

AtlanticView

at Overlook | Fall 2020



MOMENTS
THAT MATTER

OCEAN WAVE LEADS TO A COMPLEX ELBOW FRACTURE

READ ROSEMARIE'S STORY ON PAGE 7

BORN AT OVERLOOK,
SAVED AT OVERLOOK

PAGE 10



JOHN ERICKSON, MD, HELPED REPAIR
ROSEMARIE'S FRACTURE.



Atlantic Health System
Overlook Medical Center

LETTER FROM THE PRESIDENT

Fall has arrived and with it a possible new wave of coronavirus along with flu season. This year, it's more important than ever to pay attention to your health. Speak with your primary care physician about any screenings you may have missed earlier in the year, get your flu shot and follow the precautions we've been told by the world's leading health agencies: wear a face mask, maintain social distancing from those not in your household and wash your hands. We have precautions in place to keep you safe for both emergency and planned care.

This issue of *AtlanticView* will introduce your neighbors who share their experiences at Overlook and the extraordinary care they received – from giving birth during the pandemic, discovering a diagnosis of diabetes and COVID-19, experiencing a stroke at age 33, and receiving surgery and rehabilitation for a badly broken elbow.

Building our healthier community also means expanding access. To bring our care closer to home for many in our area, we've opened Atlantic Health Clark-North Pavilion, which features multispecialty medical care, including orthopedics, advanced imaging, lab services, and an urgent care center. We've also opened a Thyroid Center at Overlook Medical Center to evaluate and manage care for patients with thyroid disorders and cancer.

As one of the leading hospitals in the Tri-State Area, we're proud to report that Healthgrades® recently recognized Overlook for being a top 100 Hospital in four key areas: gastrointestinal care, general surgery, critical care and stroke (for the 8th year in a row). We also received Healthgrades Excellence awards for patient safety in neuroscience, cranial neurosurgery, bariatric surgery and pulmonary care. In October, we earned the prestigious Magnet® designation from the American Nurses Credentialing Center (ANCC), the highest national honor for nursing excellence.

As always, we are grateful for the trust you place in us and proud to offer the highest levels of compassionate care to the communities we support.



ALAN LIEBER
President,
Overlook Medical Center

AtlanticView

at Overlook | Fall 2020

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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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CEO's corner

With many different and sometimes conflicting stories about the novel coronavirus circulating in our neighborhoods and online, you may be wondering if it's safe to see your primary care physician, go to a lab for testing, or even take a loved one to the hospital for care.

In fact, right now, it's safer and more important than ever to get the care you need. Delaying your preventive appointments, annual checkups and treatment for chronic health conditions can put your health in jeopardy, at a time when you need a healthy immune system and guidance from your caregivers the most.

Many of the policies and protocols Atlantic Health System has in place to ensure the safest care also make it easier and more convenient for you to reach a doctor, nurse or health care professional. All of our facilities have implemented enhanced measures, including rigorous cleaning and disinfecting and social distancing guidelines encouraged by the Department of Health and Centers for Disease Control and Prevention.

As you will read in this issue of *AtlanticView*, the high-quality care and expertise delivered by our team are just a phone call, mouse click, email or text message away. Please do not delay the care you need. We are here for you and your family whenever you need us.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Proud to be Leaders in LGBTQ Healthcare Equality



designated by the Human Rights Campaign

Overlook Medical Center Achieves Magnet® Designation, the Gold Standard in Nursing Excellence

*Virtual survey amid COVID-19 pandemic marks
Overlook nurses' final stretch of decade-long
journey to recognition*



Overlook Medical Center achieved Magnet® designation by the American Nurses Credentialing Center (ANCC), the highest national honor for nursing excellence, as a reflection of Overlook's nursing professionalism, teamwork and superiority in patient care.

"This truly culminated more than a decade of work to create a professionally stellar, compassionate and empowered nursing team," says Alan Lieber, president of Overlook Medical Center. "Our nurses have demonstrated these qualities as we faced the biggest crisis in health care, and there was no doubt that our culture of excellence was on display during Magnet's tour of Overlook. This recognition reflects our nurses' commitment to providing exceptional care to our patients and the community."

The Magnet designation marks another major national achievement for Overlook, which also this year received for the first time the Healthgrades 2020 America's 50 Best Hospitals Award™. ▲

DEDICATED RECOVERY PROGRAM FOR PATIENTS WITH LINGERING COVID-19 SYMPTOMS

If you or a loved one have persistent COVID-19 symptoms, you're not alone. Shortness of breath, extreme fatigue, anxiety or depression, tachycardia (racing heart), joint pain, chest pain, cough, memory loss and brain fog are common and can linger for weeks, sometimes months.

The Atlantic COVID Recovery Center cares for patients with symptoms that persist beyond 30 days after contracting the virus. The program provides care in two areas:

- Specialty care and peer support groups for former ICU patients
- Specialty care for symptomatic patients

**Visit the Atlantic COVID Recovery Center at
atlanticealth.org/covidrecovery or call 908-522-3361.**



**You can always see the smiles
in our eyes.**

Stay safe, wear your mask.
But don't forget to smile.



 **Atlantic Health System**
Overlook Medical Center



Overlook in Your Neighborhood

Atlantic Health Clark-North Pavilion features multispecialty services and urgent care, all delivering the strength of Atlantic Health System in a convenient new location

Building healthier communities means providing care as close to home as possible. With the opening of the new Atlantic Health Clark-North Pavilion this fall, Atlantic Health System continues to deliver on this promise: “The purpose of developing sites like this is to make quality care as convenient as possible, and to bring these quality services to the community,” says Paul Marmora, vice president of ambulatory care for Atlantic Health System.

“We’ve put patients at the center of care and designed care around the patients.”

– Steven Sheris, MD

Clark-North offers many of the services patients need most, including orthopedics, physical therapy and oncology. There is also an urgent care center, lab services and advanced imaging. “We’ve put patients at the center of care and designed care around the patients,” says Steven Sheris, MD, FACC, FACP, senior vice president of physician enterprise for Atlantic Health System and president, Atlantic Medical Group. He points out that this comprehensive, multidisciplinary facility creates easy pathways for doctors to collaborate and communicate, further enhancing the patient experience and quality of care.

“The personalized care we provide is about what we can do *for* the patient, not *to* the patient,” says Dr. Sheris. ▲



Clark-North is located at 140 Central Ave., directly off the Garden State Parkway.

Services will include:

- Laboratory services
- Surgical oncology
- Rheumatic and autoimmune diseases
- Cardiology
- Neurology
- Urgent care, including occupational medicine
- Imaging services, including X-ray, CT and MRI
- Orthopedics
- Rehabilitation/physical therapy

For more information about services at Clark-North, call 732-943-5025.

TAKE CHARGE OF YOUR HEALTH

Make an appointment to see your primary care doctor



**GET YOUR ANNUAL
FLU SHOT**



MENTAL HEALTH EVAL
to explore the prevalence
of anxiety and depression



HEARING / VISION EXAM
to evaluate the need
for sensory support



GLUCOSE TEST
to measure and track
risk of diabetes



LOW-DOSE CT SCAN
to screen for lung cancer



MAMMOGRAM
to detect and prevent
breast cancer



PSA SCREENING
to test for
prostate cancer



BLOOD PRESSURE TEST
to measure how hard your
heart is working



TESTICULAR EXAM
to screen for
testicular cancer



CHOLESTEROL TEST
to measure your risk
for heart attack and stroke



COLONOSCOPY
to test for colon
and rectal cancers



PAP SCREENING
to test for
cervical cancer



IMMUNIZATIONS
to protect against
infection and disease



SKIN EXAM
to identify and
monitor skin growths



BONE DENSITY SCAN
to measure osteoporosis
and bone loss

Visit [Atlantichhealth.org/appointments](https://atlantichhealth.org/appointments) or call 800-247-9580

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OCEAN WAVE

Leads to a Complex Elbow Fracture

It was the third day of her family's 10-day vacation on the tropical island of Maui, and Rosemarie Restifo was standing knee-deep in the warm turquoise water along the golden coast of Wailea Beach. Within seconds, an unusually strong wave and undertow swept her off her feet. Putting her elbow down to brace herself from going under water, she felt something pull. When Rosemarie stood up, she knew that her elbow was dislocated; and she matter-of-factly popped it back into place.

Over the next few days, Rosemarie's elbow hurt and began to swell. But she took aspirin and soldiered on through the rest of her vacation without seeking medical attention. A fitness devotee, she even performed exercises in the resort's pool, hoping to "work out" the pain and stiffness.

"Although I've been married to a doctor for more than 30 years, I'm not the type to see one every time something is wrong," admits Rosemarie. But when she and her family returned home to Berkeley Heights, she began to think differently.

A SHOCKING DIAGNOSIS LEADS TO SURGERY

Fearing that his wife's elbow was not healing correctly, Rosemarie's husband, Robert – an Overlook pulmonologist – urged her to get an X-ray. It revealed that her elbow was broken in three places.

Over the weekend, they spoke with John Erickson, MD, an orthopedic surgeon specializing in hand, shoulder, elbow and wrist surgery at Atlantic Medical Group Orthopedics in New Providence. Dr. Erickson met with Rosemarie on Monday and reviewed the results of a CT scan that showed her elbow was back in place but abnormally aligned due to fractures and ligament damage. He began planning for surgery the very next day.

"Dr. Erickson informed me that, due to the complex nature of the breaks, I may have limited function of my elbow post-surgery," says Rosemarie. "As he explained the repair process with precisionlike detail, he was kind and compassionate. It



Jeanne White, therapist at Atlantic Rehabilitation, working with Rosemarie

was obvious that he wanted everything to be perfect ... and it was!"

To temporarily enhance the stability of Rosemarie's elbow and improve her overall outcome, Dr. Erickson implanted a titanium internal joint stabilizer (IJS) during the complex five-hour procedure at Overlook's Outpatient Surgery Center.

"The IJS device alleviates stiffness and gives patients greater confidence to begin early motion," comments Dr. Erickson.

REGAINING MOBILITY THROUGH REHAB

Three weeks after her surgery, Rosemarie began occupational therapy under the guidance of Jeanne White, a therapist at Atlantic Rehabilitation in New Providence.

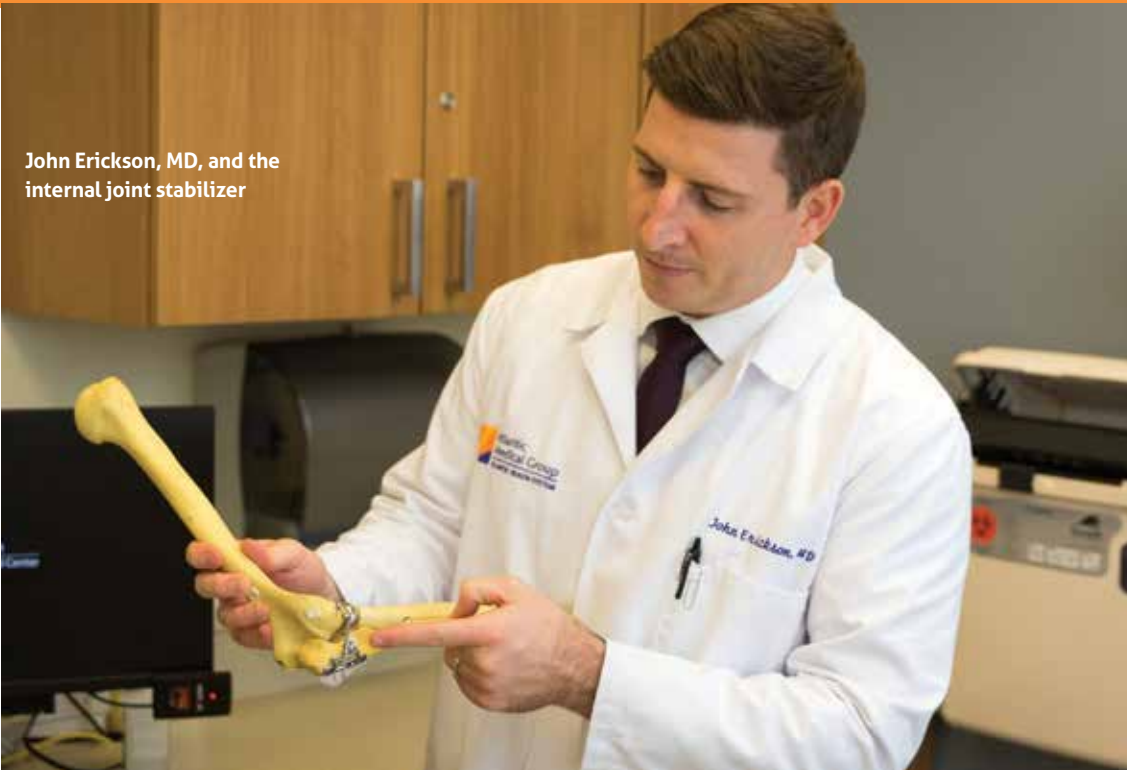
"Although Rosemarie was not expected to regain full function of her elbow, our goal was to beat the odds," comments White.

Continued on page 8



Rosemarie and her family on their Hawaii vacation

John Erickson, MD, and the internal joint stabilizer



Continued from page 7

During their twice-weekly sessions, White helped relieve residual swelling through tissue massage, relax muscles to promote joint manipulation, and practice movements that are essential to daily tasks. She asked Rosemarie to reach for something and lift it off a table or turn her hand over to receive change – movements that used to be second nature.

Three months following surgery, Dr. Erickson determined that it was safe to remove the internal joint stabilizer to give Rosemarie even greater range of motion. In a matter of weeks, White helped Rosemarie achieve full elbow extension. By the end of the therapy sessions, Rosemarie graduated to the generic gym exercises she used to perform faithfully.

"Jeanne was terrific," says Rosemarie, who is now back to full physical exercise at least five days a week. "Not only did she restore my elbow's full range of motion, she applied strips that reduced two huge scars on each side of my arm to tiny red lines."

"I never would have imagined, after breaking my elbow so badly in three places, that it would actually feel like I never had an injury. Not only do I have complete strength and full range of motion, I have resumed all my workout activities and feel 100%."
– Rosemarie Restifo

"So much of Rosemarie's outstanding outcome was due to a phenomenal surgical repair and her tremendous motivation to heal," comments White, who has been affiliated with Overlook for 31 years. "It was a pleasure to work with her, one-on-one, throughout the entire therapy process." ▲

ATLANTIC MEDICAL GROUP

Dr. Erickson and AMG Orthopedics at New Providence are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Erickson can be reached at 908-795-1192.

Jeanne White and Atlantic Rehabilitation at New Providence are located at 550 Central Ave. They can be reached at 908-522-2215.

The Flu and You

It's not too late to protect yourself

COVID-19 may have dominated headlines this year, but flu remains an ever-present concern. "COVID-19 came on the scene and was looked at as something that can make you severely ill," says Robert Roland, DO, section chief of infectious diseases for Overlook Medical Center. "But society doesn't appreciate the severity of flu."

As flu season ramps up (and overlaps with COVID-19), the world's leading health agencies are reminding people that the flu vaccine is recommended for everyone six months of age and older. "It's not too late to get a flu shot," Dr. Roland stresses. "We vaccinate people into late winter." Although the course and severity of the current flu season cannot be predicted with certainty, he adds that many of the precautions against COVID-19 – namely hand hygiene, masks and social distancing – will protect against flu as well. And remember, says Dr. Roland: You cannot get the flu from a flu shot.

IS IT A COLD, COVID-19 OR THE FLU?

The symptoms can be very similar and, in many cases, indistinguishable. A runny or stuffy nose, sneezing, and a sore throat are common with a cold. The hallmarks of COVID-19

include loss of smell and/or taste, fever, fatigue, a dry cough, and sometimes shortness of breath. Headaches, body aches, a cough, chills, fever, and fatigue are common with the flu.

TESTING, TEMPERATURE AND TELEMEDICINE

Flu symptoms typically develop within four days. With COVID-19, you may feel you are developing symptoms as early as two days after exposure and as late as 14 days after exposure. But a diagnosis cannot be made on symptoms alone; only a test can confirm or rule out flu and COVID-19. Contact your physician's office to determine whether testing is recommended.

If you are scheduled for a telemedicine appointment, be able to report your temperature (over 100 is considered a fever) and other symptoms. If flu is caught early, antiviral medication can shorten the course and severity of illness (and also the duration of time you are contagious to others). "If you're ill, stay home. Do not go into work or into the community," says Dr. Roland. "We're all in this together." ◀

**"It's not too late
to get a flu shot.
We vaccinate people
into late winter."
– Robert Roland, DO**

ATLANTIC MEDICAL GROUP

Dr. Roland and the Carole & Joseph Katz, MD, Wound Healing Center are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Roland can be reached at 908-522-6400.



BORN AT OVERLOOK, SAVED AT OVERLOOK

At just 33 years old, Dan Scheininger was hardly the picture that comes to mind when one thinks of a stroke patient. And yet, on November 11, 2019, that's exactly what he became.

He woke that morning with a slight headache and hopped in for a shower. "My right hand stopped working; then my right arm stopped working," he says, recalling the events of that day. "I thought, 'I should hurry up and shower and get that arm looked at.'" That's when Dan's right leg went out from under him. He fell face-first out the glass shower door.

His wife, Katie, heard a thud and called out to make sure Dan was OK. When he tried to answer, there were no words. "That was the moment I learned I could not speak," he says. "I tried to focus on my vocal cords to make a sound, but ... nothing. It was a very helpless feeling."

"CAN YOU GET UP?"

Those were the words Katie yelled as she entered the bathroom and saw Dan on the floor, his legs in the shower, his torso on a stone step, his head planted on a cushy bath mat. "My love ... If I could, I would," he remembers thinking. Just a few days earlier, Katie had been scrolling through Instagram when she came upon a post about younger people having strokes at parties. She thought back to that, and recognized similar signs in Dan. Katie called 911. Within minutes, the Westfield Police Department and EMS were on the scene.

The ambulance ride to Overlook was frustrating for Dan; he says he could not speak and, even if he could, he did not know the answers to the questions he was being asked. But along the way, EMS had called ahead to Overlook to activate the hospital's stroke team. The moment Dan arrived at the Emergency Department, the team was ready to start working on him.



Essential members of Team Dan: Dan Scheininger (center) is surrounded by Reuven Rowner, RN; his "amazing wife," Katie; and Winnie, a therapy dog.

NO TIME TO WASTE

A CT angiogram was performed, with the use of advanced perfusion imaging; it allowed the provider to know the location, size and region of salvageable brain tissue. Time was of utmost importance since over time that "salvageable

"Helping patients like Dan requires a fast-acting, integrated team of skilled specialists. As a designated Comprehensive Stroke Center, here at Overlook we mobilize quickly to treat complex stroke cases using the most advanced imaging and progressive medical techniques."

– Kyle Chapple, MD

BE AWARE AND BE FAST

In place at Overlook's Comprehensive Stroke Center are all of the necessary interventions to care for every type of stroke, says Megan Ewing, RN, stroke program manager for Overlook Medical Center. This includes state-of-the-art imaging and technologies, a rooftop helipad to receive the most critically ill stroke patients, and a 24/7 team of doctors and nurses skilled in the diagnosis and treatment of stroke. Additionally, telestroke technology enables stroke neurology specialists and neurosurgeons to remotely diagnose patients and therefore, begin treatment as quickly as possible.

Overlook is the only stroke program recognized by Healthgrades as one of America's 100 Best Hospitals for Stroke Care six years in a row. The Stroke Center meets – and in many cases surpasses – national goals set forth by the American Heart Association/American Stroke Association, including administering tPA (a powerful clot-busting drug) in less than 30 minutes of arrival in 50% of cases, and deploying endovascular mechanical interventions to clear blockages in the brain within 90 minutes of arrival to the Emergency Department.

"When it comes to stroke," says Ewing, "time is brain – and every second counts."

To recognize the signs and symptoms of stroke in yourself or someone else, remember the words **BE FAST**.

"It's important to understand the cause of stroke. Our goal is to treat the stroke, but also to prevent another one. At Overlook, we have everything in place to do this."

– John Hanna, MD

brain tissue" will be irreversibly damaged. The CTA also revealed a small tear in one of the carotid arteries supplying blood flow to his brain. "There are many different etiologies of stroke," says John Hanna, MD, stroke medical director at the Comprehensive Stroke Center at Overlook. "It's important to understand the cause of stroke. Our goal is to treat the stroke, but also to prevent another one. At Overlook, we have the team, expertise, equipment, and efficiency in place to do this."

Dan was administered tPA, a powerful intravenous clot buster, which began to clear the blockage in his brain and restore some speech. He then underwent intracranial endovascular neurosurgery. During the procedure, Kyle Chapple, MD, FAANS, a fellowship-trained endovascular neurosurgeon and stroke specialist, accessed the femoral artery in Dan's groin. "I deployed a stent to the brain and fully repaired the blockage," explains Dr. Chapple. "The carotid arteries in the neck deliver blood to the brain. Those arteries have multiple layers. During a carotid dissection, the innermost layers separate from the other layers. This forms a sail, like on a sailboat, where blood collects and creates a blockage that shuts down blood flow."

Dan recalls that when he woke from surgery, Dr. Chapple was there and asked

Continued on page 12

KNOW THE SUDDEN SIGNS OF STROKE

BEFAST

B
Balance
Difficulty

E
Eyesight
Changes

F
Facial
Droop

A
Arm
Weakness

S
Speech
Difficulty

T
Time to
Call 911



Every second counts. Call 911 when you see the signs.



Dan and Katie pull “the ol’ switcheroo”—she’s in the bed; he’s in the chair.



Dan stands for the first time and hugs Katie. “When I stood up for the first time, it was such a relief,” he says. “It was like my body was telling me, ‘We’re gonna be OK. I’m sorry I broke. We’re getting better.’”



In August 2020, Dan and Katie adopted Jelly, thanks in part to the wonderful experience Dan had with the therapy dogs at Overlook.

Continued from page 11

him a question about the quarterback of his favorite football team, the New York Jets. “My eyes were still closed, but I knew I was alive, and I just knew I could speak. ‘Sam Darnold,’ I answered, and Dr. Chapple gave me a little pat on the face and said, ‘You’ll be fine!’ He was a rock star, and I had a first-row seat.”

Dan spent nine days in the hospital, the first four in Overlook’s Neuroscience ICU. “Patients and families are in critical health situations when they come to us, and it can be a traumatic experience, but this is what we do in the Neuro ICU,” says Igor Ugorec, MD, director of Neurocritical Care at Overlook. “For us, it’s straightforward: We just take care of people.”

ONE YEAR LATER ...

In the months that have followed, Dan has worked hard to overcome lingering side effects of his stroke – namely, subtle speech difficulties pertaining to word finding, word conjugation and word order. (“My brain is working faster than my tongue can keep up,” Dan explains.) He and Katie adopted a dog, Jelly, due in part to the great experience Dan had with a therapy dog while at Overlook.

He is the first person to acknowledge that, at a time when everything in his life suddenly had gone wrong, so much also had gone right: The stroke had not happened a day earlier, while he was driving up I-95; it happened on a day when Katie was home to hear him because she leaves

for work just a little bit later on Mondays; it happened on Veterans Day, when traffic was lighter and Westfield EMS could get to him and then transport him to Overlook as quickly as possible.

And so it is that the hospital where Dan Scheininger was born is now the hospital where he has been reborn, the pieces of his life put together by the many doctors and nurses for whom he has unwavering gratitude. “I’m so thankful,” he says. “If it wasn’t for everyone who worked on me – from Dr. Devin Boothe in the ER to Dr. Hanna, Dr. Chapple, Dr. Ugorec and all of the nurses – I wouldn’t be here, and I wouldn’t be doing as well as I am without the excellent job that they did. I’m just so grateful.” ▲

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

ATLANTIC MEDICAL GROUP

Dr. Hanna is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Hanna can be reached at 908-522-5545.

Overlook at the Ready

The COVID-19 pandemic has been an ongoing exercise for health care providers in how to adapt to unforeseen challenges, and how to take every opportunity to prepare. Rarely, have both of these concepts come together in a more tangible way than a recent unit developed at Overlook Medical Center.

The hospital recently completed 7 East, a specially designed standalone unit to serve COVID-19-positive patients, including those who need critical care. The unit, now open, was built in preparation for what experts nationally predict is a coming second surge of cases for the northeast. The temporary unit will operate for as long as the state's health emergency lasts.

"7 East stands at the ready to care for another possible surge of coronavirus patients," says Alan Lieber, president, Overlook Medical Center. "It highlights the teamwork between our patient care and engineering and facilities teams, and showcases creative solutions for optimizing critical care during an unprecedented pandemic."

This "super-unit" – able to provide acute, intermediate and critical care – was an example of turning a setback into an opportunity. The pandemic struck as Overlook was in the midst of designing that space as a new neuroscience super-unit, as part of a multiyear plan to enhance the hospital.

Taking note of the need for dedicated, COVID-only beds that arose during the surge, Overlook switched gears, and within months, built the unit to act as a dedicated COVID-19 unit.

ROOMS DESIGNED FOR OPTIMAL COVID-19 CARE

Under the leadership of Austin Murphy, director, facilities and clinical engineering for Atlantic Health System, all patient rooms in 7 East were outfitted with custom windows to accommodate HEPA exhaust fans and create a negative pressure.

"Negative pressure rooms draw air into a room and filter it before it's released to the outside environment," explains Murphy. "They safely isolate COVID-19 patients, while preventing the spread of an airborne infectious disease to other areas of the hospital."

To facilitate better patient monitoring and reduce exposure for staff caring for COVID-positive patients,



Unique, large windows and other technological advances allow health care providers on 7 East to more easily and safely monitor patients.

Murphy's biomedical and facilities team installed large windows in patient room doors, and added audio/video communication and other technological innovations to allow care team members to monitor patients without going into and out of rooms.

"A typical COVID patient might use up to 10-15 IV pumps during the course of treatment," says Charlene Ruggiero, RN, nurse manager for Overlook's ICU and Neuro ICU. "Monitoring IV pumps from one central location, without going into and out of patients' rooms is safer, quicker, and more convenient."

LESSONS LEARNED

"Our nursing team members told us what they needed to create an optimal environment for caring for critically ill COVID patients, and we listened and acted," says Murphy. "The lessons we learned in the pandemic have truly shaped this unit." ▲

FYI ... Patient satisfaction scores at Overlook Medical Center are at a record high.

Overlook Maternity Center: Exceeding the Expectations of Expectant Parents



Accredited as
Baby Friendly by
unicef 

Dorothy (Dee Dee) Ziefel learned that she was pregnant as news of the coronavirus began to spread around the world.

"I'm a pretty laid-back person, so I wasn't initially concerned," says Dee Dee, a 38-year-old health care worker who lives with her husband, Doug, and eight-year-old daughter, Melina, in Bridgewater.

She had given birth before. She loved her doctor – Cecilia Zhang, DO, an obstetrician/gynecologist for Atlantic Medical Group (AMG) Women's Health in Westfield – and she was looking forward to delivering at Overlook sometime in August.

But as the months passed, and in-person parent education classes and tours of Overlook's Maternity Center were cancelled for safety reasons, Dee Dee began to worry. Like many expectant mothers, she did not know what to expect when it came time to deliver her baby.

On August 14, she learned firsthand. Dee Dee's blood pressure had been steadily climbing, and – during a routine exam at 38 weeks – Dr. Zhang recommended inducing labor. Prior to their arrival at Overlook that afternoon, Dee Dee and Doug were screened for symptoms of COVID-19 by phone, rescreened before entering the hospital, and COVID-tested after admission to a private negative pressure room in the Labor and Delivery Unit.

"I was impressed with the safety and security precautions, as well as the level of friendliness every step of the way," remarks Dee Dee. "Everyone made us feel incredibly comfortable."

After several hours of labor, 6-pound, 8-ounce Anaya made



DEE DEE, ANAYA, DOUG AND MELINA

her debut at 12:34am on Saturday, August 15. "I can't tell you how much I appreciate what the doctors and nurses – especially Janice – did for me. On a scale of one to 10, they are over a 10!"

Following Anaya's arrival, Dee Dee was transferred to a private room in the Mother-Baby Unit, where she and Doug bonded with their newborn under the guidance of a dedicated nurse before returning home.

"Rooming in was new to me," comments Dee Dee. "My first child was in the NICU after she was born, so having Anaya in my room was fantastic. Our nurse helped me with breastfeeding, diapering and cleaning. I enjoyed every minute of it."

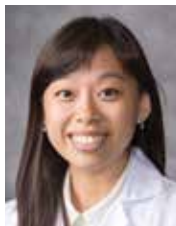
When Dee Dee returned home, her connection to the Overlook Mother-Baby staff, as well as Dr. Zhang, continued.

"Coordinating a collaborative patient-centered approach to



State-of-the-art care, the comforts of home, and the extra support new mothers expect and deserve

- Board-certified obstetricians, neonatology specialists, perinatology specialists, anesthesiology specialists, maternal-fetal specialists, and pediatricians supported by specially trained nurses, nurse practitioners, and midwives
- A variety of birthing options, including birthing balls, peanut balls, squatting bars, birthing stools, epidurals, aromatherapy, music and more
- State-of-the-art operating suites for cesarean deliveries
- Rooming in
- Sleeping arrangements for partners
- 15-bed NICU, designated a Level 2 (Community) Intensive Perinatal Center by the New Jersey Department of Health
- Lactation consultants and nurses trained in breastfeeding support
- Online breastfeeding support groups and parent education classes
- Newborn photography
- Wireless internet access
- Celebratory meals and gifts



Cecilia Zhang, DO

“The staffs at the Maternity Center and AMG Women's Health in Westfield have worked extra hard to ensure that patients and their newborns receive the same quality of care and support through virtual, as well as in-person, visits with social distancing and screening protocols every step of the way.”

– Cecilia Zhang, DO



care during the COVID-19 pandemic has been challenging,” admits Dr. Zhang, whose own connection to Overlook’s Maternity Center began as an OB/GYN resident. “The staffs at the Maternity Center and AMG Women’s Health in Westfield have worked extra hard to ensure that patients and their newborns receive the same quality of care and support through virtual, as well as in-person, visits with social distancing and screening protocols every step of the way.”

ATLANTIC MEDICAL GROUP

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



Basil Hubbi, MD,
Medical Director of
the Breast Imaging
Center at Overlook
Medical Center

Who Is Reading Your X-Ray?

An imaging study can reveal important clues about health, but it's the person interpreting the screening who helps to form the bigger picture

There is a reason that radiologists are considered “the doctors’ doctors” – their insights are essential in helping physicians form accurate diagnoses and treatment plans. When you go for an imaging study, you’ve seen the doctor who has ordered the study and the technician who has carried out the study. But patients rarely see the physicians behind the screenings – the radiologists.

“You don’t know who your radiologist will be, but it’s important to know that the person reading the imaging is trained and competent at the highest level,” says Basil Hubbi, MD, medical director of the Breast Imaging Center at Overlook Medical Center. Dr. Hubbi is part of Atlantic Medical Group Radiology Group, a newly formed team of board-certified and specialty-trained radiologists on-site at Overlook Medical Center. “You want someone not only with training but with extensive experience in the pathology of that specific system.”

THE ADDED BENEFITS OF SPECIALIZATION

Just as physicians specialize in certain systems and conditions, so too do radiologists. At Overlook, there are radiologists dedicated strictly to imaging of the breast, body (chest, abdomen and pelvis), and neurologic and musculoskeletal systems, as well as nuclear medicine and pediatrics. There are also interventional radiologists who specialize in image-guided procedures using ultrasound and MRI, for example, with both diagnostic and treatment applications. In other words, says Dr. Hubbi, “When you go for a mammogram, it’s not the best situation to have a neuroradiologist interpret those images. You want a radiologist board-certified in mammography, who is trained and experienced in all of the facets of breast pathology.”



BETTER TECHNOLOGY EQUALS BETTER CARE

Dr. Hubbi points out that in addition to having highly trained radiologists, Overlook has the most modern, state-of-the-art equipment. “The radiology we practiced 10 years ago is not the radiology we practice today. We’re able to constantly redefine our abilities, parallel to the advancement of technologies,” he says.

The one thing that does not change, however, is the level of care. “Although radiologists are looking at black-and-white images on a regular basis, each picture is an individual who is counting on us to help manage their health, and their doctors are relying on us to help them do that,” says Dr. Hubbi. ▀

ATLANTIC MEDICAL GROUP

Dr. Hubbi is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Hubbi can be reached at 908-522-2065.



**Christina Johnson,
MD, PhD**

PRIME TIME FOR PRIMARY CARE

W if you've postponed a wellness visit, mammogram, colonoscopy or other preventive screening during the past few months, it's time to get back on track. You can survive COVID-19 but still succumb to colon or breast cancer if you neglect your own health care," points out Christina Johnson, MD, PhD, a physician for Maplewood Family Medicine.

Maplewood Family Medicine and other Atlantic Medical Group (AMG) physician practices have implemented safety protocols and technology to offer both in-person and telehealth visits. They are also welcoming new patients. "We understand that people may be apprehensive about leaving their home, or unable to come to our office because they are homeschooling children or caring for family members," comments Dr. Johnson. "That's why we offer the option of a virtual visit. We want to ensure that no one falls through the gaps of care."

Primary care physicians, like Dr. Johnson, are on the front line throughout a patient's lifetime – managing the medical, psychological and social aspects of their total well-being. They are the kind of providers who not only look at a person's medical history, but also put that history into the context of a person's life – establishing health care goals and collaborating with other specialists to coordinate care.

The coronavirus pandemic, according to Dr. Johnson, has reinforced the importance of having a relationship with a family doctor, someone you can call at any time with a health issue. "Those with access to primary care fare better," she says.

Dr. Johnson, whose family medicine practice serves a region

with some of New Jersey's highest coronavirus mortality rates, says that COVID-19 illuminated long-standing health disparities across certain patient populations – something she is striving hard to eliminate as a lead member of the Union/Essex Regional Council Diversity Workgroup. Dr. Johnson and her peers are examining regional population data to improve access to, and utilization of, preventive services and primary care providers among the area's underserved residents.

In addition to evaluation of population-level disparities, Dr. Johnson is also working with the AMG Resiliency Task Force to cultivate the next, much-needed generation of primary care physicians by mentoring medical school students interested in family medicine and other primary care specialties – especially those from the underrepresented groups they will eventually treat.

For Dr. Johnson, the commitment to creating healthier communities is aligned with a phrase she learned as a young girl growing up in Philadelphia – Lifting as We Climb.

"It's the credo of the National Association of Colored Women's Clubs," she explains. "You are encouraged to climb; but as you do, lift others up with you." ▲

ATLANTIC MEDICAL GROUP

Dr. Johnson and Maplewood Family Medicine are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Johnson can be reached at 908-598-6690.



WHEN COVID-19 COEXISTS WITH DIABETES

When Hollis Chin-Kee-Fatt’s flu-like symptoms started in late March, he thought he knew what to expect. His mother, Susie Fryer, and her husband had just recovered from a mild bout of COVID-19. Hollis anticipated that he, too, could avoid hospitalization by resting at home and drinking plenty of Gatorade.

But as the days passed, the 34-year-old graphic designer and brand manager realized that he needed medical attention.

“My fever persisted, my coughing grew worse, and it was harder to breathe,” recalls Hollis. “I couldn’t sleep. I couldn’t hold down food, and I was sweating profusely one minute and freezing cold the next.”

On April 2 – too disoriented to drive from his Garfield home – he reached out to his mother, who knew exactly where she would take him. “I had gotten tested at Overlook, and I knew several people who were successfully treated for COVID-19 there,” says Susie, of Millburn. “There was no question where I would take Hollis. I drove straight to Overlook.”

A SHOCKING DIAGNOSIS

Fortunately, she made the right choice. After Hollis was admitted through Overlook’s Emergency Department, they were shocked to learn that he had both COVID-19 and diabetes (a condition that carries a higher risk of serious complications in COVID-positive patients).

“When I said goodbye to Hollis that day, I had no idea when – or if – I’d see my son again,” recalls Susie, choking up at the memory of what became a serious ordeal.

While Hollis does not remember much of his 20-day stay at Overlook, like his mother does, he and his family are grateful for the ‘round-the-clock care that saved his life.

“I’ve never been in the hospital for two hours, let alone 20 days,” comments Hollis. “It was lonely and terrifying, but the doctors and nurses were extremely attentive and compassionate. You don’t really appreciate health care people until you’re the one who needs the help. They were literally putting their own lives on the line to save mine. I couldn’t see

“My job is to teach as well as offer a level of emotional support. Battling COVID-19 and diabetes are difficult to deal with at one time. The more we can support patients like Hollis, before and after discharge, the more they’re empowered to succeed.”

– Marie Lupo, MSN, RN, DCES

them behind their protective gear, but I’ll always remember their faces on their hospital ID badges and how each of them came to my aid.”

“Hollis was one of several COVID-19-positive patients newly diagnosed with diabetes and in respiratory distress,” comments Tiziana Califano, MD, medical director for Atlantic Medical Group Internal Medicine Residency Practice at Union. “He required a high dose of oxygen for a long period of time, but he was never placed on a ventilator. Over time, with medication, his condition significantly improved.”

TEACHABLE MOMENTS

While the Overlook care team successfully controlled Hollis’ blood glucose levels during his hospitalization, he needed to know how to manage his diabetes before he could safely return home.

“Normally, we would conduct an hour-long diabetes education session at a patient’s bedside,” says Marie Lupo, MSN, RN, DCES, a certified diabetes care and education specialist, who manages Overlook’s Diabetes Center. “However, due to the risk of exposure, we had to get creative with our teaching method.”

Lupo orchestrated multiple FaceTime sessions with Hollis while he was at Overlook, as well as with his mother, instructing them about monitoring blood sugar levels, administering insulin, and following diabetic nutrition guidelines.

“My job is to teach as well as offer a level of emotional support,” remarks Lupo. “Battling COVID-19 and diabetes are difficult to deal with at one time. The more we can support patients like Hollis, before and after discharge, the more they’re empowered to succeed.”

Eighty-eight million American adults have prediabetes, and nearly 85% of them do not know it.*

Your chances of having prediabetes go up if you:

- Are 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American, or a Pacific Islander
- Have a family history of diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure
- Have low HDL cholesterol and/or high triglycerides
- Had diabetes during pregnancy
- Have been diagnosed with polycystic ovary syndrome

*American Diabetes Association

Atlantic Health System outpatient diabetes education centers are conveniently located at Overlook and throughout the region. If you’ve been diagnosed with type 1, type 2 or gestational diabetes, experienced diabetes educators can help you learn to manage your blood sugar through a variety of means, including education, lifestyle changes, medication and insulin pump therapy.

And succeed he has. Following his discharge from Overlook, Hollis vowed to get into the best shape of his life. He’s gone from walking around the block to running nine miles every other day. He eats healthy foods, drinks lots of water, and says “no” to soda (once a staple of his diet). Since contracting COVID-19, he’s lost 35 pounds.

“A lot of positive things came out of this,” observes Hollis. “If I hadn’t gotten COVID-19, I wouldn’t know I had diabetes, and I wouldn’t have made the healthy lifestyle changes I’ve made. It even helped my family make positive changes, too.”

The Overlook Diabetes Center is located at 99 Beauvoir Ave., 5th Floor. You can reach the center at 908-522-3738.



Thyroid Center Opens at Overlook Medical Center

According to the American Thyroid Association, more than 12% of the U.S. population will develop a thyroid condition during their lifetime. This could range from the incidental discovery of a small nodule during a chest scan to the development of a potentially life-threatening form of thyroid cancer.

“The good news is that most thyroid disorders – including cancer – can be managed, if diagnosed early and treated by the appropriate specialist,” says James Chen, MD, FACE, director of the recently opened Thyroid Center at Overlook Medical Center. “Here, we have the tools, technology and talent to expedite top-flight multidisciplinary care.”

The Thyroid Center provides comprehensive evaluation and management of patients with hyperthyroidism, hypothyroidism, thyroid nodule and thyroid cancer through one convenient gateway to a range of specialists: endocrinologists specializing in thyroid disease, including

thyroid biopsies and nuclear imaging and treatment; ENTs; surgical oncologists; pathologists specializing in thyroid disorders; and head and neck radiologists.

While approximately 20 million Americans have some form of thyroid disease, it is estimated that up to 60% are unaware of it. Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular disease, osteoporosis and infertility. Pregnant women with undiagnosed or inadequately treated hypothyroidism have an increased risk of miscarriage, preterm delivery and severe developmental problems in their children.

“It’s important to remain vigilant about your health, know the symptoms of thyroid disease, and see a specialist if you suspect something,” suggests Dr. Chen, who is one of a few board-certified endocrinologists in the country who is also board-certified in nuclear medicine and holds a Nuclear Regulatory Commission license to treat patients with thyroid cancer.

Small but Mighty

The thyroid is a small butterfly-shaped gland with a big job. Located at the base of the neck in front of the trachea, it produces hormones that regulate the body's metabolism and impacts critical body functions, such as energy level and heart rate.

FAST FACT: Women are 5-8 times more likely than men to have thyroid problems.



THYROID CENTER LEADERSHIP



JAMES CHEN, MD, FACE – DIRECTOR

Board-certified in internal medicine, endocrinology and metabolism, and nuclear medicine



BADER MARIA PEDEMONTE, MD – PATHOLOGIST

Board-certified in anatomic pathology, hematology, clinical pathology and immunopathology



BHANU IYER, MD, FACE, ECNU – ENDOCRINOLOGIST

Board-certified in endocrinology and internal medicine and endocrine certification in neck ultrasound



LEE STARKER, MD, PHD – SURGICAL ONCOLOGIST

Board-certified in surgery and surgical oncology; specializing in thyroid and parathyroid tumors and cancers, endocrine disorders, melanoma, hormones and metabolism, and cancer genetics



NIV MOR, MD – EAR, NOSE & THROAT SPECIALIST

Board-certified in otolaryngology and head and neck surgery

ATLANTIC MEDICAL GROUP

The Thyroid Center is part of Atlantic Medical Group, a multispecialty network of health care providers. It is located at 11 Overlook Road, MAC II, Suite 195, Summit, NJ. The practice can be reached at 908-522-6995.

KNOW THE WARNING SIGNS

THYROID CANCER

- A lump in the neck, sometimes growing quickly
- Swelling in the neck
- Pain in the front of the neck, sometimes going up to the ears
- Hoarseness or other voice changes that do not go away
- Trouble swallowing
- Trouble breathing
- A constant cough that is not due to a cold

HYPERTHYROIDISM (THE OVERPRODUCTION OF THYROID HORMONES)

- Irritability
- Nervousness
- Muscle weakness
- Unexplained weight loss
- Sleep disturbances
- Vision problems and eye irritation

HYPOTHYROIDISM

- Extreme fatigue
- Depression
- Forgetfulness
- Weight gain ▲

“It’s important to remain vigilant about your health, know the symptoms of thyroid disease, and see a specialist if you suspect something.”

– James Chen, MD



Just Add Gratitude ...

Feelings of thankfulness and appreciation may be the tools for keeping winter blues at bay

If the shortened daylight hours, colder temperatures, and ongoing pandemic have left you with feelings of low energy or melancholy, you may be experiencing the winter blues.

Unlike seasonal affective disorder (SAD) – a medical diagnosis marked by such symptoms as changes in eating and sleeping habits, difficulty maintaining relationships, or even feelings of apathy toward existence – winter blues are more mild than serious and fairly common. Though winter blues will usually clear on their own, you can take steps to leave the condition out in the cold.

GO WITH GRATITUDE

“Gratitude supports well-being because it helps people refocus on what they have instead of on what they lack,” says Peter Bolo, MD, interim medical director for Atlantic Behavioral Health and the resiliency advocate for Atlantic Health System. He suggests reflecting on what you’re thankful for in life and to whom you are thankful. “Gratitude is in the spirit of the holidays – peace on earth, goodwill toward man. Expressing gratitude to someone lifts them up and lifts you

up,” he says. “It’s true that there are many things to be upset about; it’s helpful to have things to put in the ‘plus’ category and to put your mental energy into those things.”

ACCENTUATE THE POSITIVE

Anxiety is contagious, but so is positivity, says Dr. Bolo, and optimism is associated with a more positive mood. “For those who can muster it, showing gratitude, optimism and a peaceful persona can help others. It’s a gift to other people.”

BE THANKFUL FOR THINGS BIG AND SMALL

Accept that the world is different this year. Then you can reinvent the season and how you celebrate its moments. “Allow yourself to have more flexibility. Find new ways to celebrate, like smaller celebrations or virtual celebrations,” Dr. Bolo says, pointing out that there are upsides to these changes too. There is less pressure to do all of the usual preparations, and less pressure to go out. “Use this time of crisis as a time for deep and meaningful exchanges with people,” he says. “Be grateful for those opportunities.”

“Showing gratitude, optimism and a peaceful persona can help others. It’s a gift to other people.”

– Peter Bolo, MD

ATLANTIC MEDICAL GROUP

Dr. Bolo is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Overlook Medical Center. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges. For more recipes, check out cookingwithcheftodd.com or follow him on Twitter @ChefDaigneault.

CULINARY CORNER With Chef Todd



Cupboard Cuisine

Your time is limited (especially this time of year), and supermarket shelves can be unpredictable. No worries: You can still put together a home-cooked meal with ingredients you have on hand. These recipes make good use of pantry staples or refrigerator leftovers, and are quick and easy to prepare.

CHICKEN & PASTA BAKE

(yields six 8-ounce portions)

INGREDIENTS

- 4 cups leftover cooked chicken (can substitute with canned tuna or salmon)
- 8 ounces cooked noodles (or any leftover pasta will do)
- 1 can (10 ounces) condensed cream of mushroom soup (can substitute with cream of corn soup)
- 1 can (10 ounces) condensed cream of celery soup
- 1 cup sour cream (can substitute with ricotta, cottage cheese or plain yogurt)
- 3 cups frozen vegetables (suggestions: mixed vegetables, broccoli, asparagus, peas)
- 3 ounces shredded, grated, or chopped cheddar cheese (can substitute with American, Swiss, or provolone)
- salt and black pepper to taste
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup butter
- 1 cup ground crackers (suggestions: saltines, oyster crackers, breadcrumbs, potato chips, corn chips)

PREPARATION

1. In a bowl, combine cooked chicken (or canned fish) and pasta, along with soups, sour cream, vegetables, and cheese. Season with salt, pepper, and nutmeg. Mix thoroughly. Place in a 2-quart baking dish.
2. Melt butter in a small saucepan and remove from heat. Stir in crumbled choice of crackers. Top casserole with the buttery topping.
3. Bake at 350 F for about 30 minutes, until heated through and browned on top.



PASTA PUTTANESCA

(yields four 12-ounce portions)

INGREDIENTS

- $\frac{1}{4}$ cup oil (for sautéing)
- 1 cup sun-dried tomatoes
- 1 can fire-roasted diced tomatoes in juice
- 1 can sliced black olives
- 1 can sliced green olives
- 1 can capers (drained)
- 1 pound penne pasta

PREPARATION

1. Add oil to a large sauté pan or fry pan over medium heat. Add sun-dried tomatoes and cook until fragrant. Add diced tomatoes, olives, and capers. Bring to a boil, and then reduce heat. Simmer for 15 minutes. Set aside on low heat, keeping warm.
2. Meanwhile, bring a large pot of salted water to a boil. Add penne pasta and cook 7 to 8 minutes, until al dente; drain. Toss cooked penne in hot sauce previously set aside. Serve hot in large, warmed pasta bowls.

FOUNDATION NEWS

Partnering With Summit Foundation to Boost Health Care Outreach

Concerned with the limited access to health care for the vulnerable and uninsured residents of the Greater Summit Area, Overlook Family Medicine has instituted a three-year plan to reduce health disparities while improving the overall health of this high-risk population.

The pilot program, funded with a generous grant from the Summit Foundation to the Overlook Foundation, is led by a part-time bilingual (Spanish/English) community health associate based at Overlook Family Medicine. Since her hire in late 2019, Melanie Betancur has helped patients, many of whom are recent immigrants, connect for the first time with primary health care and medical specialists.

With a master's degree in public health and experience in a range of health care settings, Melanie provides crucial support to patients as they navigate the health care and social service system. During the COVID-19 pandemic in recent months, her work has become even more critical, as she has become a lifeline for social and emotional support, food resources, affordable medications, and emergency rental assistance for nearly 150 patients.

"I just love being a resource whom people confide in and trust to help them through their hard times," says Melanie. "At the end of a conversation, it's gratifying to know how much they appreciate the support."

The resulting influx of new patients has shifted and improved how the staff of Overlook Family Practice serves its clientele by addressing the barriers that may prevent them from seeking care. Creative ways to handle financial



Community health associates Melanie Betancur, BSPHE, MPH, and Deryan Coba meet with Amy Miano, MSW, LCSW, behavioral health clinician, to discuss how best to provide access to health care for the area's most vulnerable residents.

issues have been developed. The medical team makes every effort to see new patients in a timely fashion, thereby reducing unnecessary emergency department visits. And social workers and the behavioral health team help diffuse intense family and social stressors. ▲

For more information about this program, contact melanie.betancur@atlantichhealth.org. To donate, visit overlookfoundation.org or call 908-522-2840.

community calendar

Fall 2020

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 atlanticealth.org/calendar.

COMMUNITY HEALTH

For all inquiries regarding Community Health, visit atlanticealth.org/communityhealth or call 1-844-472-8499.

VIRTUAL EXERCISE

Pre-registration is required. To register, visit atlanticealth.org/calendar. **FEE: \$50 FOR EACH 10-WEEK CLASS**

DATE	EVENT DETAILS AND LOCATION
Mondays, January 18-March 22, 1:30-2:15pm	ARTHRITIS EXERCISE PROGRAM Gentle activities help increase joint flexibility and maintain range of motion. Instructed by Dawn Hanna-Amodio.
Tuesdays, January 19-March 23, 5:30-6:15pm	BARRE METHOD Not ballet! A flowing mix of core techniques and floor work for total body strength, length, balance, flexibility and posture. A mat and 2- to 3-pound weights are needed. Instructed by Denise Swan.
Tuesdays, January 19-March 23, 6:30-7:30pm	HATHA YOGA Integration of body, mind and breath. A yoga mat is needed. Yoga block recommended. Instructed by Leigh Irwin.
Mondays, January 18-March 22, 6:30-7:30pm	MEDITATION FOR MINDFUL WELL-BEING The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you. Instructed by Linda Dumoff.
Thursdays, January 21-March 25, 11:00am-Noon	T'AI CHI CHIH INTERMEDIATE A series of simple, non-martial movements. Seijaku (advanced T'ai Chi Chih) will be introduced. Participants must complete at least two beginner sessions prior to taking this intermediate class. Instructed by Stephan Koblick.
Tuesdays, January 19-March 23, 10:00-11:00am	YOGA INTERMEDIATE Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class. Instructed by Maiga Palkaunieks.
Mondays, January 18-March 22, 11:00-11:45am	ZUMBA GOLD TONING An easy to follow dance fitness program for active older adults who want to focus on muscle conditioning and light weight activity. Instructed by Lauren Larrsen.

VIRTUAL PROGRAMS

Pre-registration is required. To register, visit atlanticealth.org/calendar.

Monday, January 18, 10:00-11:00am <i>OR</i> Thursday, February 4, 7:00-8:00pm	AGING IN YOUR OWN SPACE: TIPS FOR SENIORS IN YOUR HOME Aging in place involves being able to remain in the home of your choice, even as your needs may change. However, the decision to stay in your home requires advance planning and not all seniors have a plan in place. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G.
Tuesday, January 12, 1:00pm	CURRENT TIPS AND TRENDS IN DIABETES MANAGEMENT Join us to learn about the new sensor technology (time in range), the new glucagon emergency pen for treatment of low blood sugar reactions, the critical times for seeking diabetes self-management education and helpful tips to improve blood sugar control. Presented by Karen Donovan, MSN, RN, CDCES and Dina Hulbert, RDN CDCES.
Monday, March 15, 10:00-11:00am	EMBRACING AGING: FINDING YOUR PATH AT AGING WELL What does it mean to "age well?" Come learn about how you can find your own path to aging well and resources available to help along the way. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G.
Thursday, January 21, 10:00-11:00am	INCREASING CERVICAL CANCER AWARENESS: WHAT EVERY WOMAN NEEDS TO KNOW This program will discuss the importance of a Pap test screening, explore the role of HPV in cervical dysplasia and cervical cancer, discuss HPV vaccines, and review the treatments for cervical dysplasia and cervical cancer. Presented by Nana Tchabo, MD.
Monday, February 8, 10:00-11:00am	KEEPING UP THE BEAT This program is designed to identify the lifestyle changes for heart health – the effects of high cholesterol and high blood pressure on heart disease and defining HDL and LDL cholesterol. Presented by Diane Friedberg, Sussex County Division of Senior Services.
Thursday, February 18, 7:00-8:00pm <i>OR</i> Friday, March 19, 11:30am-12:30pm	PALLIATIVE CARE An overview of palliative care and why it is relevant to all people at any age and any stage of life. Presented by Maria Shindler, MD.
Monday, May 17, 10:00-11:00am	THE SENIOR LIVING SPECTRUM: NAVIGATING HOUSING OPTIONS FOR SENIORS Continuing care communities, 55+ condos, assisted living communities, long-term care facilities, nursing homes, senior apartments. Come learn about the types of senior living options available, their costs and services, and tips on how to select the best setting for you or a loved one. Presented by Rebecca Abenante, MA, MSW, LSW, ASW-G.

CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit atlanticehealth.org/cancercareandsupport 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 michelle.wadsworth@atlanticehealth.org . Chair Yoga Expressive Writing 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.
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.
		FEES: 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 and Thursdays, 1:00pm	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, 1:00pm	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, 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.

NEUROSCIENCE

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Saturday, March 6, 9:30-11:00am	PARKINSON'S DISEASE: DAY OF HOPE This event is for Parkinson's disease patients, care partners and community members to come together virtually and receive inspiration and information on helpful resources.	For more information, call 1-800-247-9580 or email sandra.pressimone@atlanticehealth.org .
Saturday, March 13, 9:00-11:00am	MEMORY LOSS: THIRD ANNUAL DAY TO REMEMBER This event is for patients, care partners and community members to come together and learn about different aspects of memory loss; research; receive inspiration and information on helpful resources. This event is being rescheduled as a virtual meeting.	For more information, call 1-800-247-9580 or email sandra.pressimone@atlanticehealth.org .

PARENTING & CHILDBIRTH

Email overlook.parented@atlanticehealth.org for an up-to-date schedule of classes.
All Parenting and Childbirth classes will be held virtually.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Sunday, December 13, 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@atlanticehealth.org . FEE: \$75 PER COUPLE
Wednesday, December 16, 6:30-9:00pm <i>OR</i> Saturday, December 19, 10:00am-12:30pm	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.	For more information, email overlook.parented@atlanticehealth.org . FEE: \$50 PER COUPLE
Fridays, December 4, 11 and 18, 6:30-8:30pm	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@atlanticehealth.org . FEE: \$150 PER COUPLE
Saturdays, December 5 and 12, 9:00-11:30am; <i>OR</i> Sundays, December 6 and 13, Noon-2:30pm; <i>OR</i> Mondays, December 14 and 21, 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@atlanticehealth.org . FEE: \$150 PER COUPLE
Mondays and Tuesdays, 10:00-11:00am	VIRTUAL BREASTFEEDING SUPPORT GROUP	Contact Rose Ann at 908-522-2946 or email overlook.parented@atlanticehealth.org .

SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
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 the International Ostomy Association. 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.
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@atlanticehealth.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 atlanticehealth.org/doctors.



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