

**For more information, visit [atlantichealth.org/conditions-treatments/maternity.html](http://atlantichealth.org/conditions-treatments/maternity.html).**





# STROKE TECHNOLOGY SAVED BARRY'S LIFE

**A stroke nearly sidelined Barry Rogers. Knowing the signs, cutting-edge technology and a record-breaking time to treatment saved him.**

**A**t 61 years old, Westfield's Barry Rogers knew a thing or two about strokes. Or so he thought. His own mother had had several of them. One of her strokes had resulted in some paralysis. And in the last few years of his mother's life, her ensuing disabilities transformed him into a caregiver. "I did not know you could hope to fully recover from a stroke," says Barry.

Several decades later, when a stroke struck a little closer to home – this time in Barry himself – stroke neurologists at Overlook Medical Center and Atlantic Health Neurosciences, who are leading the region in delivering vastly better outcomes for people who have a stroke, were ready for him.

Barry's doctor, and a leading stroke neurologist at Overlook Medical Center, Gary Belt, MD, likes to say, "This is not your parent's stroke, and for that we should all be very, very grateful." In the not-so-distant past, a complete recovery – meaning no residual side effects – was the exception for stroke survivors. Now, for patients like Barry who are treated at Overlook Medical Center's Joint Commission-designated Comprehensive Stroke Center, stroke specialists are seeing a full recovery becoming the rule more and more.

Dr. Belt and the stroke neurologists at Overlook Medical Center are working with the latest technologies for diagnostics, surgery, and medications, and are participating in national clinical trials like DAWN (see p. 17) that seek to expand the time frame in which



Barry Rogers received the clot-busting medicine tPA within 14 minutes of his arrival at Overlook’s Emergency Department. The national gold standard for time to treatment is 45 minutes.

patients can be treated. And they are challenging themselves every day to do better – and respond faster – for their patients.

There is a saying in the stroke world – time is brain. From the Atlantic Health System EMT teams to stroke nurses in Overlook’s Emergency Department, they are acutely aware that every minute that passes during a stroke costs their patient 2 million brain cells. They have created a network of care based on training and technology that meets national gold standards.

And then they aim to beat those standards. By a lot. In fact, Barry’s stroke treatment set a new record at Overlook Medical Center – which is Atlantic Health System’s Center of Excellence for neuroscience.

Barry Rogers received the clot-busting medicine tPA within 14 minutes of his arrival at Overlook’s Emergency Department. The national gold standard for time to treatment is 45 minutes.

To achieve these remarkable times to treatment, Atlantic Health System has put into place a system that starts the stroke victim’s evaluation the moment he enters the ambulance. Barry’s ambulance was outfitted with Atlantic Health System’s Telestroke system. This wireless video technology allowed for a rapid neurological evaluation with one of Overlook’s dedicated team of stroke neurologists (in Barry’s case, Dr. Belt) on the way to the Emergency Department (ED). This ability to provide remote high-level evaluations minimizes the amount of time between transport and treatment.

## ANOTHER HERO

Barry is quick to tell everyone that in addition to the doctors, nurses and staff at Overlook Medical Center, there is another very important hero in his stroke recovery – his wife, June.

A couple of weeks before Barry approached her on the morning of his stroke, unable to speak or move his right hand, June had seen a public service announcement on television regarding the risk factors and signs of stroke (see “FAST” graphic). Knowing his past history of heart failure and A-fib, she recognized the stroke immediately and called 911.

Two years later, what Barry also tells people is that they need to learn the signs of stroke; they should not hesitate to get checked out; and they should call 911 for the fastest and best care. “If our roles had been reversed that day, I would have told her to lie down and take a nap. I’m blessed that she saw the signs, recognized what they could be, and acted on it – that’s the key.”

Dr. Belt also alerted Overlook’s ED to activate the hospital’s stroke team so that everything was in place for the patient the moment Barry reached Overlook’s doors.

“Dr. Belt came on the monitor, and he was talking to us en route to the hospital,” says Barry. “He was asking me questions; telling me to touch my nose; asking me to move my fingers. I was cognizant of everything, but I couldn’t move my right side and I wasn’t able to speak.”

Barry was taken for a CT scan of his brain to complete his assessment. “The next thing I knew, Dr. Belt was in the room and was telling me they were getting ready to inject tPA into my IV to dissolve the blood clot that was causing my stroke,” says Barry.

“Then all of a sudden, everything cleared up – I started reading a magazine passage. It wasn’t gradual; it was just like that. I tell people I could have read the Constitution at that point!”

Both Dr. Belt and Barry will happily tell you that Barry’s 14-minute record no longer stands – it’s been beaten at Overlook. ▀

### Can you spot a STROKE?



**F**ACE DROOPING



**A**RM WEAKNESS



**S**PEECH DIFFICULTY



**T**IME TO CALL 9-1-1 AND GO TO NEAREST STROKE CENTER

### ATLANTIC MEDICAL GROUP

Dr. Gary Belt is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit [atlanticmedicalgroupnj.org](http://atlanticmedicalgroupnj.org).



## WE KEEP YOU MOVING

**R**ecovering from an accident, illness, surgery or cancer treatment can require weeks – or even months – of specialized care. That’s where outpatient rehabilitation comes in. It helps restore mobility and independence – and it can be the single biggest factor influencing the quality of the rest of your life.

“Whether your goal is to get back your golf swing or learn to walk all over again, there are a wide variety of outpatient rehabilitation programs in every geographic region served by Atlantic Health System medical centers,” says Dan Whelan, director of outpatient rehabilitation services. “Convenience is key when patients are making regular trips to rehab. We have a responsibility to make care accessible to patients in every community we serve and to maintain the same high standard of care throughout those facilities.”

With more than 160 staff members working at more than a dozen outpatient rehabilitation locations, there are specialized therapists and programs to meet every patient’s unique needs ... and do it well. Multiple centers offer physical therapy, occupational therapy, speech therapy, audiology, stroke rehabilitation, lymphedema management, pelvic floor rehabilitation and more. Specialized

programs, such as the Amputee Walking School, athletic training and sports rehabilitation, aquatics therapy and the recently opened Gerald J. Glasser Center for Neuro Rehabilitation in New Providence, offer added services and unique cutting-edge technologies for patients with specific needs.

### **TALENT, TEAMWORK AND THE THERAPIST-PATIENT RELATIONSHIP**

A commitment to excellence among Atlantic Health System outpatient rehabilitation facilities begins with the therapists, many of whom have earned specialty certifications in addition to advanced degrees from the American Board of Physical Therapy Specialties. They meet regularly to collaborate with their peers, testing theories and outcomes, while a Clinical Excellence Committee ensures that best practices are shared throughout the system.

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session,” points out Whelan. “This systemwide strategy puts patients on a productive path to recovery under the supervision of therapists who become partners in that journey.”

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session.”

**- Dan Whelan, director of outpatient rehabilitation services**



“We have provided outpatient rehabilitative care to generations of families in our communities.”

- Amy Bolan, physical therapist at Chilton Medical Center



## SHIPSHAPE FIRST MATE

One of Phil Glorioso’s greatest passions in life is diving. He works as a mate on the Sea Lion dive boat in Brielle, NJ, and explores shipwrecks off the New Jersey coast. But when the 75-year-old

husband, father and grandfather from Oakland strained a muscle doing a home repair project, he knew exactly where to turn to get back in shipshape ... his community hospital.

Phil had been successfully treated for muscle injuries and arthritis by Amy Bolan, a physical therapist at Chilton Medical Center’s outpatient sports medicine facility in 2004 and 2006. When he returned to Chilton in 2018, Phil was thrilled to learn that Bolan (and many other staff members) was still there. He knew he would be in the best possible hands, yet again.

“Working on a dive boat requires heavy-duty chores, like pulling anchor chains and coming up the dive ladder into the boat with 132 pounds of dive gear on my body. I couldn’t do that with arthritis and a muscle injury,” says Phil.

“Amy helped ease my pain and, through a combination of exercises, taught me how to work out this old body to keep the blood flowing while improving range of motion. She is a true health professional – bright, talented and motivated to help others. I was so fortunate to work with her the first time, the second time and the third time I came to Chilton!”

“We have provided outpatient rehabilitative care to generations of families in our communities,” says Bolan, a 15-year veteran of Chilton’s sports medicine team, who has been recognized for her outstanding service. “Our team has been together a long time. Patients and their loved ones know that they can count on us for one-on-one, friendly, personal service.”

Having several different types of therapists working in the same facility is also an added benefit, says Jason Metoxen, MSPT, OCS, a physical therapist at Atlantic Rehabilitation’s New Providence campus.

“If a knee replacement patient is experiencing dizziness, for example, we’ll confer with a vestibular specialist on-site who can also evaluate the patient and make recommendations for possible further treatment – all under one roof.”

In addition to providing a hands-on therapeutic role, many physical therapists agree that education and encouragement are also critical to the therapist-patient relationship.

“People with a back injury, for example, need to be educated about the importance of continuing their exercises at home, following rehab, to avoid reinjury,” says Robert A. Baumgartner, PT, DPT, a member of the Newton Medical Center physical therapy staff for 30 years. “Our goal is to help them manage their condition independently.”

To help ease the transition from outpatient therapy to home, many Atlantic Health System outpatient facilities have established their own on-site fitness centers, which patients can join for a nominal monthly fee.

“Just because you’re discharged, doesn’t mean you’re gone and forgotten,” remarks Paul Cuntala, PT, DPT, of Hackettstown Medical Center. “Our exercise physiologists understand your health history, can explain how to properly use the machines, and can assist your progress. Fifty percent of our joint replacement patients opt to join our fitness center because they feel more comfortable under our watchful eyes.”

## ADVANCED THERAPEUTIC DEVICES

Atlantic Rehabilitation patients have access to advanced therapeutic devices, such as the following:



**AlterG® Anti-Gravity Treadmill®** – a treadmill developed with NASA technology that allows patients to exercise at a lower body weight, reducing the impact of walking or running at up to 80 percent of their body weight.

**Bioness® L300** – a medical device, worn on the lower leg and operated by a handheld remote control, that uses state-of-the-art,



## GETTING BACK IN THE GAME WITH AQUATIC THERAPY

When a friendly basketball game at the Summit YMCA resulted in a complete fracture and displacement of his tibia and fibula, 23-year-old Matt Eisenbud knew it would be a long road to recovery. With a rod, plate and screws holding his lower left leg together following surgery at Overlook, Matt spent several weeks on crutches, gingerly balancing the weight of his six-foot frame.

"I wanted to get back into shape, but was limited in what I could do," says Matt, a former semiprofessional football player turned e-commerce entrepreneur, who typically spends five to seven days a week at the gym.

When Matt's mom – a nurse in Overlook's Community Health Department – suggested aquatic therapy at Atlantic Rehabilitation's facility in New Providence, Matt decided to give it a try.

"I had an intro session with the primary physical therapist for Atlantic Rehab Aquatics, Jaime Cozine, who had me walking on the underwater treadmill and performing range-of-motion exercises I wasn't able to do on land," comments Matt.

That first session prompted Matt to dive head first into aquatic therapy for 45-minute sessions three days a week.

"Jaime is really good at identifying the angles and range of motion necessary to maximize the recovery of my muscles and joints," remarks Matt. "While I'm in the water and she's on the deck, an underwater video camera allows her to see the mechanics of every movement up close on a TV screen next to the pool."

"Since we've been working together, Matt has progressed from exercising in neck-deep water, which reduces his body weight by 90 percent, to waist-deep water, which reduces body weight by 50 percent," reports Cozine. "He's jogging on the treadmill, climbing stairs, performing plyometric exercises, and even jumping."

"I feel so much better about my progress because of aquatic therapy," comments Matt. "I can fully bend my knee with no stiffness, and I can walk briskly without pain. I'm confident that I'll be perfecting my layup in no time."

functional electrical stimulation technology to help improve safety and efficiency for people with foot drop.

**Bioness® H200 Wireless Hand Rehabilitation System** – a device that helps patients recovering from stroke, brain injury, spinal cord injury or nervous system disorders regain control of the muscles in their hands and forearms.

To complement rehabilitative exercises, therapists often prescribe integrative medicine techniques, such as Qi Gong and yoga, to help further reduce pain, increase strength and endurance, and prevent future injury.

### GROWING NEED FOR CANCER REHAB

"We are seeing a tremendous increase in the number of cancer patients coming for rehabilitation," observes Whelan. "The aftereffects of lifesaving cancer treatment can include pain, lymphedema, and problems with coordination, balance, range of motion, strength, endurance and flexibility. An individualized and comprehensive rehabilitation program can help patients restore optimal physical functioning following cancer surgery, chemotherapy or radiation."

As the baby boom population ages and the prevalence of osteoarthritis rises, Atlantic Health System's outpatient therapists are also helping a growing number of patients regain mobility following hip and knee replacements. "We're not only helping people resume their daily lives, we're putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!" remarks Whelan.

### SPECIALIZED OUTPATIENT REHABILITATION PROGRAMS

#### Aquatic Therapy (908-598-6594)

Patients with reduced mobility and limited strength due to illness or injury – who cannot tolerate weight-bearing exercises on land – are positively buoyant over the benefits of aquatic therapy. The program, located at Berkeley Aquatic Club in New Providence, offers physical therapy and medical fitness services in a therapeutic pool setting. Therapists use the underwater treadmill, stairs, resistance jets, and external resistance aids, such as paddles and weights, to help patients improve function, balance, strength, circulation, sensation and motor control ... in the comfort of 92-degree water.

“We’re not only helping people resume their daily lives, we’re putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!”

- Dan Whelan

#### **Neuro Rehab (908-522-2215)**

Patients recovering from strokes, brain injuries, movement disorders, vestibular disorders, neurodegenerative diseases, gait/balance dysfunction and spinal cord injuries can receive specialized care at Atlantic Rehabilitation. The centers, including the new Gerald J. Glasser Center for Neuro Rehabilitation, offer physical therapy, occupational therapy, speech-language pathology, and audiology to improve physical functioning, communication skills, swallowing, visual/perceptual deficits, and cognitive dysfunction. There is also a full working kitchen and washer/dryer for occupational therapy, private treatment rooms, and a biweekly prosthetic/orthotic clinic.

#### **Amputee Walking School (multiple locations: 1-800-247-9580)**

Patients of all ages and levels of lower limb amputation can attend this advanced gait training and running program, offered at many Atlantic Rehabilitation facilities. Those beginning the Amputee Walking School will learn basic exercises and stretches designed to improve their walking gait with their prosthetic devices. Training is customized to individual needs and as they progress, patients will learn more advanced techniques to increase strength and flexibility. Family members and loved ones of amputees are also encouraged to attend the program for educational purposes and support.

#### **Orthopedics and Sports Rehabilitation (multiple locations; see sidebar on page 12)**

Whether you are an elite athlete or a weekend warrior, Atlantic Health System’s orthopedics and sports rehabilitation programs are designed to return you to action as safely and quickly as possible. Therapists certified in various areas of specialization



### **STEP BY STEP AFTER A LIFE-CHANGING DECISION**

Forty-eight-year-old Ron Conti could not run alongside his children. In fact, he could not walk more than a block or two without pain.

Born with club feet, Ron wore leg braces through sixth grade and subsequently struggled with his limited mobility as he entered adulthood, got married and eventually had a family of his own. Determined to improve the quality of his life, he sought the advice of a series of doctors. During one visit, they discussed a radical solution – amputation.

“He said it would be a game changer,” recalls Ron, an IT executive who lives in Randolph with his wife and two children. “I’d be more mobile and able to do more things, so I took a year to prepare. I met with an amputee, a prosthetist and then started to prepare for the operations. I practiced walking with a walker and crutches. I had my first below-the-knee amputation, followed by the second nine months later.”

Along the way, Ron had therapists at Atlantic Rehabilitation on his side. Before and after each surgery, Ron worked with Suzanne Bowen, PTA II, an outpatient therapist at Morristown’s Mount Kemble Avenue facility, who specializes in helping amputees adjust to their prosthetics and maximize the use of their new limbs.

“Through a series of exercises and drills several times a week, Ron and I worked on his flexibility, balance and control,” says Bowen. “We kicked a soccer ball back and forth; Ron learned to use his foot to tap a cup perched on a cone; and gradually, he maneuvered both feet through a series of obstacles on the floor. I’ll never forget the day we ran down the hall together. I was so proud of him!”

“I couldn’t have gotten where I am now without the help of Suzanne, Nathalie McMorland, and the support I received from other amputees at the Amputee Walking School and support group,” acknowledges Ron. “Now, I can play basketball and soccer with my kids. For the first time in my life, I can run a mile. This wasn’t just a game changer; it was a life changer.”



To help ease the transition from outpatient therapy to home, many Atlantic Health System outpatient facilities have established their own on-site fitness centers, which patients can join for a nominal monthly fee.

## ATLANTIC HEALTH SYSTEM REHABILITATION FACILITIES



**Atlantic Rehabilitation  
Berkeley Aquatic Club**  
629 Central Ave.  
New Providence, NJ 07974  
908-598-6594

**Atlantic Rehabilitation**  
95 Mount Kemble Ave.  
Morristown, NJ 07960  
973-971-4451

**Atlantic Rehabilitation**  
550 Central Ave.  
New Providence, NJ 07974  
908-522-2215  
*Gerald J. Glasser Center for Neuro  
Rehabilitation is in the Atlantic  
Rehab building in New Providence.*

**Atlantic Rehabilitation**  
1 Pike Drive  
Wayne, NJ 07470  
973-831-0717, option 2

**Atlantic Rehabilitation  
Atlantic Health Pavilion**  
242 West Parkway  
Pompton Plains, NJ 07444  
973-831-0717, option 1

**Atlantic Rehabilitation  
Hackettstown Medical Center**  
651 Willow Grove St.  
Hackettstown, NJ 07840  
908-850-6925

**Atlantic Rehabilitation  
Newton Medical Center**  
175 High St.  
Newton, NJ 07860  
973-579-8600

**Atlantic Rehabilitation  
Overlook Medical Center –  
Union Campus**  
1000 Galloping Hill Road  
Union, NJ 07083  
908-522-6420

**Atlantic Sports Health  
Physical Therapy**  
111 Madison Ave., Suite 110  
Morristown, NJ 07960  
973-683-2360

**Atlantic Sports Health  
Physical Therapy**  
Morristown Medical Center  
Health Pavilion  
333 Mt. Hope Ave.  
Rockaway, NJ 07866  
973-683-2360

**Chatham Physical Therapy**  
14-B Roosevelt Ave.  
Chatham, NJ 07928  
973-635-6535

work closely with patients and their doctors to create a customized rehabilitation treatment plan for many injuries, including arthritis and other chronic pain issues; exercise-related or sports injuries; overuse and overtraining injuries; postsurgical rehabilitation, including joint replacement surgery; reconditioning after illness; and spine, shoulder, elbow, ankle, foot, hip and knee ailments. Patients recovering from an injury or looking to improve their performance in their sport can benefit from Cybex and Arc machines; elliptical trainers; the AlterG Anti-Gravity Treadmill; concussion rehabilitation services; functional movement screening; sports-specific strengthening programs; yoga-based stretches; Pilates core strengthening; 3-D motion capture advanced motion analysis; Biodex isokinetic muscle assessment and rehabilitation; Titleist golf swing analysis; and more.

At Atlantic Sports Health Physical Therapy at 111 Madison Avenue in Morristown, patients can perform running, agility and sports-specific drills on a 50-yard indoor turf field.

"To my knowledge, it's the only hospital facility of its kind," remarks Christine Sheerin, PT, DPT, OCS, lead physical therapist. "We have full locker rooms with showers, a range of sports and therapeutic equipment, and therapists to help patients – from middle school age to those in their 90s – return to full function in their sport. Patients arrive here ready to work ... or rather, play!" ▲

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



“The hospital has been very progressive in doing radial catheterization procedures that are less invasive than traditional procedures and improve patient outcomes.”

- **Rajiv Tayal, MD**

# A Bridge to Recovery

High-risk cardiac patients at Overlook Medical Center now have another option for an improved quality of life

**F**or critically ill cardiac patients, the availability of minimally invasive interventional procedures can be lifesaving. At Overlook Medical Center, those who are not candidates for open-heart surgery or those who would not survive being transferred to another institution now have access to the Impella® device, a mini heart pump that provides cardiac patients with the short-term support they need in order to get to surgery or to recovery.

“The sickest heart patients don’t necessarily end up at the door of one of the big university hospitals in an emergency,” points out cardiologist Rajiv Tayal, MD, director of Overlook’s Cardiac Catheterization Lab. “They end up in the hospitals that are closest to home. This is

a big step forward for Overlook. We have been very progressive in doing radial catheterization procedures that are less invasive than traditional procedures and improve patient outcomes.”

Used in patients in cardiogenic shock or severe multivessel coronary artery disease (and in some instances of cardiomyopathy), Impella is designed to “unload” the heart. A suction port pulls blood out of the left ventricle and unloads it to facilitate the circulatory work of the heart. The procedure itself is minimally invasive and requires little recovery time. With the aid of real-time fluoroscopy, an interventional cardiologist is able to thread the device through the femoral artery and up to the heart. Dr. Tayal, who serves as one of

12 proctors across the United States for Abiomed, the device’s manufacturer, also created a novel technique for inserting the device through an axillary artery closer to the chest wall.

“With this procedure, we are able to bridge the patient to the next step,” explains Dr. Tayal. “We have time to stabilize the patient and send him to transplantation or another surgery, or stabilize the patient and let him recover native heart function on his own. This gives us another option for improving outcomes for patients having a heart attack or patients in cardiac shock.” ▲

**For more information, visit [atlantichealth.org/cardiac](http://atlantichealth.org/cardiac).**

## HIGH-TECH

# TOUCHES

Two unique ways talent and technology work in tandem to create innovative solutions and better outcomes

### HIPEC: A DIRECT PATHWAY FOR CHEMOTHERAPY

Atlantic Health System's Carol G. Simon Cancer Center is at the forefront of innovative chemotherapy interventions. One such intervention is hyperthermic intraperitoneal chemotherapy (HIPEC), in which physicians deliver a highly concentrated, heated chemotherapy treatment directly to the abdomen. When combined with surgery, HIPEC may improve the chances of survival for patients with advanced abdominal and gynecologic malignancies, including colorectal cancer, appendiceal cancer, ovarian cancer and peritoneal mesothelioma.

"We 'debulk' the tumor by removing any visible cancer via surgery, and at times this can be very extensive," explains surgical oncologist Lee Starker, MD, PhD. "Sometimes we're removing or ablating parts of the liver, colon, small intestine, ovaries, or uterus along with the tumor. When we pair these surgeries with HIPEC, it may increase life expectancy and reduce the rate of cancer recurrence."

Unlike traditional chemotherapy administered intravenously or orally – which may not reach or affect all cancer cells – HIPEC's direct administration penetrates tissues in hard-to-reach areas in an effort to destroy microscopic cancer cells to help prevent migration from the treatment zone. Additionally, says Dr. Starker, HIPEC is associated with fewer side effects than traditional chemotherapy because the treatment is highly targeted to specific areas – not

HIPEC's direct administration penetrates tissues in hard-to-reach areas, in an effort to destroy microscopic cancer cells to help prevent migration from the treatment zone.

circulated throughout the bloodstream – so the medication does not attack healthy cells. "We use a higher dosage," he says.

Most surgical oncologists are not trained in HIPEC but at Overlook, the Atlantic Surgical Oncology group of Dr. Starker, Dr. Lawrence Harrison and Dr. Kai Bickenbach are all highly skilled and experienced with this treatment modality. "We continue to combine excellent clinical care with excellent

### ATLANTIC MEDICAL GROUP

Dr. Lee Starker is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit [atlanticmedicalgroupnj.org](http://atlanticmedicalgroupnj.org).





personalized care, and we are a full-service oncology program," says Dr. Starker. "We go through all options before we make our recommendations. For certain patients, HIPEC presents a really good opportunity for safe and effective treatment that improves chances of survival and quality of life, and we're proud to be able to offer this treatment to those patients."

#### **SWINGOBOT 2000: A CLEANER SWEEP**

Overlook's newest staff member is earning high praise for cleaning and following directions, and also garnering some surprised looks and smiles. At just over four feet tall and more than 1,000 pounds – and bedecked in orange from head to toe – the Taski® Swingobot 2000 catches eyes as it glides and spins.

The latest addition to Overlook's team of robots washes, scrubs, and dries the floors of the hospital's corridors, following pathways and stopping points that are preprogrammed by the

housekeeping staff. In use since May during evenings and nights in public hallways (not in patients' rooms), the Swingobot 2000 – dubbed "Turbo" in a name-the-robot contest among fourth graders at Jefferson Elementary School in Summit – is safe for operators, patients and staff. "It stops when it senses something," says Alex Leung, manager of Environmental Services for Overlook Medical Center. "If that item does not move, the machine moves around it to avoid a collision." The addition of the new robot does not eliminate the need for any staff members. Rather, it frees up staff members to focus on more detailed care in edges and corners, and spot-cleaning walls. "We've been using the same chemicals and the same bucket and mop method for 20 years," says Leung. "The robot is a way for our department to advance with technology and do an even better job for our patients and visitors. We're always looking for ways to move forward." ▲

# OVERLOOK MEDICAL CENTER

A TOP HOSPITAL IN NJ  
AND THE NY METRO AREA



**Top 10% in the Nation in**



COLON CANCER  
SURGERY



COPD



HEART FAILURE



NEUROLOGY &  
NEUROSURGERY



Atlantic Health System  
Overlook Medical Center

## A New Collaboration Announced for Clinical Trials

Six regional health systems have announced the founding of a nonprofit clinical research consortium – Partners in Innovation, Education and Research (PIER Consortium™) – a streamlined clinical trial system that will span New Jersey and Pennsylvania.

The founding members of PIER Consortium include Atlantic Health System, Drexel University, Einstein Healthcare Network, Geisinger, including AtlantiCare, Main Line Health and Thomas Jefferson University.

PIER will allow Atlantic Health System to add to its portfolio and assist in moving research studies along faster. With all of the health systems participating in PIER, the needed number of study participants can be identified faster and the benefit of the treatment can be determined sooner.

**Visit [pierconsortium.org](http://pierconsortium.org) for more information.**

## DAWN of a New Day Emerging research opens the window of treatment for certain stroke patients

Nearly 800,000 Americans will suffer a stroke this year, making it one of the leading causes of long-term disability. Rapid treatment following onset of symptoms offers the best chance for better outcomes. Though it has long been accepted that there is just a narrow window of time for delivering treatment, new research suggests that this window may be wider for a specific population of stroke patients.

The recently published findings of the DAWN study, presented at Atlantic Neuroscience Institute's 18th Annual Stroke Symposium, show that patients with "slow-growing" strokes may benefit from the surgical removal of a clot in the brain (thrombectomy) as much as 24 hours after the onset of symptoms.

"The study reveals that we have a 24-hour window to perform a thrombectomy with success in select patients, so screening is essential," shared Andrew Demchuk, MD, director of the Calgary Stroke Program in Canada.

Added Ronald Benitez, MD, chief of endovascular neurosurgery for Overlook Medical Center and a fellow presenter at the symposium, "The DAWN trial validates the success of a clot-removing thrombectomy procedure involving the use of a safe stent device within this patient population, and confirms that we have a way to identify patients with an evolving major stroke and can successfully help break that cycle." He noted, however, that earlier treatment is always better.

**For more information, visit [atlantichealth.org/stroke](http://atlantichealth.org/stroke).**

## Now Enrolling Patients in Four Pancreatic Cancer Clinical Trials

Atlantic Health System is currently enrolling patients in four pancreatic cancer clinical trials. Angela Alistar, MD, a nationally known expert on pancreatic cancer, serves as national principal investigator (PI) on the first trial and as local PI on the other three.

"We are fortunate to be able to offer these studies to people with this difficult-to-treat, aggressive cancer," says Dr. Alistar, who serves as director of GI medical oncology for Carol G. Simon Cancer Center at Morristown Medical Center. "Our pancreatic cancer program is unique, and our ability to provide access to these clinical trials is one important aspect of our uniqueness. New and more effective treatments are desperately needed."

Five-year survival rates for pancreatic cancer are low, and pancreatic cancer is now the third leading cause of cancer-related deaths in the U.S.

The studies enrolling patients include:

- A Phase I combination drug therapy designed for patients with locally advanced or metastatic pancreatic cancer never treated with systemic chemotherapy. **Atlantic Health System is the only one in the nation to offer this promising study.**
- A Phase II study to examine the safety and effectiveness of an antioxidant/chemotherapy intravenous infusion in advanced pancreatic cancer patients.
- A Phase II trial of immunotherapy maintenance in patients with stage IV pancreatic cancer who are in remission or partial remission.
- A study to compare chemotherapy against a combination of chemotherapy and radiation therapy prior to surgery.

**To learn more about these studies, please call the Atlantic Center for Research at 973-971-6608 or visit [atlantichealth.org/pancreas](http://atlantichealth.org/pancreas).**



# OVERCOMING EPILEPSY



## An Innovative Surgical Intervention Creates a New Pathway for Managing Seizures

Two years ago, when David Haughee was 24 years old, friends began telling him he was “spacing out.” David himself had not noticed anything different. Then, seemingly without warning, he experienced a “big, explosive seizure that made everyone take note,” he says, and David sought medical attention. As it turned out, those earlier episodes of fading in and out were indicative of complex partial seizures.

Though the word “seizure” typically conjures thoughts of uncontrollable jerking and loss of consciousness, partial seizures may not necessarily be associated with those outward signs. Nevertheless, they require attention.

David was referred to a general neurologist. But after being tried on several conventional antiseizure medications (AEDs) without much benefit, he was referred to an epilepsy specialist. That is when he met Jeffrey Politsky, MD, FRCP(C), medical director of the Atlantic Neuroscience Institute’s Comprehensive Epilepsy & Brain Mapping Program for Overlook Medical Center. Because seizures may arise from a single spot in the brain (which, if necessary, may be removed surgically), Dr. Politsky recommended a thorough evaluation, including continuous video-EEG, to record David’s seizures and to determine where in his brain they were coming from. David was also sent for an MRI, magnetoencephalogram (MEG), a PET scan, and ultimately surgical implantation of electrodes on the brain’s surface. Once testing confirmed that seizures were originating in multiple locations, Dr. Politsky recommended the responsive neurostimulation (RNS<sup>®</sup>) system by NeuroPace.

The RNS system consists of a small implantable neurostimulator connected to two small electrodes implanted in the brain. These electrodes record seizure activity and then deliver a pulse of stimulation back to the brain to interrupt the seizure, keeping it from spreading beyond its origin. Much like a pacemaker that monitors and responds to heart rhythms, RNS monitors and responds to brain activity. In other words, explains neurosurgeon Ronald Benitez, MD, chief of endovascular neurosurgery for Overlook Medical Center, RNS “short-circuits the short circuits that cause seizure activity. Surgical treatment of epilepsy, including the RNS system, is most effective early in the disease, before seizure patterns become hardwired,” he adds.

RNS is a multistep procedure. First up: implanting electrodes in the brain to identify where the seizures originate. Since RNS targets very specific areas in the brain, this first step is critical for pinpointing the locations where seizures are originating.

In April, David had electrodes implanted by Dr. Benitez at Overlook. (He enjoys relating that the procedure was scheduled for Friday the 13th. “When I told that to people, they were like, ‘You’ve got to be kidding!’” he says. “I tend to be silly and sarcastic, so they thought I was kidding and said I shouldn’t make jokes like that. But it was no joke!”) He was bedridden for nearly two weeks as the electrodes captured his brain activity.

Though David describes this process as stressful and often uncomfortable, he credits the hospital’s nurses and volunteers for helping him through this time. “Everyone was fantastic and easy to work with,” he says. “My needs were instantaneously taken care of.” The sitters at David’s bedside who watched for external signs of seizure activity “weren’t just sitting in a chair, waiting for something bad to happen. They were all remarkably kind and open and nice, and it was comforting to know someone was there.”

He credits Drs. Benitez and Politsky also. “They take great interest in every patient. They try to figure out who each person is, how they are handling their situation, and what they understand. You know everything that is going to happen before it happens. They both spent a lot of time with me.”

In June, David underwent the next step of the RNS process. He was scheduled for a brief two-day admission during which time, under Dr. Benitez’s care, the RNS device was permanently implanted into his brain. “I get to be a cyborg now,” he says with his trademark humor. “That’s pretty cool!”

One month after the device was implanted, he returned to see Dr. Politsky and his epilepsy team along with the folks from NeuroPace to have the RNS system fine-tuned. All David has to do at home is wirelessly collect information from the neurostimulator and transfer it to the patient data management system. Since the device was implanted, David has reported no seizures – that’s even cooler. ▲

**For more information, visit [atlantichealth.org/epilepsy](http://atlantichealth.org/epilepsy).**

# PUTTING FAMILY FIRST

Our physicians heed the call of volunteerism, delivering on the promise of care – and caring – to those who need it most

In the summer of 2015, Christina Johnson, MD, PhD, was finishing her first year with Overlook's Family Medicine residency program. Her grandmother was living with her at the time, and the two of them were enjoying a walk through Downtown Summit. Whether by fate or fortuitousness, something directed Dr. Johnson's gaze to a sign for Family Promise, an organization that provides community-based temporary housing, meals, and social services to homeless families and those at risk of homelessness. "In this area, that's a problem?" Dr. Johnson says she remembers thinking. "I had no idea."

She reached out to the Union County chapter of the national group, currently in its 30th year, and submitted forms to volunteer. What began as "just a little bit" of volunteering soon blossomed into more when the Family Promise of Union County director recognized that Dr. Johnson's professional background could help to fill a void. "A lot of our guests have needs that go beyond housing – they have emotional needs, health needs," she explains. And so it was that Wellness Wednesdays were created; while kids partake in a reading program, Dr. Johnson meets with their parents to discuss core principles of family medicine and preventive health – the importance of vaccines, for example, and screenings and nutrition and wellness.

Dr. Johnson pulled in other members of Overlook Family Medicine, too. Judy Washington, MD, associate program director and women's health coordinator for Overlook Family Medicine, joined Dr. Johnson as a co-investigator on a \$20,000 grant the group received to promote nutrition and exercise among participating families. Says Dr. Washington, who was raised by a single mother while growing



**Above: Dr. Christina Johnson (center) with Amy Jones (left), Family Promise Manager of Volunteer Engagement and Geleen Donovan, (right) Executive Director of Family Promise. Below: Dr. Theresa Thomas and Dr. Amanda Norwood, Overlook Family Medicine third year residents.**





up in Birmingham, AL, "My life could have been like the lives of the families we help, but my mother had good family support. Sometimes people get knocked off course by certain circumstances. Family Promise is a pathway. It allows women to journey from a terrible situation and move on to something better. Family Promise provides a safe place and a family. These mothers just want to be independent and provide for their children."

For Joseph Tribuna, MD, director of the Family Medicine residency program, working with Family Promise was a natural progression from volunteer work that he was already doing with his church. As part of the Family Promise of Union County program, nearly 20 houses of worship in the area band together to provide transitional housing to families in need; Dr. Tribuna's own congregation – Church of the Little Flower in Berkeley Heights – was one of them. He lends a hand setting up and moving out beds and linens for guests. He says he's often asked why he volunteers when he already gives so much to others as a physician. "I give my heart and soul to being a doctor, but volunteering is a separate entity," he explains. "It feels good to help people in need. It makes you a better person in general. It's therapeutic – it's a part of wellness, actually."

Stuart Green, DMH, LCSW, associate director of the Family Medicine residency program and director of Behavioral Sciences at Overlook, also threw his support behind Dr. Johnson's efforts with Family Promise. When it became clear that Family Promise



Dr. Judy Washington (left), Overlook Family Medicine, and Joan Patella, RN, per diem nurse from Overlook Community Health, advising health fair participants.

had a greater need for counseling services, he helped to forge a connection between the organization and counselors from the doctoral program in psychology at Morristown's College of St. Elizabeth. "Family medicine is inherently community-oriented," he says, "and supporting Family Promise is another way to support our community. In the world we live in, in which people facing challenges are not always adequately cared for, the role of community organizations is absolutely vital."

To date, the team of Overlook Family Medicine physicians has delivered three health fairs for Family Promise – each larger and more successful than the one before it – and additional fairs will surely follow. They serve not only as a means to inject education, screenings and services into the heart of the community, but also as an opportunity to

see the difference these services can make. "The fairs are a little bit of a reunion," says Dr. Johnson. "You see the same family you helped three months earlier, but now they have a job and an apartment and they are doing well. It's so rewarding when you see these 'graduate families' come back. For many, turning to Family Promise is their most vulnerable moment – they never saw themselves as being in that position of needing so much help. To see these families at their lowest and then help them rise above it – to have a real investment in the community – it's wonderful."

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**ATLANTIC MEDICAL GROUP**  
Doctors Johnson, Washington and Tribuna are part of Atlantic Medical Group, a multispecialty network of health care providers. Visit [atlanticmedicalgroupnj.org](http://atlanticmedicalgroupnj.org).

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# The **BIG** Idea

## **AHa!** moments drive innovation

Everybody loves a great idea – especially when it helps manage costs and improve care. That’s the big idea behind AHa!, Atlantic Health System’s new innovation center and idea incubator.

Short for Atlantic Health Advancements, AHa! is inspiring Atlantic Health System’s team of more than 16,000 employees and 3,700 physicians to generate ideas that will enhance care delivery, improve clinical outcomes and reduce costs.

### **OUT-OF-THE-BOX THINKING**

AHa!’s first innovation, the Insulin Safety Secure Initiative (ISSI) Box, is already moving the needle by helping pharmacy and nursing teams administer insulin more accurately. This simple medication management box, which looks like a traditional pill dispenser, is the brainchild of two pharmacists and a nurse at Atlantic Health System’s Overlook Medical Center. The Overlook team realized they were inadvertently wasting insulin because of an incomplete process for labeling and storing insulin between shifts, which resulted in the need to continually open new vials.


Working with the AHa! team, they turned their model into a prototype, tested it and eventually rolled it out within Atlantic

Health System. Now, when nurses start their shift, they receive their own ISSI Box with different types of insulin, clearly labeled, making it more accessible and more easily tracked by pharmacy staff.

“We know that innovation doesn’t just happen in a lab,” says Amy Perry, senior vice president, Integrated Care Delivery, CEO Hospital Division. “It happens when health care professionals – our physicians, nurses and other Atlantic Health System team members – are faced with real challenges and are empowered to create real solutions.”

### **IN THE PIPELINE**

A panel of experts from Atlantic Health System, universities, government labs and private enterprises are currently evaluating other ideas to determine further development opportunities (think *Shark Tank* for health care). Innovations currently in the AHa! pipeline include an intraoperative nerve-mapping device for multiple types of surgical procedures as well as a new type of surgical retractor.

Thanks to the AHa! team, we can all look forward to new ways to build healthier communities. 

*Mammograms save lives.*

#  
ASK  
HER



**Atlantic Health System**

CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK

**#ASKHER TO SCHEDULE A MAMMOGRAM**

Now in its third year, **#AskHer** is a movement that has impacted hundreds of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

Call 973-829-4263 or visit [AtlanticHealth.org/askhernow](https://AtlanticHealth.org/askhernow).





## 'One Pot' Penne Pasta With Fall Pumpkin, Honey and Chicken Sausage

*(yields four 9-ounce portions)*

### Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 package (12 ounces) chicken apple sausage, sliced
- 2 tablespoons Overlook honey
- ¼ cup dry white wine
- 3 cups chicken broth
- ¾ cup skim milk
- 16 ounces fresh roasted pumpkin puree (can substitute with canned pumpkin)
- 1 pound box whole-wheat penne
- 4 garlic cloves, minced or pressed
- 1 teaspoon salt, plus more to taste
- ¼ teaspoon black pepper
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ¼ cup shredded Parmesan cheese
- 4 ounces spinach, chopped or left whole
- 4 ounces shredded white cheddar cheese (about 1 cup)
- chopped pecans for garnish (optional)

### Instructions

1. Heat a large stockpot over medium heat. Once hot, add in olive oil and coat the pan. Add the onion and sliced sausage. Sauté for 5 minutes; then add honey.
2. Whisk in white wine, broth, milk and pumpkin. Stir in penne, garlic and spices. Stir to combine. Raise heat to high and bring to a simmer.
3. Adjust heat if necessary, and keep at a simmer for 6 to 8 minutes or until the liquid has mostly absorbed and the noodles are al dente. Stir frequently. Once the noodles are al dente, remove from heat.
4. Stir in Parmesan, spinach and white cheddar. Stir until the cheese has fully melted. Taste and season with sea salt, if necessary. Serve immediately with a garnish of chopped pecans.

## How **Sweet** It Is

Your dinner guests will be buzzing about this delicious dish prepared with Overlook honey

**H**oney has been touted as a superfood for its abundance of antioxidants, and its ability to quell coughs, alleviate seasonal allergies, regulate blood sugar, and more. (One word of caution: Honey should never be given to babies under the age of one.) Overlook is home to an apiary of eight hives, where honeybees – approximately 30,000 per hive – are busy doing their thing: churning out honey. That honey is then harvested by professional beekeepers. Some of it is used by Overlook's Food Services Department for cooking; some is packaged for sale in the hospital and to local restaurants; and the beeswax is used to make lip balms and lotions that are sold in the Gift Shop. (Any money generated from sales comes back to the hospital to offset the cost of maintaining the hives.) Pick up your own haul of Overlook honey to whip up this hearty fall dish, and share with your hive of friends and family. ▲

***Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Overlook Medical Center. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges.***

## MOBILITY PROGRAM MAKING GREAT STRIDES

**A** newly implemented Mobility Program has taken its first steps toward transforming the culture of care at Overlook. Consisting of three daily sessions led by caregivers, mobility technicians and physical therapists, the program is an active intervention to prevent functional declines in patients whose daily activity has significantly decreased due to hospitalization.

The average adult takes 6,565 steps a day, almost nine times as many as a hospitalized patient may. Daily walking sessions create an opportunity for patients to be more active throughout their stay.

Over a span of 10 months, Overlook staff found decreased readmission rates and reduced bed rest complications for the 438 patients involved in the trial program. By keeping them up and moving, caregivers helped patients maintain or regain their strength. The number of patients discharged to the home rather than a rehabilitation facility increased, and those patients' rates of readmission actually decreased.

Thanks to a standardized scale that treats mobility as another vital sign, Overlook staff are witnessing more efficient shift changes and better communication of patient information. These quantitative records alert physicians quickly to any drastic changes in patient mobility. The measurement may also play a role in promoting independence by identifying the level of assistance necessary for individual tasks based on the patient's progress.

"I recently observed the patient interactions of one of our mobility technicians," says Jack Audett, MD, chief medical officer. "The patients are visibly appreciative, recognizing the value she and the other mobility staffers provide to their overall care plan."

While funding efforts continue, generous donations from the Bouras Foundation, the Summit Area Public Foundation and private donors have allowed the pilot program to flourish. Hospital-related functional declines have been reduced, and staff



**Physical therapist Michael Lampman (right) reviews protocol with newly hired mobility technician Leslie Puentes.**

communication has improved as the Mobility Program takes root as both a method of care and another plug for the health benefits of an active lifestyle.

"This program made a world of difference in my stay at Overlook," recalls one patient who was hospitalized for several days this past summer. "The staff couldn't have been more professional and encouraging. They had me out of bed several times a day, which definitely factored into how quickly I was discharged and back home." ▲

**For more information about supporting the Mobility Program, contact Kerry Mowry, director of corporate, foundation and physician relations for the Overlook Foundation, at 908-522-3675 or [kerry.mowry@atlantichealth.org](mailto:kerry.mowry@atlantichealth.org).**





Atlantic Health System  
Overlook Medical Center

# Community Calendar



# community calendar

Fall 2018

Registration is required for all programs through Overlook Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

## BEHAVIORAL HEALTH

### CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM

Three evening programs are available for those trying to remain abstinent from all substances. Registration is required.  
*Mondays, Wednesdays and Thursdays, 6:00-9:30pm*  
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901  
Preregistration is required. To register, call 1-888-247-1400.

### MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM

Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend three out of five days per week. Registration is required.  
*Monday-Friday, 10:30am-2:00pm*  
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901  
Preregistration is required. To register, call 1-888-247-1400.

### POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role.  
*Thursdays, 10:30-11:30am*  
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901  
Preregistration is required. To register, call 1-888-247-1400.

### SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.  
*Tuesdays, 6:30-8:00pm*  
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901

## BEREAVEMENT

### BEREAVEMENT SUPPORT GROUPS

After the death of a loved one, it is not unusual to experience feelings of loss. In keeping with our mission to provide continued support, we offer support groups for spouses and for adult children who have lost a parent.  
For more information, call 908-522-6347.

## CANCER CARE

All Cancer Care programs are free.

### ART THERAPY

Art therapy for adults with cancer.  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
For more information, call Michele Wadsworth at 908-522-6168.

### BEREAVEMENT GROUP

A support group for people who have lost a spouse or partner to cancer. Registration is required.  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
For dates and times, call Maggie Brady at 908-522-5255.

### BREAST CANCER SUPPORT GROUP

A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for newly diagnosed breast cancer patients. The group provides a supportive environment where breast cancer patients can share any of their thoughts, feelings and concerns.

*Second and fourth Monday of the month, 1:00-2:00pm*  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
For more information, call Sandra Wrigley at 908-522-6210.

### GENTLE YOGA FOR CANCER PATIENTS

Yoga can improve energy, concentration and the emotional well-being of cancer patients. A brief meditation period will be included at the end of classes to calm, soothe and focus the busy or stressed mind. Class will last for 60 minutes and is for cancer patients ONLY. Registration is required.  
*Mondays, 10:00-11:00am*  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
To register, call Michele Wadsworth at 908-522-6168.

### HEALTHY LIFESTYLES FOR CANCER PATIENTS

A four-week workshop for patients who have completed treatment. Learn about a healthy diet, mindful eating techniques and behavioral changes after you have completed treatment.  
*Tuesdays, October 9, 16, 23 and 30, 6:00-8:00pm*  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
For more information, call 908-522-5255.

### MINDFUL MOVEMENT AND MEDITATION DROP-IN

This drop-in session includes a period of mindful movement (gentle yoga or Qi Gong), followed by a guided mindfulness meditation.  
*Third Monday of the month, 11:30am-1:30pm*  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901  
For more information, call Michele Wadsworth at 908-522-6168.

**new vitality** is Atlantic Health System's unique health and wellness program tailored to meet the needs of today's adults 65 and over. At Atlantic Health System, our vision is to improve lives and empower communities through health, hope and healing.

For more information about *New Vitality*, call toll-free 844-472-8499 or visit [atlantichealth.org/newvitality](http://atlantichealth.org/newvitality).

# community calendar

Fall 2018

Registration is required for all programs through Overlook Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

## **MINDFULNESS TOOLS FOR CANCER RECOVERY**

This six-week program offers an introduction to mindfulness practices. Mindfulness is a particular way of paying attention to the present moment, without judgment. Mindfulness has been shown to reduce stress and improve quality of life.  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),  
99 Beauvoir Ave., Summit, NJ 07901  
For dates and times, call Michele Wadsworth at 908-522-6168.

## **ONCOLOGY MASSAGE**

Thirty-minute private sessions with a certified massage therapist are available, FREE of charge, to patients of Carol G. Simon Cancer Center at Overlook Medical Center. Massage has been shown to improve circulation, reduce stress and anxiety, and relieve pain. By appointment only.  
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901  
For dates and times, call Michele Wadsworth at 908-522-6168.

## **POST-CANCER TREATMENT GROUP**

Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.  
Second Thursday of the month, 7:00-8:30pm  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),  
99 Beauvoir Ave., Summit, NJ 07901  
For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.

## **PREPARING FOR BREAST CANCER SURGERY**

A breast cancer patient education class given by a breast nurse navigator, social worker and physical therapist to help prepare patients for upcoming breast surgery and postoperative recovery.  
Third Monday of the month, 3:00-4:00pm  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),  
99 Beauvoir Ave., Summit, NJ 07901  
To register, call Sandra Wrigley at 908-522-6210.

## **QI GONG AND TAI CHI FOR WELLNESS**

Through the practice of gentle movement, breathing, self-applied massage and meditation, you will learn to activate the self-

healing capability of the body, mind and spirit.  
Wednesdays, 1:00-2:00pm  
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),  
99 Beauvoir Ave., Summit, NJ 07901  
For dates and times, call Michele Wadsworth at 908-522-6168.

## **SCAR MASSAGE**

This program is for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars. Thirty-minute private sessions with a certified massage therapist are available to patients of Carol G. Simon Cancer Center at Overlook Medical Center. The purpose is to help prevent adhesions, improve blood flow to the area, and maintain or improve movement in the tissue post-surgery. Must be at least six weeks post-surgery.  
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901  
For dates and times, call Michele Wadsworth at 908-522-6168.

## **CAREGIVERS**

### **A DAY TO REMEMBER**

A Day to Remember is a conference for care partners and community members to come together and learn about dementia, and receive inspiration and information on helpful resources. Continental breakfast served. Parking on the premises. No valet parking.  
Saturday, September 15, 8:30am-12:30pm  
Hilton Garden Inn, 375 Mount Hope Ave., Rockaway, NJ 07866

## **CONNECTING CAREGIVERS**

A monthly support group at the Thomas Glasser Caregivers Center at Overlook Medical Center.  
For more information, call Marian Teehan, MSW, LCSW, at 908-522-6347.

## **CHILDREN & PARENTING**

### **ABCs OF GOING HOME WITH YOUR BABY**

Topics include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, when to call the baby's doctor and how to manage with pets at home. Safety issues will also be addressed, including sleeping, cribs, car seats, baby products and baby-proofing your home.  
Various dates and times

\$100 per couple  
Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104,  
11 Overlook Road, Summit, NJ 07901  
For more information, email  
overlook.parented@atlantichealth.org.

## **BREASTFEEDING: GETTING STARTED AT OVERLOOK**

Learn various aspects of breastfeeding, including breast milk production, positioning and latching on, to get your breastfeeding experience off to the best start. The class is \$50 per person.  
Various dates and times  
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,  
11 Overlook Road, Summit, NJ 07901  
For more information, email  
overlook.parented@atlantichealth.org.

## **BREASTFEEDING SUPPORT GROUP**

A program for mom and baby to help you breastfeed successfully. Focus on issues or problems that may arise. Review the logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies.  
Tuesdays, 10:00am-Noon  
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,  
11 Overlook Road, Summit, NJ 07901  
For more information, call 908-522-2946.

## **MINDFUL PREGNANCY AND BIRTH AT OVERLOOK**

Learn about mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management and more. Includes Calm Birth and Calm Mother audio guide CD as well as a hospital tour. The class is \$200 per couple.  
Various dates and times  
Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104,  
11 Overlook Road, Summit, NJ 07901

## **POSTPARTUM GROUP**

New mothers meet and learn coping and relaxation skills to help them with their new role. Registration is required.  
Thursdays, 10:30-11:30am  
Atlantic Behavioral Health Outpatient Services,  
46-48 Beauvoir Ave., Summit, NJ 07901  
To register, call 1-888-247-1400.



#### **PREPARED CHILDBIRTH CLASS**

Topics include stages of labor, breathing and relaxation techniques, medication options, hospital stay and cesarean birth. Includes a maternity center tour.

*Various dates and times*

*Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901*

*For dates and times, visit [atlantichealth.org/overlookparented](http://atlantichealth.org/overlookparented).*

#### **YOUR BABY'S BIRTH AT OVERLOOK**

Topics include the childbirth process, sign and stages of labor, and when to go to the hospital. Participants will also view a birthing video and take a tour of our maternity center, which provides an overview of the labor, delivery and postpartum experience at Overlook Medical Center.

*Various dates and times*

*Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901*

*For more information, email [overlook.parented@atlantichealth.org](mailto:overlook.parented@atlantichealth.org).*

### **COMMUNITY HEALTH**

#### **AUDIOLOGY SCREENINGS**

Free hearing screenings available for the community.

*Atlantic Rehabilitation, 550 Central Ave., New Providence, NJ 07974*

*For more information, call 908-522-2215.*

#### **BEREAVEMENT**

A five-week bereavement group for those who have experienced a recent death of a spouse or partner within the last year.

*Tuesdays, October 16-November 13, 2:00-3:30pm*

*Overlook Medical Center, Caregivers Conference Room (5th floor), 99 Beauvoir Ave., Summit, NJ 07901*

*To register, call 908-522-6347.*

#### **DIABETES AND BMI SCREENINGS**

Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results and how your body fat percentage and BMI impact your health.

*Various dates and times*

*Multiple locations*

#### **DIABETES EDUCATION**

What does the systolic and diastolic value in your blood pressure really mean?

Discuss basic information about risk factor reduction related to heart disease and taking control of your health. Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results. Blood pressure and diabetes screenings.

*Tuesday, October 9, 10:00am-Noon*

*Gateway Union YMCA, 1000 Galloping Hill Road, Union, NJ 07083*

OR

*Thursday, October 11, 5:00-7:00pm*

*Scotch Plains YMCA, 1340 Maritime Ave., Scotch Plains, NJ 07076*

OR

*Tuesday, October 16, 10:00am-Noon*

*ShopRite of Clark, 76 Central Ave., Clark, NJ 07066*

OR

*Tuesday, October 23, 10:00am-Noon*

*Westfield YMCA, 220 Clark St., Westfield, NJ 07090*

OR

*Thursday, November 1, 10:00am-Noon*

*New Providence Senior Center, 15 East 4th St., New Providence, NJ 07974*

OR

*Friday, November 2, 10:00am-1:30pm*

*Livingston Health Education, 204 Hillside Ave., Livingston, NJ 07039*

OR

*Tuesday, November 6, 10:00am-Noon*

*Scotch Plains YMCA, 1340 Maritime Ave., Scotch Plains, NJ 07076*

OR

*Tuesday, November 13, 10:00am-Noon*

*Gateway Union YMCA, 1000 Galloping Hill Road, Union, NJ 07083*

OR

*Thursday, November 15, 1:00-3:00pm*

*Maplewood Library, 1668 Springfield Ave., Maplewood, NJ 07040*

OR

*Tuesday, November 20, Noon-2:00pm*

*ShopRite of Clark, 76 Central Ave., Clark, NJ 07066*

OR

*Thursday, November 29, 5:00-7:00pm*

*ShopRite of Union, 2401D US Highway 22W, Union, NJ 07083*

*For more information, call 1-800-247-9580.*

#### **HEALTHY HOLIDAY SUPERMARKET**

Find out your blood pressure.

*Tuesday, December 4, 10:00-11:00am*

*ShopRite of Clark, 76 Central Ave., Clark, NJ 07066*



# community calendar

Fall 2018

Registration is required for all programs through Overlook Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

## HEALTH & WELLNESS

### HIV SUPPORT GROUP

This support group offers support and information regarding HIV. Meet others with HIV who face the same fears and questions, and find solutions. Meetings are held in a confidential and private environment. To leave a confidential message and receive a return call, please call 973-714-3988 or email [sue.calcara@atlanticeath.org](mailto:sue.calcara@atlanticeath.org).  
*Thursdays, 7:00-10:00pm*  
Overlook Medical Center, Conference Room 1 (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901

## NEUROSCIENCE

### DAY OF HOPE: LIVING WITH PARKINSON'S DISEASE

Patients, care partners and community members can come together to learn about new research and to receive inspiration and information on helpful resources. Continental breakfast served. Parking lot, valet parking available for the day.  
*Saturday, October 13, 8:30am-1:00pm*  
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901

### HARMONIES

A community choir for adults living with Parkinson's disease and their families and caregivers. A board-certified music therapist facilitates the community choir. Each session provides opportunities to work on communication through breathing and singing, and movement through rhythm and posture activities.  
*Fridays, September 14, 21, 28; October 5, 12, 19, 26; November 2, 9, 16, 30; and December 7, 14, 12:45-2:00pm*  
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901

## ORTHOPEDICS

### TOTAL JOINT REPLACEMENT PRE-OPERATIVE CLASSES

This class is offered by Overlook Medical Center's certified and trained orthopedic nurses and physical and occupational therapists, for patients undergoing elective joint replacement surgery. Our goal is to provide education that will leave you feeling confident as you prepare for your upcoming

surgery and returning home.  
*Four Mondays a month, 1:00-3:00pm*  
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901  
*For dates and times or to register, call 1-800-247-9580.*

## PAIN MANAGEMENT

### PAIN SUPPORT GROUP

This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject.  
*First Monday of the month, 5:30-7:30pm*  
Neuroscience Community Conference Room (NCCR), 5th Floor, Main Hospital in Neuroscience Administration, 99 Beauvoir Ave., Summit, NJ 07901  
*For more information and to register, call Pat Hubert at 908-665-1988.*

## SENIOR HEALTH

### EMBRACING AGING: FINDING YOUR PATH TO AGING WELL

Most people believe that the recipe for successful aging includes having a positive outlook and feeling physically healthy and socially connected with others. Learn how you can find your own path to aging well and resources available to help you along the way.  
*Thursday, September 13, 1:00-2:00pm*  
Gateway Union YMCA, 1000 Galloping Hill Road, Union, NJ 07083  
*For more information, call 1-844-472-8499.*

### HEALTHY AGING: TIPS FOR YOUR BODY AND BRAIN

Brought to you by Alzheimer's New Jersey.  
*Tuesday, September 18, 11:00am-Noon*  
Mt. Carmel Hall, 56 River Road, Berkeley Heights, NJ 07922  
*For more information, call 1-844-472-8499.*

### NUTRITION FOR YOUR GOLDEN YEARS

September is Healthy Aging Month. Join us for a program to learn what the recommendations for older adults are and helpful tricks to eat well as you age. Offered in partnership with ShopRite of Union.  
*Wednesday, September 26, 11:00am-Noon*  
Overlook Union Campus, Emergency Department Conference Room, 1000 Galloping Hill Road, Union, NJ 07083  
*For more information, call 1-844-472-8499.*

## STEPS TOWARD A HEALTHY YOU

During this six-week program led by an exercise physiologist, participants will meet once a week to discuss exercise guidelines, safety, general tips, and engage in light exercise to help make physical activity part of their daily routine.  
*Wednesdays, September 12-October 17, 1:00-2:00pm*  
Atlantic Rehabilitation, 550 Central Ave., New Providence, NJ 07974  
*For more information, call 1-844-472-8499.*

## STROKE

### STROKE SUPPORT GROUP

This stroke support group provides emotional and educational support to stroke survivors and caregivers. The support group is a forum where stroke survivors and their families can share experiences and concerns related to stroke.  
*Second Thursday of the month, 11:30am-1:00pm*  
Overlook Medical Center, Conference Room 4 (located off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901

## WEIGHT MANAGEMENT

### IS BARIATRIC SURGERY RIGHT FOR ME?

This is a live webinar presented by New Jersey Bariatric Center where you will learn whether bariatric surgery is right for you. Both surgical and nonsurgical options will be discussed.  
*Thursdays, October 11, November 8 and December 13, 6:00-7:00pm*  
*To register, call 908-481-1270.*

### OPTIONS FOR WEIGHT LOSS

Seminar that presents the medical and surgical options for weight loss available through the Weight and Wellness Center.  
*Mondays, September 17, October 15, November 19 and December 17, 6:00-7:00pm*  
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901

## Atlantic Medical Group | Looking for a primary care doctor?

Across northern and central New Jersey, we are your local family doctors and specialists. With more than 900 physicians, practitioners and medical specialists at 300+ locations, Atlantic Medical Group is your entryway to Atlantic Health System's Trusted Network of Caring® and its award-winning hospitals.

### Your Primary Care Physician Is Your Medical Home

Prevention, intervention, coordination and care – all working in harmony – are at the center of every primary care doctor-patient relationship. Think of your primary care physician as your first point of access to health care – the doctor who knows you best, keeps you well, refers you to specialists, and facilitates communication relating to your health to ensure efficient, effective, patient-centered care. Find a medical home in your neighborhood.

## Meet Our New Doctors



**Douglas Bennett, DO**  
Medical Diagnostic Associates  
Westfield: 908-233-0895  
Summit: 908-273-1493



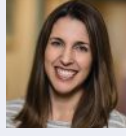
**John Erickson, MD**  
Orthopedics at New Providence  
908-795-1192



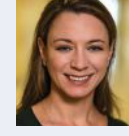
**Kaylah Rondon, MD**  
Women's Health at Westfield  
Summit: 908-522-3688



**Brian Cassidy, MD**  
Primary Care at Scotch Plains  
(Internal Medicine)  
908-378-7200



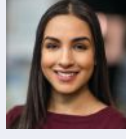
**Alyssa Hernandez, MD**  
Medical Diagnostic Associates  
(Family Medicine)  
Scotch Plains: 908-322-7786



**Danielle Schehr-Kimbel, DO**  
Primary Care at Millburn  
973-912-7273



**James Chen, MD**  
Thyroid Center at Summit  
Summit: 908-522-6995



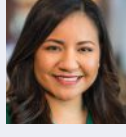
**Fariba Kharazi**  
Village Family Medicine  
South Orange: 973-630-8989



**Sarub Sharma**  
NJ Neurological Specialists  
Summit, NJ 908-522-2829



**Krissy Choi, DO**  
Institute for Rheumatic and  
Autoimmune Diseases  
Summit: 908-598-7940



**Priscilla Miguez, DO**  
Maplewood Family Medicine  
908-598-6690



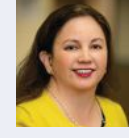
**Jody Skariah, MD**  
Medical Diagnostic Associates  
(Family Medicine)  
Westfield: 908-232-5333



**Janine Doneza, MD**  
Gynecology at Summit  
908-522-7335



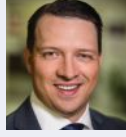
**Tasneem Peeraully, MD**  
Neurology/Movement Disorders  
908-522-6144



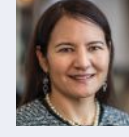
**Lara Von Berg, MD**  
Medical Diagnostic Associates  
(Family Medicine)  
Scotch Plains: 908-322-7786



**Nripen Dontineni, MD**  
Fanwood Primary Care  
908-889-4700



**Andrew Robinson, MD**  
Overlook Surgical Associates  
Summit: 908-608-9001



**Rebecca Yang, MD**  
Atlantic Breast Associates  
(Breast Surgery)  
Summit: 908-598-6610

## Atlantic Medical Group Primary Care in Your Community

**Alpha Health Associates**  
Millburn: 973-912-8400  
West Orange: 973-731-7868

**Hillside Family Practice**  
Hillside: 908-353-7949  
Kenilworth: 732-529-0445

**Medemerge**  
Green Brook: 732-968-8900

**Primary Care  
at Scotch Plains**  
Scotch Plains:  
908-378-7200

**Union Primary Care**  
Union: 908-688-4845

**Associates in Integrative  
Medicine**  
Summit, Warren,  
West Orange:  
908-769-9600

**Internal Medicine at  
Westfield**  
New Providence:  
973-829-4632

**Medical Diagnostic  
Associates**  
Millburn: 973-379-3051  
Scotch Plains:  
908-322-7786  
Summit: 908-273-1493  
Westfield: 908-232-5333

**Roselle Park Medical  
Associates**  
Roselle Park: 908-241-0044

**Urgent & Specialty Care  
(evenings, weekends,  
walk-ins)**  
100 Commerce Place  
Clark: 732-499-0606

**Chatham Family Medicine**  
Chatham: 973-635-2432

**Internal Medicine  
Residency Program  
at Union**  
Union: 908-598-7950

**Overlook Family  
Medicine**  
Summit: 908-522-5700

**Roselle Park Primary Care**  
Roselle Park: 908-241-4200

**Village Family Medicine**  
South Orange:  
973-630-8989

**Fanwood Primary Care**  
Fanwood: 908-889-4700

**Maplewood Family Medicine**  
Maplewood: 908-598-6690

**Primary Care at Millburn**  
Millburn: 973-912-7273

**Summit Springfield  
Family Medicine**  
Summit: 908-277-0050

**Warren Primary Care**  
Warren: 908-598-7970

**Healthfirst Associates**  
Newark: 973-344-5379

**Maplewood Primary Care**  
Maplewood: 973-763-5010

**Primary Care at Millburn**  
Millburn: 973-912-7273

**Union Plainfield Medical  
Associates**  
Union: 908-686-9330

**West Orange Primary Care**  
West Orange: 973-736-2290

Atlantic Medical Group accepts most major insurance plans. To find an Atlantic Medical Group provider, visit [atlanticmedicalgroupnj.org](http://atlanticmedicalgroupnj.org) for more information, or call 1-844-AMG-2250 (1-844-264-2250).

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

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NY 12866

For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlantichealth.org/doctors](http://atlantichealth.org/doctors).

