

AtlanticView

at Hackettstown | Fall 2019/Winter 2020



MOMENTS THAT MATTER
**OVERCOMING
BREAST CANCER**

Read Karen's
Story on Page 6

Cancer Center
Expands Services With
New Technology

Coordinating Medical
Needs After Leaving
the Hospital



Atlantic Health System
Hackettstown Medical Center

Greetings,

I am proud to announce that Hackettstown Medical Center was recognized by the American Heart Association and American Stroke Association with their Get with the Guidelines Gold Plus Stroke and Target: StrokeSM programs. All Atlantic Health System hospitals have earned the 2019 LGBTQ Healthcare Equality Leader designation and a top score of 100 on the Healthcare Equality Index from the Human Rights Campaign.

The National Cancer Institute has designated Atlantic Health System as the first and only NJ-based National Community Oncology Research Program site of the Atlantic Health Cancer Consortium, to help develop and implement cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state.

In this issue of *AtlanticView at Hackettstown*, you'll learn that the Joan Knechel Cancer Center has added an advanced technology device called TrueBeam[®] that precisely targets the shape of cancer tumors being treated. You'll meet Karen, who developed compassionate friendships with the multidisciplinary team treating her for the medical and emotional aspects of breast cancer. And, nearby Newton Medical Center has opened a Maternal-Fetal Medicine Program to provide specialized care for expectant mothers in Sussex and Warren counties who may be at risk for complications.

When patients leave the hospital, our care coordinator team supports their physical, behavioral, and social needs to ensure they understand the next steps in their treatment plan. Should that next step include inpatient rehabilitation, Atlantic Health System and Kindred Healthcare have partnered on the new Atlantic Rehabilitation Institute, a state-of-the-art inpatient rehabilitation hospital to help patients return to mobility and prepare them to resume everyday functions.

As always, our Community Calendar will help you find local classes, activities and support groups to keep you busy throughout the season.




ROBERT ADAMS, FACHE
Interim President & COO



On behalf of everyone at Hackettstown Medical Center, we wish you and your loved ones a healthy and safe fall and winter.

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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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OFFICIAL HEALTH CARE PARTNER



Moments That Matter:
Overcoming Breast Cancer

6

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CEO's corner

Determined to Improve Health

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

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

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

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

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



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

The American Heart Association and American Stroke Association recognizes Hackettstown Medical Center and its continued success in using the **Get with the Guidelines®-Stroke and Target: StrokeSM** programs.



Now in its fourth year, **#AskHer** is a movement that has impacted thousands of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives. **Book online at atlantichealth.org/askhernow, call 973-829-4263 or text ASKHER to 555-888.**

FDA CHANGES NUTRITION FACTS ON FOOD LABELS

By January 2020, consumers will see a different nutrition label on foods when the FDA's new rules take effect for most packaged foods. In addition to larger type for serving sizes and calories, a new line item for "added sugar" will appear under the carbohydrate category.

Including added sugars is one of the best things on the new labels. Added sugars include sugars that are added during processing as well as sugars that come from concentrated fruit juice.

Fruit juice concentrates are usually made from apple or white grape juice and there is nothing healthy about them. The original fruits are healthy, but when you strip them of water, fiber and nutrients, the remaining fruit juice concentrate is nothing more than a healthier sounding form of sugar.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
Servings: larger, bolder type	8 servings per container
	Serving size 2/3 cup (55g)
	Amount per serving
	Calories 230
	% Daily Value*
	Total Fat 8g 10%
	Saturated Fat 1g 5%
	Trans Fat 0g
	Cholesterol 0mg 0%
	Sodium 160mg 7%
	Total Carbohydrate 37g 13%
	Dietary Fiber 4g 14%
	Total Sugars 12g
New: added sugars	Includes 10g Added Sugars 20%
	Protein 3g
Change in nutrients required	Vitamin D 2mcg 10%
	Calcium 280mg 20%
	Iron 8mg 45%
	Potassium 295mg 6%

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: FDA



"Identifying and removing barriers to great care will change lives. I am thrilled to lead our efforts to accomplish that goal."

– Armond Kinsey

For the New Diversity Officer, This Job Is Personal

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

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

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

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

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

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

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

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



Atlantic Anywhere MAKING HEALTH CARE MORE CONVENIENT

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

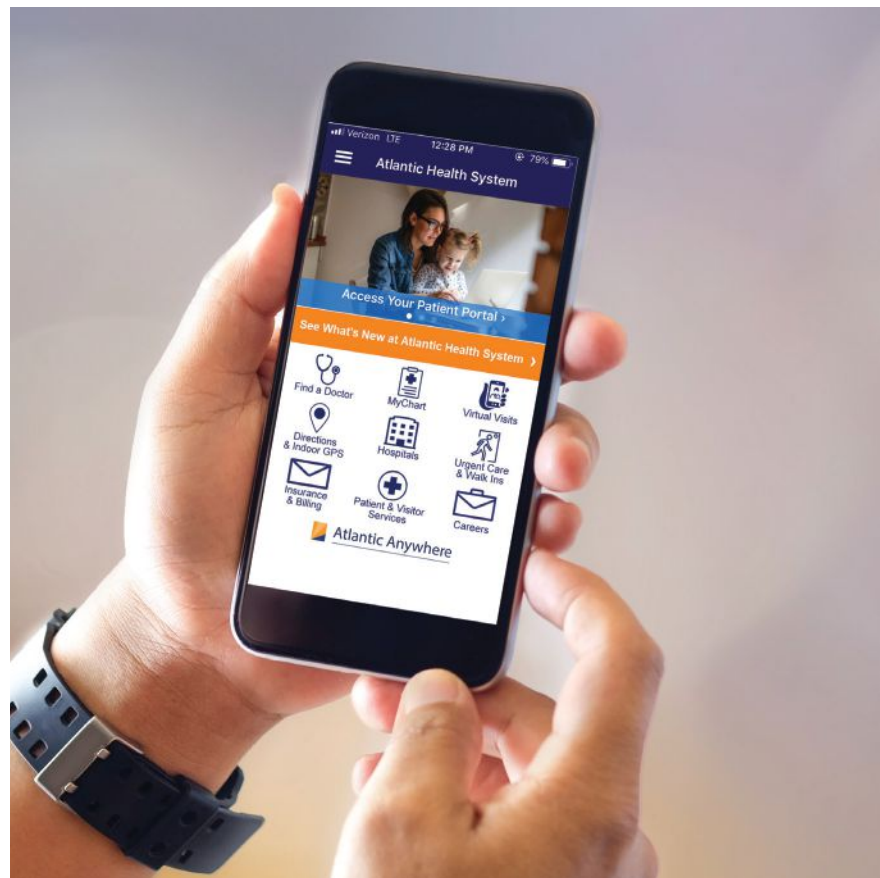
"Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health," says Valerie Simon, chief marketing officer, Atlantic Health System. "Atlantic Anywhere provides access to the care you need ... right from your phone."

FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT

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

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

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




ACCESS MYCHART, YOUR PATIENT PORTAL

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

LOCATIONS AND WAYFINDING

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

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

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

OVERCOMING BREAST CANCER

"Some of my fears were pretty devastating in the beginning," says Karen Valle, 55, of Hackettstown. "You can tell people about it, but no one has any idea of the reality."

She was describing the first minutes, hours and even days last December, when she discovered she had breast cancer. "It was numbing," she says.

But quickly, Karen found a very special team close to home at Hackettstown Medical Center. They knew exactly what she needed — medically and emotionally.

"To a person, starting with the people at the front desk, everyone was unbelievably friendly, caring and upbeat," she says. "They made a great difference in helping me through everything."

"It's amazing what we've assembled here," says Maithili Rao, MD, medical director of laboratory, infusion and transfusion services at Atlantic Health System's Hackettstown and Rockaway locations. "Our services, technology and care are exceptional, so patients like Karen don't have to drive an hour or more to get the highest quality of care available."

For months through treatment — surgery, chemotherapy, reconstructive surgery and radiation — Karen has leaned heavily on the expertise and compassion of this team. She has also developed valued friendships with both staff and other patients, even connecting with some on Facebook.

"Our patients and staff are a close-knit community," Dr. Rao says. "We give every one of our patients the best possible experience, and I feel blessed that we have such a great team."

Though Karen was once "numbed" by the experience, she now calls a few aspects "fun."

"I have six wigs, all different lengths, colors and styles," she says with a laugh. "The staff never knows which 'Karen' is going to walk through the door! It's fun."

Karen says that through the whole experience, including fears, challenges and hurdles, the new friends she has at Hackettstown helped her live up to her personal motto, "Push through. Just push through."

"I couldn't have done it without them," she says. ▀



"Starting with the people at the front desk, everyone was unbelievably friendly, caring and upbeat. They made a great difference – helping me through everything."

– Karen Valle

ATLANTIC MEDICAL GROUP

Dr. Rao is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. She can be reached at 973-379-2111.

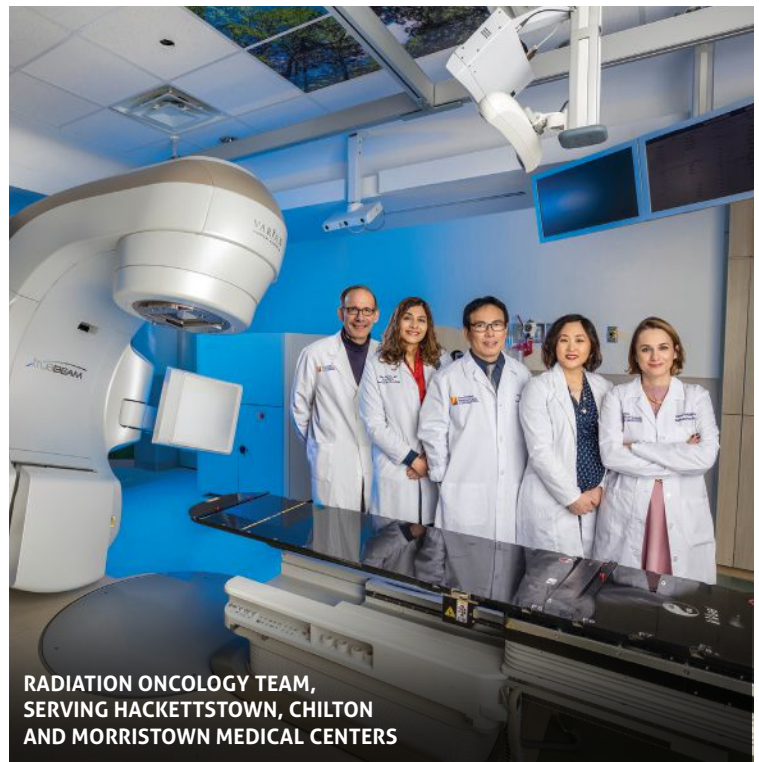
Cancer Center Expands Services With New Technology

Hackettstown Medical Center is one of five facilities in New Jersey now offering TrueBeam® for the treatment of cancer patients. Called a high-performance linear accelerator (LINAC), the machine delivers high-energy X-rays that adjust to the shape of the tumor being treated. According to Yana Goldberg, MD, medical director, Radiation Oncology at Hackettstown Medical Center and Radiation Oncology Associates of North Jersey, the TrueBeam technology allows doctors to treat patients with deep-seated tumors through a procedure called stereotactic body radiotherapy, where high doses of radiation are used to kill tumors.

One of the challenges in treating cancer with radiation therapy is making sure that the tumor is precisely targeted without damaging other areas of the body. "We obtain a special CAT scan to verify the position of the tumor to allow us to treat it with more precision and accuracy," says Dr. Goldberg. "With the TrueBeam® radiotherapy system we zoom in to the tumor to treat exactly where we want to treat thus avoiding damage to other areas."

The machine works by rotating around the body to administer radiation from various angles. Beams of energy with various intensities are aimed at a tumor or specific area to accurately hit the target. According to Donia Lombardo, manager of radiology and radiation oncology, "as the patient breathes the body moves and it could be radiating another area. The machine has the ability to synchronize radiation beams while the patient is breathing which provides more comfort for the patient."

The addition of TrueBeam technology to Hackettstown allows doctors from Radiation Oncology Associates of North New Jersey to extend services to patients with prostate or breast cancer, in addition to other cancers, at Hackettstown. "We have vast experience in treating patients with this technology," says Dr. Goldberg. "We're able to offer state-of-the-art services to local patients so they don't have to go out of the region, which is very exciting."



**RADIATION ONCOLOGY TEAM,
SERVING HACKETTSTOWN, CHILTON
AND MORRISTOWN MEDICAL CENTERS**

SOME OF THE OTHER CANCERS WE TREAT WITH TRUEBEAM INCLUDE:

- cancers anywhere in the body
- lung
- liver
- breast
- prostate
- brain
- head and neck
- abdomen
- pelvis
- spine

According to Lombardo, the hospital's Joan Knechel Cancer Center has received radiation oncology accreditation from the American College of Radiology. This involves a rigorous third-party review of the facility's personnel, equipment, treatment planning, and treatment records, and includes patient safety and quality control assessments. ▲

ATLANTIC MEDICAL GROUP

Dr. Goldberg is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Goldberg and Radiation Oncology Associates of North Jersey can be reached at 908-441-1500.

For more information on cancer treatment at Hackettstown Medical Center, contact the Joan Knechel Cancer Center at 908-441-1500.



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

Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

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

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

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

functions. It includes:

- Bionic, assisted movement systems, such as the motorized exoskeleton system by Ekso Bionics and the Bionik InMotion ARM, which help patients walk and to regain movement to their arms following stroke, spinal cord injury, orthopedic surgery, multiple sclerosis and more
- A state-of-the-art gym with new equipment such as a total body movement simulator
- A simulated home space, with a full kitchen, bathroom, and a washer and dryer, to practice return-to-home activities
- Bariatric rooms designed for obese patients and a specialty bathroom allowing chair-bound patients to be bathed
- A secured and monitored brain injury unit with a dedicated gym
- Multiple surfaces to practice real-world walking, a ramp, stairs, and a simulated curb with a wheelchair cutout

For more information, please visit atlanticrohabinstitute.com.

MAKING THE TRANSITION COORDINATING MEDICAL NEEDS AFTER LEAVING THE HOSPITAL

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

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

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

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

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

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

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

– Maureen Sweeney-McDonough



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

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

Dietitians Support Patient Recovery With Nutritional Expertise

When you have had an illness or injury, your body works hard to repair itself. Choosing the right foods while you are in the hospital can be especially important for recovery and continued health after discharge. The registered dietitians of Atlantic Health System work in all areas of the medical system. Working with the multidisciplinary team, they provide individualized nutrition care to patients.

Registered dietitians are the experts in providing nutrition care. To become a registered dietitian, one must complete an undergraduate degree with an accredited program, complete an internship, and pass a national examination. They maintain their credentials with ongoing continuing education and many have specialty certifications in areas such as critical care and diabetes. The registered dietitians at Atlantic Health System are experts in medical nutrition therapy, preventive medicine, behavioral change strategies, mindfulness training, and the latest nutrition research.

DIETITIANS' ROLE IN THE HOSPITAL SETTING

Many health conditions, such as wound healing, require increased calorie, protein, and vitamin and mineral intake. Types of interventions can include diet modification, provision of alternative foods, and supplementation of specific nutrients. "We're a piece of the whole multidisciplinary medical team," says Jane DeWitt, RD, manager, Food and Nutrition Services. "We may notice that a patient isn't eating or that they have a weight loss and so we might write an order for a special diet."

The registered dietitians at Atlantic Health System are experts in medical nutrition therapy, preventive medicine, behavioral change strategies, mindfulness training and the latest nutrition research.

"We may notice that a patient isn't eating or that they have a weight loss and so we might write an order for a special diet."
— Jane DeWitt, RD



ROLE OF THE DIETITIAN ONCE YOU ARE HOME

After discharge, outpatient nutrition counseling is available for a wide range of chronic health conditions to ensure patients have continued nutrition success.

Registered dietitians are also the go-to experts to help you with your day-to-day nutrition. Our outpatient dietitians provide nutrition counseling that can help you lose weight, improve your diet and create meal plans, and also help you make dietary changes to manage chronic diseases like high blood pressure or diabetes. "What's challenging is that patients will come in and say, 'I read this on the Internet,' and you're competing with information that might not be valid," says DeWitt. "Part of our job is to explain why that may or may not be accurate." ▲

For more information, contact Hackettstown Medical Center's outpatient nutrition services at 908-441-1482.

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



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

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

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

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

"As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people," said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. "We are proud to partner with these leading health care organizations, each of which has its own unique

strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole."

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

SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:

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

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



RIBBON CUTTING FOR THE NEW ATLANTIC MATERNAL-FETAL MEDICINE PROGRAM

Delivering Specialty Care for Moms-to-Be

Expectant mothers in Sussex and Warren counties, especially those who may be at risk for complications, no longer need to travel far for comprehensive prenatal care and support. Newton Medical Center recently opened the Atlantic Maternal-Fetal Medicine program to make access to these specialists more convenient for pregnant women and their unborn children.

According to Kolawole “Yinka” Oyelese, MD, Atlantic Maternal-Fetal Medicine director and specialist at Newton Medical Center, maternal-fetal medicine provides specialized care and intervention for many conditions that can affect pregnant women, including gestational diabetes and preeclampsia – or pregnancy-induced high blood pressure (see sidebar).

Dr. Oyelese explains that maternal-fetal medicine specialists identify which women and their unborn babies are at risk for complications, and then take steps to prevent or treat those complications. “We have special training to handle any problem with mother or baby, even for the most complicated pregnancy,” he says. “Providing these services at Newton gives pregnant women convenient access to this high level of care.”

That care includes ultrasounds, genetics counseling – evaluation of potential inherited medical risks, diabetes education, nutritional counseling and nonstress tests – a non-invasive testing procedure that monitors a baby’s movements and heartbeat.

“By discovering any problems early, we can often treat them before delivery,” Dr. Oyelese says. ▲

To reach a maternal-fetal medicine specialist at Newton Medical Center, call 973-579-8450.



Warning Signs of Preeclampsia – High Blood Pressure Related to Pregnancy

Preeclampsia, high blood pressure related to pregnancy, can cause damage to the kidneys and other organs. Call your doctor immediately if you have these signs:

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

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

Working with your obstetrician or midwife, a maternal-fetal medicine specialist can help most women have the healthiest pregnancy and birth possible.

Bucket Brigade II: Remembering Our Roots ... Forging Our Future

On weekends during three summers in the late '60s/early '70s, area residents – young and old alike – could be found holding buckets at intersections in Hackettstown. Families, scout troops, sports teams, church groups and many others lined the local streets, stopping cars on their way to the Poconos via Route 46/Main Street, to collect donations to build Hackettstown Community Hospital.

That “Bucket Brigade” – also sometimes referred to as “Operation Coin Toss” – raised an impressive \$101,000 during those three summers, an amount that equates to \$715,000 today.

Remembering our roots, the Foundation for Hackettstown Medical Center has created a “virtual” new Bucket Brigade (BBI) campaign, with the goal of raising \$715,000 in three years for Hackettstown Medical Center. No longer relying on actual buckets, we’re offering donors the ability to donate online and at certain hospital events between now and 2022.

The Foundation for Hackettstown Medical Center’s Bucket Brigade II campaign will allow Hackettstown Medical Center to remain on the forefront of medical and technological advances and continue to provide safe, high-quality health care, close to home.

Bucket Brigade II will provide support for a variety of high-priority programs and services such as medical technology, equipment and facility renovations – all remaining local with Hackettstown Medical Center. Some focus projects will include:

- Advanced technology for the Joan Knechel Cancer Center
- Continued Emergency Department renovations
- Expansion of an operating room to create a multiuse state-of-the-art Interventional Lab, replacing the current Vascular Lab and more



BUCKET Brigade II

WE NEED YOUR HELP

Just as with the original Bucket Brigade, every gift matters, both large and small, so please consider donating now. Every “drop in the bucket” remains local with Hackettstown Medical Center and helps build our future—you’ll be reinforcing a stronger, healthier community for you and your family. Thank you.

Please visit atlantichealth.org/bucketbrigade to donate now.

WE’D LOVE TO HEAR FROM YOU

Do you remember the original Bucket Brigade and would like to share your story? Please email foundation.hmc@atlantichealth.org or call 908-850-6722.



ATLANTICHEALTH.ORG/BUCKETBRIGADE

community calendar Fall 2019/Winter 2020

BEHAVIORAL HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Behavioral Health events take place at Counseling and Addiction Center, 653 Willow Grove St., Hackettstown, NJ 07840.			
	Mondays and Thursdays, 5:00-6:00pm	ADOLESCENT OUTPATIENT PROGRAM Serves adolescents 13 to 18 years of age who meet criteria for a substance use disorder.	For more information or to enroll in a program, call 1-888-247-1400. FEE: Most insurance plans are accepted, including Medicare and Medicaid.	
	Mondays and Thursdays, 6:00-7:30pm	ADULT OUTPATIENT PROGRAM Serves adults 18 and older who meet criteria for mild substance use disorders.		
	Mondays, Tuesdays and Thursdays, 9:00am-Noon; OR Mondays, Wednesdays and Thursdays, 6:00-9:00pm	ADULT INTENSIVE OUTPATIENT PROGRAM Includes a family group component for family members of clients attending IOP.		
Mondays and Thursdays, 9:00-10:30am OR 6:00-7:30pm	AFTERCARE PROGRAM A relapse prevention program for individuals who complete the adult intensive outpatient program.			

COMMUNITY CARELINKS

A community-based, integrated care management program that improves quality of life and promotes health from a person-centered perspective.

For more information, email communitycarelinks@atlantichhealth.org or call 908-441-1561.

CANCER CARE	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	CANCER THRIVING AND SURVIVING WORKSHOP Cancer survivors who have completed treatments and their caregivers will discuss common survivorship problems, exercise tips, therapies, communication tactics, nutrition and setting priorities. Sponsored by the Sussex Warren Chronic Disease Coalition. Center for Healthier Living, 108 Bilby Road, Hackettstown, NJ 07840	To register, call 908-475-7960. FEE: FREE

COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Various dates and times	Health education lectures and programs are offered on various topics. Visit atlantichhealth.org/classes for a complete list.	To register, call 1-800-247-9580. FEE: FREE	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax)
	Various dates and times	FALL RISK SCREENING Identify potential balance problems that may increase your risk of falling. Hackettstown Medical Center, Therapy Department, 651 Willow Grove St., Hackettstown, NJ 07840	To schedule an appointment, call 908-850-6925. FEE: FREE	
	Various dates and times	MOVE-RIGHT EXERCISE PROGRAM Receive a fitness assessment and individualized exercise program, including access to the Community Fitness Center. Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840	To schedule an appointment, call 908-441-1348. FEE: CALL FOR PRICING	BASIC LIFE SUPPORT AND FIRST AID For a list of available classes and online registration, log on to atlantichambulance.org/atlantich-training-center , or call 908-522-2323.
	Various dates and times	SLEEP CENTER Get information on snoring, sleep apnea or other sleep-related disorders. Hackettstown Medical Center, Sleep Lab, 651 Willow Grove St., Hackettstown, NJ 07840	For more information, call 908-850-7744. FEE: CALL FOR DETAILS	
	Various dates and times	SMOKING/VAPING CESSATION PROGRAM Learn techniques that can help you quit. Nicotine replacement products will be provided at no cost. An assessment is required to participate. Preregistration is required.	To register, call 908-979-8797. FEE: FREE	

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

DIABETES WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MEDICAL NUTRITION COUNSELING Individual sessions are available. Various dates and times For more information, call 908-441-1258. FEE: Most insurance plans accepted.	
	All Diabetes Wellness events take place at Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840.				
	Wednesdays, 10:00am-Noon	DIABETES SELF-MANAGEMENT EDUCATIONAL SERIES These classes are designed for individuals diagnosed with diabetes and provide education about living a healthy life managing this disease. Coming soon: Additional classes to be offered. Call for details.	For more information and to register, call 908-441-1258. FEE: MOST INSURANCE PLANS ACCEPTED		
	Fourth Monday of the month, 7:00-8:00pm	DIABETES SUPPORT GROUP The Diabetes Support Group is filled with opportunities to learn about diabetes self-management. Guest speakers, group discussion, cooking demonstrations, and a variety of learning styles make the group engaging and beneficial.	For more information, call 908-441-1258. FEE: MOST INSURANCE PLANS ACCEPTED		

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	NEWTON MEDICAL CENTER MATERNITY CENTER TOUR The Maternity Center Tour gives our participants an overview of labor, delivery and postpartum. Various dates and times Newton Medical Center, 175 High Street, Newton, NJ 07860 FEE: FREE To register, call 1-800-247-9580.	
	All Parenting & Childbirth events alternate between Newton Medical Center, 175 High Street, Newton, NJ 07860 and Center for Healthier Living, Hackettstown Medical Arts Building, Suite 101, 108 Bilby Road, Hackettstown, NJ 07840. To register, call 1-800-247-9580 or visit atlantichealth.org/calendar .				
	Various dates, 6:30-8:30pm	BABY CARE CLASS Expectant mothers and their support person will learn the tools to care for their newborn. Topics will include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, feeding, and when to call the baby's doctor. Safety issues will also be addressed, including sleeping, cribs, car seats, baby products and baby-proofing your home.	FEE: \$30 PER COUPLE		
	Various dates, 6:30-9:00pm	BREASTFEEDING Expectant mothers and their support person will learn various aspects of breastfeeding. This will include breast milk production, positioning, latch, nutrition, and avoiding common problems to support your breastfeeding experience.	FEE: \$40 PER COUPLE		
Various dates, 8:30am-3:30pm	PREPARED CHILDBIRTH This class covers the stages of labor, comfort measures, hospital routines, cesarean birth, labor variations, relaxation and breathing techniques, and more.	FEE: \$130 PER COUPLE			

SENIOR HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	PREOPERATIVE JOINT REPLACEMENT CLASS Patient education class for individuals getting or wanting more information on total hip/ knee replacement surgeries. Light refreshments will be served. Newton Medical Center, 175 High Street, Newton, NJ 07860 Wednesdays (except holidays), Nov. 6, Dec. 4, Jan. 2, Feb. 5, March 4 FREE
	Various dates and times	ATLANTIC HOME CARE Atlantic Home Care provides visiting nurse and rehabilitation therapist services to Warren, Sussex, Morris, Somerset, Union and Essex counties. Services are covered under Medicare and most insurance plans.	For more information, call 973-379-8472.	
	Once a month, various times	UNITED WAY CAREGIVERS COALITION A group of dedicated caregivers who share a commitment in improving the lives of all caregivers. The Coalition meets once a month in five counties – Morris, North Essex, Somerset, Sussex and Warren. All are welcome.	For more information, visit unitedwaynj.org/caregiverscoalition or email caregiverscoalition@unitedwaynj.org FEE: FREE	

SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	COUNCIL 1 NEW JERSEY STATEWIDE SELF-ADVOCACY GROUP Support for people with disabilities to be their own advocates and to know their rights and responsibilities. Third Thursday of the month, 5:00-7:00pm Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840 FEE: FREE For more information, call 732-743-8345 or email aritchey@arcnj.org .	
	All Support Group events take place at Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840.				
	Second Thursday of the month, 12:30-1:30pm	BETTER BREATHERS CLUB A program by the American Lung Association. Support group for people with chronic lung disease and their loved ones.	To register, call 908-979-8797. FEE: FREE		
First Wednesday of the month, 12:30-1:30pm	HEALTHY HEARTS GROUP This group is for individuals with cardiac disease such as congestive heart failure, high blood pressure and coronary artery disease. Meets the first Wednesday of every month at Hackettstown Medical Center in the Dining Room Conference Center.	To register, call 908-850-6819. FEE: FREE			

WEIGHT LOSS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MS SELF HELP SUPPORT GROUP OF WARREN CO. National MS Society support group For more information, call Cynthia at 908-645-3802 or Michele at 908-727-3542. Second Monday of every month, 7:00-9:00pm FREE
	Various dates and times	WEIGHT LOSS SURGERY WEBINAR Led by one of our fellowship-trained bariatric surgeons, this webinar gives an overview of the most effective bariatric procedures performed, how much weight you can lose, health benefits and qualifications. Access to a computer required.	Register at njbariatriccenter.com under Free Seminar. FEE: FREE	

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

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