

AtlanticView

at Chilton | Spring/Summer 2019



MOMENTS THAT MATTER
OUTPATIENT
REHAB GETS
DIVER INTO
SHIPSHAPE

Read Phil's Story on Page 6

The Breast Center –
High-Tech, High-Touch
Care – Close to Home

Multidisciplinary Care
Supports Patients With
Long-Term Illnesses



Atlantic Health System
Chilton Medical Center

Dear Friends,

The grass is a little greener, and the sunshine is a little warmer. Just hearing the words, "spring is coming," is a breath of fresh air, and we have a lot of ways for you to engage with us this season.

Chilton Medical Center team members will be spending time at a number of local screenings and fairs. We look forward to meeting you at these events throughout the region. In addition to the thousands of community members that we serve each year at our medical center, we also strive to provide information, education, and even some inspiration to keep you healthy.

This year, Chilton welcomed a group of local high school students through our new Allied Health Medical Institute, a partnership with the Morris County Vocational School District and the Pequannock School District. These students are visiting departments across Chilton to learn about health care careers and earn college credit. We are delighted to open our doors to a new generation of leaders from our community.

In this issue of the *AtlanticView at Chilton*, find out how Chilton Medical Center is helping to guide families through the toughest health care discussions. Working with patients at every stage of life, we've seen many families struggle with how to talk about a loved one's wishes if they become seriously ill. We're expanding our palliative care team and partnering with community organizations on programs that give people the tools to make difficult conversations a little bit easier. Finding the words to make sure your wishes are known is so important.

Lastly, this is a great time of year to try something new or reinvigorate your wellness routine. Our Community Calendar offerings are sure to have something that's right for you.

Enjoy the excitement and promise of renewal that spring brings.



STEPHANIE SCHWARTZ, FACHE
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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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WE WANT TO HEAR FROM YOU

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

Review us on Facebook, Google or Yelp.



6 Moments That Matter: Outpatient Rehab Gets Diver Into Shipshape

CEO's corner

Care on Consumers' Terms

When I joined Atlantic Health System, one of my highest priorities was to deliver a more convenient, seamless experience for every patient. Our team has worked tirelessly to make that goal a reality.

Harnessing technology and innovation, we are making it easier to find the care you need, schedule time with your physicians, and navigate our growing network of health and wellness services.

Our most recent advancement toward more convenient care puts you in the driver's seat. The easy-to-use Atlantic Anywhere mobile app lets you connect with us anytime, anywhere – right from your smartphone. Use it to access your medical records and test results through MyChart, book appointments with participating physicians, and even schedule a virtual visit to speak with a doctor 24/7 from the convenience of your phone or computer.

Atlantic Health System was built to provide you and your family with the highest quality care. Our entire team is dedicated to designing a more convenient future for health care, where we care for you on your terms.

In this edition, we share stories of real-life health and wellness journeys of people like you in our communities. We hope you enjoy the issue and as always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community



CHILTON MEDICAL CENTER EARNS AN 'A' IN PATIENT SAFETY

Chilton Medical Center has earned an "A" rating in patient safety from The Leapfrog Group, a national patient safety group. Chilton Medical Center joins 855 hospitals, nationwide, with "A" grades.

ATLANTIC HEALTH SYSTEM EARNS SPOT FOR 11TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

Proving that being extraordinary matters, Atlantic Health System, a leading provider of health care in New Jersey, was once again named to *Fortune's* "100 Best Companies to Work For," for its 11th consecutive year on the prestigious annual list.



CHILTON MEDICAL CENTER MAGNET APPLICATION BENEFITS NURSES, PATIENTS AND THE COMMUNITY

It's been two years in the works but after months of writing and preparing the needed documents, Chilton Medical Center is ready and looking forward to the submission of its Magnet evidence to the American Nurses Credentialing Center (ANCC) for the arduous review process.

"We are very prepared," says Maureen Schneider, PhD, MBA, RN, NEA-BC, CPHQ, FACHE, chief nurse and operations officer for Chilton Medical Center. "The effort has been monumental by everyone involved, and we're pleased with where we are today – we truly have evolved to the next level of nursing engagement and improved patient outcomes by undergoing this journey."

Magnet designation is a performance-driven recognition achieved by only 9 percent of the nation's hospitals, per the ANCC. At Magnet hospitals, nurses are more involved in the overall care process, which, in turn, delivers improved patient outcomes. Leadership at Magnet hospitals values staff nurses, involves them in shaping research-based nursing practice, and encourages and rewards them for advancing in nursing practice.

"Because of this focus on quality nursing, job satisfaction is higher, and turnover is much lower," says Rosemarie Jones, MSN, RN, CEN, Chilton's Magnet program manager. "It's a significant benefit to our community, but it also means we'll be able to recruit the very best nurses simply because they'll want to work at a Magnet hospital. Maureen has been the visionary leader who inspires nurses to deliver excellence. She made sure Magnet recognition was a strategic nursing initiative."

This win-win scenario begins with the submission in June 2019, followed by an on-site review in late 2019 and then, if all goes well, an announcement of the designation.

"We wouldn't be able to submit our evidence unless we demonstrated two years of achieving specific metrics," says Schneider. "For all the patients we serve and care for in our hospital and community and for the registered nurses and staff at Chilton, achieving this designation would continue to support the goal of a providing a quality care environment for our patients."



ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S 'BEST WORKPLACES FOR WOMEN' LIST

Fortune has named Atlantic Health System No. 38 on its list of the "Best Workplaces for Women." The list has been published four times, and this marks Atlantic Health System's fourth year on the list. In addition, Atlantic Health System is the only health care organization in New Jersey to be recognized.

With a dynamic workforce made up of more than 75 percent women, Atlantic Health System is proud of its culture of inclusion that ensures all our colleagues are treated equitably and are able to achieve their personal and professional goals in a caring and supportive environment. Atlantic Health System's Women's Leadership Council was developed last year to create further opportunities for women across the system.



*Source: Castle Connolly Medical Ltd. 2019 Hospital with 350 beds or fewer

Chilton Medical Center VOTED #1 MID-SIZE HOSPITAL BY NEW JERSEY DOCTORS *Four years in a row**

Also ranked a top performer for:

Breast Cancer
Congestive Heart Failure
Hip and Knee Replacement
Neurological Disorders

Pain Management
Prostate Cancer
Stroke



ATLANTIC ANYWHERE: We're Here When You Need Us

Atlantic Anywhere allows you to connect to Atlantic Health System anytime, anywhere. Find doctors, manage your personal health information, track important health indicators, schedule a Virtual Visit and much more:

- Easily search and schedule appointments with health care providers in your area.
- Access and securely manage your Atlantic Health System medical information through MyChart: refill medications, communicate with your physician, view lab results and book appointments with participating physicians.
- Get easy directions and maps to Chilton and other select sites.
- Track common health indicators, including weight, blood pressure, sleep patterns, pregnancy and more.
- See a doctor 24/7 through a Virtual Visit.
- View information that can help you prepare for your visit.
- Connect to many activity devices and apps, including Nike+, Runkeeper, Fitbit and more.
- Keep track of your medications and dosing schedule.



- Access insurance information and/or pay your bill online.

And do not forget, you can easily share all this data with your doctors, family and friends. Download Atlantic Anywhere by searching "Atlantic Anywhere" in the iTunes Store or Google Play Store.

NIP SEASONAL ALLERGIES IN THE BUD

The Doctor Is Always In

It's the season for sneezin'. If your usual over-the-counter allergy remedies are not doing the trick, Atlantic Health Virtual Visit is here for you. Use it to connect with a doctor by phone or video, to get the allergy care you need – and breathe a little easier.

Just download our Virtual Visit app at atlanticealth.org/virtualvisit to get the care you need, and connect to a board-certified doctor in minutes who can diagnose and treat many common conditions 24/7/365.



MULTIDISCIPLINARY CARE SUPPORTS PATIENTS WITH LONG-TERM ILLNESSES

Plan and be prepared for your future health care needs

Even though I'm OK right now, I've been thinking about my health. I want to be prepared if I get sick, and I want you to be prepared, too.

That's one way professionals at Atlantic Health System say you can start a difficult conversation with loved ones: about the care you want – and the care you do not want – if you have serious health problems. Having that conversation before a critical event can ease both the patient's and the caregiver's stress, because everyone will understand the person's wishes ahead of time.

"We want people to explore what's important to them when it comes to health care, how they define a good quality of life, and share that with their loved ones and doctors," says Yvette Vieira, manager of palliative care and bioethics for Atlantic Health System. "Because the conversation can be difficult, Atlantic Health System has been putting a range of services in place to help."

MULTIDISCIPLINARY CARE

To support patients with long-term illnesses or injuries, Chilton Medical Center has expanded its multidisciplinary team that focuses on improving quality of life. The palliative care team includes physicians, an advanced practice nurse, nurse navigator, social worker and chaplain.

The team of specialists focuses on helping patients manage complex and challenging symptoms, such as nausea, pain, or



Palliative care focuses on quality of life for someone with an illness, whether he or she is actively being treated or not. This differs from hospice care, which focuses on managing symptoms at the end of life.

shortness of breath," says Laura Cima, PhD, RN, program director for palliative care at Chilton, "plus anxiety or other psychological issues that they might be dealing with."

"We've found that what is most comforting to patients and families is knowing that we have support for them when making these decisions, that we have a team that's experienced and we will take the time to fully explore their needs," says Cima.

STARTING THE CONVERSATION

Atlantic Health System offers a booklet called "Your Conversation Starter Kit," created by an organization called The Conversation Project and the Institute for Healthcare Improvement. It helps people organize their thoughts and share their decisions with loved ones even before a hospital stay. **▶**

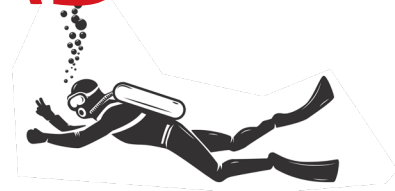
To get a copy of your "Conversation Starter Kit," visit theconversationproject.org. For more information on palliative care at Chilton, contact 973-831-5033.

"OPEN THE DOOR: CONVERSATIONS MATTER" is a community-based initiative that is funded through a grant from Chilton Medical Center's Community Advisory Board and coordinated through SAGE Eldercare.

The mission of the program is to increase the amount of meaningful conversations that people have with their loved ones around their preferences for medical management during challenging medical situations. The program will include workshops and seminars for the public, plus starter kits to help them talk about health care decisions.

To connect with the palliative care team at Chilton and the Open the Door project, contact 973-831-5033.

OUTPATIENT REHAB GETS DIVER INTO SHIPSHAPE



One of Phil Glorioso's greatest passions in life is diving. He works as a mate on the Sea Lion dive boat in Brielle, NJ, and explores shipwrecks off the New Jersey coast. But when the 75-year-old husband, father and grandfather from Oakland strained a muscle doing a home repair project, he knew exactly where to turn to get back in shipshape – his community hospital.

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

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

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

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

For more information, visit atlanticealth.org/outpatientrehab. Atlantic Rehabilitation at Chilton is located at 242 West Parkway and can be reached at 973-831-0717, option 1.



"Amy helped ease my pain and, through a combination of exercises, taught me how to work out this old body to keep the blood flowing while improving range of motion. She is a true health professional."

– Phil Glorioso



Unprecedented Opportunity

A groundbreaking new “learning partnership” offers Morris County high school students unique exposure to the medical professions

Teenagers shadowing physicians, interacting with nurses, and learning the ropes everywhere from the emergency room to the administrative suite, and more. It’s all part of a normal day for students within the “Morris County Allied Health Medical Institute,” a unique new learning partnership that’s providing high school juniors and seniors in Morris County, NJ with unprecedented opportunities to explore and expand their studies within the medical professions and get a head start on a successful career in health care.

Officially launched in September 2018, the Medical Institute is a partnership between the Pequannock Township School District, Atlantic Health System’s Chilton Medical Center in Pompton Plains, and Morris County Vocational School District.

“The high school level is where you want to begin exposing students to the wide range of health care opportunities available to them,” explains Stephanie Schwartz, president of Chilton Medical Center, which has opened its doors to nearly 40 students from high schools throughout Morris County.

By all measures, the curriculum is rigorous, adds Dr. Rosalie Winning, assistant superintendent, Pequannock Township School District. “Students spend time in the classroom learning everything from medical terminology, anatomy and more, and then rotate through various departments at Chilton Medical Center to get real-life clinical experience,” says Dr. Winning. “Participating students can earn 18 credits at Rutgers University (or transferable to another school).” The 1,000-hour program is

free to qualified students and includes transportation.

According to its administrators, the unique program is a win-win for all participants. For Chilton Medical Center, “We feel this program aligns perfectly with our values and culture of continuous learning,” shares Maureen Schneider, PhD, MBA, RN, FACHE, chief nursing and operations officer for Chilton Medical Center.

Dr. Winning agrees the program meets the needs of Pequannock Township School District as well. “We’re honored to work with Chilton Medical Center, and their willingness to let our kids in shines a different light on the role that hospitals and schools can play as partners in a learning community,” Dr. Winning says.

The students also see value in the program.

“It is a great eye-opener for kids who want to go into the medical field,” says Parsippany-based junior Madhav Barot. “In school, our knowledge of the profession is often limited to just doctors or nurses, but we’ve seen that there are so many other roles in a hospital, from patient care techs (PCTs) and IT specialists to phlebotomists and more.”

Overall, Schwartz believes the program truly connects the hospital to its community and takes education to the next level. “This is a beneficial program that we hope will continue to grow,” she says. “Having the students on campus has been a rewarding experience. If we can help change one student’s perspective on a career, then we’ve done our part.” ▲



Pictured: A patient room in the new ICU and the ribbon-cutting ceremony in March

NEWLY ENHANCED ICU PROVIDES CARE FOR CRITICALLY ILL

Chilton Medical Center recently unveiled a new, state-of-the-art Intensive Care Unit (ICU) featuring the latest technology and offering the highest level of care to critically ill patients. The \$6.3 million renovation, funded in part by the Chilton Medical Center Foundation, was designed to optimize patient care and comfort while improving access to lifesaving medical technology and treatment.


"A stay in an ICU is often an overwhelming experience, both emotionally and physically, for patients and their families," says Stephanie Schwartz, president, Chilton Medical Center. "Chilton's newly renovated ICU has completely transformed the patient experience for patients with complex illnesses."

The new space features 12 spacious, modern-looking patient rooms, as well as soothing homelike amenities, including private bathrooms, sleepover capabilities for family members and USB ports to charge their electronic devices.

Patient monitoring systems and specialized, lifesaving critical care equipment have also been upgraded, and a family consultation room has been created to allow family members privacy to discuss care and treatment plans.

In addition, Chilton recently added the most advanced critical care telemedicine program available, elevating the level of critical care available to our patients by providing an added layer of expert intensivists partnering with highly skilled physicians and nurses at the bedside.

The unit's specially trained staff includes physicians, nurses, respiratory therapists, clinical nurse specialists, pharmacists, physical therapists, nurse practitioners, physician assistants, dietitians, social workers, and chaplains.

"This renovation reflects Chilton's role as a leading provider of advanced health care services in the region and gives patients from our communities who suffer a critical illness or injury access to some of the most advanced programs and facilities designed for their specialized needs," adds Schwartz. 

THE BREAST CENTER AT CHILTON MEDICAL CENTER

High-Tech, High-Touch Care – Close to Home

The news on the breast cancer front is encouraging: Early detection and improvements in treatment have led to a significant decrease in mortality rates over the past 30 years. But the keyword is “early.”

Lisa Bash, MD, medical director of the Breast Center at Chilton Medical Center, is quick to tell women that one of the most important things they can do is have a screening mammogram each year starting at age 40. She advises younger women to have a conversation with their physician about their breast cancer risk, beginning at age 30.

TECHNOLOGY MEETS TLC

Leading the way in breast health, the Breast Center at Chilton Medical Center has been designated a Breast Imaging Center of Excellence by the American College of Radiology. The center is led by a team of dedicated breast radiologists, and is staffed by dually trained technologists who can perform mammography and ultrasound in a single visit.

And with extensive renovations now complete, the Breast Center offers patients a relaxing experience. That means spa-like amenities, including plush robes, complimentary tea and coffee, and a private lounge area. Everything from the designer colors to the artwork on the wall says “Relax.”

“A big part of what makes our center special is that we have all the technology you would find at a major medical center, but the care comes with a little extra TLC,” says Dr. Bash. “I hear over and over again from patients that they came in apprehensive, but that all of the women here – the staff and the doctors – were so kind and helpful that it made their experience much less stressful.”

On the technology side, the Breast Center leads the way in breast imaging, including the use of digital breast tomosynthesis (DBT), or 3-D mammography, which allows for smaller tumors to be detected at a much earlier stage. Just as reassuring, DBT screening decreases the number of patient callbacks due to false-positive readings.

For women with abnormal findings requiring biopsy, the Breast Center at Chilton Medical Center is one of the first in the area to utilize the Hologic Brevera® biopsy device. This advanced technology, along with the brand-new, 3-D stereotactic biopsy table, allows doctors to quickly pinpoint abnormalities in breast tissue, reducing procedure time by half and dramatically decreasing the number of samples required. If surgical intervention is warranted, patients have access to breast surgeon Margaret Sacco, MD, who is also located within the center. In addition, women have access to



new advances in breast cancer surgery and reconstruction, including hidden scar surgery and muscle-sparing DIEP flap reconstruction, both of which require special training.

HELPING WOMEN STAY A STEP AHEAD

To help women stay ahead of what can be a treatable disease if found early, the Breast Center offers a High-Risk Breast Screening Program. Patients are provided an iPad to answer questions about their personal and family medical history. The information is then used to generate a lifetime risk score. For those women found to have an elevated lifetime risk, the Breast Cancer Surveillance and Prevention Program offers women access to genetic testing, advanced screenings (such as contrast-enhanced breast MRI) and other interventions – including working with a nutritionist to make healthy lifestyle changes.

Yet, Dr. Bash and her team know that all the comprehensive care in the world can still come up lacking without a healthy dose of compassion. “Everyone who works here is passionate about what we do, and it shows in the way we care for our patients,” says Dr. Bash. “We believe in what we do. When we find a small cancer early, we can save a woman’s life.” ▲

The Breast Center at Chilton is located in the Collins Pavilion at 97 West Parkway and can be reached at 973-831-5200.

Chilton Medical Center received a \$2.2 million bequest from the late Sonia Neill to benefit enhancements for the Chilton Collins Pavilion, which houses the medical center’s Cancer Center and Breast Center. The gift, both extraordinary and unexpected, speaks volumes about this thoughtful, compassionate visionary who valued the importance of community health care.

ATLANTIC MEDICAL GROUP

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

To find out more information about Dr. Bash and Atlantic Health System affiliated providers, visit atlantichhealth.org/doctors.

Reduce Meat and Increase Health With a Plant-Based Diet



In recent years, plant-based diets have grown in popularity. But you do not have to go completely meat-free to gain the health benefits. "Plant-based doesn't necessarily mean you are excluding meat from your diet," says Jane DeWitt, RD, manager, Food and Nutrition Services, Hackettstown Medical Center. "You can focus on getting some of your protein from plant-based foods like lentils, nuts, peanut butter or tofu." Sabrina Lombardi, dietitian for Newton Medical Center, adds, "Don't be afraid to experiment with different preparation methods of fruits or vegetables, such as grilling or roasting. This can enhance texture and bring out new flavors in foods."

Mary Finckenor, RD for Morristown Medical Center, agrees. "In a plant-based diet, meat and fish are not at the forefront of eating even though they can be included. A plant-based meal could include a smaller piece of fish, beef or pork, with more fruits and vegetables."

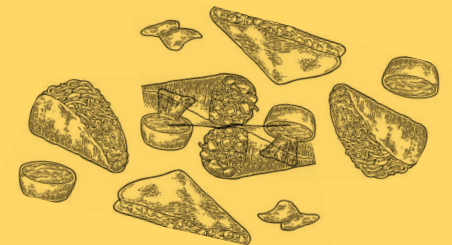
From a health standpoint, Finckenor says, "People who eat more plants are generally healthier. They have lower rates of cancer and heart disease, less obesity, better blood pressure, and reduce their risk of type 2 diabetes." Finckenor says meat and animal products increase inflammation in the body, which is linked to several chronic diseases.

When changing to a plant-based diet, DeWitt says nutritional needs to be aware of include increasing calcium, vitamin D and iron. "You don't necessarily need to take supplements because you can get those nutrients by increasing your intake of leafy green vegetables, tofu, broccoli or chia seeds."

Making the switch to plant-based eating can be an easy process. "Once or twice a week, have a meatless meal," says Finckenor. DeWitt recommends keeping a record of foods eaten. "You can decide what you want to decrease or eliminate and have a plan of what is going to replace that."

DeWitt says focusing on plant-based foods is a matter of making better choices. "People are probably nervous because they are thinking about all of the food they can't have. But fortunately, today in grocery stores there are so many more items available. You just want to stay away from refined or processed food and focus more on whole foods." ▲

Recipe from Mary Finckenor **Quesadillas**



Ingredients

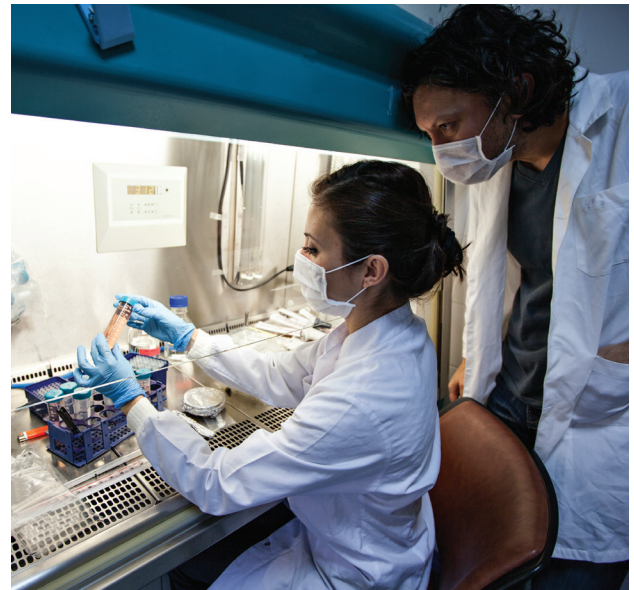
- 1 package flour tortillas (whole wheat if possible)
- 1 can refried beans
- Grated low-fat or 2 percent cheddar cheese
- Optional: cooked (sliced or ground) chicken, pork or beef
- Cooking spray
- Optional toppings: salsa, sour cream

Instructions

1. Spread a thin-medium layer of refried beans on one side of one tortilla. Top with optional chicken, pork or beef, and sprinkle cheese on top. Place another tortilla on top.
2. Spray a nonstick pan with cooking spray and place over medium heat.
3. Cook quesadilla 3-4 minutes on each side, or until tortillas are crispy and cheese has melted.
4. Remove from heat and cut into 8 wedges. Serve as is or with optional salsa and sour cream.

ATLANTIC HEALTH SYSTEM TRANSFORMS CANCER CARE WITH GROUNDBREAKING PARTNERSHIP

To take advantage of new treatments that are available to cancer patients, Atlantic Health System has entered into a special partnership with the Translational Genomics Research Institute (TGen) and Origin Commercial Ventures. Together, they're developing a new platform to deliver economically viable immunotherapies and other breakthrough cancer treatments to the region.



BETTER CARE AND COLLABORATION

The Breakthrough Oncology Accelerator flagship platform at Atlantic Health System will create a model to ultimately enable health systems around the country to provide faster access and better patient outcomes by enabling clinicians and researchers to share their knowledge and provide more options for patients.

Through the partnership, Atlantic Health System, TGen and Origin will leverage their proprietary platforms, expertise and collaborations to identify and deploy those resources that best help oncologists meet the needs of their patients.

"We're looking at an onslaught of really incredible medicine that's going to become available to cancer patients," says Cosmo Smith, managing partner, Origin CV. "It's our job to ensure that not only are there infrastructure, operating and clinical capabilities able to onboard these, but financing capabilities that put these therapies within reach of oncologists and their patients."

On the research side, TGen is hard at work investigating new therapies for cancer, neurological disorders, infectious disease and rare childhood disorders. Using advanced technology, TGen delves into the origins of cancer by exploring the human genome.

"TGen's genomic-based programs help develop cutting-edge therapies for patients whose tumors have progressed on all previous therapies," says Daniel Von Hoff, MD, TGen's distinguished professor and physician in chief. "We use all the science-based information we have to come up with a therapy that best fits that person."

Bringing everything full circle is Atlantic Health System. Eric Whitman, MD, medical director of Atlantic Health System Cancer Care, heads up the partnership's efforts at Atlantic Health System and has already seen interest from research companies. "We've brought on around 15 clinical trials as part of this partnership. This includes drugs and technologies that we never would have had access to in the past."

PIONEERS IN HEALTH CARE DELIVERY

Atlantic Health System is the one health system selected by TGen and Origin to create this new platform. Why Atlantic Health System? Smith says Origin CV selected Atlantic Health System as a partner "because of its absolute undying desire to serve patients in a way that is not only compassionate but that provides the best options to those experiencing really complex cancers."

Another important element of the alliance is Atlantic Health System's pioneering approach. "I've rarely met such an entrepreneurial nursing and medical staff and business team across an organization," says Smith. "That's a credit to the leadership because in order to onboard these types of breakthrough medicine, you have to be willing to be innovative all the time."

TGen's Dr. Von Hoff concurs with Smith, "Atlantic [Health System] has a great developing center. They are anxious to bring new therapies to their patients, and their emphasis is clearly on patient care rather than just the science." ▲

See other clinical trials at our newly redesigned atlantichealth.org/research site for clinical trials across Atlantic Health System that focus on various medical conditions.

feel better, no appointment necessary

ATLANTIC HEALTH SYSTEM AND MEDEXPRESS COLLABORATE
TO OFFER URGENT CARE SERVICES AT 12 SITES IN NORTHERN NJ

Unexpected illnesses and injuries are inconvenient, but getting great care doesn't have to be. That's why MedExpress is open 8-8 every day – so you never have to wait long to feel better.

Each center offers walk-in treatment for everyday illnesses and injuries such as colds and flu, breaks, sprains, and cuts. On-site services include X-rays, IVs, and stitches. These complement the primary and specialty care services offered by area care providers.

LOCATIONS:

Bloomfield – 135 Bloomfield Ave.

Cedar Knolls – 118 E. Hanover Ave.

East Brunswick – 418 State Route 18

Hackettstown – 228 Mountain Ave.

Ledgewood – 501 State Route 10

Linden – 415 W. Saint Georges Ave.

Lodi – 184 Essex St.

Nutley – 124 Washington Ave.

Rockaway – 346 Route 46

Springfield – 200 US Highway 22

Totowa – 225 US Highway 46

Watchung – 1569 US Highway 22

 JUST WALK IN

 FULL MEDICAL TEAM

 8-8 EVERY DAY



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Renderings of the proposed new ED at Chilton Medical Center

The Campaign for Emergency Care at Chilton Medical Center \$2.8 Million Goal

Chilton Medical Center's Emergency Department (ED) serves nearly 50,000 people annually and boasts some of the best ED patient experience scores in the region. We are now embarking on an exciting journey to enhance the care and experience even further with a transformational modernization project, with construction set to begin this year.

This important renovation project will create a state-of-the-art ED to better accommodate the advanced needs of today's emergency department while ensuring a healing environment of unsurpassed quality for our community members.

The upcoming modernization will include:

- **Additional space, comfort, convenience and flexibility:** All patient rooms will be expanded and enhanced for comfort and privacy. We will also add an additional three rooms for behavioral health needs as well as a new Fast Track area.
- **Better access and efficiency:** A new registration area will have enhanced privacy and will be more convenient, while providing better access to our new Children's Center, which combines both emergency and hospital care in one family-friendly facility.

- **Enhanced observation and oversight:** Our new space will ensure nurses and physicians are more accessible and able to respond to patients more efficiently.

Chilton Medical Center Foundation is planning a capital campaign with the objective of raising \$2.8 million to support the project. As always, the success of **The Campaign for Emergency Care at Chilton Medical Center** will ultimately depend upon the generosity and commitment of our communities who see the extraordinary value of investing in their community hospital. ▲

For more information, call Mary Ellen Loranger, director of development for Chilton Medical Center Foundation, at 973-831-5363.

community calendar Spring/Summer 2019

Registration is required for all programs through Chilton Medical Center at **973-831-5367** (unless otherwise noted).

COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax). For more information, call 1-800-247-9580.	
	Wednesday, May 29, 9:30am-1:00pm	2019 NATIONAL SENIOR HEALTH & FITNESS DAY This one-day event will include speakers, screenings, information tables, fitness classes, refreshments, giveaways and other fun activities. Wayne YMCA, 1 Pike Drive, Wayne, NJ 07470	For schedule information or to register, call 973-831-5367. FEE: FREE		
	Monday, June 17, 7:00-8:00pm	EVERY HEART MATTERS Learn about the prevention of heart attack and stroke. The doctor will discuss what every adult should know about how to estimate and minimize the risk of cardiovascular events. Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444	For more information or to register, call 973-831-5367. FEE: FREE		
	Thursday, August 1, 7:00-8:00pm	DIABETES: MYTHS AND FACTS Think you know the facts about diabetes? See if you can distinguish which common perceptions are myths or facts. You CAN make smart choices without giving up all your favorite foods. Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444	For more information or to register, call 973-831-5367. FEE: FREE		
FITNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	DANCING THROUGH THE DECADES Each class will focus on giving you a good workout by learning a different style of dance. Thursdays, May 2-June 27 (Spring no class June 6), 5:45-6:45pm OR July 25-September 19 (Summer no class Aug. 1) FEE: \$64 FOR ALL EIGHT WEEKS	
	Wednesdays, April 24-June 26 (Spring) OR July 31-October 2 (Summer), 7:00-8:00pm	ZUMBA TONING This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. We use light weights to enhance rhythm, build strength and tone all the target zones. Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444	For more information or to register, call 973-831-5367. FEE: \$80 FOR ALL 10 WEEKS		
FOUNDATION EVENTS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	CHILTON MEDICAL CENTER FOUNDATION 2019 GOLF CLASSIC Monday, September 9 For more information, call 973-831-5165. ANNUAL WINE EVENT: WINE, DINE & DENIM Friday, May 10 VIP tickets available. For tickets and information, call 973-831-5165. Breakness Hills Country Club, 1050 Ratzer Road, Wayne, NJ 07470	
	All Foundation events listed below take place at Chilton Medical Center, 97 West Parkway, Collins Pavilion, Second Floor Conference Room, Pompton Plains, NJ 07444.				
	Tuesday, May 14, 5:30-7:00pm	2019 CHANGES IN SOCIAL SECURITY Claiming strategies, changes in 2019, spousal benefits and changes to future claiming strategies.	To register, call 973-831-5227. FEE: FREE		
	Tuesday, May 21, 5:30-7:00pm	CYBERSECURITY Learn ways to protect your valuable information, warning signs you have been compromised and cybersecurity in retirement.			
	Tuesday, June 11, 5:30-7:00pm	MARKET VOLATILITY: THE NEW NORMAL Cause and effect of market volatility and how volatility can impact your retirement.			
Thursday, June 20, 5:30-7:00pm	TAX REFORM AND WAYS TO REDUCE YOUR TAXABLE INCOME Changes in the tax code, ideas for individuals to reduce taxable income, and ways small business owners can defer more into retirement.				
INTEGRATED WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MEDITATION FOR MINDFUL WELL-BEING The art of meditation is to center the mind toward one focus. Mondays, April 29 to July 8 (Spring no class May 13, 27 and June 17) OR July 29-October 7 (Summer no class Aug. 12, Sept. 2 and 30), 6:30-7:30pm For more information or to register, call 973-831-5367. FEE: \$64 FOR ALL EIGHT WEEKS	
	Tuesdays, April 23-June 25 (Spring) OR July 23-September 24, (Summer), 6:30-7:30pm	HATHA YOGA AT CHILTON Hatha Yoga is the integration of body, mind and breath. Bring a yoga mat and water. Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444	For more information or to register, call 973-831-5367. FEE: \$80 FOR ALL 10 WEEKS		

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NUTRITION	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Nutrition events take place at Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444.			
	Monday, May 13, 7:00-8:00pm	LADIES' NIGHT OUT NUTRITION Join us for a ladies' night out indulging in health and wellness for National Women's Health Week.	To register, call 973-831-5367. FEE: FREE	
	Thursday, June 6, 7:00-8:00pm	MILK AND ITS ALTERNATIVES June is National Dairy Month. Come learn about the importance and differences between milk and milk alternatives. Samples and recipes included.	To register, call 973-831-5367. FEE: FREE	
Monday, August 12, 7:00-8:00pm	GLUTTON FOR GLUTEN? LEARN TO LIVE GLUTEN-FREE Are you following a gluten-free diet or wanting to learn more about how to? Join us to learn about different ways to incorporate gluten-free foods into your lifestyle.	To register, call 973-831-5367. FEE: FREE		

MEATLESS MEALS: MUST-TRY VEGETARIAN RECIPES

Join us to learn about the different styles of vegetarian diets and plant-based proteins.

Thursday, September 26, 7:00-8:00pm
To register, call 973-831-5367.
FEE: FREE

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Parenting & Childbirth events take place at Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444. For more information, email chiltonparented@atlanticehealth.org or go online to register at atlanticehealth.org/events or call 1-800-247-9580.			
	Saturdays, May 4 OR June 1, 9:00am-3:00pm	CHILDBIRTH INTENSIVE Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our maternity center is included.	FEE: \$200 PER COUPLE	
	Wednesdays, May 15-29 OR June 5-19, 7:00-9:30pm	CHILDBIRTH PREP SERIES A three-week series. Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our maternity center is included.	FEE: \$160 PER COUPLE	
	Thursdays, May 23 OR June 27, 7:00-9:30pm	BABY BASICS AT CHILTON A three-week series. Expectant mothers and their partners can learn how to bathe, diaper and burp a baby, as well as how to care for the cord.	FEE: \$60 PER COUPLE	
	Thursdays, April 25, May 9 OR June 6, 7:00-9:30pm	BREASTFEEDING FOR COUPLES Expectant mothers and their partners (dad, grandma, sister, friend, etc.) will learn all about breastfeeding, including health benefits for mom and baby, proper positioning, nutrition and avoiding common problems.	FEE: \$50 PER COUPLE	
Mondays (except holidays), 11:00am-Noon	BREASTFEEDING SUPPORT GROUP Join other moms in an informal and welcoming group that supports breastfeeding mothers and their children.	FEE: FREE		

MATERNITY CENTER TOUR

The Maternity Center Tour gives our participants an overview of the labor, delivery and postpartum.

First Wednesday of the month, 7:00-7:30pm
FEE: FREE
To register for a tour, visit atlanticehealth.org/events.

MATERNITY CENTER TOUR WITH MEET AND GREET

These tours are designed for mothers in their second trimester.

Saturdays, May 18 OR June 15, 11:00am-Noon
FEE: FREE
To register for a tour, visit atlanticehealth.org/events.

Chilton Medical Center
97 West Parkway
Pompton Plains, NJ 07444


SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Support Group events take place at Atlantic Health Pavilion, 242 West Parkway, Second Floor, Pompton Plains, NJ 07444.			
	Second Wednesday of the month, 7:00-8:30pm	ALZHEIMER'S DISEASE CAREGIVER SUPPORT GROUP Learn about this disease and other dementias and current treatment options.	For more information, call 973-831-5367. FEE: FREE	
	Fourth Tuesday of the month, 10:30-11:30am	ARTHRITIS SUPPORT GROUP The Arthritis Support Group is for those individuals who struggle with any form of arthritis.	For more information, call 973-831-5367. FEE: FREE	
Fourth Tuesday of the month, 1:00-2:30pm	BEREAVEMENT SUPPORT GROUP Funded by Chilton Medical Center Auxiliary, this support group is geared toward the older adult who has lost a spouse.	For more information, call 973-831-5367. FEE: FREE		

DIABETES EDUCATION AND SUPPORT GROUP

Diabetes patients can receive mutual education and encouragement.

First Thursday of the month, 10:00-11:00am OR Third Thursday of the month, 7:00-8:30pm
FEE: FREE
For more information, call 973-831-5229.

CHILTON MEDICAL CENTER AUXILIARY	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Saturday, September 14, 5:30pm	DESIGNER HANDBAG BINGO Pompton Lakes Elks Lodge, 15 Perrin Ave., Pompton Lakes, NJ 07442	For tickets and more information, call 973-831-5345. FEE: \$30
Thursdays, October 3 and 10, Noon OR 6:00pm	QUEEN'S TEA HighSocTea House, 20 Old Newark Pompton Tpke., Wayne, NJ 07470	For reservations or more information, call 973-831-5345. FEE: \$40	



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