

AtlanticView

at Overlook | Winter 2021



MOMENTS
THAT MATTER

CYBERKNIFE TREATS BENIGN TUMORS, TOO!

READ MARK'S STORY ON PAGE 6

EXPANDING CHILDREN'S AND EMERGENCY SERVICES

PAGE 14



Atlantic Health System
Overlook Medical Center



Winter has arrived and with it the distribution of vaccines for COVID-19. We have been vaccinating our front-line health care heroes, first responders and members of the community as per the New Jersey Department of Health vaccination plan. We will continue to follow state protocol, as guidelines change. Our goal is to provide the vaccine to everyone who wants to receive it. Be sure to visit our web site to sign up for vaccine appointments as they become available at atlanticealth.org/covid19vaccine. Please continue to protect yourself and others with simple precautionary measures like masking, distancing and hand washing to prevent the spread of COVID-19.

Even in these unusual times, we're continuing to grow our services. In this issue of *AtlanticView*, you'll learn about our new urgent care and orthopedic services in our new 24,000 sq. ft facility in Clark, with access to neurologists in the upcoming months. Our expanded Hersh Children's Center will link the inpatient pediatric center and pediatric emergency department for more coordinated care of our young patients. And we've broadened our ways of delivering care, launching a telehealth program to extend postpartum care to new moms and babies once they've returned home and live virtual webinars for prospective bariatric surgery patients.

We're especially proud to announce that Overlook has been named one of Healthgrades® 'America's 50 Best Hospitals' for two years in a row, which places us in the top 1% in the U.S., and one of 'America's 100 Best Hospitals' for five years in a row. Healthgrades has also named Overlook as one of 'America's 100 Best Hospitals for Stroke Care' for eight years in a row and among the top 5% in the nation for many specialties, including neurosciences and neurosurgery, treatment of stroke, pulmonary services, critical care, GI services, bariatric surgery, and general surgery.

We remain grateful for the trust you place in us and remember, we have precautions in place to keep you safe for all emergency and planned care.



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

Managing Editor, *AtlanticView at Overlook*: **Vicki Banner**
Assistant Editor: **Beth Sisk**
Contributing Writers: **Alyson Black and Renée Tesoro**
Contributing Photographers: **Dave Martin**

Contact information: **Atlantic Health System,**
475 South St., Morristown, NJ 07960

Email: atlanticviewoverlook@atlanticealth.org

AtlanticView at Overlook is published for Atlantic Health System by **Wax Custom Communications**.

For additional information, visit atlanticealth.org.

Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition.

Reproduction of *AtlanticView at Overlook* in whole or in part without written permission from the publisher is prohibited. Copyright ©2021. All rights reserved.

Connect with us:

-  Facebook: /OverlookMedicalCenterNJ
-  Twitter: @AtlanticHealth
-  Instagram: @AtlanticHealth
-  Snapchat: @AtlanticHealth
-  LinkedIn: Atlantic Health
-  YouTube: Atlantic Health System



**OFFICIAL
HEALTH CARE
PARTNER**



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.

CONTENTS

Departments

- 3** CEO's Corner | Health Briefs
- 22** Nutrition
- 24** Foundation News
- 25** Community Calendar

Features

- 4** Atlantic Health System Gets NJ Award for Environmental Excellence
- 5** Bringing Home Baby AND Postpartum Care
- 6** Moments That Matter: CyberKnife Treats Benign Tumors, Too!

- 10** Suffering from Chronic Pain? Overlook's Pain Management Is Here to Help
- 12** Weathering Winter's Darker Days
- 13** Cardio-Oncology Program Gets to the Heart of Cancer Treatment
- 14** Expanding Children's and Emergency Services
- 17** Considering Bariatric Surgery? Learn More – Virtually
- 20** New Ortho Physicians: New Faces in New Places

CEO's corner

New Vaccines and the Promise of Togetherness

This month, our state reaches a significant milestone, the one-year anniversary of the first confirmed case of COVID-19 in New Jersey. Twelve months later, we have lost too many loved ones and luminaries to this terrible virus. Yet even in our mourning, we find new reasons for hope. Groundbreaking vaccines to speed and strengthen our fight, promising the return of togetherness and brighter days.

Just like our community, the Atlantic Health System family has worked tirelessly to do our part, healing friends and neighbors, comforting and connecting families across social distances, and protecting one another throughout the pandemic. Never has health care been more of a team sport, reaching far beyond the wall of our hospitals. We will always be grateful for your kind words, gestures of appreciation and unwavering support for our caregivers on the front line.

We are opening new doors throughout our region for vaccinations and the ongoing care you and your family need. In December, we launched our Clark-North Pavilion, with easily accessible urgent care in evenings and on weekends. You'll also find talented specialists in orthopedics, oncology, cardiology, imaging, physical therapy and autoimmune diseases in this state-of-the-art facility, all seamlessly connected to the award-winning Overlook Medical Center team.

As we all continue to coexist with COVID, we will be here to support you with the highest quality, compassionate care. We look forward to reaching the light at the end of the tunnel together. Be well, stay safe and as always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

OVERLOOK NAMED AMONG TOP 1% OF U.S. HOSPITALS FOR CLINICAL OUTCOMES



Overlook Medical Center is recognized by Healthgrades in clinical specialty areas including neurosciences, critical care, general surgery, gastrointestinal, surgery, bariatrics, and pulmonary. Patients in our region can look to Overlook and know that they will receive some of the best care in the country," says Overlook president Alan Lieber. "Achieving exemplary quality measures year after year is a monumental feat. Overlook's focus on clinical outcomes, combined with a spirit of innovation and understanding that every team member has a part to play in the extraordinary care we provide, is what propelled us to this elite status."



Overlook Medical Center Recognized with a Blue Distinction Centers+ Designation for Maternity Care in 2021

Blue Distinction Centers are recognized for their commitment to patient safety and better health outcomes, as well as for addressing gaps in maternity care, preventable or treatable pregnancy-related conditions, utilization of cesarean sections, and racial and ethnic disparities.



To learn more about Blue Distinction, please visit www.bcbs.com or contact Horizon Blue Cross Blue Shield of New Jersey.

Atlantic Health System Gets NJ Award for Environmental Excellence

Atlantic Health System recently received the New Jersey Governor's Environmental Excellence Award, and was named among the organizations and individuals that have moved the state forward on significant issues, including climate change, recycling, clean drinking water, and environmental justice.

"We are truly honored to be recognized among the leaders in our communities who are working to make our state environmentally sustainable," said Nikki Sumpter, Senior Vice President, Chief Human Resources Officer for Atlantic Health System. "Implementing sustainable strategies in the delivery of care not only has a positive impact on the environment, but also complements our commitment to quality and diversity. The effect this has on the communities we serve is multi-fold."

Atlantic Health System was recognized in the Healthy & Sustainable Businesses category with the Murphy administration highlighting its achievements in reducing the carbon footprints of its medical centers, implementing aggressive changes in high-waste areas such as ORs and finding new ways to reduce waste and reuse common medical materials.



Specific Overlook examples include:

- Overlook Medical Center's tri-generation power plant has had the most significant impact on reducing the organization's carbon footprint. It can generate electricity on site by harnessing the waste heat produced by the generators and substitutes steam formerly created by boilers.
- Starting in 2019, Overlook has been repurposing surgical blue wrap – the material used to cover sterile surgical instruments and materials – into reusable tote bags, as well as ponchos and sleeping bags, some of which have been donated to Summit's homeless. The wrap is made of polypropylene, which is lightweight and durable – and also incredibly non-biodegradable, and a large source of hospital waste. Overlook Medical Center uses – and discards – about 15,000 pounds of blue wrap each year, much of which can now be repurposed. ▲

"Implementing sustainable strategies in the delivery of care not only has a positive impact on the environment, but also complements our commitment to quality and diversity."

– Nikki Sumpter, SVP, chief human resources officer for Atlantic Health System

Bringing Home Baby AND Postpartum Care

Emily Orlansky and her husband, Alexander Clark, had much to be thankful for last November. The Maplewood couple welcomed their first child – 7 lb. 3 oz. Jackson Alexander Clark – on Thanksgiving Day at Overlook Medical Center.

“He’s our little turkey,” says 33-year-old Emily, proudly.

But like many first-time parents, Emily and Alexander were, understandably, a bit anxious about bringing their baby home after their brief stay in Overlook’s Mother-Baby Unit. There, they had an opportunity to “room in” with Jackson and learn to care for their newborn under the guidance of specialty nurses. Once they returned home, they wondered where they could turn if they had questions about breastfeeding, bathing, or any other issue that might come up.

Recognizing the need to reassure parents that they have the continued support of the nursing staff and lactation consultant upon discharge, Overlook’s Maternity Center has launched a telehealth program to extend postpartum care at home.

“Virtual visits allow our care team to assess and respond to a mother’s clinical needs, such as breastfeeding, as well as their emotional well-being, such as postpartum depression, in the comfort and safety of their home,” comments Monica Myron, MSN, RNC-OB, nurse manager, Overlook Maternity Center.

Prior to Emily’s discharge from Overlook, the nursing team was sure to schedule Emily’s first virtual visit with Jaclyn Pastena Grieco, MSN, RNC-MNN, assistant nurse manager of Overlook’s Mother-Baby Unit. A few days later, Emily logged into her MyChart patient portal and had a face-to-face meeting with Grieco and Niki Swayze, RNC-MNN, IBCLC.

“It was amazing,” says Emily. “I prepared a list of questions, and we went over every one of them. It was so helpful not only to discuss the baby’s care but my own care, since my first gynecologist appointment was a few weeks away.”

The 30-minute virtual meeting included a discussion with Swayze, a lactation consultant, who provided Emily with a direct number for breastfeeding advice should she have additional questions, as well as instructions for scheduling follow-up virtual visits and links to Overlook’s breastfeeding support groups.

“It’s great to know that all of these services are included with my hospital experience and that the support I received from Overlook didn’t end when we returned home,” observes Emily.



“Virtual visits allow our care team to assess and respond to a mother’s clinical needs, such as breastfeeding, as well as their emotional well-being, such as postpartum depression, in the comfort and safety of their home.”

– Monica Myron, MSN, RNC-OB

“My generation is heavily reliant upon the internet for information,” she remarks, “but it’s reassuring to know that I can reach out to medical professionals I know and trust in my community.” ▲

For more information, contact Monica Myron, MSN, RNC-OB, OMC Maternity Center Nurse Manager, at monica.myron@atlantichalth.org or 908-522-4838. For information on Atlantic Medical Group and Atlantic Health System affiliated providers, please visit atlantichalth.org/doctors.

CYBERKNIFE TREATS BENIGN TUMORS, TOO!

When Mark Lipinski was diagnosed with a brain tumor, he took action at Overlook.

You never get a second chance to make a first impression, but your first chance with a second opinion may be the best decision you ever make. Just ask Mark Lipinski.

In the last days of 2019, Mark started bumping into walls. In the first weeks of 2020, he began experiencing dizziness and fell out of bed. Then, just as COVID-19 was creeping into New Jersey and monopolizing our thoughts, the 63-year-old from Hunterdon County wound up in the Emergency Room at Morristown Medical Center. It was there that an MRI revealed a brain tumor – specifically, a vestibular schwannoma at the base of his skull, pressing on his cranial nerves. Though the tumor was benign, it was not without consequence. “Within a few weeks, I went from being perfectly healthy to dizzy to not being able to walk,” Mark says.

SEARCHING FOR AN ANSWER

Mark and his husband, Jeff Turner, took the diagnosis in stride. They nicknamed the mass Schwannoma Ryder (“You can cry, or you can make jokes,” says Mark. “We chose to make jokes.”) and set about finding a plan to deal with it. Upon Mark’s release from the hospital, he followed up with a neurosurgeon who wanted to wait six months and then do another MRI to check for any signs of the tumor’s growth.

This wait-and-watch approach did not sit well with them; Mark’s quality of life was suffering. Also, Mark kept coming back to the fact that person after person had recommended the same doctor, Yaron Moshel, MD, PhD, co-director of the Gerald J. Glasser Brain Tumor Center at Overlook Medical Center’s Atlantic Neuroscience Institute. “I was never one to seek a second opinion. I went to Catholic school growing up so if someone told me to do something, I just did it!” Mark explains. “This was the first time I ever got a second opinion. It was based on gut instinct, and also, everyone kept saying, ‘Go see Dr. Moshel.’”



Drs. Emmolo and Moshel in front of the CyberKnife technology.

“When you have people driving 90 minutes and passing three other hospitals along the way to get here, that says a lot.”

– Joana Emmolo, MD, director of radiation oncology for the Gerald J. Glasser Brain Tumor Center

A BETTER APPROACH

The appointment with Dr. Moshel changed Mark’s life. Rather than waiting, the neurosurgeon had another idea. He explained that Mark’s tumor was located adjacent to the brain stem, in the small internal auditory canal where nerves that control balance, hearing and face movement branch out toward the cochlea in the inner ear. “If you have a tumor inside this canal, it doesn’t have to be a large one to give you problems,” he says – exactly what was happening to Mark. “There are multiple nerves in this small space, and the tumor was compressing them. But it gets complicated. How do you treat this? It used to be that the only options were to watch and see if it got bigger, or to do surgery, but that carries risks to hearing and facial paralysis.

“You’re not going to die from this type of benign tumor,” he continues, “so any problem that comes out of surgery is a problem you’re going to have for life.”

Still, he thought it was best to treat Mark’s tumor. The dizziness and loss of balance were already impinging on his day-to-day functions and if the tumor grew much larger, surgery would be a necessity. Dr. Moshel’s solution: CyberKnife®, a noninvasive radiosurgery device that uses pinpoint accuracy to deliver high doses of radiation to treat tumors, without

damaging surrounding healthy tissue. "The key to delivering radiation safely – especially to the brain – is to target the one spot that is the tumor, and not touch the rest," he says. "We use CyberKnife to treat tumors around delicate nerves and the otherwise inaccessible extensions of larger tumors that we would otherwise not feel comfortable treating with surgery alone. It totally changes how we are able to treat brain tumors."

THE CYBERKNIFE SOLUTION

"At Overlook, CyberKnife is so much a part of our culture, we use it as a verb: 'We'll CyberKnife it,'" says Joana Emmolo, MD, director of radiation oncology for the Gerald J. Glasser Brain Tumor Center. "When you have people driving 90 minutes and passing three other hospitals along the way to get here, that says a lot."

There's a reason for that. Overlook has been a leading provider of CyberKnife technology for more than 15 years and has the most experience in New Jersey in providing CyberKnife technology to patients with various types of cancerous and noncancerous tumors. "We're fortunate to have the funding, support and technology to provide patients with this cutting-edge treatment," says Dr. Emmolo.

Mark agrees. Though he admits he felt anxious about treatment, that feeling quickly subsided. "My treatment was over before it even began – just 30 minutes a day for five days. I could not have been more pleased. From the support staff to the doctors, it was seamless and I felt well taken care of and in good hands," he says. "I was in awe of what CyberKnife looked like. It's like science fiction. The fact that this exists is miraculous. How many lives it has saved!"

Though Mark completed his treatment in less than a week's time, he comes face-to-face with a reminder every day. He took with him the custom mask that is used to safely and securely position patients' heads for CyberKnife. "As an artist," says the accomplished quilter, "when I was fitted for the mask and it was shaped and molded to my face, I loved it." He notes that there is a whole community of people who use these masks for art, and he hopes to do the same; these days, he's considering needlepointing it with thick yarn. "If you work in the arts, you want to leave a legacy," he says – and for sure this is part of his.



Mark getting ready for his CyberKnife treatment.



Months after his CyberKnife experience, Mark continues to feel grateful. "Maybe I'm luckier than most. I never believed I wasn't going to get well," he says. "I have an innate feeling that everything is going to be OK. Every time there is an obstacle, know it is a lesson to be learned. You never get a bad side without a gift. For me, the gift is that I became more empathetic, more mindful, more grateful. You get to go around only one time. You can waste the days or you cannot. That's why I always have some sort of project going on. It keeps me centered and engaged. As babies, we are born with wonderment. It gets plucked out of us, but you can find it anywhere. You just have to look for it." ▲

DRS. MOSHEL AND EMMOLO ARE PART OF THE GERALD J. GLASSER BRAIN TUMOR CENTER. FOR MORE INFORMATION, VISIT [ATLANTICHEALTH.ORG/GLASSERCENTER](https://atlantichealth.org/glassercenter) OR CALL 908-522-5914.



**SPREAD
THE WORD.
NOT THE
VIRUS.**

WE'RE ALL THE FRONT LINE.

Keep your mask on. Keep your distance. **Keep your checkups.**

To find a primary care doctor near you,
call **844-264-2250** or visit
atlanticmedicalgroup.org/primarycare



Atlantic Health System

Atlantic Medical Group

Now Open!



**THE CARE
YOU NEED,
RIGHT WHERE
YOU NEED IT.**



Make an Appointment Today!

Orthopedics | Surgical Oncology | Rheumatology | Cardiology | Occupational Medicine | Lab
Imaging Services | Rehabilitation | Urgent Care | Primary Care | Neurology

The Clark-North Pavilion is open and accepting new patients. It is conveniently located with free and easy parking and offers multispecialty care, urgent care, orthopedics, rehabilitation, lab, imaging services, and more. We're seamlessly connected to the award-winning Overlook Medical Center. Call (732)-943-5025 or stop by today.



Clark-North: 140 Central Avenue | Primary Care at Clark: 100 Commerce Place | atlanticealth.org/clark

Suffering From Chronic Pain?

Overlook's Pain Management Center Is Here to Help

A Medical Home for Patients With Chronic Pain

Approximately 20-30% (more than 50 million) of U.S. adults suffer from moderate to severe chronic pain – generally defined as pain lasting more than 12 weeks. Chronic pain affects more Americans than diabetes, heart disease and cancer combined, and its impact extends far beyond the pain itself. Many chronic pain sufferers feel they have little or no control over their pain, have trouble sleeping, miss work, and feel fatigued and depressed. It's no wonder that it's the No. 1 cause of long-term disability in the United States.

Compounding these painful statistics, only a small percentage of people living with chronic pain have visited a doctor specializing in pain management. That's something Marco Pappagallo, MD, a fellowship-trained pain medicine specialist for Atlantic Medical Group Neurology, hopes to change. Dr. Pappagallo recently joined Andrew G. Kaufman, MD, as co-director of Overlook's Comprehensive Pain Management Center.

EDITOR: WHY SHOULD PATIENTS CONSULT A PAIN MANAGEMENT SPECIALIST?

DR. PAPPAGALLO: Chronic pain comes in many forms, as does its treatment. Pain may result from neurological disorders, trauma, disease or injury. It may arise after stroke, surgery, radiation therapy or chemotherapy. Treating pain requires more than an interventional treatment – like drugs or shots – for the pain.

It requires a multidisciplinary team of pain management specialists – physicians with advanced training and specialty board certification, trained nurses, neurologists, behavioral health specialists, physical therapists, social workers, neurosurgeons, orthopedic spine surgeons, radiologists, and – depending upon the patient's medical needs – other specialists, all working together to ensure that every aspect of a patient's pain is addressed ... not just the physical, biological aspects of the disease, but the psychosocial aspects of the suffering patient, too.

EDITOR: WHAT MAKES OVERLOOK'S PAIN MANAGEMENT CENTER UNIQUE?

DR. PAPPAGALLO: There is a lot of fragmentation out there, requiring patients to drive from one specialist to another. Our approach provides comprehensive assessments, using the latest diagnostic equipment, coordination of care across multiple specialties, and education about pain management in one place. It is a long-term, individualized approach to pain management.

We're not only managing a patient's pain, for example, from joint, bone, connective tissue or nervous system disease, but also treating the underlying cause of pain and preventing it from worsening. We strive to improve the suffering of the patients with pain by addressing the accompanying fatigue, anxiety and depression they may be experiencing. This approach takes time, which we are happy to invest in each patient.

We envision a medical home for comprehensive pain management here. We will build relationships with family medicine, primary care and emergency room physicians, and other health care providers to educate them about pain management. We will reach out to patient support groups and advocacy organizations.

And, we will eventually build a database of patient registries to facilitate future participation in clinical trials investigating new protocols for pain management.

DR. SAYANLAR: We are able to offer patients a variety of treatment options, including interventional procedures to alleviate their pain. At the center, I offer several different procedures, including spine injections, joint injections, nerve blocks, and trigger point injections for musculoskeletal pain. Also, we offer botulinum toxin injections for migraine headaches as well as cryotherapy ablation for knee pain. Patients are grateful to experience pain relief from these procedures and increase their activity and have improved quality of life as a result. ▲

Overlook's Pain Management Center is conveniently located in Overlook's Medical Arts Center (MAC) II, Suite B110. It is open Monday-Friday, 8:00am to 4:00pm. Call 908-522-2808 to schedule an appointment.



MEET **MARCO PAPPAGALLO, MD**, CO-DIRECTOR, OVERLOOK MEDICAL CENTER'S COMPREHENSIVE PAIN MANAGEMENT CENTER

Dr. Pappagallo joins Atlantic Medical Group from his position as medical director of the New Medical Home for Chronic Pain and Rare Diseases in Manhattan.

Born in Italy, Dr. Pappagallo received his medical degree at University of Rome before coming to New York to pursue his residency at SUNY Stony Brook. He completed a clinical and research fellowship at Johns Hopkins School of Medicine and returned to Italy and his alma mater to gain additional postgraduate training in neurosurgery.

Dr. Pappagallo has held teaching and academic positions in neurology, neurosciences, neurosurgery and anesthesiology at Johns Hopkins University School of Medicine, NYU School of Medicine, Mount Sinai School of Medicine, and Albert Einstein College of Medicine. His leadership roles have included founder and chief medical officer of NovaPharm Therapeutics in Pennsylvania and chief medical officer of CerSci Therapeutics in Dallas, Texas.

Previously, he served as director of Chronic Pain at Johns Hopkins, director of the Comprehensive Pain Treatment Center at the Hospital for Joint Diseases at NYU Health, director of chronic pain for the Department of Pain Medicine and Palliative Care at Beth Israel Medical Center, and as director of Pain Medicine Research for the Department of Anesthesiology at Mount Sinai School of Medicine in New York.

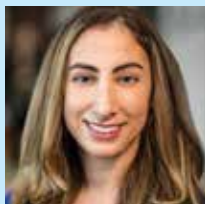
Dr. Pappagallo is a participating provider of the Atlantic Accountable Care Organization.

THE PAIN MANAGEMENT CENTER'S PHYSICIANS ALSO INCLUDE:

DAVID CONYACK, DO

ANDREW KAUFMAN, MD

JENNIFER SAYANLAR, DO



MEET **JENNIFER SAYANLAR, MD**

Dr. Jennifer Sayanlar is a fellowship-trained pain management specialist with Atlantic Medical Group. With a

focus on neuromuscular conditions of the back, neck, spine and joints, Dr. Sayanlar provides leading-edge nonsurgical interventions to control acute and chronic pain and improve a patient's quality of life.

Triple board-certified in hospice and palliative care, pain medicine, and physical medicine and rehabilitation, Dr. Sayanlar is part of Atlantic Health System's Neuroscience Center at Overlook Medical Center. Dr. Sayanlar earned her medical degree in osteopathic medicine at University of Medicine and Dentistry of New Jersey. She pursued her

internship and residency at North Shore LIJ Health System's Union Hospital in New York, followed by her fellowship in interventional pain management at Beth Israel Medical Center. Dr. Sayanlar continues to mentor medical students as part of her membership with the American Association of Pain Medicine and Rehabilitation. She is also a member of the American Osteopathic College of Physical Medicine and Rehabilitation and the American Society of Interventional Pain Physicians, among others.

Dr. Sayanlar is a participating provider of the Atlantic Accountable Care Organization. She is proficient in Turkish and Spanish.



Weathering Winter's Darker Days

The calendar shows we're in the homestretch. But for those dealing with seasonal depression and winter blues, these final weeks of the season may be difficult.

"A lot of people aren't feeling like their best selves these days," says Peter Bolo, MD, interim medical director for Atlantic Behavioral Health, and the resiliency advocate for Atlantic Health System. Most people are experiencing some degree of pandemic fatigue, and many are dealing with a postholiday letdown. For others, these feelings are compounded by the "winter blues" – a sense of low energy or melancholy that occurs as the low-light days of winter stretch on.

"This is an aspect of living in northern climates," says Dr. Bolo. "The farther north you go, the more seasonal depression you see." This has nothing to do with temperature, Dr. Bolo points out; rather, it is related to how much natural light hits one's eye throughout the day.

Winter blues are fairly common; the symptoms are typically mild and ebb as we head into spring. Seasonal affective disorder (SAD), however, is a medical diagnosis distinguished by such symptoms as changes in eating and sleeping habits, difficulty maintaining relationships, or even feelings of apathy toward existence. "These symptoms are the same as those for any major clinical depression, but they present seasonally," says Dr. Bolo. In these cases, antidepressants and psychotherapy may be necessary. ▀

TO COMBAT OR COPE WITH SEASONAL DEPRESSION, DR. BOLO OFFERS THESE SUGGESTIONS.

- **Brave the elements and head outdoors.**
As little as 30 to 60 minutes of daylight can have a positive effect on someone with winter blues. But shelve your sunglasses; it's the light source hitting the retina that signals the brain and affects mood.
- **While you're outside, take a walk.**
It's a natural mood elevator.
- **Consider light therapy.** The bulbs in your home will not do the trick, but a 10,000-lux full-spectrum light mimics the mood-enhancing effects of sunlight and, therefore, can improve circadian rhythm.
- If you need more help, **do not hesitate to reach out to your physician or a therapist.**

Cardio-Oncology Program Gets to the Heart of Cancer Treatment

While chemotherapy and radiation therapy have vastly improved survival rates from cancer, studies indicate that at least 30% of all cancer patients will develop some cardiovascular complications from their treatment.

“Many chemotherapy agents and immunotherapies have some impact on the cardiovascular system, some of which can be toxic to the heart muscle or cause hypertension, blood clots, or excessive fluid retention that can weaken the heart,” says cardiologist Sidney Glasofer, MD, director of the Cardio-Oncology Program at Overlook Medical Center.

“Radiation, particularly in the chest area, can cause premature atherosclerosis, leading to heart attacks, arrhythmia, valve disease, or disease to the lining of the heart,” he continues. “These effects may occur early, during cancer treatment, or years later when patients are deemed cancer-free.”

“If you are currently undergoing cancer treatment, have been previously treated for cancer, or you have cardiac risk factors and are about to start cancer treatment, it’s important to be monitored by a cardiologist,” advises Dr. Glasofer.

“Cardio-oncology is a field of increasing importance in the comprehensive care of cancer patients.”

– Eric D. Whitman, MD, medical director of Atlantic Health System Cancer Care

The Cardio-Oncology Program, a newly formed collaboration between Overlook’s oncology and cardiology teams, can do the following:

- Assess your risk for developing cardiovascular disease before undergoing cancer treatment.
- Monitor your heart health for any complications during your cancer treatment.
- Identify cardiotoxicities in patients undergoing treatment with new chemotherapies.
- Manage patients with existing cardiac conditions to maximize the effectiveness of cancer treatment.
- Manage the long-term risk of cardiovascular disease among cancer survivors.

Using state-of-the-art imaging technology – including advanced Strain echocardiology – cardiologists can identify cardiac abnormalities related to chemotherapy before symptoms appear.

“Cardio-oncology is a field of increasing importance in the comprehensive care of cancer patients,” says Eric D. Whitman, MD, medical director of Atlantic Health System Cancer Care. “As novel oncologic therapies are utilized in the fight against cancer, we need to be extra vigilant in preventing heart disease among people undergoing chemotherapy and radiation, as well as understand the impact of cancer treatment on people being treated for heart disease. ▲

The Cardio-Oncology Program Overlook Medical Center (MAC I)

Sidney Glasofer, MD, Director

📍 **33 Overlook Road,
Suite 405, Summit, NJ**

📞 **908-522-5654**

📍 **atlanticealth.org/cardio-oncology**



Sidney Glasofer, MD, director of the Cardio-Oncology Program at Overlook Medical Center

ATLANTIC MEDICAL GROUP

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



Expanding Children's and Emergency Services

Hersh Children's Center

Big things are in store for Overlook's smallest patients.

Construction is underway on the Hersh Children's Center, linking the Meri and Sol Barer Inpatient Pediatric Center (currently housed on Overlook's sixth floor) to the Michael Gordon Reeves Pediatric Emergency Department for better coordinated care of patients, ages 0-21. The new 12,000- square-foot center – slated for completion in mid-2021 – will co-locate and centralize all pediatric services in one new, state-of-the-art facility for expert, efficient and compassionate care for children and their families.

"Consolidating emergency and inpatient pediatric services will dramatically reduce the time between an emergency room visit and admission to an inpatient room for children requiring hospitalization. It will improve continuity of care by having one clinical team dedicated to patients from point of entry through their inpatient stay. And it will translate into a more comfortable, convenient experience for patients and parents in a space that is exclusively for kids," says Pamela F. Love, MD, MHS, FAAP, director, Michael Gordon Reeves Pediatric Emergency Department, who provided input in designing the center's floor plan.

The Hersh Children's Center will include the following:

- Nine inpatient rooms, including an isolation room and Liam's Room for patients with serious chronic conditions or life-limiting illnesses.
- Eight emergency department rooms staffed by fellowship-trained pediatric emergency physicians, pediatric subspecialists and pediatric nurses.
- One flexible room for emergency department patients or inpatients and families.
- An "imaginarium" play area with large windows, skylights and a garden outside the entrance.
- Family lounges, comfortable waiting areas and patient consultation rooms.
- In-room accommodations for parents to stay the night with their children.
- A security desk near the combined emergency and pediatric entrance for added safety.

The Hersh Children's Center is funded, in part, by a \$2 million grant from the Dorothy B. Hersh Foundation. Established in 1979 to fulfill the wishes of the late Dorothy B. Hersh, the Hersh Foundation provides grants for capital expenditures benefiting the needs of hundreds of thousands of children throughout the state of New Jersey.



"The children's center is a project near and dear to our hearts," comments Harriet L. Donnelly, Hersh Foundation administrator. "We are thrilled to partner with Overlook on a project that will raise the standard of pediatric emergency and inpatient care in northern New Jersey."

Bouras Emergency Services

With visits to the Emergency Department topping 70,000 annually, Overlook is embarking on a major expansion of its emergency care services.

A \$2.5 million pledge from the Nicholas J. and Anna K. Bouras Foundation will help make that expansion a reality in mid-2021 by funding additional patient rooms in the Emergency Department as well as relocating the Michael Gordon Reeves Pediatric Emergency Department to the Hersh Children's Center adjacent to the current Emergency Department.

The gift – the largest of several provided to Overlook by the Bouras Foundation over the past 25 years – includes a challenge that requires Overlook Foundation to raise another \$2.5 million for the project, starting in January 2021.

"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. "He loved Overlook and the people of this

"Constructing a new emergency department during a pandemic is no easy feat, but we've taken great care to keep it functioning and safe. We've made major investments in top-of-the-line HVAC and air filtration systems, state-of-the-art patient and exam rooms, and other features to maximize patient safety and comfort."

– Martin Manfredo, Project Manager

area. He'd also like challenging other community organizations, businesses, and philanthropists to step up and join him with their support." ▲

**For more information, contact Clelia Biamonti, PhD,
Executive Director for the Overlook Foundation,
at 908-522-2170 or clelia.biamonti@atlantichealth.org.**

**OVERLOOK
MEDICAL CENTER
TOP 1%
IN THE U.S.**



NATIONALLY RECOGNIZED, LOCALLY LOVED.



Atlantic Health System

atlanticealth.org/overlook



CONSIDERING BARIATRIC SURGERY? LEARN MORE – VIRTUALLY



While some people embarked on home improvement projects during the coronavirus pandemic, many others took steps toward self-improvement, including investigating surgical weight loss options.

“There has been a heightened interest in bariatric surgery,” says Ajay Goyal, MD, FACS, FASMBS, medical director of bariatric surgery for Overlook Medical Center. “Recent studies show people with obesity are more likely to be at risk of complications, hospitalized and end up in the ICU if diagnosed with COVID-19.”

In the past, patients interested in learning more about Overlook’s award-winning bariatric surgery program signed up to attend an informational seminar, held once or twice a month. “When the pandemic hit, we had to rethink our educational strategy, and we began offering live virtual webinars as well as taped online seminars, available 24/7,” says Muhammad Feteiha, MD, FACS, FASMBS, a bariatric and general surgeon, who serves as director of minimally invasive surgery for Overlook Medical Center. “These online resources proved to be much more convenient for prospective patients. It lowered the barrier to initiate the informational and evaluation process.”

Overlook Medical Center is the recipient of the Bariatric Surgery Excellence Award and is a Five-Star Recipient for Overall Bariatric Surgery by Healthgrades.

Ranked among the top 5% of hospitals evaluated for bariatric surgery, Overlook offers a comprehensive approach to achieving substantial long-term weight loss. “Surgery is just one component,” says Dr. Goyal. “We offer psychological and nutritional counseling, exercise programs, and support groups that patients can access virtually. Despite the pandemic, we didn’t miss a beat in putting people on a path to better health. In fact, we streamlined the process by bringing the information they wanted directly into their homes.”

To learn more about the benefits of bariatric surgery, visit atlantichealth.org/bariatrics. To make an appointment with Dr. Feteiha or Dr. Goyal, visit atlantichealth.org/doctors.

5

Tips to Properly Wearing A Mask

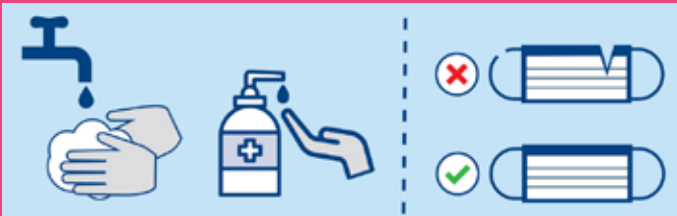


1

Before putting the mask on, perform hand hygiene then check to make sure the mask has no defects, such as a tear/hole or torn ear loop.

2

Ensure the mask covers your nose and mouth.



3

Keep your mask on when physical distancing cannot be maintained.

4

Remove your mask from the earlobe straps, do not touch the front of your mask.

5

Perform hand hygiene after removing your mask.



Atlantic Health System

We have a dedicated recovery program for patients with lingering COVID-19 symptoms



If you have persistent COVID-19 symptoms, schedule an in-person or telehealth visit with the Atlantic COVID Recovery Center by calling:
908-522-3361

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 & peer support groups for former ICU patients**
- **Specialty care for symptomatic patients**

A dedicated care coordinator helps guide each patient through the process — from arranging appointments and test authorizations to acting as a patient liaison and coordinating services, which can include: primary care, cardiology, pulmonology, neurology, rehabilitation medicine and behavioral health.

Let our experienced health care team help guide you back to the quality of life you know and love. **You can schedule an appointment by calling 908-522-3361 or visiting atlanticealth.org/covidrecovery.**



Atlantic Health System

New Ortho Physicians: New Faces in New Places

Fellowship-trained orthopedists provide convenient access to quality care

A new team of Atlantic Medical Group orthopedists is delivering the latest surgical and nonsurgical care in orthopedics and sports medicine, right in the heart of the community. Ben Brown, DO; Derrick Heydinger, DO, who is board-certified in Family Medicine and Sports Medicine; and Jared Preston, MD, are all fellowship-trained and available to treat patients of all ages in Overlook Medical Center's newly opened Clark-North Pavilion, often with same-day availability.

"Our goal is to diagnose and treat patients in order to restore normal functioning as quickly as possible, through state-of-the-art surgical and nonsurgical options," says Dr. Brown. This includes everything from everyday fractures, sprains and strains to complex ACL reconstructions, cartilage restorations, joint replacement, and minimally invasive arthroscopic techniques. When surgery is necessary, the use of robotic equipment and minimally invasive techniques results in faster recovery, greater range of motion and smaller scars. Additionally, these same-day or one-day-stay surgeries help to avoid issues that often arise with discharges to rehabilitation or nursing facilities.

Also available are ultrasound-guided injections. "These may be diagnostic, like injecting a nerve-blocking agent to identify the source of pain, or therapeutic, like steroids to alleviate pain," says Dr. Heydinger. Another option is Tenex, a nonsurgical procedure that alleviates chronic tendon pain by using ultrasound to remove damaged scar tissue from tendons. This is particularly effective for such conditions as tennis elbow and golfer's elbow, hip bursitis, plantar fasciitis, Achilles tendonitis and rotator cuff tendonitis.

The doctors' offices in the 28,000-square-foot Clark-North Pavilion are further enhanced by having radiology services, physical therapy, and an outpatient lab all under one roof, offering the best in patient care and convenience.



Ben Brown, DO, fitting a patient after a successful surgery.

"Our goal is to diagnose and treat patients in order to restore normal functioning as quickly as possible, through state-of-the-art surgical and non surgical options."

- Ben Brown, DO

"If an injury is bothering you enough or impacting your daily lifestyle, or anytime you're limited by pain or function, it's a great time to go to an orthopedist," says Dr. Preston. "We're here in your community for all of your orthopedic needs." ◀

Clark-North Pavilion

📍 140 Central Ave., Clark, NJ, directly off the Garden State Parkway

📞 908-795-1192 to schedule an appointment

Our Orthopedics Team Just Got Stronger

Our team of orthopedic surgeons and sports medicine experts deliver exceptional multidisciplinary treatment for adults and children, from pre-surgical education to post-operative rehabilitation. We offer state-of-the-art surgical and non-surgical options to restore function as quickly as possible.



Ben Brown, DO
Shoulder, Elbow, Hip, Knee
and Ankle Surgeon
Sports Medicine
New Providence & Clark



John Erickson, MD
Shoulder, Wrist, Elbow Surgeon
New Providence & Clark



Daniel Harrington, DO
Sports Medicine
Interventional Orthopedics
New Providence



Derrick Heydinger, DO
Sports Medicine
Interventional Orthopedics
Clark



Jeffrey Leary, MD
Hip, Knee, Pelvis Surgeon
Robotics (Mako™)
New Providence



Jared Preston, MD
Hip and Knee Surgeon
Robotics (Mako™)
Clark



Michael Gerne, PA
Joint Health, Sports
Medicine, Wound Healing,
Orthopedic Trauma
New Providence



Zachary Vojt, PA
Joint Health, Sports
Medicine, Wound Healing
New Providence

Atlantic Medical Group Orthopedics at New Providence and Clark

550 Central Ave., Suite 500, New Providence | 140 Central Avenue, Suite 700, Clark
908-795-1192 | 732-943-5042

atlanticmedicalgroup.org/orthopedics/npc

Soup's On

Whether simple and soothing or rich and hearty, soup is a satisfying meal

"Food is medicine for the body and soul," says Gale Reed, RDN, IFNCP, outpatient dietitian for Overlook Medical Center.

This delicious mineral broth delivers on both. It's packed with generous amounts of magnesium, potassium and trace minerals that allow the body to restore itself, plus a variety of anti-inflammatories, phytochemicals and antioxidants that support health and help to prevent disease. The ingredients – including kombu (seaweed), which contributes to digestive health by increasing good bacteria in the gut – work together to provide a powerful immunity boost.

Added benefits: chopping the vegetables can be cathartic, and their bright, beautiful colors are a feast for the eyes as well. As the broth simmers, it will infuse your home with soothing aromatherapy. Holding and sipping a cup of this broth provides a sense of *hygge* (a Danish word for cozy comfort).

Holding and sipping a cup of this broth provides a sense of *hygge* (a Danish word for cozy comfort).



"Whether you use this broth as a life-enhancing tonic or as a delicious base for soups and stews," says Reed, "it's an easy way to add joy, satisfaction and health benefits, and to brighten up your winter days." ▲

To schedule an appointment with Gale Reed, RDN, IFNCP, outpatient dietitian for Overlook Medical Center, or to inquire about nutritional counseling, call 908-522-6114.





MAGIC MINERAL BROTH™

Developed by Rebecca Katz, MS, RDN, author, educator and culinary translator

(yields 6 quarts)

Per Serving: Calories: 45; Total Fat: 0 g; Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 140 mg

INGREDIENTS

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek (white and green parts), cut into thirds
- 1 bunch celery (including the heart), cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- ½ bunch fresh flat-leaf parsley
- 1 (8-inch) strip of kombu
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt

“Food is medicine for the body and soul.”

– Gale Reed, RDN, IFNCP

PREPARATION

1. Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim; cover and bring to a boil.
2. Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.
3. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), and then add salt to taste.
4. Let cool to room temperature before refrigerating or freezing. You can store broth in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.



NOTE: Kombu is a mineral-rich seaweed (in the kelp family) that adds a savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store, near the nori (seaweed sheets) that are used for sushi. Store dried kombu in a cool, dark area in your pantry.

Caring for Our Atlantic Health System Family

As the Overlook team tirelessly worked through a second COVID-19 surge in the fall, the hospital's medical staff wanted to help ease the burden for families managing remote school and work, shifts in schedules and transportation, and other challenges that were complicating the staff's access to food.

"We really wanted to do something to thank our employees for all their hard work and dedication during this incredibly difficult year," says Samantha Pozner, MD, medical staff president.

With generous financial support from Overlook physicians and facilitated by the Overlook Foundation and the Food Services Department at Overlook Medical Center, the AHS Cupboard provided interested employees with fresh produce and pantry items weekly during the holiday season.

"Like a vast number of people throughout our country, we found that many of our own staff – those who were doing so much to help others – were struggling," Dr. Pozner recalls. "We were glad to help in some small way and hope that we made a difference for those who make it easier for us to take care of our patients every day."

From mid-November through the end of the year, nearly 450 Overlook employees stopped by the foundation house to pick up bagged pantry items, as well as fresh produce, much of which was donated by the Foodshed Alliance, a Blairstown, NJ-based grassroots non-profit devoted to promoting sustainable farming and locally grown food. Participants were also made aware of social services support options and other information about preventive health care and essential resources for them and their loved ones. ▲

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



Helping to distribute some 1,400 bags of food during the holiday season were Samantha Pozner, MD, medical staff president; foundation staffers Beth Pulawski and Kerry Mowry; and Karen Pallino, food services manager.



community calendar

Winter 2021

Welcome to your Overlook Medical Center Community Calendar.

Due to COVID-19, many of our classes will be held virtually or rescheduled.

Please call the telephone number listed or email the contact person for more information.

Please visit atlantichealth.org/calendar.

COMMUNITY HEALTH

For a complete list of offerings, please visit atlantichealth.org/calendar.

For more information, please call 1-844-472-8499.

VIRTUAL EXERCISE

\$50 FOR EACH 10 WEEK SESSION

BARRE METHOD Tuesdays, April 13 to June 15, 5:30-6:15pm

BETTER BONES BEGINNER Thursdays, April 15 to June 17, 11:30am-12:30pm

BETTER BONES INTERMEDIATE Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 10:15 to 11:15am

LITE & FIT Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 2:00-3:00pm

MUSCLES IN MOTION Mondays, April 12-June 21 (no class May 31), 4:30-5:30pm

THE POWER HOUR Wednesdays, April 14-June 16, 5:00-6:00pm

ZUMBA® FITNESS Thursdays, April 15-June 17, 5:45-6:45pm

VIRTUAL INTEGRATIVE WELLNESS

\$50 FOR EACH 10 WEEK SESSION

ARTHRITIS EXERCISE PROGRAM Mondays, April 12-June 21 (no class May 31), 1:30-2:15pm

GENTLE YOGA Wednesdays, April 14-June 16, 10:30-11:30am

MEDITATION FOR MINDFUL WELL-BEING Mondays, April 12-June 21 (no class May 31), 6:30-7:30pm

QIGONG Tuesdays, April 13-June 15, 11:00am-Noon

T'AI CHI Wednesdays, April 14-June 16, 11:00am-Noon

T'AI CHI CHIH – INTERMEDIATE Thursdays, April 15-June 17, 11:00am-Noon

VIRTUAL PROGRAMS

CONSERVATIVE TREATMENT OF KNEE OSTEOARTHRITIS Monday, May 10, 2:00pm

EATING FOR A HEALTHY MIND Thursday, June 10, 10:00am

GRANDPARENTS: ARE YOU KEEPING YOUR GRANDCHILDREN SAFE Thursday, April 1, 1:00pm

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH Wednesday, April 7, 7:00pm

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

NO BONES ABOUT IT Tuesday, May 25, 2:00pm

RELAXING FOODS Wednesday, April 21, 7:00pm

SENIOR NUTRITION Friday, May 14, 9:00am

THE SENIOR LIVING SPECTRUM: NAVIGATING HOUSING OPTIONS FOR SENIORS Monday, May 17, 10:00am

SIX PILLARS OF BRAIN HEALTH Thursday, June 3, 7:00pm

TOP PANTRY STAPLES Wednesday, June 2, 7:00pm

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

CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit atlantichealth.org/cancercaresupport or call 1-800-247-9580 for up-to-date information on classes, support groups and events.		
Second and fourth Thursdays of the month, 10:00am (currently meeting through Zoom)	BREAST CANCER SUPPORT GROUP A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for women with breast cancer.	For more information and to register, call Kerry Ricci at 908-522-5925.
INTEGRATIVE PROGRAMS		
The following Integrative Programs will be virtual. Contact Michele Wadsworth at 908-522-6168 or email michelle.wadsworth@atlantichealth.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.
First Monday of the month, 3:00-4:00pm (meeting through Zoom)	NUTRITION AND WELLNESS Each month, our oncology dietitian, Johannah Sakimura, MS, RD, will present on a different topic in the nutrition realm. This program is ideal for patients who have completed treatment or have stable disease.	Contact Johannah Sakimura at 908-522-5347 for more information.
Thursdays, 6:00-7:30pm;	QUIT SMOKING PROGRAM 1 Springfield Avenue, 3rd Floor, Summit, NJ 07091	Call Monica Giles, RRT, MAS, NCTTP at 908-522-2296 for more information or to enroll.
Second Thursday of the month, 2:30-3:30pm (currently meeting through Zoom)	POST-CANCER TREATMENT GROUP Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.
FEE: FREE		

CAREGIVERS

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

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays 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.

PARENTING & CHILDBIRTH

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

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Wednesdays and Thursdays, April 7 and 8, May 5 and 6, and June 9 and 10, 6:30pm; Saturdays, February 20, April 17, May 15 and June 19, 8:00am-1:00pm	ABCs OF GOING HOME WITH YOUR BABY AT OVERLOOK Online Zoom class. Topics include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, when to call the baby's doctor, and how to manage with pets at home. Safety issues will also be addressed, including sleeping, cribs, car seats, baby products and baby-proofing your home.	For more information, email overlook.parented@atlantichealth.org .
		FEE: \$75 PER COUPLE
Wednesdays, March 17, April 21, May 19 and June 23, 6:30-9:00pm; Saturdays, April 24 and June 26, 10:00am-12:30pm OR 6:30-9:00pm	BREASTFEEDING: GETTING STARTED AT OVERLOOK Online Zoom class. Learn various aspects of breastfeeding, including breast milk production, positioning and latch on to get your breastfeeding experience off to the best start. Fee is waived if taking a Prepared Childbirth class.	For more information, email overlook.parented@atlantichealth.org .
		FEE: \$50 PER COUPLE
Thursdays, March 18 and 25 OR Fridays, April 2, 9 and 16 OR Fridays, June 4, 11 and 18, 6:00-8:30pm	MINDFUL PREGNANCY AND BIRTH AT OVERLOOK: THREE-PART SERIES Online Zoom class. Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on covered in Prepared Childbirth class.	For more information, email overlook.parented@atlantichealth.org .
		FEE: \$150 PER COUPLE
Saturdays, April 3 and 10, and May 1 and 8, 9:00-11:00am; Sundays, March 7 and 14, April 4 and 11, and May 2 and 9, Noon-2:00pm; Thursdays, March 18 and 25, April 15 and 22, and May 13 and 20, 6:00-8:30pm	PREPARED CHILDBIRTH CLASS AT OVERLOOK: TWO-PART SERIES Online Zoom class. Prepare for the big event: Our childbirth class covers the birth process, signs and symptoms of labor, stages of labor, when to go to the hospital and what to bring with you; breathing and relaxation techniques, medication options, and childbirth films included.	For more information, email overlook.parented@atlantichealth.org .
		FEE: \$150 PER COUPLE
Mondays and Tuesdays, 10:00-11:00am	VIRTUAL BREASTFEEDING SUPPORT GROUP A program for Mom and baby to help you breastfeed successfully! Focus on issues/problems that may arise. Review logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies. Expecting moms may also join!	Contact Rose Ann at 908-522-2946 or email overlook.parented@atlantichealth.org .

SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
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@atlantichealth.org or call 908-522-5933.

WEIGHT LOSS

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

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

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



WE'RE ALL THE FRONT LINE.

Most accurate test available. Many convenient locations. Results within 24 hours.

atlanticehealth.org/covidtest