

AtlanticView

at Overlook | Spring 2021



MOMENTS
THAT MATTER

OHHHH BABY!

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VIRTUAL THERAPY,
REAL-WORLD SUCCESS

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NONSURGICAL
OPTIONS FOR
TREATING FIBROIDS

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 Atlantic Health System
Overlook Medical Center



LETTER FROM THE PRESIDENT

It's spring and we are starting to see the promised light at the end of the tunnel. Our health care team has been vaccinating thousands of community members in accordance with the NJ Department of Health vaccination plan. If you have not yet received your COVID-19 vaccination, please visit atlanticealth.org/covidvaccine to make an appointment. As guidelines evolve, we ask you to continue to mask up in large groups and stay safe. If you feel ill, please contact your physician and be sure to get your yearly physical and health screenings.

In this issue of *AtlanticView*, you'll read that Overlook Medical Center successfully treated and discharged its 2,000th patient with COVID-19 in April. We discovered new ways to treat patients and adapt services, including delivering virtual physical therapy. We're experiencing a baby boom and you'll meet three of our recent arrivals. You'll also learn about our Atlantic Fibroid Center which provides nonsurgical options to treat fibroids. We're researching new ways to treat colorectal cancer and informing you of revised detection guidelines, and Overlook can now treat cardiogenic shock with the world's smallest heart pump.

Our world-class care hasn't gone unnoticed. Overlook Medical Center was named among the World's Best Hospitals and one of the Best Hospitals for Infection Prevention by *Newsweek*, voted a Top Hospital in New Jersey by Castle Connolly and ranked a top performer in eight specialties. And, we earned an 'A' rating for hospital safety by The Leapfrog Group.

On a personal note, I want to share that I will be retiring from Atlantic Health System this summer. It has been the honor of a lifetime to serve as a vice president of Atlantic Health System and president of Overlook Medical Center since 2003. I am so proud of all that we have accomplished in becoming a leader in health care and safety, expanding services to the community, and delivering health care innovations that rival the country's leading institutions.

Stay safe and be well!



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

AtlanticView

at Overlook | Spring 2021

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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 1,841 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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Review us on Facebook, Google or Yelp.

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CEO's corner

Renewing the Spring in Our Step

Spring is a time of renewal and new beginnings. That feels particularly true this year as we start to see family and friends after the long winter. Gathering together outdoors in warmer weather feels like a fresh start and gives us new energy. Even as we continue to coexist with COVID, we feel strengthened by the protection of remarkable new vaccines.

At Atlantic Health, we are thrilled to announce the launch of new locations offering easy access to outstanding health care across our region. Atlantic Surgical Oncology has added an office at Atlantic Health System Clark-North Pavilion. The Atlantic Fibroid Center offers nonsurgical options for treating fibroids, and we've opened an additional location for the Atlantic Melanoma Center.

In the spirit of new beginnings, I want to express the gratitude and appreciation of the entire Atlantic Health System family to Alan Lieber, whose steadfast leadership of Overlook Medical Center has helped us deliver lifesaving medicine and innovations in care to our community for more than 18 years. Alan will be greatly missed by our patients and caregivers, but we all sincerely hope that his retirement brings him much well-deserved happiness and many exciting adventures.

As always, thank you for entrusting Atlantic Health System with your care. Keep wearing your masks, stay safe and be well.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

OVERLOOK MEDICAL CENTER VOTED A TOP HOSPITAL in N.J. by N.J. Doctors

Also ranked a top performer in:

- breast cancer
- congestive heart failure
- high-risk pregnancy & birth
- hip & knee replacement
- neurological disorders
- pain management
- prostate cancer
- stroke

Source: Castle Connolly Top Doctors



13 YEARS IN A ROW

ATLANTIC HEALTH SYSTEM MARKS 13TH CONSECUTIVE YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR®' LIST

In a year like no other, Atlantic Health System has overcome unprecedented challenges to deliver innovative, high-quality care while maintaining an award-winning workplace. For the 13th consecutive year, Atlantic Health System has once again been named to Great Place to Work® and Fortune's list of the "100 Best Companies to Work For®," ranking number 67, and is the only New Jersey-based health care company on Fortune's list.

"Our promise is to provide the highest quality care to all who enter our system," said Brian Gragnolati, president and CEO of Atlantic Health System. "We do this in large part by designing a workplace that ensures that – even during a global pandemic – our 17,000 team members work collaboratively in a culture of respect, support and appreciation. Thanks to our remarkable team, we remained resilient and ready to care for our community through one of the most challenging years in health care."

Nikki Sumpter, senior vice president and chief human resources officer, Atlantic Health System, emphasized that "building a culture of trust, where everyone feels seen, heard and empowered – that's the supportive, inspiring environment we're working hard to create for our patients and health care heroes."



TRAVEL SAFELY WITH TRAVEL MD

As people start to travel more and there are concerns about following prevention protocols due to COVID-19, Travel MD is here to help.

Travel MD uses the most current information from the Centers for Disease Control and Prevention, the World Health Organization and the International Association for Medical Assistance to Travelers, to provide pre-travel and consultative services, as well as a detailed list of information and vaccinations.

Contact us at 973-971-7291 to make an appointment or for additional information.

Get Involved With Camp Clover

Atlantic Visiting Nurse will once again sponsor its bereavement day camp for children, Camp Clover. The camp, which is free of charge, is available to children and teens grades 1 through 8 who have experienced the death of a close relative or friend.

Dates are from August 16 through August 19, 2021 at Camp Riverbend in Warren, NJ. To register, volunteer or donate, please call 973-379-8444.



Chambers Center for Well-Being Is Here for You

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 medical and preventive care including functional medicine, fitness, nutrition, spa, well-being, and therapeutic services to improve your overall health.

Visit chamberscenterforwellbeing.org to view our menu of services and book today.



Overlook Medical Center Named Among World's Best Hospitals and Best Hospitals for Infection Prevention by Newsweek

Overlook Medical Center has been named among the World's Best Hospitals by Newsweek for the third consecutive year of the publication's ranking. In addition, Overlook is ranked among the Best Hospitals for Infection Prevention in 2021.



OVERLOOK MEDICAL CENTER NATIONALLY RECOGNIZED FOR PATIENT SAFETY

Overlook Medical Center earned the highest possible safety rating of 'A' by The Leapfrog Group, an organization dedicated to patient safety. Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses up to 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent. Overlook is proud to bring our best to the communities we serve.

We're all about moms and babies.

We deliver your babies at award-winning Overlook Medical Center.



**Kaylah
Rondon, MD**



**Cecilia
Zhang, DO**



**Fatima
Naqvi, MD**

Women's Health at Westfield

140 Central Ave., Westfield | 33 Overlook Road, Suite 405, Summit

Schedule at: 908-522-3688 or

atlanticmedicalgroup.org/womens-health-westfield

Online Scheduling | Extended Hours | Accepts Most Major Insurances



Atlantic
Health System

Atlantic Medical Group



Ohhhh BABY!

Special deliveries like these happen every day at Overlook's family-oriented Maternity Center

The pandemic put so many things on pause, but not even COVID-19 can keep babies at bay. "We're calling this a pandemic boom – our obstetrical numbers are through the roof in comparison to last year at this time," says Kaylah Rondon, MD, FACOG, of Atlantic Medical Group Women's Health at Westfield. Dr. Rondon and her partners, Fatima Naqvi, MD, FACOG, and Cecilia Zhang, DO, are board-certified in obstetrics and gynecology and are dedicated to delivering all-encompassing care for women through all stages of life, from their menstrual journey to fertility and pregnancy, through menopausal care and beyond.

"We optimize best maternal care practices," says Dr. Zhang. "We follow our moms so closely and stick to guidelines from the American College of Obstetricians and Gynecologists." She points out that Atlantic Medical Group Women's Health at Westfield is closely involved with the team of maternal-fetal medicine specialists at Overlook. In fact, all of their obstetrical patients receive ultrasounds through Atlantic Maternal-Fetal Medicine; all images are read by a maternal-fetal medicine doctor, and then a report is sent to the practice with seamless coordination of care.

"The labor and delivery unit at Overlook really advocates for best outcomes for mom and baby," adds Dr. Zhang. This includes promoting high-quality laboring and doula services, minimizing primary cesarean section rates, optimizing maternal



postpartum health and long term medical health, and fostering a breastfeeding-friendly culture. Additionally, the anesthesiologists have the depth and breadth of obstetrical specialty experience, and understand how anesthesia can affect labor and breastfeeding.

"Far too many women know what it's like to go to a doctor and feel like they're not being heard or helped. I became an OB/GYN to ensure that I can do my part to change that experience. Every woman walking into our door should feel like she has a doctor who will listen to her concerns, talk to her about options and make her feel looked after. No matter what else is going on, your health and your family's health is a priority. We are here to listen and to help," says Fatima Naqvi, MD.

"We're all in a similar boat in our practice because we're all moms," says Dr. Rondon, who is bilingual in English and Spanish. "Since becoming a mom, and now a mom of two, it's helped me connect with our pregnant patients. I'm able to share anecdotes from my own experiences." The practice has also seen a growth of patients from all different ethnic backgrounds, especially Spanish speaking moms.

Here, three new moms share their own experiences about delivering their babies at Overlook.

Announcing ...

AVA GENETTA VEALE

Born to Trish Ransome & Emmett Veale

September 2, 2020, at 11:03am

9 pounds, 2 ounces; 21 inches

Trish Ransome never thought she would have another baby – 19 years separated her first pregnancy from her second. So when Trish found out she was expecting, she started Googling local obstetricians. Her search led her to Overlook Medical Center and Atlantic Medical Group Women’s Health at Westfield.

Trish had a very healthy pregnancy, and she was excited to be induced on September 1 – her grandmother’s birthday. “She raised me and means the world to me. She passed in 2006,” says Trish. After several hours of labor, however, the baby began showing signs of distress. “Dr. Zhang went into superhero mode,” Trish says. “She told me, ‘Don’t worry, I’m watching Ava like a hawk.’ She explained everything thoroughly. When she told me I would have to have a cesarean section, I knew that’s what it had to be. I trusted her with my life.”

After delivery, Trish and her fiancé, Emmett Veale, enjoyed Overlook’s customary couple’s dinner. “It was amazing,” she says. “Not only does the mom go through a lot, but the dad does as well. With the dinner, he gets to celebrate, too.”

Looking back, Trish says, “All of my expectations were exceeded. The level of professionalism and kindness I received at Overlook were unmatched. This whole experience has been a blessing. I never thought I would have another baby, but I feel like Ava has been with me my entire life. She’s so sweet. I can’t imagine her not being here.”



“Everyone at Overlook was so kind and amazing, so I was never upset about anything. That’s probably why my baby is so happy!” Trish Ransome says of Ava.



"His laughter is contagious, and he has dimples just like his dad," Louise Gonzalez says of Dallas. "I love my little boy!"



Presenting ...

DALLAS GIANCARLO SYLVESTER

Born to Louise Gonzalez & Phil Sylvester

September 26, 2020, at 12:16am

8 pounds, 12 ounces; 20.5 inches

As a public relations manager for Atlantic Health System, Louise Gonzalez gets a behind-the-scenes look at the special moments that happen in our hospitals every day. Nonetheless, she was wowed by her own experience as a patient in Overlook's Maternity Center last fall.

"Because I work in health care, I knew all of the safety measures our hospitals were taking," she says. "Everyone went above and beyond – not just with precautions, but with how caring and mindful they were. I had heard from friends that the labor and delivery and maternity nurses at Overlook were the best. But now that I've experienced it firsthand, I can truly say that the nurses are fantastic." Louise is equally enthusiastic about the care she received from Atlantic Medical Group Women's Health at Westfield. "I couldn't have asked for a better group of women to support me. Everyone always had a smile on their face."

During labor and delivery, Louise notes, "it was easy to forget

there was a pandemic going on. Everyone made me feel so comfortable and so safe." In fact, she says the overall mood was upbeat and festive – especially when Dallas arrived so quickly. "The nurses told me, 'If we gave awards, you would get one, since you pushed out a nearly nine-pound baby in less than an hour, which rarely happens to first-time moms. So, if you have a second baby, please get to the hospital ASAP!'" she says with a laugh. For Louise, of course, the best award was Dallas, but she was overjoyed to have Dr. Zhang there for his delivery. "After Dallas, having her there was the second-best gift I got that night," says Louise.

Although COVID-19 restrictions prevented friends and family from visiting the hospital and meeting Dallas right away, Louise and her husband, Phil Sylvester, took advantage of the time together. "I was able to enjoy my delivery and bond with my baby and husband," she says. "Especially as first-time parents, there is so much stress. This was a reprieve from thinking about the world. It was all I could ask for as a first-time mom delivering during a pandemic."

Meet ...

JONAH JOHN "J.J." MARIN

Born to Katey Novello & Felipe Marin

October 18, 2020, at 7:18pm

7 pounds, 1 ounce; 20 inches

Katey Novello always felt like she was in good hands. Despite being newly pregnant at the height of the pandemic and despite developing gestational diabetes at 28 weeks, she says the doctors of Atlantic Medical Group Women's Health at Westfield made her feel secure and supported. "They were confident, and that made me feel confident," she says.

For Katey, that feeling of security began with her decision to deliver her baby at Overlook. "I had heard the nurses and breastfeeding consultants at Overlook were great, and I knew that everything was clean and the technology was up to date. I also liked that all of the rooms were private."

When Katey's water broke, the first-time mom kept her cool and labored at home for a while. When she and her husband, Felipe Marin, arrived at Overlook at 4:00am, nobody missed a beat. "Everybody – the doctors, the nurses, the anesthesiologist, the people at the

desk ... everyone was so calm." J.J. was born later that night, on his due date. "There had been some concern that he would be too big for a vaginal delivery because of the gestational diabetes," Katey explains, "but I was monitored constantly throughout my pregnancy and had made diet and lifestyle changes. Everything went well. Not everyone gets to experience such a great pregnancy, especially during COVID-19, but I had this wonderful experience. I'm so grateful." ▲

ATLANTIC MEDICAL GROUP

Atlantic Medical Group Women's Health at Westfield has offices in Westfield (140 Central Avenue). All of the physicians are board-certified in obstetrics and gynecology. To schedule an appointment with Fatima Naqvi, MD; Kaylah Rondon, MD, FACOG; or Cecilia Zhang, DO, call 902-522-3688. Visit atlanticmedicalgroup.org/womens-health-westfield.



"He actually arrived on his due date!" Katey Novello says of J.J. "He likes bananas and music videos and looking out the window."



Hopefully you won't need it all.
But it's nice to know it's all here.

OVERLOOK MEDICAL CENTER UNION CAMPUS

- Cardiology
- Developmental Disabilities Center
- **Emergency Department**
- Hematology
- Imaging - CT scan, DEXA Bone Density, Mammogram, MRI, Ultrasound, Vascular Lab, X-ray
- Infusion Therapy
- Internal Medicine
- Laboratory Services
- Nephrology & Diabetes Management
- Neurology
- Oncology
- Outpatient Surgery
- Primary Care - Family Medicine, Internal Medicine
- Pulmonology
- Rehabilitation/Physical Therapy
- Sleep Medicine
- Wound Healing

Don't Delay Care. We Are Here With Safety Measures in Place.



Atlantic Health System

Overlook Medical Center

Virtual Therapy, Real-World Success

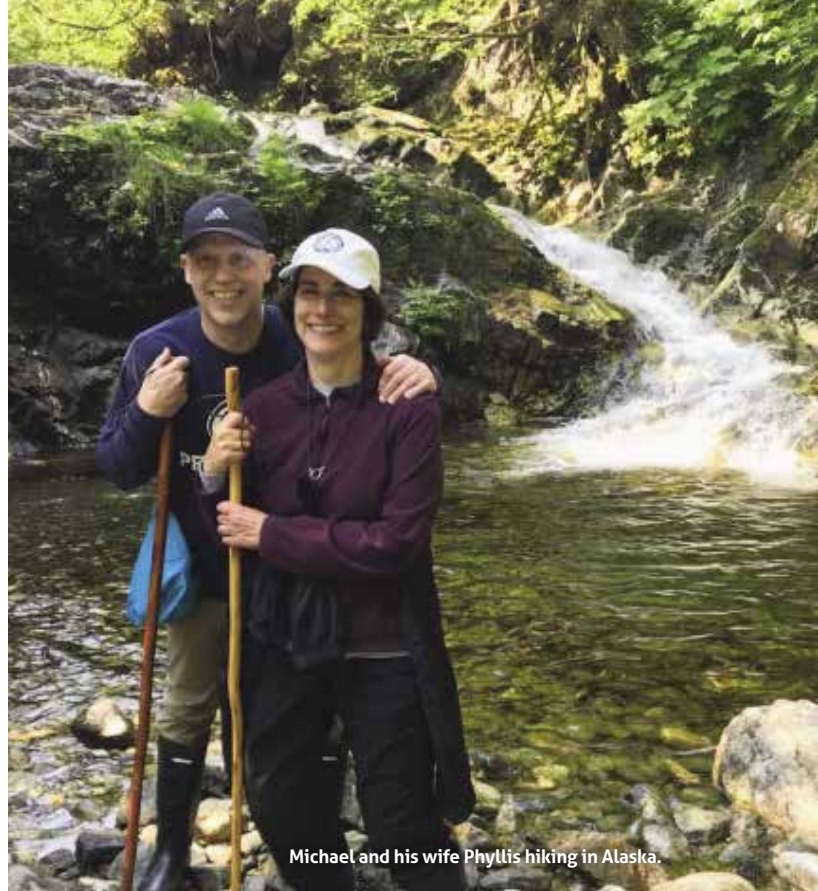
When the world shifted in response to the COVID-19 epidemic so, too, did our methods for delivering health care

Michael Levine is no stranger to surgery. Over the years, the 64-year-old Livingston resident has had a knee replacement, a repair of a torn Achilles tendon and a hip replacement. Each was followed with weeks of physical therapy (PT) through Atlantic Rehabilitation. But this time, the postoperative plan after his most recent surgery – a replacement of his left hip on March 12, 2020, just as the COVID-19 epidemic was becoming a stark reality in the Tri-State Area – was a little different.

Michael's physical therapy began at the Atlantic Rehabilitation site in New Providence. But, as the pandemic progressed, there was need for a pivot. For the first time at Atlantic Rehabilitation, telehealth expanded to include PT.

MAKE IT WORK

Using Zoom, Atlantic Health System therapists were able to guide patients like Michael through their prescribed PT. "We were willing to do anything we could do to help people, while preserving the safety of patients and staff and keeping up with guidelines



Michael and his wife Phyllis hiking in Alaska.

"Our biggest tool as physical therapists is that we use our hands to help people, so we had to improvise and ask, 'What can we do to make this work?'" – Robyn Kelly, physical therapist

from the American Physical Therapy Association, the Board of Health and hospital regulations," says physical therapist Robyn Kelly. "Our biggest tool as physical therapists is that we use our hands to help people, so we had to improvise and ask, 'What can we do to make this work?'" That included such swaps as providing patients with TheraBands® resistance bands for stretching exercises at home, utilizing staircases in place of in-clinic stairs and substituting a mattress for a mat.

"None of us knew what the future would bring, but I knew that I still needed help," says Michael, who opted for six weeks of virtual PT following his first few weeks of in-person sessions. "It was definitely valuable, and worked out well for me." In fact, Michael competed in a pickleball tournament in the spring, and he continues to enjoy walks with his wife, Phyllis. "There really was no other choice," he says. "I chose telehealth, and I'm glad I did." ▲

**For Atlantic Rehabilitation locations,
visit atlantichealth.org/rehab.**

New Guidelines Lower the Age for Colon Cancer Screenings

Chadwick Boseman's death in 2020 from stage 4 colon cancer – at just 43 years old – was not only a shock to millions of the actor's fans – it illuminated a shocking fact. Colorectal cancer is on the rise among younger people (and particularly Black men), with half of all new diagnoses occurring in people under 66 years old, according to the American Cancer Society. In 1989, the median age of colon cancer diagnoses was 72.

"Colorectal cancer is the second leading cause of cancer-related deaths when men and women are combined, second only to lung cancer," says Marie Audett, MD, FACS, a fellowship-trained general and colorectal surgeon for Atlantic Medical Group. "The good news is, it's very preventable if precursor lesions are found and removed before they have the ability to develop into cancer."

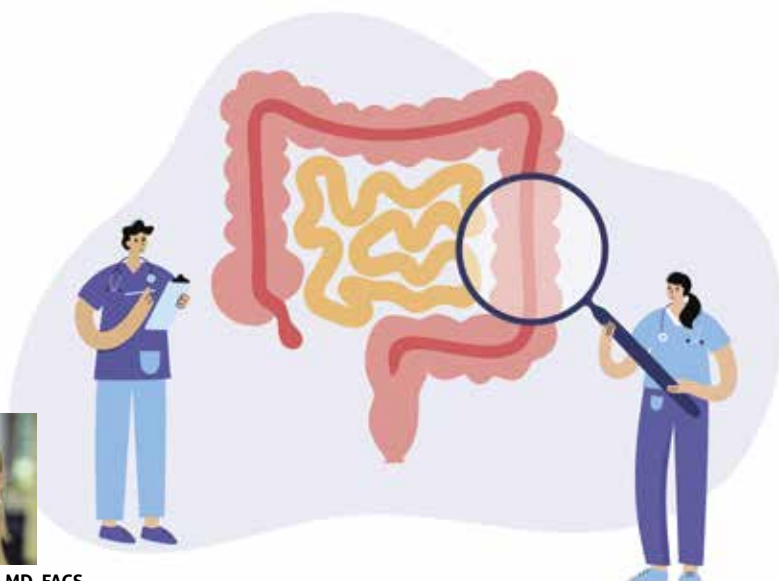
Both the American Cancer Society and the American Society of Colon and Rectal Surgeons have recently changed their guidelines about when individuals at average risk for developing colon cancer should begin regular screenings. Both organizations recommend starting at age 45 rather than the previously recommended age of 50.

"Though there are several new screening modalities today, the most thorough way to screen for colorectal cancer is to have a colonoscopy," advises Dr. Audett. "Using a lighted, flexible tube to view your rectum and colon, a physician can find and remove abnormal growths, called polyps. Not all polyps are precancerous, but we remove all that we find and send them off to the lab to examine their size and type. This helps determine the appropriate interval for the patient's next screening, which – for an average-risk person – is 10 years."

The most important thing, says Dr. Audett, is to know your risks for developing colorectal cancer (especially your family history) as well as the symptoms. ▲



Marie Audett, MD, FACS



RISKS:

Obesity
High-fat diet
Diet low in fruit and vegetables
Smoking
Excessive use of alcohol
Diabetes

SYMPTOMS:

Changes in bowel habits, like increased diarrhea
Blood in your stool
Rectal pain
Weakness/fatigue
Unintentional weight loss
Feeling like you "have to go," but cannot

For more information about Marie Audett, MD, FACS, and colorectal screening, contact:
Atlantic Medical Group
Associated Colon and Rectal Surgeons
Medical Arts Center (MAC) 1, 33 Overlook Road, Suite 211
Summit, NJ 07901, 908-522-2575

Atlantic Medical Group
Associated Colon and Rectal Surgeons
3900 Park Avenue, Suite 101
Edison, NJ 08820, 732-494-6640

Atlantic Health System Oncologist Explores Role of Vitamin D in Treating Colorectal Cancer

By Sophie Morse, MD, MSc

Vitamin D has been making headlines recently. Not only for its role in promoting healthy bones, but for its link to boosting immune health, managing type 1 diabetes and blood pressure, and even contributing to the treatment of certain cancers. Now, preliminary research suggests that vitamin D may have a role in the treatment of colorectal cancer that has spread throughout the body.

Atlantic Health System is part of a nationwide phase 3 study on vitamin D's impact in treating patients with stage 4 colorectal cancer. It will involve more than 1,000 patients enrolled through the spring of 2022. Participants receive the chemotherapy combination FOLFOX, a standard treatment, with either a standard dose of vitamin D or a high dose of the vitamin. A small clinical trial demonstrated benefits for patients, leading to the phase 3 research. The study also addresses whether there is potential for harm.

The American Cancer Society estimates 149,500 new cases of colorectal cancer will be diagnosed in 2021. In New Jersey alone, an estimated 4,250 adults will develop the disease.

The American Cancer Society estimates 149,500 new cases of colorectal cancer will be diagnosed in 2021.

Colonoscopy screenings have dipped during the COVID-19 pandemic, which is a significant concern. When caught early, colon cancer has a 91% five-year survival rate. If it spreads to distant parts of the body, the survival rate drops to 14%, according to the American Cancer Society.

Studies have shown that low vitamin D levels are associated with an increased risk of colorectal cancer (as well as other cancers). Based on the data, I suggest people have their vitamin D level tested, in consultation with their doctor. If it is below normal, they can take supplements to get the level into the normal range. There is no evidence that doing so would cause harm when appropriately monitored.

Stay healthy, get annual checkups, and listen to your body. If you feel something is not right, get it checked out. ▲

To learn more about the National Cancer Institute Community Oncology Research Program (NCORP) study, or other cancer care programs at Atlantic Health System, visit atlantichealth.org/cancerhides.



Sophie Morse, MD, MSc, is the principal investigator for Atlantic Health System's role in a nationwide phase 3 study on vitamin D's impact in treating patients with stage 4 colorectal cancer. A gastrointestinal oncologist at Atlantic Health System's Overlook Medical Center, Dr. Morse is board-certified in hematology, medical oncology and internal medicine.

Gerald J. Glasser Brain Tumor Center

One of the nation's best.

The Gerald J. Glasser Brain Tumor Center brings the most comprehensive and innovative treatments to benign and malignant tumors of the brain, skull base, spine and spinal cord.



Nonsurgical Options for Treating Fibroids



Amish Patel, MD
Interventional Radiologist

Kristen Spindler could feel the lump in her abdomen. It caused pain and discomfort when she bent over or exercised, and it pressed against her bladder, making her feel like she had to urinate. Adding to that, the 43-year-old Morris Plains mother of two teenagers experienced heavy bleeding during her periods, causing extreme fatigue.

"I'm a preschool teacher, so I really need my energy," says Kristen. "I was taking three iron pills a day because I was anemic and exhausted."

Kristen's gynecologist confirmed that she had two large benign fibroids growing in her uterus and discussed several treatment options, including a complete hysterectomy, medication to induce menopause, and uterine fibroid embolization (UFE). Wanting to avoid major surgery and the side effects of early menopause, Kristen opted for UFE and, at the suggestion of her gynecologist, met with Amish Patel, MD, an interventional radiologist at Atlantic Fibroid Center at Overlook.

UFE is a nonsurgical, outpatient procedure that shrinks fibroids while preserving normal uterine tissue. Using sophisticated image guidance, a catheter is inserted through an artery in the wrist and into the uterine arteries through which tiny particles are injected to block the flow of blood to the fibroids.



"Patients have the option of either sitting up or lying on their side," remarks Dr. Patel. "Instead of general anesthesia, patients are given a sedative; and I use a nerve block to minimize post-procedure pain. The entire process takes less than an hour. Patients go home the same day and are back to work in less than one week."

"I didn't feel a thing during the procedure," comments Kristen, "and the next day I could actually feel the fibroids shrinking. I was back to work in a week and since then, my periods are much more manageable. Had I known UFE was an option, I would have done it earlier."

THE FACTS ABOUT FIBROIDS

Up to 70% of women will develop uterine fibroids – benign growths inside, outside or on the surface of the uterus – during their lifetime. Fibroids can range in size from a single microscopically small nodule to a cluster, weighing several pounds and measuring several inches. While many women never experience symptoms from uterine fibroids, others – like Kristen Spindler – have symptoms that impact the quality of their life.

"For those women who are affected by fibroids, timely and effective treatment is available and can provide long-term relief," observes Diana Contreras, MD, medical director, Ob/GYN and Women's Health, Atlantic Health System. Our patients have access to the most advanced diagnostic testing and treatments – from state-of-the-art image-guided techniques and nonsurgical options to minimally invasive procedures that replace major surgeries for speedier recovery times and effective, long-term results." ▲

ATLANTIC MEDICAL GROUP

Amish Patel, MD, and the Atlantic Fibroid Center at Overlook Medical Center are part of Atlantic Medical Group, a multispecialty network of health care providers. They are located in Overlook's Medical Arts Center (MAC) I, Suite 405. Call 908-522-5130 to schedule an appointment and visit atlantichealth.org/fibroid.

Impella® Pumps Up Emergency Cardiac Care

A 90-year-old patient arrived at Overlook's Emergency Department in February suffering a massive heart attack. Within minutes, she was in cardiogenic shock – a rare, but often fatal, condition in which the weakened heart is unable to pump enough oxygen-rich blood to the body's vital organs.

This was the case David Bartov, MD, and the Overlook cardiac care team had been preparing for when they set out – nearly two years ago – to establish a multidisciplinary cardiogenic shock program for the early diagnosis and treatment of this select group of patients.

Key to this effort, says Dr. Bartov, director of Overlook's cardiac catheterization lab, is the Impella – the world's smallest heart pump. Guided up to the heart through an artery, the Impella temporarily helps move blood through the heart to the rest of the body, allowing the heart muscle to rest, recover and regain function.

"The Impella is an important tool in combating shock," Dr. Bartov states. "About 50,000 patients present with cardiogenic shock in the United States every year, and a patient's average chance of survival is less than 50%. If we can make a dent in that, we can increase survival rates to 75-80%."

Overlook has always been able to provide care for cardiogenic shock patients; however, managing patients with Impella support devices is extremely complicated, and it frequently necessitated transfer to another Atlantic Health System hospital.

That can take additional time and has the added risk of shifting the delicately positioned support device. The COVID-19 pandemic only exacerbates the challenges of transferring patients.

MEETING THE CHALLENGE

Hoping to circumvent these factors, Dr. Bartov challenged the Overlook cardiac care team to successfully manage cardiogenic shock patients on-site.



Dr. Bartov and the Impella heart pump

"The sooner we can recognize shock and get these devices into patients here, the better we can manage the disease and de-escalate the amount of support and care they need," Dr. Bartov explains.

Led by Dr. Bartov, cardiologists, emergency physicians, critical care specialists, cardiac critical care and cath lab nurses, educators and ultrasound technologists all worked for nearly two years to learn to recognize early symptoms of cardiogenic shock and to manage it successfully with support devices.

When the elderly cardiac patient arrived at Overlook's Emergency Department last February, the team was more than ready to save her life.

After inserting the Impella through her femoral artery and into her heart, the patient's condition, particularly heart pressure and oxygenation, quickly began to improve. For the cardiac team, it was evidence that their hard work had paid off.

"Reaching this milestone involved the entire team," says Maria Stratton, RN, nurse manager for cardiology at Overlook. "It is truly a testament to Overlook's culture of innovation and ability to provide state-of-the-art care to more patients within their own community medical center." ▲

ATLANTIC MEDICAL GROUP

Dr. Bartov is part of Atlantic Medical Group, a multidisciplinary network of health care providers. He can be reached at 908-464-4200. Visit atlanticmedicalgroup.org/doctors.

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TOO DISTRACTED TO SEE IF CANCER IS HIDING?

Don't let the pandemic distract you from seeing your doctor. Cancer could take the lives of 10,000 people due to missed screenings. Book an appointment today.



Atlantic
Health System
Cancer Care

atlantichealth.org/cancerhides

Atlantic Melanoma Center Expands Presence at Overlook

Atlantic Melanoma Center, an internationally recognized program specializing in the treatment of melanoma, as well as other rare or aggressive skin cancers, has opened a new office in Overlook's MAC II building. Established in 2008, it is one of the largest melanoma practices in New Jersey, performing more melanoma and skin cancer surgeries than any other program in the state, and participating in many important and groundbreaking clinical trials of new skin cancer treatments.

"We are excited to open our new office space at Overlook Medical Center. This space increases our ability to see patients from the Overlook area," observes Eric D. Whitman, MD, founder and director of the Atlantic Melanoma Center and medical director of Atlantic Health System Cancer Care. "This is particularly important as we head into spring and summer, as excessive sun exposure increases the risk of developing melanoma or other skin cancers."

The Atlantic Melanoma Center's care team includes surgical oncologists from Atlantic Surgical Oncology who are skilled in the latest techniques for treating melanoma and other complex skin cancers; pathology and dermatopathology specialists with extensive experience with high-risk skin cancers; medical oncology specialists; reconstructive or plastic surgeons to help restore function and appearance post-surgery; and skilled oncology nurses with specialized training in melanoma treatment management.

"We have made tremendous progress in treating melanoma, the leading cause of death among skin



cancers," adds Dr. Whitman. "But much remains to be done. Our center, through clinical research trials, offers access to novel treatments that are available only at the most respected melanoma centers in the world."

You are more likely to develop melanoma if you:

- Have fair skin, blue or green eyes, or red or blond hair
- Live in sunny climates or at high altitudes
- Have spent a lot of time in high levels of strong sunlight because of a job or other activities
- Have had one or more blistering sunburns during childhood
- Use tanning devices, such as tanning beds

Other risk factors include:

- Having close relatives with melanoma
- Certain types of moles (atypical or dysplastic) or many birthmarks
- Weakened immune system due to disease or medicines

If you're over 50, have a family history of melanoma or have multiple moles (>50), get a skin cancer screening every year. ▲

ATLANTIC MEDICAL GROUP

Atlantic Melanoma Center and Eric Whitman, MD are part of Atlantic Medical Group, a multidisciplinary network of health care providers.

33 Overlook Rd.
MAC II, Suite LL02
908-522-6429
atlantichhealth.org/melanoma

NEW SPECIALTY
NOW AVAILABLE IN CLARK:
**ATLANTIC SURGICAL ONCOLOGY
MELANOMA CENTER**



Atlantic Surgical Oncology has added an office at Atlantic Health System Clark-North Pavilion, a new conveniently located facility, offering multispecialty care, urgent care, orthopedics, lab, imaging, and rehabilitation services.

"We are excited to open our new office in Clark and increase this community's access to our cancer surgical specialists," explains Eric D. Whitman, MD, a surgical oncologist and medical director of Atlantic Health System Cancer Care.

Last spring, the group welcomed a new surgeon – Irene Rossmer, MD, FACS – who will see patients at both Clark-North Pavilion and Overlook Medical Center.

Dr. Rossmer completes the Atlantic Medical Group's surgical oncology team, which includes Dr. Lee Starker, Dr. Lawrence Harrison, Dr. Kai Bickenbach and Dr. Eric Whitman.

"Our approach to cancer treatment is to provide highly individualized, multidisciplinary care to all our patients," observes Dr. Rossmer. "Treatment plans are designed in consultation with multiple oncology specialists and for each particular patient, and may involve surgery, radiation, medical oncology or a combination of the above, aimed at optimizing our chance for cure and, at the same time, maximizing the quality of life. We also believe that nutrition guidance, integrative therapies, palliative care, and social and emotional support services are integral to healing – and we are excited to be able to offer these services to our patients. At Overlook and at Clark-North Pavilion, our patients are able to access our doctors and our facilities in one convenient location." ▲

ATLANTIC SURGICAL ONCOLOGY WELCOMES



IRENE E. ROSSMER, MD, FACS

If you or a loved one need answers or a second opinion, Dr. Rossmer can provide you with an expert consultation and treatment plan, as well as help coordinate all aspects of your cancer care.

MEET IRENE E. ROSSMER, MD, FACS

Dr. Irene Rossmer joined Atlantic Medical Group in spring of 2020, completing the Atlantic Medical Group's surgical oncology team. She is board-certified in both surgical oncology and general surgery, and she is a specialist in the management of complex solid organ malignancies, particularly cancers of the gastrointestinal tract, liver, pancreas, skin, soft tissue, and breast. Dr. Rossmer has received multiple awards and honors for her clinical work and research. She has authored numerous peer-reviewed publications, and her research has been presented at multiple regional and national meetings. Her areas of clinical interest include integration of multidisciplinary care into cancer treatment, palliative medicine and quality of life following cancer surgery. She is fluent in both Russian and Spanish.

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ATLANTIC SURGICAL ONCOLOGY

140 Central Avenue, Clark | 99 Beauvoir Avenue 6th Floor, Summit

To Schedule: **908-522-6429** or
atlanticmedicalgroup.org/surgical-oncology

ATLANTIC MEDICAL GROUP

Atlantic Surgical Oncology and its surgical oncology team are part of Atlantic Medical Group, a multidisciplinary network of health care providers.

ATLANTIC SURGICAL ONCOLOGY – CLARK

140 Central Avenue
Clark, NJ 07066
732-943-5024

ATLANTIC SURGICAL ONCOLOGY

99 Beauvoir Avenue
Summit, NJ 07901
973-971-7092



OVERLOOK MEDICAL CENTER MARKS **2,000TH COVID INPATIENT DISCHARGED**

In April, Overlook Medical Center discharged its 2,000th inpatient treated for COVID-19 back to recovery, marking a significant milestone after more than a year of the global pandemic.

"Helping thousands of people survive this terrible virus and return to their lives, their homes, their families and loved ones has been our greatest honor," said Alan Lieber, president of Overlook Medical Center.

During the height of the pandemic in Spring 2020, Overlook cared for an average of more than 300 COVID-19 patients each day, with more than 100 requiring intensive care.

Overlook was able to transform the hospital, tripling its intensive care capacity to keep ahead of increasing admissions. Patient rooms were heavily modified to reduce staff exposure to COVID and more. Overlook's doctors, nurses and other providers adapted patient care to include added precautions, methods like proning and positioning, and new therapies such as Remdesivir. ▲

"Helping thousands of people survive this terrible virus and return to their lives, their homes, their families and loved ones has been our greatest honor."

**Alan Lieber, president of
Overlook Medical Center**

NOW OPEN

Atlantic Medical Group Primary Care and Pediatrics

Right here in Scotch Plains at 451 Terrill Road



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Internal Medicine



Payal Joshi, MD
Family Medicine



Melvin Rubenstein, MD
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The Clark-North Pavilion is open and accepting new patients, our urgent care is always available for walk-in care. We are conveniently located with free and easy parking and multispecialty medical care. We're seamlessly connected to the award-winning Overlook Medical Center.

Call 732-943-5025 or stop by today.



Atlantic Health System
Clark-North Pavilion

Clark North Pavilion, 140 Central Avenue, Clark | atlantichealth.org/clark

Sweet, Savory & Satisfying

These dishes are a feast for the eyes and the palate, bursting with springtime colors and flavors. When shopping for fresh ingredients, consider local farms like Alstede Farms in Chester. Or pick up a bottle of honey, fresh from the Overlook beehives.

STICKY-SWEET STRAWBERRY BARBECUE SPATCHCOCK CHICKEN

(yields 6 servings)

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 2 tablespoon brown sugar
- 2 tablespoon honey
- 4 tablespoon strawberry puree
- 2 tablespoon Worcestershire sauce
- 2 tablespoon soy sauce
- 2 tablespoon ketchup
- 1 pasture-raised chicken

PREPARATION

1. Preheat oven to 400° F.
2. Heat oil in saucepan. Cook onion until translucent. Add garlic and cook for 2 minutes. Stir in sugar, honey, strawberry puree, Worcestershire sauce, soy sauce and ketchup.
3. Spatchcock the chicken: Place breast-side down, cavity toward you. Using kitchen shears, cut along both sides of backbone to remove it. Turn over and press flat.
4. Place chicken in roasting pan and brush with half of the barbecue sauce. Let sit for 30 minutes to marinate.
5. Roast in oven for 40 minutes. Brush with remaining sauce and return to oven for 10 minutes, until golden and cooked through to 165° F. (Alternate method: Grill for 5 minutes on each side on hottest part of barbecue. Move chicken to cooler section of grill and cook until done.)



FRESH SNOW PEA SALAD WITH RADISH AND SHAVED PECORINO

(yields 6 servings)

INGREDIENTS

- 1 pound snow peas
- ¼ cup extra-virgin olive oil
- ½ cup white onion, finely chopped
- 2 tablespoon fresh lemon juice
- 4 ounces diced radish
- Salt and pepper to taste
- ½ cup cilantro, chopped
- 2 ounces shaved pecorino

PREPARATION

1. Soak peas in ice water for 10 minutes.
2. Heat a skillet and add the oil. Add onion and cook through.
3. Drain snow peas and pat dry.
4. In a bowl, whisk oil and lemon juice. Add salt and pepper to taste. Add to bowl snow peas, radish, onion and cilantro.
5. Toss well and add pecorino on top.

Junior Board Supports Teen Mental Health

Since 2014 when the Overlook Foundation piloted a Junior Board program, representatives from 14 area high schools have been learning about Overlook and how philanthropy supports its mission. Each year, a new group of students gathers monthly to hear from a variety of speakers who share their insight and experiences in both the health care and fund-raising arenas.

Program curriculum also focuses on the role that corporations and foundations play in helping organizations meet the needs of those they serve through the grant process. After learning about the under-construction Hersh Children's Center at Overlook, the 2020-21 Junior Board voted to fund raise for a grant to support future generations of teens suffering from mental health issues in the hospital setting.

"Particularly challenging for those in what will be a consolidated pediatric emergency and inpatient area are cases of depression, suicidal ideation, and out-of-control behavior in children and adolescents," says Marianne Devlin, director of public relations and board development for Overlook Foundation, who oversees the Junior Board program. "The students' goal was to raise awareness of such mental health issues and ask for the community's support in funding a patient room that will address the comfort and safety concerns of their peers who may be suffering."

For the first time in Junior Board history, this year's teens took their philanthropic efforts a step further by hosting a virtual panel discussion entitled, "Teen Mental Health in Our Community." The spring event was moderated by Dr.



Slated to open later this year, the Hersh Children's Center at Overlook will benefit from the efforts of the foundation's 2020-21 Junior Board, which includes Lauren Freed (right), a junior at Newark Academy. Joining her at the construction site are Dr. Walter Rosenfeld, chair of pediatrics, and Marianne Devlin, director of public relations and board development for the foundation.

Walter Rosenfeld, chair of pediatrics for Goryeb Children's Hospital and medical director of children's health for Atlantic Health System. Panelists included Dr. Christopher Lynch and Dr. Carrie Masia Warner, as well as two parents who each lost a child to suicide – Wendy Sefcik, chair of the NJ Youth Suicide Prevention Advisory Council, and Dianne Grossman, founder of Mallory's Army Foundation.

More than 100 teens and adults participated in the discussion, which was the brainchild of Newark Academy's Lauren Freed who sought to combine her interests in philanthropy and social advocacy. "With an increased focus on public health brought about by the pandemic," explains Lauren, "we know that mental health should be viewed not as an individual struggle, but as a community health issue that we must address together."

More than \$20,000 has been raised by the 2020-21 Junior Board through donations to the virtual event and personal outreach by the students via the foundation's JustGiving website. ▲

To support their efforts on behalf of the Hersh Children's Center, learn more at <https://justgiving.com/campaign/OverlookFoundationJuniorBoard2021>.

community calendar

Spring 2021

Welcome to your Overlook Medical Center Community Calendar.

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

Please visit atlantichealth.org/calendar.

COMMUNITY HEALTH

For a complete list of offerings and details, please visit atlantichealth.org/calendar.
For more information, please call 1-844-472-8499.

VIRTUAL EXERCISE

\$50 FOR EACH 10 WEEK SESSION

BARRE METHOD Tuesdays, July 6-September 28 (no class July 20, August 10 and September 7), 5:30-6:15pm

BETTER BONES BEGINNER Thursdays, July 15-September 23 (no class August 19), 11:30am-12:30pm

BETTER BONES INTERMEDIATE Tuesdays, July 13-September 21 (no class August 17)
AND/OR Thursdays, July 15-September 23 (no class August 19), 10:15-11:15am

LITE & FIT Tuesdays, July 13-September 28 (no class August 17 and September 14)
AND/OR Thursdays, July 15-September 30 (no class August 19 and September 16), 2:00-3:00pm

THE POWER HOUR Wednesdays, July 7-September 29 (no class August 18 and September 8 and 15), 5:00-6:00pm

ZUMBA® FITNESS Thursdays, July 8-September 16 (no class July 29), 5:45-6:45pm

VIRTUAL INTEGRATIVE WELLNESS

\$50 FOR EACH 10 WEEK SESSION

ARTHRITIS EXERCISE PROGRAM Mondays, July 12-September 20 (no class September 6)
AND/OR Fridays, July 16-September 24 (no class September 10), 1:30-2:15pm

GENTLE YOGA Wednesdays, July 14-September 15, 10:30-11:30am

INTERMEDIATE YOGA Tuesdays, July 13-September 14, 10:00-11:00am

MEDITATION FOR MINDFUL WELL-BEING Mondays, July 12-September 20 (no class September 6), 6:30-7:30pm

SEATED & STANDING YOGA Fridays, July 16-September 17, 10:00-11:00am

T'AI CHI CHIH – INTERMEDIATE Thursdays, July 15-September 15, 11:00am-Noon

VIRTUAL PROGRAMS

GUT HEALTH Friday, August 6, 9:00am

NEW TAKE ON OLD FOODS Wednesday, July 7, 11:00am

UNDERSTANDING ALZHEIMER'S DISEASE AND DEMENTIA Wednesday, June 16, 7:00pm

HEALTH & WELLNESS

All events take place at Atlantic Behavioral Health Outpatient, 2 Walnut Street, Summit, NJ 07305.
Registration required; call 1-888-247-1400.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Monday, Wednesday and Thursday evenings, 5:30-9:30pm	CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM Three evening programs are available for those trying to remain abstinent from all substances.	For more information, call 1-888-247-1400.
Monday-Friday, 9:30am-3:30pm	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 3 out of 5 days per week. Aftercare groups available to graduates of the Mental Health Intensive Outpatient Program. Registration required.	For more information, call 1-888-247-1400.
Tuesdays, 10:30-11:30am (Morning and afternoon groups)	POST-PARTUM DEPRESSION GROUP .New mothers meet and learn coping and relaxation skills to help them with their new role.	For more information, call 1-888-247-1400.

CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit atlantichealth.org/cancercaresupport or call 1-800-247-9580 for up-to-date information on classes, support groups and events.		
Second and fourth Thursdays of the month, 10:00am (currently meeting through Zoom)	BREAST CANCER SUPPORT GROUP A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for women with breast cancer.	For more information and to register, call Kerry Ricci at 908-522-5925.
INTEGRATIVE PROGRAMS The following Integrative Programs will be virtual. Contact Michele Wadsworth at 908-522-6168 or email michele.wadsworth@atlantichealth.org . Chair Yoga Expressive Writing Jin Shin Jyutsu Self-Care Mat Yoga Mindful Movement & Meditation Mindfulness Tools Music Therapy Qigong for Wellness Reiki Circle		
Fourth Wednesday of the month, 2:30-3:30pm (currently meeting through Zoom)	LIVING WITH CANCER SUPPORT GROUP Registration is required.	Contact Maggie Brady, MSW, LCSW, at 908-522-5255 for details.
First Monday of the month, 3:00-4:00pm (meeting through Zoom)	NUTRITION AND WELLNESS Each month, our oncology dietitian, Johannah Sakimura, MS, RD, will present on a different topic in the nutrition realm. This program is ideal for patients who have completed treatment or have stable disease.	Contact Johannah Sakimura at 908-522-5347 for more information.
Second Tuesday of the month, 10 am (meeting virtually through Zoom)	PARENTING THROUGH CANCER Open support group is for individuals who have been diagnosed with cancer and are parenting young children or teenagers. Facilitated by a licensed social worker, this group will allow patients to support one another as they balance their diagnosis with parenthood.	For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.
Thursdays, 6:00-7:30pm	QUIT SMOKING PROGRAM 1 Springfield Avenue, 3rd Floor, Summit, NJ 07091	Call Monica Giles, RRT, MAS, NCTTP at 908-522-2296 for more information or to enroll.
Second Thursday of the month, 2:30-3:30pm (currently meeting through Zoom)	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.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349. FEE: FREE

CAREGIVERS

Are you caring for a family member or loved one? The Caregivers Center is coming to you virtually, offering therapeutic services such as Music Therapy, TaijiFit and Expressive Writing. Come Zoom with us for a small dose of comfort, healing and self-care. Please call 908-522-6348 for up-to-date information.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays, 3:30pm	EXPRESSIVE WRITING FOR CAREGIVERS The practice of expressive writing allows us to process our feelings from many different perspectives. Please join us via Zoom for lively readings and writing prompts. Everyone has a story, and this offers you a chance to share your story in a safe and supportive way. You do not have to be a writer or poet to participate.	For more information, call 908-522-6348.
Wednesdays, 12:30pm	MUSIC RELAXATION WITH JULIE SHERWOOD Relaxing music meditation for caregivers through Zoom to help you recharge. The purpose of these sessions is to reduce stress, anxiety and help with sleep. No prior musical experience is needed to benefit from these sessions, which are specifically tailored to the caregiver's needs and musical interests.	For more information, call 908-522-6348.
Mondays and Thursdays, Noon	TAIJIFIT What is TaijiFit? It is a body/mind workout that combines the best elements of fitness, meditation, Qigong and traditional Tai Chi. There is no routine or choreography to memorize. All you have to do is open your mind, heart and breath while following the instructor's lead.	For more information, call 908-522-6348.

PARENTING & CHILDBIRTH

To view our classes online, visit www.atlantichealth.org/prenatalclasses and scroll to "Overlook."
To register online, visit www.atlantichealth.org/overlookparented.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Wednesdays and Thursdays, April 7 and 8, May 5 and 6, and June 9 and 10, 6:30pm; Saturdays, February 20, April 17, May 15 and June 19, 8:00am-1:00pm	ABCs OF GOING HOME WITH YOUR BABY AT OVERLOOK Online Zoom class. 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.	For more information, email overlook.parented@atlantichealth.org . FEE: \$75 PER COUPLE
Wednesdays, March 17, April 21, May 19 and June 23, 6:30-9:00pm; Saturdays, April 24 and June 26, 10:00am-12:30pm OR 6:30-9:00pm	BREASTFEEDING: GETTING STARTED AT OVERLOOK Online Zoom class. Learn various aspects of breastfeeding, including breast milk production, positioning and latch on to get your breastfeeding experience off to the best start. Fee is waived if taking a Prepared Childbirth class.	For more information, email overlook.parented@atlantichealth.org . FEE: \$50 PER COUPLE
Thursdays, March 18 and 25 OR Fridays, April 2, 9 and 16 OR Fridays, June 4, 11 and 18, 6:00-8:30pm	MINDFUL PREGNANCY AND BIRTH AT OVERLOOK: THREE-PART SERIES Online Zoom class. Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on covered in Prepared Childbirth class.	For more information, email overlook.parented@atlantichealth.org . FEE: \$150 PER COUPLE
Second Tuesday of every month, 10am (meeting virtually through Zoom)	PARENTING THROUGH CANCER Open support group is for individuals who have been diagnosed with cancer and are parenting young children or teenagers. Facilitated by a licensed social worker, this group will allow patients to support one another as they balance their diagnosis with parenthood.	For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.
Saturdays, April 3 and 10, and May 1 and 8, 9:00-11:00am; Sundays, March 7 and 14, April 4 and 11, and May 2 and 9, Noon-2:00pm; Thursdays, March 18 and 25, April 15 and 22, and May 13 and 20, 6:00-8:30pm	PREPARED CHILDBIRTH CLASS AT OVERLOOK: TWO-PART SERIES Online Zoom class. Prepare for the big event: Our childbirth class covers the birth process, signs and symptoms of labor, stages of labor, when to go to the hospital and what to bring with you; breathing and relaxation techniques, medication options, and childbirth films included.	For more information, email overlook.parented@atlantichealth.org . FEE: \$150 PER COUPLE
Mondays and Tuesdays, 10:00-11:00am	VIRTUAL BREASTFEEDING SUPPORT GROUP A program for Mom and baby to help you breastfeed successfully! Focus on issues/problems that may arise. Review 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. Expecting moms may also join!	Contact Rose Ann at 908-522-2946 or email overlook.parented@atlantichealth.org .

SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Thursday of the month, 6:00-7:00pm	BRAIN TUMOR SUPPORT GROUP An opportunity for patients to share their experiences and an education session with monthly speakers/activities.	For more information, call Claire Weiss, Coordinator for the Center for Hope Foundation at 833-425-8247.
Various dates and times	HEALING YOUR GRIEVING HEART Bereavement support group for those who have experienced a recent death. The group will provide a safe environment to share feelings and experiences. Our groups are time limited, so call for details regarding the schedule.	Contact Marian Teehan, MSW, LCSW, at 908-522-6348 for details.
Second Tuesday of the month, 2:00-3:00pm	OSTOMY SUPPORT GROUP Supported by the Union County Chapter of United Ostomy Association of America. This is free and registration is not required. Overlook Medical Center, Medical Arts Center Building (MAC II) Conference Room, 11 Overlook Road, Summit, NJ 07901	For more information, email Ellyn Mantell at ellynmantell@aol.com .
Second Thursday of the month, Noon-1:00pm (currently meeting through Zoom)	STROKE SUPPORT GROUP Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Registration is required.	For more information, email megan.ewing@atlantichealth.org or call 908-522-5933.

WEIGHT LOSS

Call 908-522-5794 for up-to-date information at the Atlantic Health Weight & Wellness Center.

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



For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichhealth.org/doctors.

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