

# AtlanticView

at Newton | Spring/Summer 2019



MOMENTS THAT MATTER  
SECONDS TO  
SAVE A LIFE

Read Jay's Story on Page 6

Medicare Coverage for  
Home Care and Hospice

Transforming  
Cancer Care



Atlantic Health System  
Newton Medical Center

Greetings,

I am proud to share with you that Newton Medical Center's Cancer Care Program has received the American College of Surgeons' program of excellence certification as well as been recognized by Healthgrades as top 10 percent in the nation with five-star ratings for treatment of heart failure, sepsis and respiratory failure.

In this issue of *AtlanticView at Newton*, you'll meet Jay, who had the good fortune to be in the Newton Medical Center parking lot when his heart stopped and received immediate treatment to save his life. You'll also learn the difference between bone tumor and bone cancer, and you'll discover Atlantic Health System's groundbreaking partnership in cancer research. In our Community Calendar, you'll find classes, activities and support groups to keep you busy throughout the year.

Atlantic Health System has once again been named by Great Place to Work® and *Fortune* to its list of "100 Best Companies to Work For." This is the 11th year in a row that we have received this honor. In addition, Atlantic Health System was also named to the "Best Workplaces for Women" list for the fourth year in a row.

Atlantic Health System was also recognized for the "cleanest hands in healthcare" due to its high level of sustained hand hygiene compliance to decrease hospital-acquired infections.

We share these honors to assure you that we take the utmost responsibility to uphold the highest standards and to continually strive to provide the highest quality of care to you, to our staff, and to our communities.

Our electronic health record system, Epic, enables us to seamlessly connect to Morristown Medical Center and all Atlantic System facilities. We've launched Atlantic Anywhere, a new app that allows you to access Atlantic Health System, your medical record, and the ability to schedule an appointment with more than 150 doctors, or even a Virtual Visit.



On behalf of everyone at Newton Medical Center, we wish you and your loved ones a healthy and happy spring and summer.









**JOSEPH DIPAOLO**  
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Newton Medical Center

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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 Newton? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

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Moments That Matter: Seconds to Save a Life



Transforming Cancer Care

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## 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



## 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 the 11th consecutive year on the prestigious annual list.

"Our culture of innovation, trust and respect drives our success," says Brian Gragnolati, president and CEO of Atlantic Health System. "Every member of our team is focused on quality and doing what is best for our patients and their families. As a result, we are delivering the best possible care and ensuring an innovative, collaborative workforce that is excited about the impact of their contributions."

"The strength of our organization is driven by the unique and individualized experiences of our team members and with everything we do, we are focused on providing a culture of inclusion and respect where every person is accepted and appreciated," says Nikki Sumpter, senior vice president and chief human resources officer, Atlantic Health System. "We have a phenomenal culture fostered by teamwork and camaraderie. I continue to be inspired by the commitment of each and every team member."

## Newton Medical Center Receives Cancer Care Program of Excellence Certification



Congrats to the Cancer Care Program at Newton on achieving the American College of Surgeons' Commission on Cancer (CoC) accreditation. The CoC accreditation is the Hallmark of Excellence and awarded to cancer care programs that have made a commitment to providing high-quality, comprehensive, multidisciplinary, patient-centered care.



**Atlantic Health System's Newton Medical Center** was recognized among the top 10 percent in the nation for treatment of stroke, as well as received five-star ratings for treatment of the following conditions – heart failure, respiratory failure and sepsis.

## 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 Newton 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.

Visit [atlantichealth.org/atlanticanywhere](http://atlantichealth.org/atlanticanywhere).



## ATLANTIC HEALTH SYSTEM RECOGNIZED FOR HAVING THE 'CLEANEST HANDS IN HEALTHCARE'

DebMed has awarded Atlantic Health System the 2018 Hand Hygiene Excellence Award for having the "cleanest hands in healthcare" due to its high level of sustained hand hygiene compliance.

With initial goals to decrease hospital-acquired infections and accurately measure hand hygiene compliance, Atlantic Health System introduced the DebMed Electronic Hand Hygiene Compliance Monitoring System in July 2015. Atlantic Health System expanded use of the DebMed program to its six hospitals, achieving a sustained 57 percent improvement over baseline during a 12-month period.

The DebMed Electronic Hand Hygiene Compliance Monitoring System is the only research-based, badge-free system able to track compliance based on the World Health Organization's "5 Moments" and the CDC's hand hygiene standards



## 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.

# BONE CANCER vs. BONE TUMOR



**James C. Wittig, MD, internationally recognized orthopedic oncologist**

When diagnosed with a bone tumor or bone cancer, some patients may not understand all of their options when determining which medical professional they should contact first.

“The terms bone cancer and bone tumors are very general terms,” says James C. Wittig, MD, chairman of Orthopedic Surgery, Morristown Medical Center; and medical director of Orthopedics, Orthopedic Oncology and Sarcoma Surgery, Atlantic Health System. “Bone tumor refers to an abnormal growth in the bone. There are many different types of bone tumors, both benign and cancerous. A bone cancer is a malignant type of bone tumor.”

When a bone cancer arises directly from the bone, it is called a primary bone cancer or a sarcoma. When a different type of cancer spreads from another site, such as a breast cancer, to the bone, it is considered a secondary bone cancer, also called a metastatic bone cancer.

## TAILORED CANCER TREATMENTS

Primary sarcomas are treated with specific chemotherapy regimens and often surgeries designed to save the limb (limb-sparing). Secondary bone cancers are treated according to where the cancer started. For instance, a breast cancer that spread to the bone would be treated with chemotherapy specific for breast cancers.

Common examples of cancers that can spread to the bone include breast cancer, lung cancer, prostate cancer, kidney cancer, thyroid cancer and gastrointestinal cancer. Both sarcomas and metastatic bone cancers can be debilitating if left untreated, or greatly impact mobility and lifestyle.

“It is important to differentiate between the various types of cancers that affect the bone because each has its own type of treatment and prognosis,” Dr. Wittig says.

## CHOOSING THE RIGHT SPECIALIST

When any tumor involving the bones is diagnosed, patients have a number of options of which physician to contact first. An oncologist is a doctor who treats cancer and provides medical treatments for a person diagnosed with cancer. The field of oncology has three major areas: medical, surgical and radiation.

An orthopedist is trained in the diagnosis, treatment, prevention and rehabilitation of disorders, injuries and diseases of the musculoskeletal (bones, joints, ligaments, muscles, nerves and tendons) system of the body.

Orthopedic oncologists are highly trained to treat cancers and other tumorous conditions of the musculoskeletal system. They are skilled in addressing benign or noncancerous tumors, bone and soft tissue sarcomas (primary musculoskeletal cancers), and pathologic fractures, which may result as a side effect from various cancers, Paget’s disease or osteoporosis.

## ATLANTIC ORTHOPEDIC ONCOLOGY AND SARCOMA PROGRAM

Atlantic Health System recently launched its orthopedic oncology program for patients diagnosed with a bone tumor or soft tissue tumor. Led by Dr. Wittig, an internationally recognized orthopedic oncologist, Atlantic Health System’s new orthopedic oncology program treats both adults and children and is one of only a few programs in the region to offer limb-sparing surgery for sarcomas.

“Patients who believe they have bone cancer or a bone tumor should reach out to an orthopedic oncologist, who can clinically and critically assess the patient with a multispecialist team, ‘grade’ the tumor, and develop an understanding of how the tumor is impacting the patient’s musculoskeletal system and life,” Dr. Wittig says. “Almost all patients with a primary sarcoma can be successfully treated with a limb-sparing surgery instead of an amputation.”

The orthopedic oncology team develops an individualized, patient-specific approach taking diagnostic, clinical and lifestyle factors into consideration, and – in partnership with the patient and their support system – determine a tailored treatment plan.

In addition to medical needs, Atlantic Health System patients also benefit from cryosurgery, access to clinical trials that offer the latest advancements in technology and treatments; lymphedema management; nutrition and dietary education; pain management; art therapy; integrative therapy, including reiki healing and energy work; and patient and caregiver support groups. ▲

**Atlantic Health System’s new orthopedic oncology program treats both adults and children and is one of only a few programs in the region to offer limb-sparing surgery for sarcomas.**

To find out more information about Atlantic Orthopedic Oncology and Sarcoma and Dr. Wittig, visit [atlantichhealth.org/orthooncology](http://atlantichhealth.org/orthooncology). Dr. Wittig can be reached at 1-833-292-2663.

# SECONDS TO SAVE A LIFE

**D**riving home after a regular four-times-a-week workout last fall, Jay Ziegler, 55, of Andover Township, NJ, knew something was wrong. His choice to go directly to Newton Medical Center put him on a fast track to care that saved his life. It's a path that even amazes the medical teams involved.

"I don't recall all the details," says the father of five. "But I knew about Newton, and I vaguely remember driving myself there."

At Newton Medical Center, Andrenise Sainte-Joseph, a patient care technician who was on the second floor, saw Jay through a window, collapsed in the parking lot. She used the emergency paging system to alert a team. Several members from the Emergency Department (ED) responded, including Kyle Wilson, assistant nurse manager of the ED. "I arrived to find Jay laying on his side against the curb and immediately began chest compressions," says Wilson. Once in the Emergency Department, team members worked quickly to stabilize him. "By doing our lab work and evaluation, we suspected that Jay had suffered a massive heart attack," says Mark Welber, DO, an ED physician for Newton Medical Center. Once he was stabilized, the team arranged for helicopter transport to the Level I Trauma Center at Morristown Medical Center, a hospital with top rankings nationwide for heart care.

Jay had a cardiac arrest, meaning his heart suddenly stopped beating. He also had a 100 percent blockage in the largest and most important artery of the heart. Brain tissue starts dying in less than four minutes after a cardiac arrest. So, he was fortunate to be in the care of a wide-ranging variety of experienced employees at two Atlantic Health System campuses.

"Everyone involved paid attention to the details that day, every single one," says John Cosmi, MD, an interventional cardiologist for Morristown Medical Center. "Since all of our hospitals are on the Epic electronic medical record system, I was able to view Jay's EKG from Newton electronically from my computer

at Morristown Medical Center. So I knew immediately that this was a heart attack, and I knew that very quickly." If anyone had missed a sign or signal, he wouldn't have made it. They were an amazing team. It's an amazing story."

Staff at Newton alerted those at Morristown that Jay was on the way. "Because of that, even before he arrived, we were ready for him," Dr. Cosmi says. "That information gave us more confidence that he got treatment in time, that we would have a good outcome here."

Dr. Cosmi and his team performed a heart catheterization to open up blood flow to the brain. They were also concerned about damage to the brain. Research shows that reducing the body temperature, or hypothermia, can protect the brain in situations like this.

"We didn't want to waste any time," Dr. Cosmi says. "So even while I was performing the catheterization, nursing staff started hypothermic protocols. It's a very complicated procedure, with a checklist of 50 steps. But everyone knew what to do."

Reviewing the sweeping number of people who worked so well that day, Jay says his choice to go to Newton Medical Center is why he is alive.

"If I'd not gone there, the results would not have been the same," he says. Today, he, his wife of 25 years and their children have a story to tell of how seconds matter. "I couldn't have known what was lurking inside my heart, but I knew enough to trust the people at Newton." ▲

**To find out more information about Dr. Welber and Atlantic Health System-affiliated providers, visit [atlantichhealth.org/doctors](http://atlantichhealth.org/doctors).**


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#### ATLANTIC MEDICAL GROUP

Dr. Cosmi is part of Atlantic Medical Group, a multispecialty group of health care providers. For more information, visit [atlanticalmedicalgroup.org](http://atlanticalmedicalgroup.org). Dr. Cosmi can be reached at 908-979-1302.

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***If you believe you are experiencing a true medical emergency, please call 911 for ambulance transportation.***



"You're only as strong as your team. We mobilized all the resources the hospital had. We know how to take care of emergencies very well in the emergency room. But when things happen outside of the emergency room, it's great to know that the whole hospital has our back and springs into action to do what's best for the patient."

– Anthony J. Brutico, DO,  
medical director,  
Emergency Department,  
Newton Medical Center



# Medicare Coverage for Home Care and Hospice

**D**id you know that Medicare pays for visiting nurses and rehabilitation therapists to help you heal at home? Medicare will pay for short-term, intermittent skilled care from a Medicare-certified home care agency such as Atlantic Home Care and Hospice. Often, your physician orders home care after a hospitalization or rehab stay. But he/she may also see a need to order these services from his/her office to prevent hospitalization. The focus of care is to return you to independence through rehabilitation and education.

In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound (leave your home infrequently with the assistance of another person, usually for doctor's appointments), and you must have a skilled need. Skilled care refers to your need for the specialized services of a visiting nurse or physical, occupational or speech therapist. If you qualify for these services, you also may be eligible for a medical social worker to assist you in obtaining community resources, a nutritionist and a certified home health aide to assist you with personal care.

Hospice care is also covered 100 percent under Medicare if you have a life-limiting illness. Specially trained hospice

**In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound, and you must have a skilled need.**

physicians, nurses, social workers, volunteers, chaplains, and home health aides work as a team to provide comfort, dignity, and support to you and your family.

Most other insurance companies have a home care and hospice benefit also. We verify your insurance coverage and make the process of referral as easy as possible. ▲

**For more information, call Atlantic Home Care and Hospice at 973-379-8472.**



# MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

- Manage your appointments
- Download your record
- Access your test results
- Communicate with your doctor
- Request prescription refills
- View and pay your hospital bill online
- Access on your computer or mobile devices

*One Patient, One Record,  
One Atlantic Health System.*



**To learn more, go to  
[atlanticealth.org/mychart](http://atlanticealth.org/mychart)**



**Atlantic  
Health System**

## EPIC PROPELS ATLANTIC HEALTH SYSTEM INTO A TRULY INTEGRATED SYSTEM AND TRUSTED NETWORK OF CARING

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the transformational endeavor that has propelled Atlantic Health System into a new era of patient care by providing innovation, staff collaboration and an enhanced patient experience ... systemwide.

Epic elevates the health care experience for patients and providers by engaging patients as active partners in health care, enabling collaboration among physicians, facilitating communication and improving access to information.

When you are treated by one Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, less duplication of tests and enhanced communication.



As an Atlantic Health System patient, you share ownership of your personal Epic record through MyChart, a patient portal that allows 24/7 access to portions of your electronic medical record. **To learn more, visit [mychart.atlanticealth.org](http://mychart.atlanticealth.org).**

## 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 fatty meat and animal products can 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](https://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



[medexpress.com](http://medexpress.com) | [atlantichhealth.org/medexpress](http://atlantichhealth.org/medexpress)

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## Make a Difference by Volunteering

A lot has happened since its founders formed the Auxiliary of Newton Medical Center over 80 years ago. While many things have changed, the one thing that has remained the same is the Auxiliary's goal to assist the hospital in raising awareness, funds and support. Lola Morrison Hull and Anna Dunn formed the Auxiliary on November 22, 1935, and raised \$1,200 in its first year, which allowed the hospital to purchase a portable X-ray unit. Since its inception, the Auxiliary has donated more than \$5.5 million to the hospital.

Volunteering is crucial to the core of the Auxiliary, and there are many ways to get involved. Auxiliary members volunteer in the Beehive Thrift Store as well as the Sparta Cancer Center, providing nourishment and handmade hats and blankets to patients. The Auxiliary also provides hospitality bags to patients as well as toys and coloring books to our pediatric patients.

Auxiliary members are goodwill ambassadors within the community and also award three \$2,000 scholarships to graduating high school seniors who are pursuing an education in health-related fields.

The Auxiliary is always seeking new members and volunteers to join their group. "It is very rewarding," says Elaine Furfero, who coordinates the visits at the cancer center. "It's a great feeling to give patients and their families comfort." ▲



From left to right:  
**Stephen Flynn, manager, Donor Relations, Newton Medical Center Foundation; Linda Skellenge, president, Auxiliary of Newton Medical Center; Elaine Furfero, first vice president, Auxiliary of Newton Medical Center; Mary Waller, vice president, Auxiliary of Newton Medical Center; Megan Sandow, chief development officer, Newton Medical Center Foundation**

TO JOIN THE AUXILIARY OR FOR MORE INFORMATION, VISIT [ATLANTICHEALTH.ORG/NMCFFOUNDATION/AUXILIARY](http://ATLANTICHEALTH.ORG/NMCFFOUNDATION/AUXILIARY) OR CALL **973-579-8425**.

## Save the Date



VIP Room with celebrity guest, acclaimed author of 20 books and former *New York Times* columnist  
**Mark Bittman**

Newton Medical Center Foundation and the Foundation for Hackettstown Medical Center host

## AN EVENING OF **Wine** & Roses

**Thursday, May 16, 2019**

VIP Room 5:30 to 7:00pm

Wine & Cuisine Tasting 6:30 to 9:30pm


David & Carol Lackland Center at Centenary University  
717 Grand Avenue, Hackettstown, NJ

For more information and tickets, call the Newton Medical Center Foundation at 973-579-8309.

# community calendar Spring/Summer 2019

Registration is required for all programs through Newton Medical Center at **1-800-247-9580** (unless otherwise noted).


| BEHAVIORAL HEALTH                        | DATE AND TIME   | EVENT DETAILS AND LOCATION  | CONTACT AND FEES                                   | <b>ADOLESCENT DBT</b><br>Ages 14 to 17. Teaches teens skills to deal with challenges in their daily lives and to regulate emotions. 12-week session; must attend from the beginning.<br><br>Thursdays, 6:30-8:00pm<br>FEE: Most insurance plans are accepted.<br>For more information, call 973-579-8581.<br><br><b>WOMEN'S DEPRESSION AND ANXIETY</b><br>A supportive therapy group for women to discuss, explore and problem solve issues related to depression, anxiety, relationships, social security, family issues and more.<br><br>Mondays, 10:15-11:45am<br>FEE: Most insurance plans are accepted.<br>For more information, call 973-579-8581. |  |
|--|---|---|--|--|--|
|  | All Behavioral Health events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860.          |   |  |  |  |
|  | Tuesdays, 3:30-4:30pm   | <b>ADVANCED DBT</b><br>Only for graduates of the Full DBT program.  |  |  |  |
|  | Tuesdays, 1:00-2:00pm<br>OR Thursdays, 7:00-8:00pm  | <b>CO-OCCURRING/SUBSTANCE ABUSE</b><br>Participants will learn skills to maintain abstinence from mood-altering substances. Registration is required. |  |  |  |
|  | Thursdays, 1:00-2:00pm  | <b>COPING WITH ANXIETY</b><br>Learn to manage those overwhelming feelings of fear and uneasiness. Registration is required.                           |  |  |  |
|  | Mondays, 12:30-2:30pm<br>OR Thursdays, 11:00am-1:00pm   | <b>DBT</b><br>A social skills program to learn cognitive and behavioral skills. Registration is required.   | To register for these events, call 1-888-247-1400. |  |  |
|  | Tuesdays, 11:30am-12:30pm   | <b>DBT SKILLS GROUP FOR ADULTS</b><br>12 rotating sessions highlight essential dialectical skills. Registration is required.                          | FEE: Most insurance plans are accepted.            |  |  |
|  | Thursdays, 10:30am-Noon<br>OR Fridays, 12:30-1:30pm   | <b>DEPRESSION</b><br>Understand depression and learn strategies to minimize the impact of depression in your life. Registration is required.          |  |  |  |
| Wednesdays, 6:00-7:00pm                  | <b>ENHANCE YOUR LIFE</b><br>Participants will learn skills to manage depression and anxiety.                  |   |  |  |  |
| First Thursday of the month, 5:00-6:00pm | <b>VETERAN'S PTSD</b><br>Participants will learn skills to manage symptoms of PTSD. Registration is required. |   |  |  |  |

| CANCER CARE | DATE AND TIME                             | EVENT DETAILS AND LOCATION   | CONTACT AND FEES                                 |  |
|-------------|---|--|--|---|
|             | Fourth Thursday of the month, 3:00-4:00pm | <b>CANCER SUPPORT GROUP</b><br>A general cancer support group designed for individuals who have been affected by cancer.<br>Newton Medical Center, 175 High Street, Newton, NJ 07860 | To register, call 973-579-8620.<br><br>FEE: FREE |   |

| COMMUNITY HEALTH        | DATE AND TIME  | EVENT DETAILS AND LOCATION   | CONTACT AND FEES                                   | <b>ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE</b><br>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.<br>\$10.66 per set (includes tax)<br><br><b>MAMMOGRAMS SAVE LIVES</b><br>The Newton Medical Center Foundation funds this program for eligible women who do not have insurance coverage or are not eligible through other programs.<br><br>Various dates and times<br>FEE: FREE<br>To find out if you qualify, call 973-579-8659. |
|-------------------------|--|--|--|--|
|                         | Thursday, May 16, 5:30pm – Light Dinner<br>6:00pm – Lecture  | <b>DINNER LECTURE: PREDIABETES – ARE YOU AT RISK?</b><br>Learn to create a healthy lifestyle and prevent diabetes. Registration is required.<br>Newton Medical Center, 175 High Street, Newton, NJ 07860   | To register, call 1-800-247-9580.<br><br>FEE: FREE |  |
|                         | Tuesday, June 4, 5:30pm – Light Dinner<br>6:00pm – Lecture   | <b>DINNER LECTURE: EVERY BREATH COUNTS – ALL ABOUT LUNG HEALTH</b><br>Learn about respiratory conditions and ways to keep your lungs healthy.<br>Newton Medical Center, 175 High Street, Newton, NJ 07860  | To register, call 1-800-247-9580.                  |  |
|                         | Tuesday, June 25, 6:30pm-7:30pm  | <b>YOU ARE WHAT YOU EAT: TIPS FOR HEALTHY EATING</b><br>Learn about the connections between what we eat, weight, sugar, inflammation and how they affect our health.<br>Sussex County Library, Louise Childs Branch, 21 Stanhope Sparta Rd, Stanhope, NJ 07874 | To register, call 1-800-247-9580.<br><br>FEE: FREE |  |
| Various dates and times | <b>QUIT SMOKING PROGRAM</b><br>Learn techniques that can help you quit. Nicotine replacement products will be provided at no cost. Registration is required. | To register, call 973-579-8373.<br><br>FEE: FREE   |  |  |

Registration is required for all programs through Newton Medical Center at **1-800-247-9580** (unless otherwise noted).

| DIABETES WELLNESS | DATE AND TIME   | EVENT DETAILS AND LOCATION   | CONTACT AND FEES                             | DIABETES & KIDNEY HEALTH   |
|-------------------|---|--|--|--|
|                   | All Diabetes Wellness events take place at Newton Medical Center, Cafeteria Conference Room, 175 High Street, Newton, NJ 07860. To register, call 973-579-8341. |  |  |  |
|                   | Wednesdays, June 5, 10:00-11:00am, and June 12, 6:30-7:30pm   | <b>KETO DIET AND LOW-CARB DIET: ARE THEY REALLY GOOD FOR YOU?</b><br>Compare and contrast keto and low-carb diets. Learn what's right for you. | To register, call 973-579-8341.<br>FEE: FREE | <b>MEDICATION REVIEW: A REVIEW OF ALL CLASSES OF DIABETES MEDICATIONS</b><br><br>Wednesday, September 11, 6:30-7:30pm<br>FEE: FREE |
|                   | Wednesday, August 7, 10:00-11:00am  | <b>DIABETES CARE: ARE YOU DOING ALL THAT YOU SHOULD BE?</b><br>Support group to discuss and outline a diabetes care schedule.                  | To register, call 973-579-8341.<br>FEE: FREE |  |

| FITNESS | DATE AND TIME        | EVENT DETAILS AND LOCATION  | CONTACT AND FEES  |  |
|---------|----------------------|---|---|---|
|         | Mondays, 6:30-7:50pm | <b>YOGA FOR EVERY BODY</b><br>Using a mat or chair, this class can adapt movements to your level and ability.<br>Newton Medical Center, Romano Education and Conference Center, 175 High Street, Newton, NJ 07860 | To register, call 973-579-8340.<br>FEE: \$90 FOR 8 WEEKS;<br>\$15 DROP-IN FEE PER CLASS |   |

| NUTRITION                             | DATE AND TIME  | EVENT DETAILS AND LOCATION   | CONTACT AND FEES                             | <b>"LET FOOD BE THY MEDICINE &amp; MEDICINE BE THY FOOD"</b><br><br>Friday, October 4, 10:00-11:00am<br>To register, call 973-209-9622.<br>FEE: FREE |  |
|---------------------------------------|--|--|--|--|--|
|                                       | All Nutrition events take place at Sussex County YMCA, 15 Wits End Drive, Hamburg, NJ 07419. |  |  |  |  |
|                                       | Friday, June 7, 10:00-11:00am  | <b>HEALTHY HYDRATION</b><br>Discussion on what and how much to drink to stay hydrated. | To register, call 973-209-9622.<br>FEE: FREE |  |  |
| Wednesday, September 6, 10:00-11:00am | <b>ANTI-INFLAMMATORY DIET</b><br>Overview of the Anti-Inflammatory diet and its indications. |  |  |  |  |

| PARENTING & CHILDBIRTH       | DATE AND TIME   | EVENT DETAILS AND LOCATION   | CONTACT AND FEES                               | <b>MATERNITY CENTER TOUR</b><br><br>The Maternity Center Tour gives our participants an overview of labor, delivery and postpartum.<br><br>Various dates and times<br>FEE: FREE<br>To register, call 1-800-247-9580.<br><br>Newton Medical Center<br>175 High Street<br>Newton, NJ 07860 |  |
|------------------------------|---|--|--|--|--|
|                              | All Parenting & Childbirth events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860.   |  |  |  |  |
|                              | Tuesday, June 11, 6:30-8:30pm   | <b>BABY CARE CLASS</b><br>Expectant mothers and their support person will learn the tools to care for their newborn. | To register, call 1-800-247-9580.<br>FEE: \$30 |  |  |
|                              | Tuesday, July 9, 6:30-9:30pm  | <b>BREASTFEEDING</b><br>Expectant mothers and their support person will learn various aspects of breastfeeding.      | To register, call 1-800-247-9580.<br>FEE: \$40 |  |  |
| Various dates, 8:30am-3:30pm | <b>CHILDBIRTH EDUCATION</b><br>This class covers the stages of labor, comfort measures, hospital routines, cesarean birth, labor variations, relaxation and breathing techniques, and more. | To register, call 1-800-247-9580.<br>FEE: \$130 FOR MOTHER AND ONE GUEST   |  |  |  |

| SENIOR HEALTH | DATE AND TIME                          | EVENT DETAILS AND LOCATION  | CONTACT AND FEES                               | <b>UNITED WAY CAREGIVER'S CONFERENCE</b><br><br>Saturday, April 27, 9:00am-1:00pm<br>To register, call 973-993-1160, ext. 305, or email robin.ennis@unitedwaynj.org. |
|---------------|--|---|--|--|
|               | Wednesdays, May 1, June 5, Noon-2:00pm | <b>PREOPERATIVE JOINT REPLACEMENT CLASS</b><br>Patient education class for patients getting or wanting more information on total hip/knee replacement surgeries. Light refreshments will be served.<br>Newton Medical Center, 175 High Street, Newton, NJ 07860 | To register, call 1-800-247-9580.<br>FEE: FREE |  |

| SUPPORT GROUPS                           | DATE AND TIME  | EVENT DETAILS AND LOCATION   | CONTACT AND FEES  | <b>STROKE</b><br><br>A support group designed for individuals affected by stroke – caregivers welcome.<br><br>Fourth Tuesday of the month, 6:00-7:00pm<br>FEE: FREE<br>To register, call 973-579-8620.<br><br>Newton Medical Center<br>175 High Street<br>Newton, NJ 07860 |  |
|--|--|--|---|--|--|
|  | All Support Group events take place at Newton Medical Center, 175 High Street, Newton, NJ 07860.                             |  |   |  |  |
|  | Ongoing, 10:00am-Noon  | <b>ALZHEIMER'S DEMENTIA</b><br>Our support group facilitators receive specialized training about Alzheimer's disease and group facilitation techniques, as well as ongoing support and evaluation. | For more information, call 973-579-8600.<br>FEE: FREE               |  |  |
|  | First Tuesday of the month, 6:00-7:00pm  | <b>BARITRATIC (WEIGHT LOSS) SURGERY</b><br>Support and encouragement in adjusting after surgery.   | For locations and more information, call 973-573-8341.<br>FEE: FREE |  |  |
|  | Fourth Tuesday of the month, 11:30am-1:15pm  | <b>BETTER BREATHERS CLUB</b><br>A program by the American Lung Association. Support group for people with chronic lung disease and their loved ones.   | To register, call 973-579-8373.<br>FEE: FREE                        |  |  |
| Second Tuesday of the month, 7:30-9:00pm | <b>PERINATAL LOSS</b><br>Parents who have lost an unborn child can provide each other with mutual support and encouragement. | To register, call 973-940-8140.<br>FEE: FREE   |   |  |  |

**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).



# 10 THINGS YOU SHOULD KNOW ABOUT NEWTON MEDICAL CENTER

1. **Newton Medical Center is part of Atlantic Health System, a leading non-profit integrated health care delivery system. Our 450 physicians are on the forefront of medicine and continually set standards for excellent health care in New Jersey.**
2. **As the only Emergency Department in Sussex County, we are providing superior care and compassion for everything from minor emergencies to life-threatening injuries and illnesses.**
3. **We received the 2018 Patient Safety Excellence Award by Healthgrades™.**
4. **Our Primary Stroke Center response teams work with neurologists from Atlantic Neuroscience Institute at Overlook Medical Center to provide rapid life-saving care through the state's first stroke telemedicine program.**
5. **Our cardiologists provide a wide array of cardiovascular services, with access to nationally recognized Morristown Medical Center for more advanced heart care.**
6. **We keep you moving. Providing high-quality physical, occupational, and speech therapies, as well as cardiac, pulmonary and stroke rehabilitation using the latest therapies and equipment.**
7. **We offer all-private maternity suites, a level II special care nursery for neonatal concerns, in a baby-friendly USA-designated maternity center.**
8. **Our board-certified physicians and oncology-trained professionals, conveniently located in Sparta, diagnose, treat and manage all types of cancer.**
9. **We offer a variety of classes, programs and support groups for all ages to support better health and wellness.**
10. **Convenience and accessibility for your life – free, ample parking; open visiting hours; free Wi-Fi.**

Newton Medical Center  
175 High Street, Newton, NJ 07860

