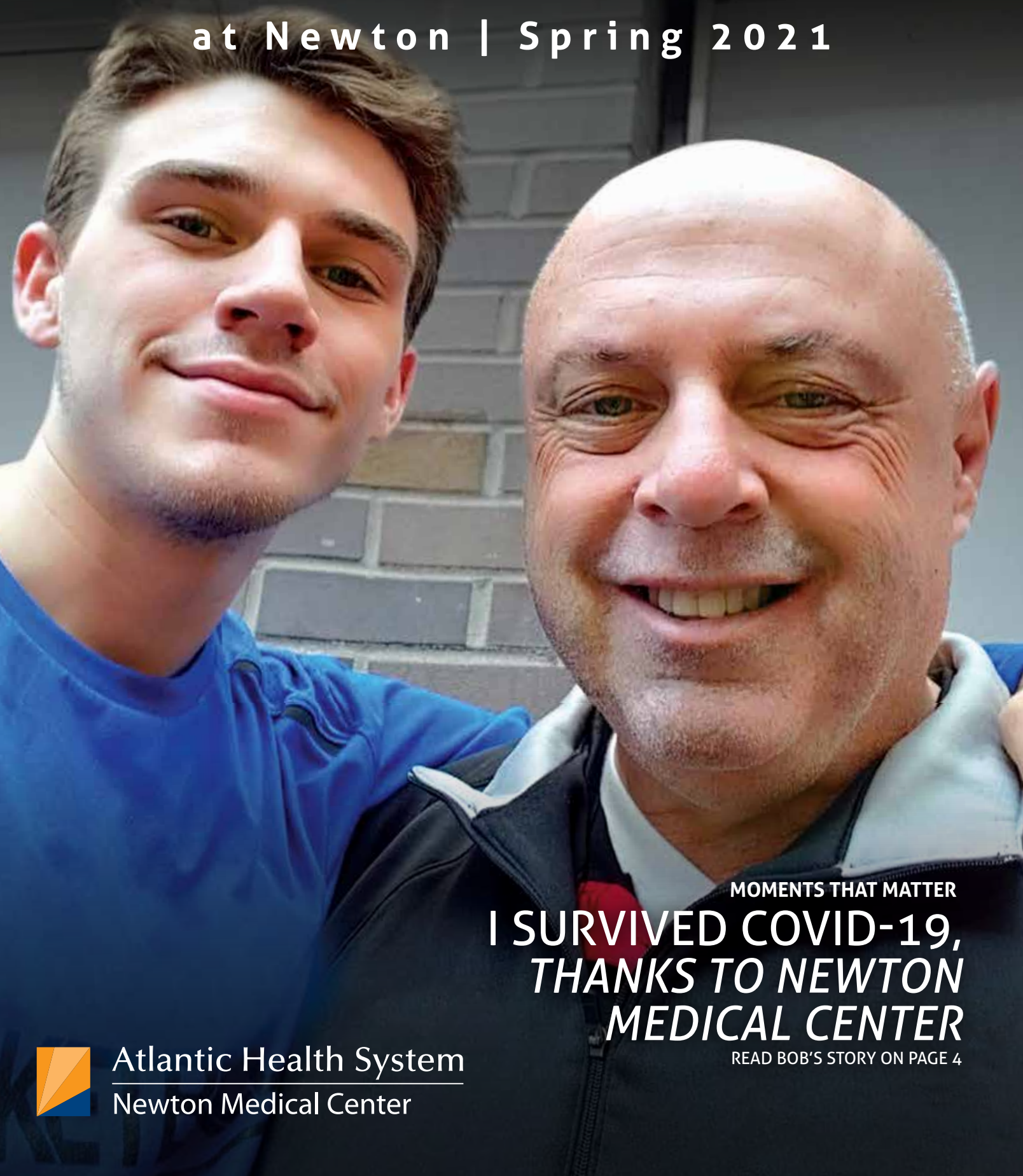


# AtlanticView

at Newton | Spring 2021



MOMENTS THAT MATTER

**I SURVIVED COVID-19,  
THANKS TO NEWTON  
MEDICAL CENTER**

READ BOB'S STORY ON PAGE 4



Atlantic Health System

Newton Medical Center

## LETTER FROM THE PRESIDENT

Greetings,

We're excited that the COVID-19 vaccines that have been developed are allowing us to see a light at the end of the tunnel. As we follow federal and state guidelines for immunizations, we hope to soon be able to offer a vaccine to all who want one.

We're proud that Newton Medical Center has received the Stroke Care Excellence Award from Healthgrades (for three years in a row), placing it in the top 10% in the nation for treatment of stroke. In addition, Newton received 5-star ratings in nine other specialties. Other recent awards include 2021 Blue Distinction for Maternity Care from Horizon Blue Cross Blue Shield of New Jersey and an "A", the highest rating for hospital safety, from the Leapfrog Group.

As we look forward to a time when we can once again participate in group activities, family gatherings, and sporting events, remember that Newton Medical Center has and will continue to be here for you, providing a safe place for babies to be born, cancer patients to be treated, and emergencies to be handled.



**Robert Adams, FACHE**  
President, Newton and  
Hackettstown Medical Centers

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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 Institute. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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OFFICIAL  
HEALTH CARE  
PARTNER

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### WE WANT TO HEAR FROM YOU

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

Review us on Facebook, Google or Yelp.

## 4 MOMENTS THAT MATTER: I SURVIVED COVID-19



# 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. We are administering vaccines daily at clinics in Hackettstown, Newton, Rockaway and Mountain Lakes and planning new clinic launches in the coming weeks as our vaccine supply increases. Please visit [atlanticealth.org/covidvaccine](http://atlanticealth.org/covidvaccine) to sign up for appointment alerts.

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



### NEWTON MEDICAL CENTER RECOGNIZED BY HEALTHGRADES AS TOP 10% IN THE NATION FOR TREATMENT OF STROKE

Newton Medical Center has received 5-star ratings in Heart Failure (11 consecutive years), Heart Attack (two consecutive years), Chronic Obstructive Pulmonary Disease, Bowel Obstruction, Sepsis and Respiratory Failure.

### A One-Stop Shop for Teen Health

Check out the refreshed **TeenHealthFX.com** – your online resource for teenage health and wellness. Ask a question, find answers to commonly asked questions, and read about hot topics. In addition, learn about careers in health care, take a health quiz and more.



Newton Medical Center has earned an "A" rating in patient safety from The Leapfrog Group, a national patient safety group.



Designated  
**BlueDistinction**  
Center+  
Maternity Care

### Designated Experts in Maternity Care

Newton Medical Center, along with Morristown, Overlook and Chilton – all participating in Horizon Blue Cross Blue Shield of New Jersey's networks – have been recognized with 2021 Blue Distinction Centers+ for Maternity Care designation as part of the Blue Cross Blue Shield Association's Blue Distinction Specialty Care program. 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 c-sections, and racial and ethnic disparities.

**To learn more about Blue Distinction, please visit [www.bcbs.com](http://www.bcbs.com) or contact Horizon Blue Cross Blue Shield of New Jersey.**

**NEWTON MEDICAL CENTER WINS BIG** NEWTON MEDICAL CENTER HAS WON "GOLD" FAVORITE FOR "BEST EMERGENCY CARE SERVICES" IN THE NEW JERSEY HERALD'S "BEST OF SUSSEX COUNTY" COMMUNITY CHOICE AWARDS.



# I SURVIVED COVID-19, THANKS TO NEWTON MEDICAL CENTER

In April, 62-year-old Sparta resident Bob Lucas was fatigued, had a cough and was not eating. He had a 102-degree fever for eight days, with sweating and chills – shivering throughout the night. Then he lost his sense of taste and smell. But he thought he could ride it out at home.

## FAMILY LOVE AND ADVICE

“My family kept pushing me to go see my doctor. On April 19, my wife, Sabrina, and my children, Paige, Sara, and Nicholas pleaded with me to make an appointment – so I did. On April 20, my doctor examined me and said due to my symptoms I needed to get to the hospital immediately.” Bob chose to go directly to Newton Medical Center.

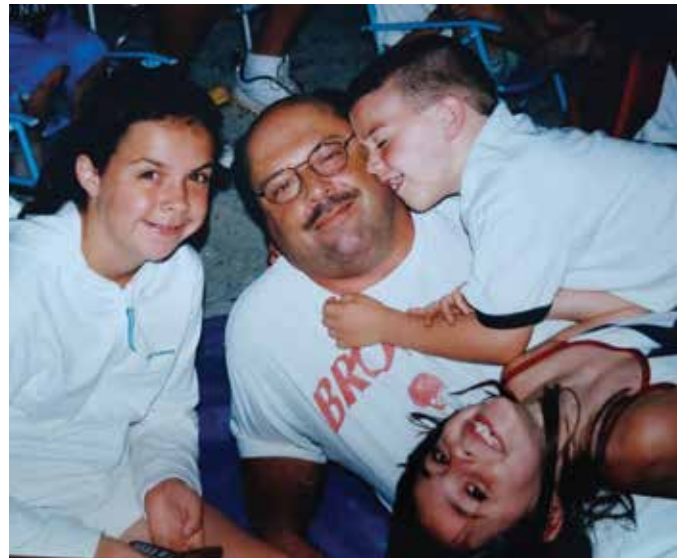
## NEWTON MEDICAL CENTER EMPLOYS ‘LIVING ANGELS’

Bob immediately received critical attention – everything from continuous nursing care, heart monitoring, available oxygen, compassion and even coffee at 3:00am.

“I was awake; I rang the buzzer for the nurse, whose name was Kristine. I asked her for a coffee. Kristine came back with the coffee and brought me some graham crackers. She sat down and talked to me. She said to me that I was going to be OK. She told me that I was going to beat this and not to give up. I know she had a lot of work to do and other patients to see, but she stayed with me and helped me feel better. A living angel,” Bob remarks.

“The nurses and everyone on 2 West always had a smile on their faces and always a kind word, no matter what the time of day,” says Bob. “They were always saying, ‘What can I get you? How can I help you?’ They encouraged me to keep fighting the virus and made sure I was comfortable all the time.”

All of Bob’s children were born at Newton, and he experienced equally good care more than 27 years ago when his first was born. He also had some minor surgery done at the hospital and knew it was the place to go if you were ill.



ABOVE (l-r): Paige, Bob, Nicholas and Sara Lucas; RIGHT: Bob in hospital during treatment



## PHYSICIANS PREPARED FOR COVID-19

Gina Marie Fioriti, DO, visited Bob every day. His recovery plan was taking hold and by April 24, his symptoms had decreased. “My breathing improved, and I got better day after day. With the work of Dr. Fioriti and the grace of God, I am here today,” Bob says gratefully.

Dr. Fioriti visited Bob in the morning. She said, “Can you get a ride home? If things keep going the way they are going, you can be released on Monday.” Bob was feeling better and made plans to go home. “Dr. Fioriti and her consistent attention basically saved my life. What a wonderful person and dedicated physician,” says Bob.

“It would have been easy for them to give up on me. But they didn’t,” Bob exclaims. “I can never thank the doctors and nurses enough for sticking with me and winning the fight against this virus. I owe you my life, and I am forever grateful.”

Bob advises that if you are choosing a hospital because you are having a baby, minor surgery or facing a disease, Newton Medical Center should be your choice for care.

“Newton Medical Center saved my life. They have to be the best to beat this disease. From the doctors and nurses, to the cleaning and food service, they knew how to take care of a very sick person and how to make me physically and emotionally well. I am forever grateful,” says Bob. ▲

# 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 [atlantichealth.org/covidrecovery](https://atlantichealth.org/covidrecovery).**



**Atlantic Health System**



## Urgent Care Centers Offer Convenience and Quality Care

When injuries or illness happens, it's always a relief to know that medical care is close to home. With the Sparta and Newton urgent care centers, located in Sussex County, you can be assured of receiving prompt quality care when you need it.

"Urgent care centers provide a convenient as well as a lower cost setting for people who need to be seen urgently," says Paul Marmora, vice president, Ambulatory Care at Atlantic Health System. "In the past, you either had to get an appointment with your physician or sit in an emergency room. The urgent care centers provide convenient access."

"The urgent care centers feature on-site testing with state-of-the-art equipment, in addition to wellness services for our community. Our treatment tools and equipment is state of the art," says Bob Adams, president, Hackettsown and Newton medical centers.

COVID-19 testing is available for patients by appointment at Newton Urgent Care. Each center also offers virtual visits with a telehealth professional. Using the phone or videoconferencing, patients can discuss their symptoms with a medical professional and receive treatment recommendations.

A range of injuries and illnesses can be treated at an urgent care center, including accidents, cold and flu, or infections. Wellness services include vaccinations and immunizations, as well as pediatric physicals for extracurricular activities.

According to Marmora, "Atlantic Health System has a strategy of expanding urgent care centers throughout the northern areas of the state. We're trying to bring as many of these throughout our service area for the convenience of our patients." ▲

**Visit [atlantichealth.org/urgentcare](https://atlantichealth.org/urgentcare) for more information.**

### *Newton Urgent Care*

📍 181 High Street,  
Newton, NJ 07860 📞 973-383-9898

*Hours:  
Monday – Sunday 9:00am to 8:30pm*

### *Sparta Urgent Care*

📍 372 Lafayette Road, Suite 101  
Sparta, NJ 07871 📞 973-383-9898

*Hours: Monday – Sunday 7:30am to 5:00pm*

# FOUNDATION NEWS

## The Healing HEARTS Project



Recently, Newton Medical Center Foundation embarked on a \$1.4 million campaign to fund a new Cardiac Cath Lab imaging system in the Charles L. Tice Heart Center. This state-of-the-art technology offers a comprehensive suite of functionality customized for a wide range of procedures including percutaneous coronary intervention (PCI) for STEMI patients.

STEMI patients are those who are having an acute myocardial infarction (heart attack). With the flat-panel digital detector, it offers excellent visualization of the heart and its chambers. The system is designed from the ground up to provide the image clarity needed to support well-informed decisions.

The interventional field is growing with ever-expanding capabilities and migration to less invasive, safer and more cost-efficient procedures. With this new technology and advanced interventional imaging software, clinicians can expand their versatility and successfully plan, guide and assess

increasingly sophisticated procedures with greater precision and dose efficiency. ▲

***Newton Medical Center is committed to investing in cutting-edge technology, cardiology services close to home and saving more lives in our community. To learn more information or how you can make a gift to the Healing HEARTS Project, visit [www.atlantichealth.org/newtonfoundation](http://www.atlantichealth.org/newtonfoundation) or call 973-579-8309.***

## community calendar Spring 2021

Welcome to your Newton Medical Center Community Calendar. Due to COVID-19, many of our classes will be held virtually or rescheduled. Call the telephone number listed or email the contact person for more information. Please visit [atlantichealth.org/calendar](http://atlantichealth.org/calendar) for up-to-date information.

### BEHAVIORAL HEALTH

For up-to-date information on Newton Medical Center events, call 1-888-247-1400.  
For up-to-date information on Milford Health and Wellness Center events, call 570-409-8484, ext. 4.

### DIABETES AND NUTRITION

For up-to-date information, call 973-579-8341.

### PARENTING AND CHILDBIRTH

Newton Parent Ed now has Childbirth Education, Breastfeeding, and Baby Care on ZOOM (various dates).  
Register online at [atlantichealth.org/classes](http://atlantichealth.org/classes).

Third Saturday of every month, Noon

VIRTUAL MINDFUL PREGNANCY

### PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 973-579-8588.

### ORTHOPEDICS

Various dates and times

TOTAL JOINT REPLACEMENT EDUCATION CLASS

**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](http://atlanticehealth.org/doctors).



## COMMUNITY HEALTH CALENDAR

Due to COVID-19, all classes are being held virtually.

| VIRTUAL EXERCISE  | VIRTUAL INTEGRATIVE WELLNESS  | VIRTUAL PROGRAMS  |
|---|---|---|
| \$50 FEE FOR EACH 10 WEEK SESSION   |   | Conservative Treatment of Knee Osteoarthritis<br>Monday, May 10, 2:00pm                             |
| Barre Method Tuesdays, April 13 to June 15,<br>5:30 to 6:15pm   | Arthritis Exercise Program Mondays, April 12 to<br>June 21 (no class May 31), 1:30 to 2:15pm        | Eating for a Healthy Mind Thursday, June 10,<br>10:00am   |
| Better Bones Beginner Thursdays, April 15 to<br>June 17, 11:30am to 12:30pm   | Gentle Yoga Wednesdays, April 14 to June 16,<br>10:30 to 11:30am                                    | Grandparents: Are You Keeping Your<br>Grandchildren Safe Thursday, April 1, 1:00pm                  |
| Better Bones Intermediate Tuesdays, April 13 to<br>June 15 AND/OR Thursdays, April 15 to June 17,<br>10:15 to 11:15am | Meditation for Mindful Well-Being Mondays, April<br>12 to June 21 (no class May 31), 6:30 to 7:30pm | Healthy Living for Your Brain and Body: Tips from<br>the Latest Research Wednesday, April 7, 7:00pm |
| Lite & Fit Tuesdays, April 13 to June 15 AND/OR<br>Thursdays, April 15 to June 17, 2:00 to 3:00pm                     | Qigong Tuesdays, April 13 to June 15,<br>11am to noon   | New Take on Old Foods Wednesday, July 7,<br>11:00am   |
| Muscles in Motion Mondays, April 12 to June 21<br>(no class May 31), 4:30 to 5:30pm                                   | T'ai Chi Wednesdays, April 14 to June 16,<br>11:00am to noon  | No Bones About It Tuesday, May 25, 2:00pm   |
| The Power Hour Wednesdays, April 14 to<br>June 16, 5:00 to 6:00pm   | T'ai Chi Chih – Intermediate Thursdays, April 15<br>to June 17, 11:00am to Noon                     | Relaxing Foods Wednesday, April 21, 7:00pm  |
| Zumba® Fitness Thursdays, April 15 to June 17,<br>5:45 to 6:45pm  | Yoga – Intermediate Tuesdays, April 13 to<br>June 15, 10:00 to 11:00am                              | Senior Nutrition Friday, May 14, 9:00am   |
|   |   | The Senior Living Spectrum: Navigating Housing<br>Options for Seniors Monday, May 17, 10:00am       |
|   |   | Six Pillars of Brain Health Thursday, June 3,<br>7:00pm   |
|   |   | Top Pantry Staples Wednesday, June 2, 7:00pm  |
|   |   | Understanding Alzheimer's Disease and<br>Dementia Wednesday, June 16, 7:00pm                        |

For a complete list of offerings,  
please visit [atlanticehealth.org/calendar](http://atlanticehealth.org/calendar).  
For more information, please call **1-844-472-8499**.