

AtlanticView

at Overlook | Fall 2019



MOMENTS
THAT MATTER

DANCING AGAIN AFTER BRAIN SURGERY

Read Michele's Story on Page 6

Beating Back-to-
School Stress

Know The Facts
About Concussions

Inside the Emergency
Department:
Myth vs. Fact



Atlantic Health System
Overlook Medical Center

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Fall has arrived, ushering in what can seem like the busiest time of the year. Our kids are back in school, sports are in full swing and the temperate weather encourages us to get out and participate in that 5K for a great cause or attend a fall festival with our family. Overlook's Community Health team and local practices can be found at events all over Union County – please stop by and learn about our healthy initiatives.

Fall is also a season of prevention awareness, particularly for common cancers like breast and prostate. For the women in your life, it's time again to ASK HER if she has had her mammogram and remind her early detection of breast cancer is the best pathway to staying healthy. Atlantic Health System has made it easy to book a mammogram today – just go online or text ASKHER to 888-555.

Men also need to discuss prostate health with their doctors annually. Advances in treating prostate cancer have been remarkable and we are very pleased to offer more accurate and less invasive diagnostics with our new UroNav device, also detailed in this issue.

Staying healthy is our goal, but it's also important to know about the advanced care available to you at Overlook when you need it. This summer, Overlook was recognized for the ninth year in a row as a Best Regional Hospital by *U.S. News & World Report* and was ranked No.1 in New Jersey in 2019 by Carechex for Neurosurgery. This month, we are

thrilled to be recognized by Healthgrades 18 times for care across seven specialties including Top 100 in the nation for Stroke Care, Gastrointestinal Care, General Surgery and Critical Care.

I'm proud of this team, but most importantly, we are proud to offer the highest levels of compassionate care to the communities we support.

Enjoy fall,





Alan Lieber

ALAN LIEBER
 President,
 Overlook Medical Center

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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WE WANT TO HEAR FROM YOU

Would you like to share your experience at Overlook? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

CEO's corner

Determined to Improve Health

What is the biggest factor in a person's life when it comes to staying healthy? Living near a world-class hospital? Access to exceptional physicians? Perhaps the key is good genes?

These components play a vital role in our health, but studies have shown the most important factor comes from the **conditions where we are born, grow, work, live and age**. These elements are known as social determinants of health, and caregivers are increasingly aware of the role they play in our well-being.

Atlantic Health System's **Transitions of Care program** is how we coordinate care to address social determinants of health. As you'll read in this issue, collaboration among our multidisciplinary teams of health professionals helps ensure physical, behavioral and social needs are considered in providing the right care, at the right time, in the right place.

While health systems play an important role in healing many of the problems caused by social determinants of health, we cannot alone repair the circumstances that create them. **That is something we must all do together.**

I hope you enjoy this edition of *AtlanticView*, and thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

Overlook Medical Center HONORED FOR STROKE TREATMENT FOR THE 10th YEAR!

Overlook Medical Center has received the American Heart Association/American Stroke Association's Get With The Guidelines® Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award.

Overlook Medical Center earned the award for the 10th straight year by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.

Additionally, Overlook Medical Center received the association's Target: StrokeSM Elite Plus award for the 10th year! To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot buster tissue plasminogen activator, or tPA, the only drug approved by the Food and Drug Administration to treat ischemic stroke.



Now in its fourth year, #AskHer is a movement that has impacted thousands 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.

Book online at atlanticealth.org/askhernow, call 973-829-4263 or text ASKHER to 555-888.



 Atlantic Health System

CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK

Recognized for Care Delivery in the Top 2% of Hospitals Nationwide

Overlook is recognized by Healthgrades 18 times in clinical specialty areas including bariatrics, cardiac, neurosciences, orthopedics and pulmonary care.



OVERLOOK MEDICAL CENTER

BEST REGIONAL HOSPITAL (AGAIN!)



High Performing in



COLON CANCER SURGERY



COPD



HEART FAILURE



“Identifying and removing barriers to great care will change lives. I am thrilled to lead our efforts to accomplish that goal.”
– Armond Kinsey

For the New Diversity Officer, This Job Is Personal

Confidence in the care you receive is essential to your mental and physical well-being, says Atlantic Health System’s new chief diversity officer, Armond Kinsey. He speaks from experience.

“At age 19, I lost my mother due, in part, to a lack of reliable health care,” Kinsey says. “From that experience, I realized that no matter your age, language, beliefs or ZIP code, we all deserve access to great care.”

Kinsey joins Atlantic Health System from Kaiser Permanente, where he was instrumental in initiatives that resulted in that organization’s highest rankings on DiversityInc’s list of “Top 50 Companies for Diversity and Inclusion.”

As chief diversity officer, Kinsey will ensure that all team members at Atlantic Health System have the resources they need to care for, and communicate with, the system’s diverse patient population.

“Identifying and removing barriers to great care will change lives,” he says. “I am thrilled to lead our efforts to accomplish that goal. I’m also proud to announce that all our hospitals have been designated as a 2019 LGBTQ Healthcare Equality Leader from the Healthcare Equality Index 2019.”

Atlantic Health System Hospitals Earn ‘LGBTQ Healthcare Equality Leader’ Designation in Healthcare Equality Index

Each of Atlantic Health System’s six hospitals earned the “LGBTQ Healthcare Equality Leader” designation and a top score of 100 on the Healthcare Equality Index (HEI) from the Human Rights Campaign (HRC).

“At Atlantic Health System, being a diverse organization means that each team member feels included and can bring their whole self to work so we can provide unwavering and extraordinary caring to the communities we serve,” says Armond Kinsey, chief diversity officer, Atlantic Health System. “Earning the LGBTQ Healthcare Equality Leader designation is a reflection of our mission to build healthier communities and illustrates our commitment to creating a safe environment where everyone is treated with respect, kindness and empathy.”



DR. BONNI GUERIN NAMED NOTABLE WOMAN OF NEW JERSEY

Bonni Guerin, MD, director of breast cancer treatment and prevention at Carol G. Simon Cancer Center at Overlook Medical Center, has received numerous commendations and accolades over the years for her life-saving work. Recently, however, she was feted for her work/life balance, being named by the Library of The Chathams as one of the "Notable Women of New Jersey."

DISCOVERING HER PASSION

Explaining how she discovered her passion, Dr. Guerin said initially the idea of going to medical school "was never even on my radar." She first attended a community college, where she discovered a love of science. She also discovered she had a gift for talking and listening. A professor noticed her abilities and mentored her. With his guidance, she transferred to a private university, changed her major from music to biochemistry and mathematics and, eventually, attended medical school at SUNY Stony Brook. She then completed an internship and residency at Vanderbilt University in Nashville, TN, a fellowship at the University of California at San Diego and received her board certification in medical oncology.

LIFE'S SURPRISES

Describing herself as competitive and somewhat of an overachiever, Dr. Guerin spent the next seven years practicing medicine in an underserved area. She also developed a love for triathlon and ultimately was a member of the U.S. National Ironman team, going to the world championships, twice. Once settled in New Jersey, Dr. Guerin felt the time was right to become a mother.

"It was so important for me to be a really good doctor, to be a caregiver."

— Bonni Guerin, MD



She traveled to Russia and adopted a little girl to become a single mom. A few years later she would return and adopt a little boy. "Life was wonderful, crazy, and filled with love," she says. Then, much to her surprise, she met the man who would become her husband. Together, they made one more journey and adopted an 11-year-old girl from Bulgaria, who had never attended school. While once her plate was full of only medical responsibilities, Dr. Guerin now has three children, a husband, and serves as president of her district's Special Education Parent Advisory Group (SEPAG). Dr. Guerin works with the other members of SEPAG to empower parents of children with special needs to be involved in matters of education, safety and health in their district.

CREATING A BALANCE

Dr. Guerin says, "It's important for me to be the very best doctor, to be a loving hands-on parent, and to keep my marriage strong," but she is quick to say it can be overwhelming. "One day I feel like a great mother, but a mediocre wife, or I gave so much time to a patient but not to my children. Balancing for me is always a work in progress, but there are some things I have learned along the way. Forgiveness is a big one; keeping myself healthy helps more than I thought, and a strong support system is also important. The Atlantic Health System community, including Overlook, Atlantic Medical Group and all the staff with whom I work, enable me to create a balanced environment." ▲

ATLANTIC MEDICAL GROUP

Dr. Guerin is part of Atlantic Medical Group, a multispecialty network of health care providers. She practices in Union and Summit at Medical Diagnostics Associates at Atlantic Medical Group Oncology. She can be reached at 908-608-0078. Please visit atlantichhealth.org/guerin-bonni to view a video about her.

Turning Trash Into Treasure

With an “act locally, think globally” approach, Overlook is repurposing sterile materials, one blue bag at a time

Tami Ochs, RN, a nurse in Overlook’s Behavioral Health department, is awash in a sea of blue. We’re not talking about tranquil waters or expansive skies. We’re talking about blue wrap, which she’s transforming from trash into treasure.

Surgical blue wrap, used to cover sterile surgical instruments and materials in the operating room, is made of polypropylene, which is lightweight, durable and waterproof – and regrettably nonbiodegradable. Overlook Medical Center uses and discards about 15,000 pounds of this necessary material each year, reports Michael Atanasio, director of Food & Nutrition.

Several months ago, Ochs approached Atanasio and Melissa Bonassisa, leaders of Overlook’s environmentally minded Green Team, with an idea for the hospital’s supply of discarded blue wrap. Using a sewing needle, thread and ingenuity, Ochs demonstrated how she could repurpose the wrap into reusable tote bags. The project quickly took off; the bags are now distributed to patients on the Behavioral Health and surgical floors, and are available for sale in the hospital’s gift shop.

“I’m astounded by the response,” says Ochs. “Everyone seems to be embracing the bags. Patients love them.”

Atanasio praises the project for saving money and for keeping the wrap out of landfills. Over time, he hopes Overlook can find ways to increase production on the blue bags to replace all of the traditional bags for patient belongings hospitalwide. Ochs is looking into other uses for the blue wrap too, like ponchos and sleeping bags.



Tami Ochs, RN,
Behavioral Health
at Overlook



Mike Atanasio and Melissa Bonassisa of Overlook’s “Green Team”

Bonassisa now refers to herself as the Blue Wrap Gremlin for her role in collecting and dispersing the wrap. “The amount of blue wrap is unbelievable,” she says. “I’ve had to come up with creative storage facilities for it. But when you look at the sheer amount of material you’re getting out of the landfill, you can’t help but feel proud.” ▲



Overlook Medical Center is a recipient of the **2019 Practice Greenhealth Environmental Excellence Award**, Practice Greenhealth’s highest honor for hospitals that are leading the industry in all-around sustainability performance. **If you can sew and would like to volunteer your time and skills to creating blue bags, send an email to melissa.bonassisa@atlanticealth.org.**



DANCING AGAIN AFTER BRAIN TUMOR SURGERY

Despite being told – multiple times – that her symptoms were caused by stress, 38-year-old Michele Adriano de Oliveira was not convinced.

“I was having a lot of social and emotional issues. I couldn’t sleep more than a few hours every night, and I just wasn’t myself,” says the Rockaway Township resident, who directs the dance program at Randolph High School. “Sure, I had a full plate like many women. I’m a wife and a mom to two- and four-year-old daughters. I’ve got a full-time job, and I had just finished a master’s degree in school counseling. What I was experiencing, however, seemed more serious than what doctors labeled as stress.”

Soon, the symptoms grew worse. Michele had a seizure while driving on the highway (which was misdiagnosed as a panic attack). She experienced dizzy spells while teaching; and she had piercing headaches, including a migraine that lasted for three days. Finally, in early March, Michele consulted a neurologist who ordered an MRI.

The scan revealed a tumor – the size of an orange – pressing upon her brain. The neurologist at the imaging facility told Michele that the tumor was likely benign, but that she needed to go to the hospital immediately.

Michele’s parents, who were visiting from Florida, and her husband, Juliano, rushed to the imaging facility and drove her to Morristown Medical Center, where neurosurgeon Kyle Chapple, MD, was on call. He had seen the scan and was ready to offer his support when Michele and her family arrived.

A FRIGHTENING DIAGNOSIS

“As Dr. Chapple showed us the MRI images, there was complete silence in the room,” recalls Michele. “That was the first time I saw how large the tumor was, and it was frightening.”

Dr. Chapple explained that the mass was an uncharacteristically large meningioma that could have been slowly growing for many years. It originated from her sinus vein; grew down into her brain; and was pressing onto her motor strip, an area of the brain responsible for movement, sensation and emotion. If left to grow, it could lead to permanent paralysis or even death.

Surgery was the best solution, according to Dr. Chapple, but it was complex. “There were many critical structures impacted by the meningioma,” says Dr. Chapple, “all of which needed to remain intact in order to provide Michele with the best possible outcome and quality of life.”

“They were realistic and honest, but also extremely personable and caring. I went from being scared and angry to positive and hopeful during my stay at Overlook, thanks to the education, encouragement, and attention I received.”

– Michele Adriano de Oliveira



EXPERT, COMPASSIONATE CARE

That night, Michele was transferred by ambulance to Overlook Medical Center’s Atlantic Neuroscience Institute, ranked the No. 1 hospital in NJ for neurosurgery, and home to Gerald J. Glasser Brain Tumor Center. Dr. Chapple cut off the tumor’s blood supply to make surgery easier.

The next day, Dr. Chapple extracted the entire tumor in a six-hour surgery. Using data from the functional MRI and intraoperative functional brain mapping (producing real-time 3-D imaging), he was careful to avoid critical brain structures to ensure the best possible outcome for the young mother.

After several days in Overlook’s Neuro Intensive Care Unit, Michele regained all of her motor skills. Because the tumor was benign and removed completely, she did not require follow-up radiation or chemotherapy.

“Dr. Chapple and the entire staff had amazing compassion,” observes Michele. “They were realistic and honest, but also extremely personable and caring. I went from being scared and angry to positive and hopeful during my stay at Overlook, thanks to the education, encouragement, and attention I received.”

“They were truly concerned about both my physical and mental health,” Michele remarks, citing, as an example, the small strip of hair they shaved on her head in preparation for the surgery. “They could have easily shaved my entire head in advance of the craniotomy, but they were sensitive to the emotional consequences of that.”

HAPPY FEET

Now at home and eager to return to her dance classes this fall, Michele is sleeping soundly, feeling better every day, and working with a physical therapist to perfect the movements she choreographs into her routines.

With a renewed appreciation for life, she might be spotted doing a “happy dance.” ◀

To find out more information about Dr. Chapple and Atlantic Health System-affiliated providers, visit atlantichealth.org/doctors. Dr. Chapple can be reached at 973-285-7800.

#1 for Neurosurgery in NJ



LEADING WITH HEART

Overlook President Alan Lieber recognized by the American Heart Association for his commitment to building healthier communities

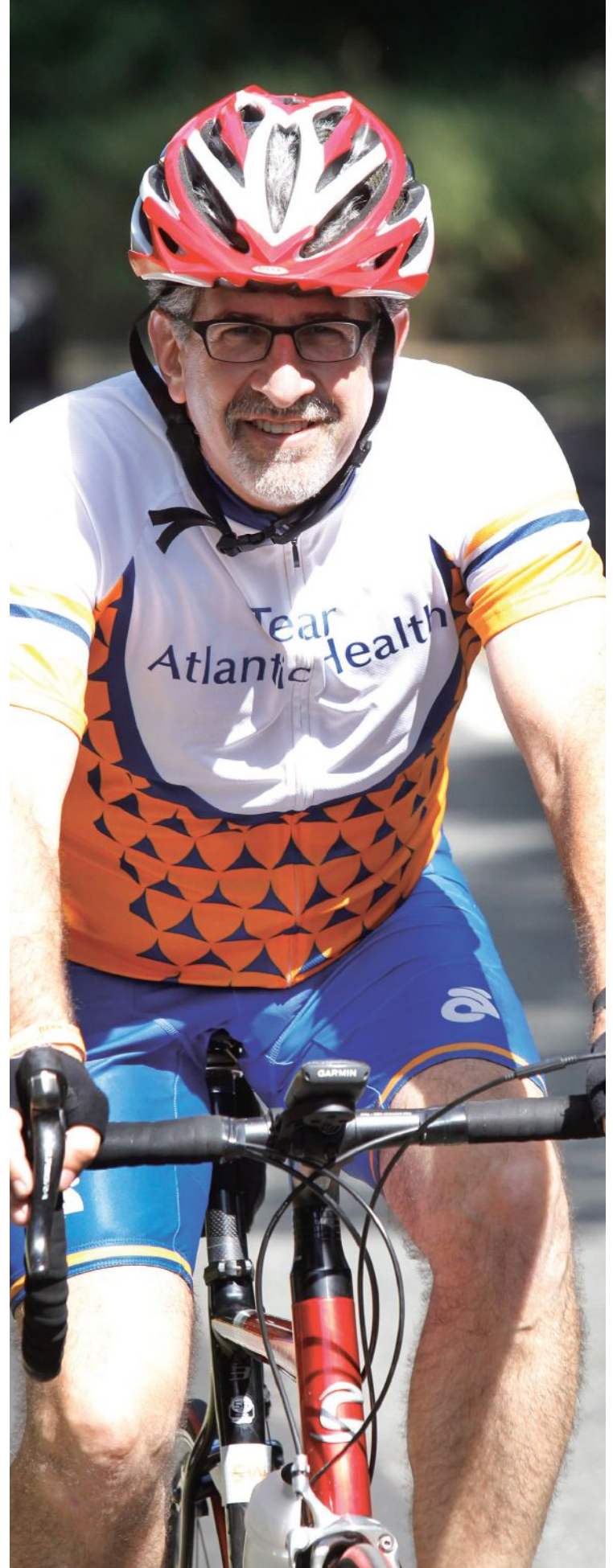
Alan Lieber, president of Overlook Medical Center, was honored with the 2019 American Heart Association Harvey E. Nussbaum, MD, Distinguished Service Award for creating healthier communities and for advancing the mission of the American Heart Association.

During Lieber's 16-year tenure as the leader of Overlook Medical Center, the hospital has strengthened its roots as a top-tier community hospital for the residents of Summit and surrounding towns and consistently received national recognition for excellence in health care.

BUILDING THE STATE'S LEADING STROKE PROGRAM

Lieber's vision and commitment to building a top-tier resource in New Jersey for patients in need of comprehensive stroke care was core to receiving the Nussbaum award. Overlook was the state's first designated Comprehensive Stroke Center due, in large part, to Lieber's vision to cultivate a neuroscience program with a dedicated state-of-the-art stroke intensive care unit, advanced imaging and technology, and the top specialized physicians and nurses.

Overlook was the nation's first hospital to use TeleStroke technology in ambulances – a technology that can greatly reduce the time needed to determine if a patient is eligible for clot-busting medication. Overlook's stroke neurologists now support doctors and patients across all Atlantic Health System hospitals, as well as Hunterdon Medical Center and Holy Name Medical Center. In 2016, Overlook built a helipad to serve as a regional resource for stroke patients in need of immediate surgical interventions and critical care.





“At Overlook Medical Center and Atlantic Health System, we have a real commitment to making a difference in people’s lives,” Lieber says. “We’ve got a lot of initiatives that go beyond the walls of the facility, and I am proud to lead a highly engaged team that constantly brings me ideas of ways we can do our jobs better every day.”

A CULTURE OF CARING

Lieber has cultivated a forward-thinking culture of care that includes the first-of-its-kind Thomas Glasser Caregivers Center, which is a resource for families enduring extended hospital stays of loved ones, as well as an advanced palliative care program. Overlook proudly hosts Project SEARCH, a program that helps young adults with disabilities gain valuable on-the-job experience. In 2015, Overlook and New Jersey Healthy Communities worked together to help create healthier neighborhoods, including building access to exercise trails in Summit, partnering with local stores to promote healthy eating in Plainfield and improving safe cycling in Union.

BEING A GOOD NEIGHBOR MEANS BEING A GREEN NEIGHBOR

Lieber’s conviction that better health begins with improving the environment has created a culture of sustainability at Overlook and yields significant cost savings by eliminating waste and optimizing resources. He has overseen the introduction of car recharging stations in the hospital’s parking garage, the implementation of a tri-generation power plant to reduce Overlook’s carbon footprint, and a composting system to reduce food waste in the Food Services department. Community gardens and rooftop beehives have been installed, as well as an accompanying program to educate children about nutrition. He also championed the Summit Parkline Project. ▲



Beating Back-to-School Stress

The start of a new school year can be stressful for families. Early mornings, hectic schedules, challenging homework, and conflicts with teachers and classmates can cause anxiety for children of all ages and make parents feel helpless and frustrated.

We asked Atlantic Behavioral Health crisis clinician Brian Wilson, MA, LAC, a full-time school counselor for Morris Plains School District, how parents can help ease back-to-school stress. Here are some tips.

“Whether your child is entering kindergarten or high school, it may be helpful to visit school prior to the first day. Meeting teachers, finding their classroom, locating their locker, and reviewing their schedule in advance can help reduce fear of the unknown.”

– Brian Wilson, MA, LAC

NORMALIZE THE ANXIETY

Reinforce that it’s normal to fear change. Help kids understand that parents, too, often feel anxious about going back to work – especially after a long vacation. Talking openly and honestly is a step in the right direction.

GET BACK INTO THE ROUTINE ... EARLY

A few weeks (not days) before school starts, get the whole family back into a school-based routine. Get up earlier, eat dinner earlier, go to bed earlier, and have kids spend the day constructively engaged in an activity (rather than sitting in front of a TV) to prepare them for the classroom.

INVOLVE KIDS IN THE PROCESS

Make sure your children know when and what time school starts, how they will get to school, and what they will be doing after school. Involve them in choosing school supplies and clothes.

DO A WALK-THROUGH

Whether your child is entering kindergarten or high school, it may be helpful to visit school prior to the first day. Meeting teachers, finding their classroom, locating their locker, and reviewing their schedule in advance can help reduce fear of the unknown.

WATCH AND LISTEN

Learn to identify signs of stress in your child:

- Difficulty sleeping
- Changes in appetite or behavior
- Stomachaches or other physical symptoms
- Withdrawal from friends, family or activities
- Faking sickness to avoid school

WHEN TO SEEK PROFESSIONAL HELP

Although back-to-school stress is often temporary, if children have trouble functioning normally or maintaining their routine, parents should consult their school counselor and/or pediatrician for professional support. **▲**

For more information, call the Behavioral Health access number at 1-888-247-1400.

Making a List, Checking It Twice ...

The end of the year is a great time to review your health needs and check in with your primary care physician

Have you had your checkup yet? “An annual wellness visit is a great time to touch base with your doctor,” says Jeanine Bulan, MD, an internist for Atlantic Medical Group Primary Care at Westfield. “All health maintenance checks will follow accordingly – blood work, colonoscopy, mammogram, etc. We want to get people up to date with whatever is going to keep them healthiest.”

PREPARE FOR COLD AND FLU SEASON

When it comes to flu, the best protection is an annual flu shot, says Dr. Bulan. But everyday precautions go a long way, too. Wash your hands often with soap and water, or use an alcohol-based hand sanitizer. Disinfect frequently touched (but often overlooked) surfaces: doorknobs, light switches, remote controls, etc. And do your best to make healthy food choices and get enough sleep.

STAY UP TO DATE ON VACCINES

In addition to an annual flu vaccine, there are other vaccinations that you should discuss with your physician. These include vaccines for pneumonia, shingles, and tetanus with pertussis.

LISTEN TO YOUR BODY

“If there is something going on with your health that concerns you, you should see your primary care physician. Our goal is to detect medical conditions as early as possible,” says Dr. Bulan. “For known chronic conditions, have regular visits in order to stay as healthy as possible. We have a lot of resources at our fingertips within Atlantic Medical Group, including access to all of our specialists and all of our Atlantic Health System hospitals.” ▲

ATLANTIC MEDICAL GROUP

Dr. Bulan and Atlantic Medical Group Primary Care at Westfield are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Bulan can be reached at 973-829-4632.



“If there is something going on with your health that concerns you, you should see your primary care physician. Our goal is to detect medical conditions as early as possible.”

– Jeanine Bulan, MD

RX FOR SUCCESS: YOUR YEAR-END HEALTH CHECKLIST

- Schedule an annual exam if you have not had one.
 - Mammogram
 - Eye
 - Dental
 - OB/GYN
 - Colonoscopy (over age 50)
 - Dermatologist
- Follow up with appointments for health maintenance checks as needed.
- Get a flu shot.
- Talk to your doctor about the need for other vaccines.
- Check with your insurance provider to optimize remaining benefits, including funds set aside in your health savings account (HSA).



CYBERKNIFE PROGRAM PROVES THERE'S NO SUBSTITUTE FOR EXPERIENCE

Ten years ago, 81-year-old Deane Driscoll was diagnosed with prostate cancer. Today, he remains cancer-free after five CyberKnife® radiosurgery treatments at Overlook.

"I couldn't be better if I wrote the rules," says Deane, whose experience with Overlook's CyberKnife Center is highlighted in a YouTube video. "I have a lot of buddies going through this, and I tell them, 'Go to Overlook.'"

Deane is one of many patients who is thankful he chose Overlook for CyberKnife treatment.

"The truth is ... many hospitals today offer CyberKnife radiosurgery for treatment of malignant and benign tumors of the prostate, brain, spine, lung, pancreas and liver. But few have the experience, technology and volume of patients Overlook's program has," observes Louis E. Schwartz, MD, chief of radiation oncology and medical director of the CyberKnife Center at Overlook.

In 2004, Overlook opened the first CyberKnife Center in the Tri-State Area (and the 16th in the U.S.). In 2015, it acquired the CyberKnife® M6™ Series, the latest generation CyberKnife technology, which can

treat larger tumors faster and with even greater pinpoint precision. Several months ago, the software system was enhanced again to further speed treatment time.

"The CyberKnife system's continual image guidance software allows us to deliver high doses of radiation with pinpoint accuracy, while automatically correcting for tumor movement," states radiation oncologist Joana S. Emmolo, MD. "Since radiation beams adjust in real time to the patient's breathing cycle, there is no damage to the surrounding healthy tissue. We can reach large and small tumors that are deemed inoperable."

"The ability to spare healthy tissue is essential to preserving quality of life, especially when treating brain tumors," remarks neurosurgeon Yaron A. Moshel, MD, PhD, FAANS, co-director, Gerald J. Glasser Brain Tumor Center at Overlook Medical Center's Atlantic Neuroscience Institute.

A CyberKnife treatment session lasts from 30 to 90 minutes for one to five days, depending on the location and type of tumor being treated, versus several weeks for traditional radiation therapy. There



DOCTORS SCHWARTZ AND EMMOLO, RADIATION ONCOLOGISTS, AND DR. MOSHEL, NEUROSURGEON

“Our prostate cancer cure rate hovers around 95%. That gives added comfort to patients who are choosing the best facility for CyberKnife treatment.”

– Louis E. Schwartz, MD

are no incisions, no blood, no pain and no complications from anesthesia. Patients experience greater comfort because they can breathe normally during treatment, and there is little or no recovery time. Patients resume daily activities immediately following treatment.

“With 15 years of CyberKnife experience under our belts, we’ve treated more than 2,200 patients – more than half of whom had brain tumors,” remarks Dr. Schwartz. “Our prostate cancer cure rate hovers around 95%. That gives added comfort to patients who are choosing the best facility for CyberKnife treatment.”

ATLANTIC MEDICAL GROUP

Drs. Emmolo and Schwartz are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at 908-522-2871. Visit atlanticealth.org/cyberknife for more information.

For more information on Dr. Moshel and other Atlantic Health System affiliated providers, visit atlanticealth.org/doctors. Dr. Moshel can be reached at 973-285-7800.

Where You Go for CyberKnife Treatment MATTERS

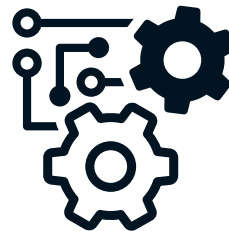
EXPERIENCE

- First CyberKnife Center in Tri-State Area (16th in the U.S.)
- Longest running CyberKnife program in region
- 15 years of CyberKnife experience



TECHNOLOGY

- CyberKnife® M6™ Series – the gold standard of radiosurgery
- First hospital on East Coast and only hospital in New Jersey with MAGNETOM Vida MRI (used in planning CyberKnife treatment)



VOLUME

- Most prostate cases in region
- >1,200 brain tumor patients



Overlook Medical Center Offers 'Next Generation' 3-D Technology to Improve Prostate Cancer Diagnosis



Overlook Medical Center is now offering a highly advanced technology that will enhance the ability of physicians to diagnose, stage and treat prostate cancer. The UroNav Fusion Biopsy System fuses pre-biopsy magnetic resonance imaging (MRI) images of the prostate with ultrasound-guided 3-D images in real time, allowing for excellent imaging of the prostate and any abnormal changes (lesions) that may or may not be cancerous.

"We have strived to provide the latest technologies to benefit our patients," said Dennis Lowenthal, MD, medical director, Carol G. Simon Cancer Center at Overlook Medical Center. "UroNav's MRI/ultrasound fusion-guided biopsy is now the latest technology for prostate cancer diagnosis. The quality of imaging enables us to get the most accurate results, and to guide the most effective treatment plan if cancer is found. This is the next generation of prostate cancer detection."

Prostate cancer is the second most common cancer in men after skin cancer. When caught early, it is highly treatable.

"Prostate specific antigen (PSA) testing and the digital rectal exam (DRE), the most common means of screening for prostate cancer, can be unreliable and can lead to many uncertainties," said Dr. Lowenthal. "Trans-rectal ultrasound-guided (TRUS) biopsy, which is the current standard for prostate cancer

detection when the PSA is elevated or something suspicious is found on DRE, may provide less optimal imaging of both the prostate and biopsy needle, and the needle may pass through tumor-free areas of the prostate, therefore missing the tumor. The UroNav system addresses both of these issues."

"Radiology data are easily and quickly transferred to UroNav for review and target identification," said Terrence Lee, MD, a radiologist at Overlook Medical Center. "UroNav helps target suspicious lesions which can increase accuracy in diagnosing prostate cancer."

For more information, visit atlantichhealth.org/prostate.

ATLANTIC MEDICAL GROUP

Dr. Lowenthal is part of Atlantic Medical Group, a multidisciplinary network of health care providers. For more information, visit atlantimedicalgroup.org/doctors. Dr. Lowenthal can be reached at 908-608-0078.

To find out more information about Dr. Terrence Lee and other Atlantic Health System affiliated providers, visit atlantichhealth.org/doctors. Dr. Lee can be reached at 908-522-2595.

PREECLAMPSIA DURING AND SOON AFTER PREGNANCY: WHAT TO LOOK FOR

Preeclampsia is a serious disorder that can develop during and soon after pregnancy. It complicates 2-8% of pregnancies globally and in the United States the rate has increased by 25% between 1987 and 2004. It is associated with new onset high blood pressure defined as 140/90 and occurring most often after 20 weeks of gestation and less often up to six weeks into the postpartum period.

If it goes unrecognized and untreated it can lead to seizures, stroke, organ damage, and even death of the mother and premature birth or death of the unborn baby. It is often accompanied by protein in the urine and patients may exhibit specific symptoms such as headache, blurry vision, black spots in their visual field, swelling of the face, eyes and hands, sudden weight gain and difficulty breathing.

Some of the risk factors for preeclampsia include:

- First time mothers
- Twin pregnancies
- History of preeclampsia in a previous pregnancy
- High blood pressure before pregnancy
- Diabetes mellitus before pregnancy
- Gestational diabetes
- Maternal age 35 or older
- Kidney disease
- Pregnancies resulting from in vitro fertilization
- Obstructive sleep apnea
- Kidney disease
- Pre-pregnancy BMI greater than 30

“To aid in early diagnosis and to decrease the risk of poor outcomes if patients were to develop preeclampsia, pregnant patients must attend all their prenatal and postpartum appointments. It is during these visits that

their blood pressure and weight will be monitored in addition to their symptoms and the baby’s status,” says Kaylah Rondon, MD.

Patients with certain risk factors such as history of preeclampsia in a previous pregnancy, twin pregnancy, chronic hypertension, history of type 1 or 2 diabetes, renal or autoimmune diseases should be started on a baby aspirin between 12 and 28 weeks until delivery in order to decrease their risk for preeclampsia.

POSTPARTUM PREECLAMPSIA – 6 WEEKS TO WATCH

Postpartum preeclampsia can happen to a woman who has just had a baby up to six weeks after the baby’s birth, whether she experienced high blood pressure during her pregnancy or not. New mothers should monitor their health after delivery; keep all follow-up appointments; and contact their health care provider right away if they experience blood pressure at or greater than 140/90, severe headache, vision changes,

To lower the risk of poor outcomes, patients should attend all prenatal and postpartum appointments; monitor blood pressure and weight regularly and contact their health care provider immediately if either becomes unexpectedly high; get treatment for high blood pressure, blood sugar, cholesterol and obesity; and do not smoke – Kaylah Rondon, MD



Warning Signs of Preeclampsia

Call your doctor immediately if you have these signs:

- Shortness of breath
- Changes in vision
- Feeling dizzy
- Little to no urine (pee)
- Pain in the abdomen (belly)
- Rapid weight gain, or swollen hands or feet, which is due to a buildup of fluid
- Severe headaches
- Extreme vomiting or nausea

These symptoms are especially important warning signs for women who have diabetes, kidney disease or high blood pressure, and for those who are obese or are expecting twins or triplets.

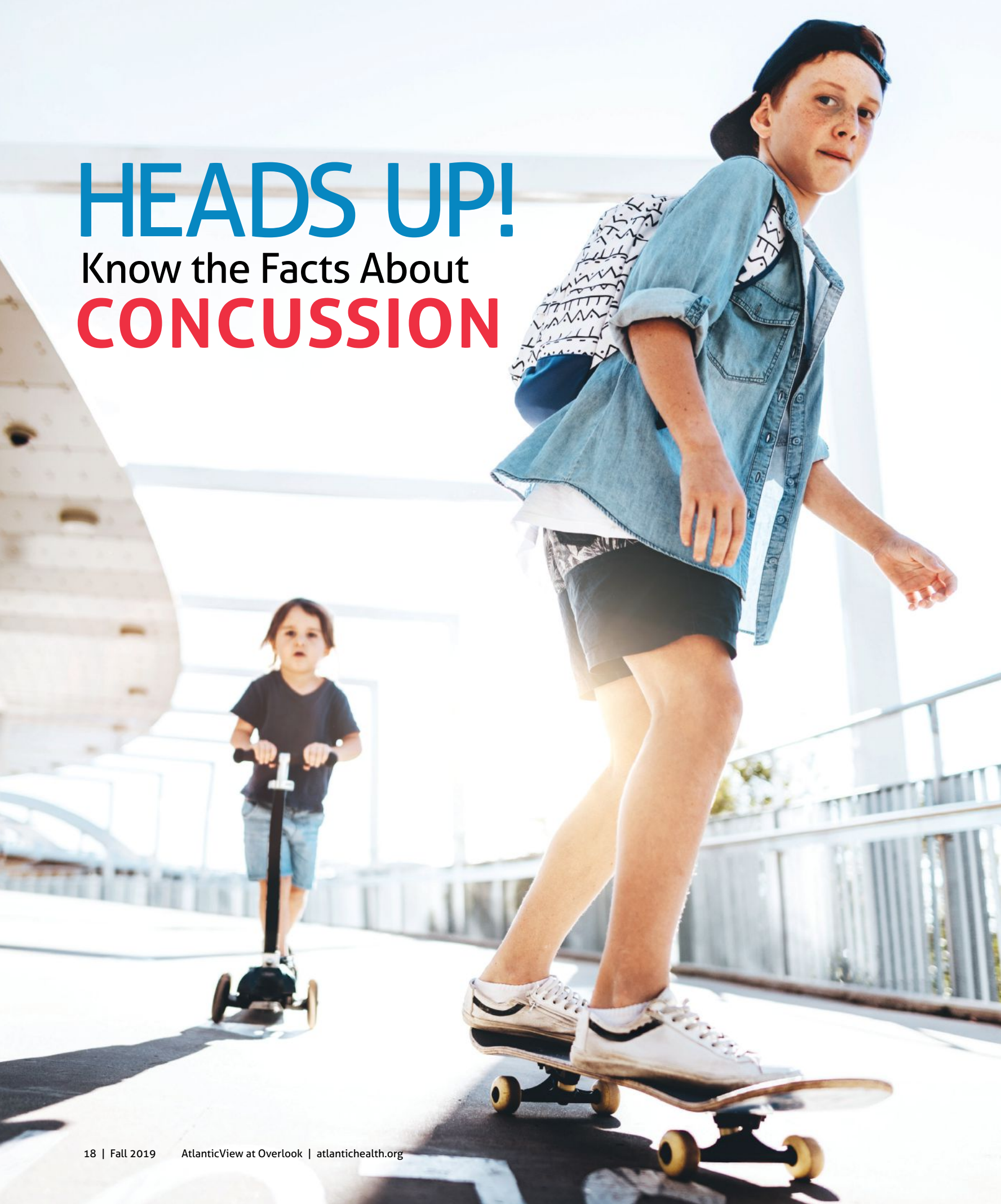
stomach pain/nausea, or swelling in hands and face. Call 911 if blood pressure is at or exceeds 160/110; or if they have trouble breathing, begin seeing spots, or experience seizures; and make sure to report that they have been pregnant. ◀

ATLANTIC MEDICAL GROUP

Dr. Rondon and Women’s Health at Westfield are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at 908-522-3688.

HEADS UP!

Know the Facts About
CONCUSSION



With school back in full swing, playgrounds and playing fields are once again abuzz with activity and, unfortunately, injuries.

Each year, an estimated 283,000 children visit an emergency department for sports- or recreation-related traumatic brain injuries (primarily concussions). Such injuries are most often sustained in contact sports such as football, basketball or soccer; but they can also occur during falls from bicycles, swing sets and many other activities.

“Parents, teachers and coaches should be aware that concussions do not always result from a direct hit to the head and usually do not involve loss of consciousness,” says Joseph Rempson, MD, co-medical director and co-founder of the Center for Concussion Care and Physical Rehabilitation at Overlook Medical Center, a statewide leader in managing mild to complex cases of concussion for more than a decade.

“When someone has an injury to the head, it’s important to promptly remove them from physical activity and look for changes in underlying behavior,” advises Dr. Rempson. “Symptoms of concussion may appear immediately or several days after the injury.”

WHAT TO DO

If you suspect a concussion, have your child evaluated by his or her pediatrician or – in an emergency – your nearest urgent care center or emergency department.

“No two individuals and no two concussions are alike,” observes Atlantic Medical Group neurologist Seth Stoller, MD, a national expert on concussion care who directs Atlantic Neuroscience Institute’s Headache Center and is one of a select few New Jersey physicians actively serving on the Sports Neurology section of the American Academy of Neurology. “We take an individualized, multidisciplinary approach to concussion care, whether we are treating a high school soccer goalie or a veteran NFL player.”

The paths to recovery, he explains, may include physical therapy, balance and visual therapy, nutrition counseling, neuropsychology, and coordination with teachers, trainers, coaches, and many other health care professionals.

“As a former student-athlete, I understand the desire to get back on the playing field as quickly as possible,” says Dr. Stoller, “but our priority is to return the student to the classroom first.”

For more information about Atlantic Neuroscience Institute’s Center for Concussion Care and Physical Rehabilitation, visit atlantichhealth.org/concussions or call 908-598-6615.

“Parents, teachers and coaches should be aware that concussions do not always result from a direct hit to the head and usually do not involve loss of consciousness.”

– Joseph Rempson, MD



Watch for These Concussion Symptoms

✓ Headache	✓ Sensitivity to light	✓ Fatigue or low energy
✓ Pressure in the head	✓ Sensitivity to noise	✓ Confusion
✓ Neck pain	✓ Feeling slowed down	✓ Drowsiness
✓ Nausea or vomiting	✓ Feeling in a fog	✓ Trouble falling asleep
✓ Dizziness	✓ “Don’t feel right”	✓ Irritability
✓ Blurring vision	✓ Trouble concentrating	✓ Sadness
✓ Balance problems	✓ Trouble remembering	✓ Nervousness/anxiousness

Atlantic Anywhere MAKING HEALTH CARE MORE CONVENIENT

When was the last time you shopped online? Booked a ride from your phone? Texted a family member? The latest version of Atlantic Health System's mobile app, Atlantic Anywhere, offers the convenience we are used to experiencing through online scheduling, video visits with physicians, access to test results, the ability to communicate with your doctor, indoor GPS within hospitals, and so much more.

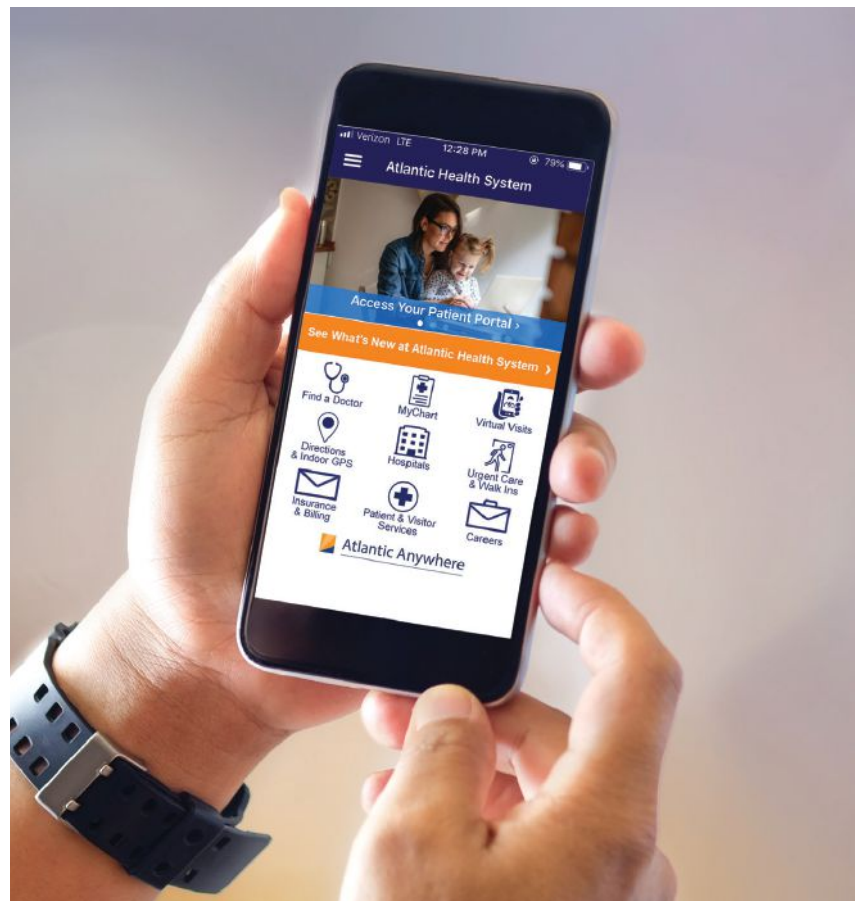
"Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health," says Valerie Simon, chief marketing officer, Atlantic Health System. "Atlantic Anywhere provides access to the care you need ... right from your phone."

FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT

Quickly and easily search all Atlantic Medical Group doctors along with all physicians on staff at each of our hospitals. Appointments with hundreds of our Atlantic Medical Group physicians can now be booked online in just a few clicks when it is most convenient for you.

RECEIVE ON-DEMAND MEDICAL CARE FROM YOUR PHONE THROUGH A VIRTUAL VISIT

The Atlantic Anywhere mobile phone app now features "Virtual Visits," an online consultation with a board-certified physician, for on-demand medical care. "Virtual Visits ensure that the doctor is always available ... whenever, wherever you need," says Carol Vargas, vice president of Integrated Care Delivery, Atlantic Health System.



ACCESS MYCHART, YOUR PATIENT PORTAL

Atlantic Anywhere offers access to MyChart, a secure online portal that offers access to your medical record. MyChart provides access to lab and test results, as well as the ability to make appointments, receive appointment reminders, communicate with your doctors' office, pay hospital bills and more.

LOCATIONS AND WAYFINDING

You'll never get lost again with Atlantic Anywhere. It includes maps for all Atlantic Health System locations and integrates with our "Take Me There" apps, which provide indoor GPS navigation for certain sites.

Atlantic Anywhere is just one of several digital doors open to the communities we serve. Connect with us today by downloading the app, visiting atlantichealth.org and joining the conversation on social media. ▶

The free app can be downloaded to a mobile phone by searching "Atlantic Anywhere" from the App Store or Google Play, or visiting atlantichealth.org/atlanticanywhere.

MAKING THE TRANSITION COORDINATING MEDICAL NEEDS AFTER LEAVING THE HOSPITAL

Integration is the key when it comes to making sure patients get the best health care. To ensure that patients have optimal health results when they leave the hospital, Atlantic Health System offers the Transitions of Care program to patients.

"Our team includes physicians, nurses, care coordinators, social workers, and community health workers to support the physical, behavioral, and social needs of these patients," says Maureen Sweeney-McDonough, director of care coordination.

As part of the program, patients who are discharged from inpatient care or the emergency department are assisted in coordinating their medical needs. "We put patients at the center of their care," says Sweeney-McDonough. "Our goal is to ensure patients get the right care, at the right time, in the right setting."

A Transitions of Care coordinator meets with eligible patients while they are in the hospital to review the treatment plan established by the health care team. "We help in the management of chronic diseases by providing education, reviewing medications and connecting patients to the right level of care," says Sweeney-McDonough. "We look to get the patient back to their primary care provider's office within seven to 14 days."

The team also screens for social determinants of health (SDOH), non-clinical factors that can impact overall health outcomes. This may include the patient's ability to get food or transportation, or it may be assessing overall safety and social support. While care coordinators are working with a patient, they also enhance quality outcomes by making sure the appropriate preventive screenings have been done, such as a colonoscopy.

The first few days or weeks after a hospital stay can be overwhelming. In addition to making sure the patient's family is included in the patient's care, Sweeney-McDonough says, "We focus on helping



"We focus on helping patients understand what the next steps are in terms of follow-up with their doctor, getting their medications, taking care of themselves at home, just coordinating and navigating the system."

– Maureen Sweeney-McDonough

patients and their families understand what the next steps are in terms of follow-up with their doctor, ensuring patients have the necessary medications and develop confidence to take care of themselves at home. It's great to watch patients safely make the transition and ensure they are on the best track to reach their health goals." ▲

To schedule an eligibility screening for the Transitions of Care program, call the care coordination center at 1-855-226-7171.



Inside the Emergency Department: **MYTH VS. FACT**

Your husband is experiencing chest pain. Your daughter falls off her bike and may have fractured her wrist. Your sore throat got worse over the weekend. Where do you turn in each of these situations? An emergency department (ED) or urgent care center?

"Trust your instincts and your own common sense," says Cynthia Benson, DO, assistant medical director for Overlook's ED. "Sudden, potentially life-threatening conditions justify a trip to the emergency department. For minor illnesses or injuries, your primary care physician or local urgent care center is your best bet."

Below, Dr. Benson dispels some common myths about visiting the ED and offers some practical guidelines about when, where and how to seek emergency care.

MYTH: You are treated in the order in which you arrive at the ED.

FACT: "Patients who need immediate lifesaving intervention are treated first. Triage (the process of determining the priority of patients' treatment based on the severity of their condition) begins the moment you walk in the door. If, for example, two 45-year-old men with chest pain come to the ED minutes apart, a triage nurse will immediately check their vital signs, medical history and an EKG to determine who needs to be seen first."

MYTH: If you come to the ED via ambulance, you are seen faster.

FACT: "Whether you arrive by ambulance or walk into the ED, our immediate assessment of your condition determines who needs

to be seen first. We never want anyone to wait, but sometimes it is a necessity based on the critical needs of other patients."

MYTH: If you do not have a primary care physician, then you should go to the emergency department when you feel ill.

FACT: "We treat every patient who walks through our doors, but keep in mind that emergency department physicians are not primary care physicians. ED docs are specially trained to stabilize patients with life-threatening emergencies. We recommend going to a primary care physician, or in off hours, an urgent care center that could better manage those issues. At Overlook, we have an excellent referral service that matches patients with primary care physicians, and it's available for those with and without health insurance."

MYTH: There is no difference between the cost of an ED visit and urgent care center visit.

FACT: "While the cost of a visit to the ED or urgent care center depends upon your insurance provider, your copay and whether you've met your deductible, the cost of an ED visit is generally more than twice the cost of an urgent care visit. It's a good idea to know the details of your policy before an emergency arises." ▲

For more information on Overlook's Emergency Department, visit atlantichealth.org/overlookemergency.

UNDERSTANDING THE NEW NUTRITION LABEL

For the first time in more than 20 years, nutrition labels are getting an overhaul

When it comes to healthier eating, one of the biggest components is moderation. “It’s almost always overlooked,” says Michael Atanasio, director of Food & Nutrition at Overlook Medical Center. “From a food perspective, we’ve come to expect that bigger is better, but that’s not the case.”

In the new year, it may be easier to make moderation more of a focus. Over the next couple of months, you’ll notice that the nutrition labels on packaged foods have been given a makeover. The FDA’s new labeling requirements better align with the needs and real-life eating habits of today’s consumers, and will make it easier for consumers to make better-informed food choices. Here’s some of what you’ll notice.

A REFRESHED DESIGN

- Calories and the serving size declaration will be larger and will appear in bold type. Additionally, servings per container will be larger.
- Manufacturers must declare the actual grams of vitamin D, calcium, iron and potassium.
- The footnote is changing to better explain the meaning of % Daily Value. It will now read, “*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.”

INFORMATION THAT REFLECTS NUTRITION SCIENCE

- Added sugars will be included on the label. In explaining this change, the FDA cites scientific data that shows it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10% of your total daily calories from added sugar.
- Vitamin D and potassium will be required on the label. Calcium and iron will continue to be required. Vitamins A and C will no longer be required, but can be included on a voluntary basis.
- You will continue to see lines for total fat, saturated fat and trans fat, but “calories from fat” is being removed because research shows that type of fat is more important than the amount.

UPDATED SERVING SIZES AND LABELING REQUIREMENTS

- Serving sizes will be based on amounts of foods and beverages that people are actually eating, not what they should be eating. For example, the reference amount for a serving of ice cream was previously ½ cup but is changing to ⅔ cup.
- For products that are larger than a single serving but that could be consumed in one sitting or multiple sittings (like a pint of ice cream), manufacturers will have to provide “dual column” labels to indicate the amount of calories and nutrients on both a “per serving” and “per package”/“per unit” basis. ◀



A Perfect Combination for Upcoming Holiday Celebrations

This gluten-free recipe is long on flavor and short on prep time

FESTIVE SAGE & CRANBERRY SAUTÉED CHICKEN

(yields four 6-ounce portions)

INGREDIENTS

- 4 (6-ounce) skinless, boneless chicken breast halves
- ¼ teaspoon Montreal chicken seasoning
- 6 tablespoons cornstarch
- 1 tablespoon olive oil
- 1 cup sundried cranberries
- ½ cup brown demi glaze
- ½ cup fat-free, lower-sodium chicken broth
- 1 tablespoon chopped parsley (fresh or frozen)
- 1 tablespoon chopped sage (fresh or frozen)
- 1 tablespoon chopped rosemary (fresh or frozen)

DIRECTIONS

1. Place chicken between two sheets of heavy-duty plastic wrap; pound each piece to half-inch thickness, using a meat mallet or rolling pin to tenderize. Sprinkle both sides of chicken evenly with Montreal seasoning.
2. Place cornstarch in a shallow dish. Dredge chicken in cornstarch, turning to coat; shake off excess.
3. Heat olive oil in a large skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until browned. Remove chicken from pan and keep warm.
4. Sauté sundried cranberries until soft. Add fresh herbs, gravy and broth to pan. Lower heat and simmer 10 minutes or until mixture is reduced to ⅔ cup.
5. Return chicken to pan, turning to coat well. Cover and cook 5 minutes or until chicken is done. Sprinkle with parsley.



Atlantic Health System, Kindred Healthcare Celebrate Completion of Brand-New, Two-Story Rehabilitation Hospital in Madison

Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

Atlantic Health System and Kindred Healthcare marked the completion of Atlantic Rehabilitation Institute, a brand-new state-of-the-art inpatient rehabilitation hospital combining the expertise of two leaders in high-quality patient care. The new \$24 million, two-story, 38-bed rehabilitation hospital is located off Route 124 at Giralda Farms in Madison, NJ.

“Joining forces with a nationally recognized leader allows us to expand access to extraordinary rehabilitation services in our communities,” says Amy Perry, senior vice president, Integrated Care Delivery, and CEO of Atlantic Health System’s Hospital Division. “We are proud to partner with Kindred to provide top-caliber patient care in the exceptional healing environment that has been created at Giralda Farms.”

The new, modernized hospital greatly expands the breadth of capabilities and resources available for treatment, to help return function to patients and better prepare them to resume everyday functions. It includes:

- Bionic, assisted movement systems, such as the motorized exoskeleton system by Ekso Bionics and the Bionik InMotion ARM, which help patients walk and to regain movement to their arms following stroke, spinal cord injury, orthopedic surgery, multiple sclerosis and more

“Joining forces with a nationally recognized leader allows us to expand access to extraordinary rehabilitation services in our communities.”

– Amy Perry, senior vice president,
Integrated Care Delivery

- A state-of-the-art gym with new equipment such as a total body movement simulator
- A simulated home space, with a full kitchen, bathroom, and a washer and dryer, to practice return-to-home activities
- Bariatric rooms designed for obese patients and a specialty bathroom allowing chair-bound patients to be bathed
- A secured and monitored brain injury unit with a dedicated gym
- Multiple surfaces to practice real-world walking, a ramp, stairs, and a simulated curb with a wheelchair cutout

For more information, please visit atlantcrehabinstitute.com.

NEW JERSEY'S FIRST NATIONAL CANCER INSTITUTE COMMUNITY ONCOLOGY RESEARCH PROGRAM (NCORP) AWARDED TO ATLANTIC HEALTH CANCER CONSORTIUM



A program of the National Cancer Institute
of the National Institutes of Health

The National Cancer Institute (NCI) has designated Atlantic Health System as a National Community Oncology Research Program (NCORP) site of the Atlantic Health Cancer Consortium (AHCC). Covering 73% of New Jersey's population, it is the first and only New Jersey-based NCORP. AHCC will help develop and implement NCI cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state. The major health systems and medical centers throughout New Jersey that make up the AHCC NCORP include:

- Atlantic Health System hospitals: Morristown, Overlook, Chilton, Newton and Hackettstown medical centers and Goryeb Children's Hospital
- CentraState Healthcare System
- Holy Name Medical Center
- Hunterdon Healthcare
- Saint Peter's Healthcare System
- Saint Peter's University Hospital, Saint Peter's Children's Hospital

Atlantic Health System will serve as the lead affiliate for NCORP Community Site activities, providing the scientific leadership and central support personnel necessary to accomplish the AHCC NCORP objectives. Atlantic Health System leadership includes experienced cancer investigators in both adult and pediatric cancers with unique expertise that spans the cancer continuum.

"As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people," said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. "We are proud to partner with these leading health care organizations, each of which has its own unique strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole."


The grant will enable all sites in the AHCC NCORP to participate

Atlantic Health System will serve as the lead affiliate for NCORP Community Site activities, providing the scientific leadership and central support personnel necessary to accomplish the AHCC NCORP objectives.

in additional cutting-edge research from the NCI and National Clinical Trials Network (NCTN), and will significantly enhance access to these trials for cancer patients throughout New Jersey. The clinical trials will focus on cancer control, prevention, screening, care delivery, treatment and medical imaging, and many will include a quality-of-life component. These studies will also incorporate the needs of diverse populations and will be integrated with cancer disparities research.

SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:

- Increasing adult and pediatric participation in the above-referenced types of NCI and National Clinical Trials Network clinical trials, including members of groups that are currently underrepresented in clinical trials, such as ethnic and racial minorities.
- Enhancing community involvement and physicians in cancer control, prevention and care delivery research through a variety of targeted community outreach and engagement efforts.
- Supporting and mentoring community oncologists and other medical specialists.

The consortium will also help develop and implement clinically significant studies that incorporate the unique research needs of New Jersey's diverse population. A special emphasis will be placed on involving non-English-speaking individuals. 

Bouras Foundation Pledges Major Support to Overlook Emergency Department

The Bouras name, already one of the most prominent at the medical center, will soon grace an expanded Emergency Department on the Summit campus as a result of a \$2.5 million gift promised from the Nicholas J. and Anna K. Bouras Foundation. The gift is the largest from the Bouras Foundation or its namesakes in the late couple's nearly 25 years of philanthropic support for the hospital.

The gift will help pay for additional patient rooms in the Emergency Department and for the relocation of the Michael Gordon Reeves Pediatric Emergency Department to a new children's center adjacent to the current Emergency Department. Overlook's Summit Emergency Department experiences more than 62,000 visits per year, with another 38,000 visits at its Union Township campus.

"He loved Overlook and the people of this area. He'd also like challenging other community organizations, businesses, and philanthropists to step up and join him with their support."

– William Crane, President, Bouras Foundation

The gift includes a challenge that requires Overlook Foundation to raise another \$2.5 million for the project, starting in January 2020.

"Were he still alive, Mr. Bouras would be pleased to be helping people in the community to recover as quickly as possible," says William Crane, president and trustee of the Bouras Foundation.

Expansion of the Emergency Department and the new children's center are part of a five-year plan to upgrade 75% of the hospital's patient care space, triple the number of single rooms, and significantly enhance the patient and caregiver experience. ▲



ABOUT

NICHOLAS J. BOURAS

A nearly 50-year resident of Summit



at the time of his death in 2013, Nicholas J. Bouras was a decorated World War II veteran, entrepreneur and philanthropist. As a member of the U.S. Army Air Corp., he flew 44 combat missions in the European theater of operations as a lead bombardier and navigator in B26 and A26 bombers. Upon his discharge with the rank of major, he was awarded the Distinguished Flying Cross, eight air medals and five battle stars.

In 1966, he founded Bouras Industries in Summit, which grew to be a well-known force in the steel construction industry. With offices in every major steel market and manufacturing facilities in four states, Bouras Industries employed more than 700 people and generated annual revenues of \$225 million until its sale in 2007. Another business venture – Bouras Properties LLC – literally opened its doors to the community after purchasing Summit's commercial landmark property, the Kemper Building, in 1999. The property was sold in 2015.

In addition to Overlook Medical Center, the Bouras Foundation is a major supporter of Sage Eldercare, Thomas Glasser Foundation, Summit YMCA, and other community organizations, including Holy Trinity Greek Orthodox Church in Westfield, which he founded.

For more information or to donate, visit overlookfoundation.org or call 908-522-2840.

community calendar

Fall 2019

Welcome to your new Overlook Medical Center Community Calendar. We've reformatted the calendar to make it easier to find events near you. This refreshed design gives you all the information you need at a glance.

Below, you'll find wellness events for the rest of the year, including bone density and BMI/glucose screenings. Pages 28-31 contain the usual programming you've come to expect.

For more information about any of the events listed, call 1-800-247-9580 unless otherwise noted.

NOVEMBER – DIABETES AWARENESS MONTH

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
NOVEMBER November is National Diabetes Awareness Month. Take charge of your health.	Thursday, Nov 7, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	All programs are FREE. For more information, call 908-522-2842.
	Monday, Nov. 11, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave. East, Garwood, NJ 07027	
	Tuesday, Nov 12, 10:00am-1:00pm	BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, Nov 13, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Nov. 14, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Tuesday, Nov 19, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Thursday, Nov. 21, Noon-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	

DECEMBER

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
DECEMBER 'Tis the season for family, festivity and food – lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. Join us and learn tips for healthy eating during the holiday season.	Tuesday, Dec. 3, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	All programs are FREE. For more information, call 908-522-2842.
	Wednesday, Dec 4, Noon-3:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, Dec 5, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Monday, Dec 9, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave. East, Garwood, NJ 07027	
	Tuesday, Dec 10, 10:00am-1:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, Dec 11, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Dec 12, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Tuesday, Dec 17, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Thursday, Dec 19, Noon-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	

COMMUNITY HEALTH SCREENING EVENTS

JANUARY – CERVICAL HEALTH AWARENESS

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	COMMUNITY HEALTH SCREENING EVENTS
<p>JANUARY Have you heard the secret to cervical cancer prevention?</p> <p>No? That's because there is no secret.</p> <p>But there are simple steps anyone can take to prevent cervical cancer. Vaccinate early.</p> <p>Join us and learn more about protecting your cervical health during our health screening session offerings.</p>	Tuesday, Jan. 7, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	<p>All programs are FREE.</p> <p>For more information, call 908-522-2842.</p>	
	Wednesday, Jan. 8, Noon-2:00pm	BMI/GLUCOSE SCREENINGS Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901		
	Thursday, Jan. 9, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076		
	Monday, Jan. 13, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave. East, Garwood, NJ 07027		
	Tuesday, Jan. 14, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083		
	Wednesday, Jan. 15, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor cafeteria, 99 Beauvoir Ave., Summit, NJ 07901		
	Thursday, Jan. 16, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091		
	Tuesday, Jan. 21, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040		
	Thursday, Jan. 23, Noon-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083		

Overlook Medical Center Named
One of '100 Great Community Hospitals'

by Becker's Healthcare for 2nd Year

Based in Summit, NJ, Overlook is again the sole Garden State hospital on the list



Overlook Medical Center
#1 in New Jersey
and Top 100 in the Nation



BEHAVIORAL HEALTH

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
All Behavioral Health events take place at Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901.		
Mondays, Wednesdays and Thursdays, 5:30-9:00pm	CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM Three evening programs are available for those trying to remain abstinent from all substances.	To register, call 1-888-247-1400. Fee is based on the cost of the individual's health insurance copay, deductible or coinsurance.
Tuesdays, 1:00-2:00pm	DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP Our DBT Skills Group teaches you the skills needed to manage emotions and change harmful behaviors. DBT skills can help free you from a rollercoaster of emotions.	To register, call 1-888-247-1400.
Monday-Friday, 10:30am-2:00pm	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.	
Thursdays, 10:30-11:30am	POSTPARTUM GROUP New mothers meet and learn coping and relaxation skills to help them with their new role.	

SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.

Wednesdays, 6:30-8:00pm
For more information, call 908-522-4800.
Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901
FEE: FREE

CANCER CARE

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
All Cancer Care events take place at Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901.		
Wednesday mornings	ART THERAPY Art therapy for adults with cancer.	To register, call 1-800-247-9580. FEE: FREE
Various dates and times	BEREAVEMENT GROUP A support group for people who have lost a spouse or partner to cancer.	For more information and to register, call Maggie Brady at 908-522-5255. FEE: FREE
Second and fourth Monday of the month, 1:00-2:00pm	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.	For more information and to register, call Kerry Ricci or Jannine Valledor at 908-522-5925. FEE: FREE
Mondays, 10:00-11:00am	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.	To register, call Michele Wadsworth at 908-522-6168. FEE: FREE
Various dates and times	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.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE
Various dates and times	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.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE
Second Thursday of the month, 7:00-8:30pm	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
Third Monday of the month, 3:00-4:00pm	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 post-operative recovery.	For dates and to register, call Kerry Ricci or Jannine Valledor at 908-522-5925. FEE: FREE
By appointment	SCAR MASSAGE A program for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE



QIGONG 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
For dates and times, call Michele Wadsworth at 908-522-6168.
FEE: FREE

YOGA AND MEDITATION


This drop-in session includes 45 minutes of yoga followed by a 45-minute guided mindfulness meditation. Some yoga experience is recommended.

Fridays, 9:30-11:00am
For dates and times, call Michele Wadsworth at 908-522-6168.
FEE: FREE

CAREGIVERS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Caregivers events take place at Overlook Medical Center, Thomas Glasser Caregivers Center (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901.			QIGONG/TAI CHI EASY FOR CAREGIVERS This group meets weekly to practice mindful movement. Wednesdays, 1:00pm For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348. FEE: FREE
	Tuesdays, Noon	ART THERAPY FOR THE CAREGIVER Art workshop, offering communal peer support and providing a creative outlet to help reduce stress.	For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348. FEE: FREE	
Mondays, 10:30am	MUSIC SELF-CARE FOR THE CAREGIVER Music therapy sessions in our Caregivers Center encourage caregivers to take time for self-care and enjoy opportunities for relaxation, development of new coping strategies and self-expression. No prior musical experience is needed.	To register, call Valerie Gagliano at 908-522-6348. FEE: FREE	MUSIC THERAPY WORKSHOPS <ul style="list-style-type: none"> • Sleep • Stress Relief • Dementia • Decompressing Through the Holidays To register or for dates and times, call Valerie Gagliano at 908-522-6348.	


COMMUNITY HEALTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Various dates and times	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. Multiple locations	For more information, call 1-844-472-8499. FEE: FREE	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax)
	Various dates and times	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. Multiple locations	For more information, call 1-800-247-9580. FEE: FREE	
Tuesdays	HEALING YOUR GRIEVING HEART A bereavement group for those who have experienced a recent death of a spouse or partner within the last year. Overlook Medical Center, Caregivers Conference Room (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901	To register, call Marian Teehan 908-522-6347, or Maggie Brady at 908-522-5255. FEE: FREE		

NEW VITALITY	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	NEW VITALITY PROGRAM If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality, an award-winning health and wellness program tailored to meet the needs of today's adults, 65 and older. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events. New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee.	For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit atlantichealth.org/newvitality . FEE: MEMBERSHIP IS FREE

ORTHOPEDECS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Four Mondays a month, 2:00-3:00pm	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. Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580. FEE: FREE	

PARENTING & CHILDBIRTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MATERNITY CENTER TOURS Various dates and times For more information, email overlook.parented@atlantichhealth.org Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901	
	All Parenting & Childbirth events take place at Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901.				
	Various dates and times	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.	For more information, email overlook.parented@atlantichhealth.org . FEE: \$100 PER COUPLE		
	Saturday, Nov. 16, 10:00am-12:30pm; OR Wednesdays, Nov. XX OR Dec. 18, 6:30-9:00pm	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.	For more information, email overlook.parented@atlantichhealth.org . FEE: \$50 PER COUPLE		
	Sunday, Nov. 17, 8:00am-4:00pm; OR Fridays, November 8, 15 and 22; OR December 6, 13 and 20, 6:30-8:30pm	MINDFUL PREGNANCY AND BIRTH AT OVERLOOK Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on practice and tour. One-day class or three-part series.	For more information, email overlook.parented@atlantichhealth.org or call 908-522-2946. FEE: \$200 PER COUPLE		
	Thursday, Dec. 5, 6:30-9:30pm	YOUR BABY'S BIRTH AT OVERLOOK MEDICAL CENTER Topics include the childbirth process, signs 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.	For more information, email overlook.parented@atlantichhealth.org . FEE: \$75 PER COUPLE		

SUPPORT GROUPS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	BARIATRIC SURGERY SUPPORT GROUP Learn how to prepare and manage for lifestyle changes to maximize your surgery's success. Third Monday of the month, 12:45-1:45pm For more information and to register, call 908-522-5794. Weight & Wellness Center 33 Overlook Road, MAC I, Suite 206, Summit, NJ 07901
	Second Tuesday of the month, 2:00-3:00pm	OSTOMY SUPPORT GROUP Supported by the Union County Chapter of the OAA. 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, call 908-522-4652. FEE: FREE	
	First Monday of the month, 5:30-7:30pm	PAIN SUPPORT GROUP This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject. Overlook Medical Center, 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. FEE: FREE	
	Second Thursday of the month, 11:30am-1:00pm	STROKE SUPPORT GROUP Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Light refreshments will be served. Registration is required. Overlook Medical Center, Conference Room 4, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580. FEE: FREE	

WEIGHT LOSS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Third Monday of the month, 6:00-7:00pm	OPTIONS FOR WEIGHT LOSS Learn about available weight loss treatments. Registration is required. Overlook Medical Center, Conference Room 2, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580. FEE: FREE	

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