

AtlanticView

at Chilton | Spring/Summer 2018

MOMENTS THAT MATTER

BACK IN THE GAME AFTER CARDIAC ARREST

READ TOM'S STORY

**When
Seconds
Count**

Time to Talk
About Mental
Health

Voted
#1 Hospital
by NJ Doctors

Source: Castle Connolly Medical
Ltd., 350 beds or fewer



Atlantic Health System
Chilton Medical Center

Dear Friends,

Spring has been busy at Chilton.

I am very proud to share that, for the third year in a row, Chilton Medical Center has been voted as the No. 1 mid-size hospital by New Jersey physicians, according to Castle Connolly Medical Ltd., and reported in *Inside Jersey* magazine. Chilton also ranked as a top performer in several specific categories, including breast cancer, congestive heart failure, high-risk pregnancy, hip and knee replacement, pain management, prostate cancer and stroke. This reflects the quality of our physicians, our facilities and our team members who strive to provide the best care for you every day.

Chilton Medical Center also recently earned the prestigious Baby-Friendly® designation from Baby-Friendly USA. This designation recognizes our maternity center for giving moms of newborns the resources and support they need to make personal choices about breastfeeding. Atlantic Health System is the only health care system in the state to have all of its maternity centers certified.

As you read through this issue of *AtlanticView at Chilton*, you will continue to learn about our amazing accomplishments and use of the most technologically advanced medicine that saves lives. In *Moments That Matter*, meet Tom and the cardiac team who saved his life by using an implantable mechanical heart pump. Chilton is one of the few community hospitals in the area equipped with this advanced technology. And *When Seconds Count*, Chilton is here for you providing state-of-the-art telemedicine for stroke patients using a telestroke robot to quickly diagnose and provide the neurological care critical to reducing damage and disability in stroke patients.

On behalf of the health care team at Chilton Medical Center, we wish you and your loved ones a happy, healthy spring and summer.




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Atlantic Health System, an integrated health care 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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When Seconds Count

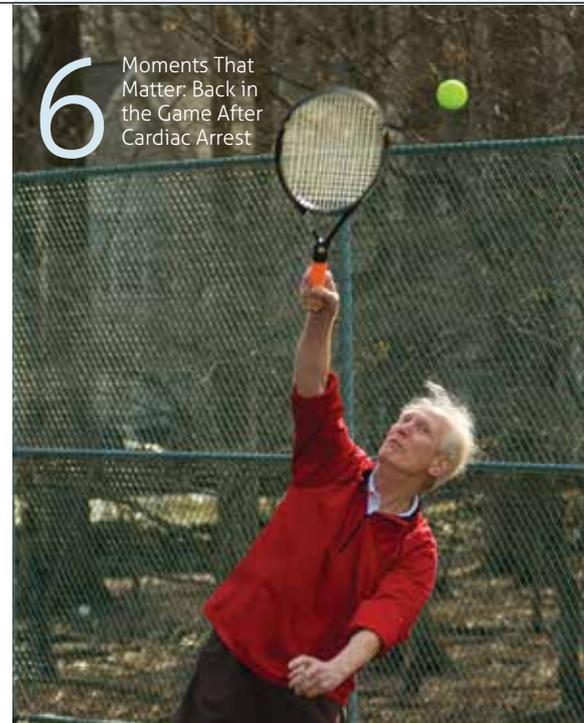
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Moments That Matter: Back in the Game After Cardiac Arrest

CEO's corner

Creating Healthier Communities - We're More Than Hospitals

When you hear about Atlantic Health System, you may naturally think hospitals. But "system" is what we are all about.

We are an integrated care delivery system that serves 4.9 million people across New Jersey. Integrated in that we work as a system – across more than 400 sites of care – to coordinate the health services patients need throughout their lives. We are not only healing illnesses in our hospitals, but encouraging and supporting a lifetime of health and wellness for our patients across our system of care.

Our patients connect with us through the offices of our affiliated physicians, urgent care clinics, hospitals, home care and hospice providers, rehabilitation facilities, medical laboratories, therapy and imaging centers - even from their home computers and smartphones. Should our patients need hospitalization, we are there to provide them with the best possible experience. But for everyday needs, our system of care is there, right in the heart of the communities we serve.

That's what we mean when we say that Atlantic Health System is working hard to deliver the highest quality care at the right time, at the right place, and at the right cost.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

STAY ON TOP OF ATLANTIC HEALTH SYSTEM NEWS

AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticcast.org. It is also available on local news outlets, including News12, Fios1, Patch and TapINTO.



FORTUNE 100 BEST COMPANIES TO WORK FOR 2018 10th YEAR IN A ROW ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

Atlantic Health System is celebrating after being recognized among *Fortune's* "100 Best Companies to Work For[®]" for the 10th consecutive year, ranking number 74. It is the only health care delivery system from New Jersey, and the top-ranked New Jersey-based company on the list.

NEW ATLANTIC HPV CENTER OPENS

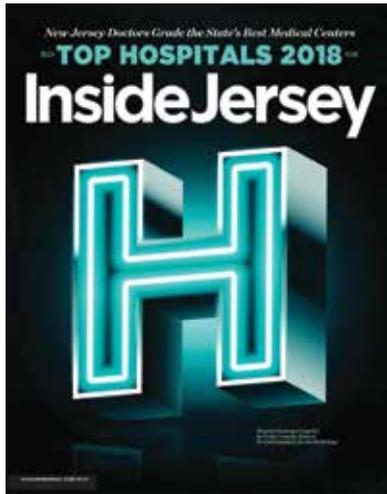
The same strain of human papillomavirus (HPV) responsible for cervical, penile and anal cancer is now a leading cause of head and neck cancer. In fact, HPV-related cancers of the tonsil region and base of the tongue, or oropharynx, have tripled in the past several decades. Patients more affected are those between the ages of 40 and 60, who often have no obvious risk factors for cancer.

To help combat this rise of HPV-associated oropharyngeal cancers, the head and neck cancer experts at Atlantic HPV Center provide diagnostic screenings, education and counseling, and individualized treatment options that use cutting-edge techniques. **For more information, call 973-971-7352.**

THE MOVE TOWARD ELECTRONIC HEALTH RECORDS

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the electronic medical records system currently being adopted in Atlantic Health System's hospitals and medical offices. When you are treated by any Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, allowing for our staff to maximize time spent with patients. **Learn more about MyChart at atlantichealth.org/patient-portals.**





Chilton Medical Center Voted NO. 1 MID-SIZE HOSPITAL

For the third year in a row, Chilton Medical Center has been voted as the No.1 mid-size hospital by New Jersey doctors, according to Castle Connolly. Chilton Medical Center also ranked as a top performer in the following categories:

- Breast Cancer
- Congestive Heart Failure
- High-Risk Pregnancy
- Hip and Knee Replacement
- Neurological Disorders
- Pain Management
- Prostate Cancer
- Stroke



CHILTON MEDICAL CENTER BECOMES 'BABY-FRIENDLY'

When Chilton Medical Center announced that they earned the prestigious Baby-Friendly® designation, it also marked a milestone for Chilton and for Atlantic Health System.

With the inclusion of Chilton, all Atlantic Health System maternity centers are now designated by Baby-Friendly USA, the only health care system in the state to have all of its maternity centers certified. Of the 11 hospitals certified in New Jersey, four are Atlantic Health System sites.

"I am extremely proud of our maternity center team," says Stephanie Schwartz, president, Chilton Medical Center. "This designation shows that we are committed to providing the best care to our mothers and babies." Schwartz also remarked on the collaboration across the system. "We learned so much about the certification process from other Atlantic Health System maternity centers. Thank you to Morristown, Newton and Overlook for sharing your knowledge and experiences with us."



Baby-Friendly USA is the domestic authority for the implementation of the Baby-Friendly Hospital Initiative (BFHI). The BFHI is a global program sponsored by the World Health Organization and the United Nations Children's Fund.

The BFHI assists hospitals in giving new mothers the information, confidence, and skills they need to breastfeed or safely feed their babies with formula, and gives special recognition to hospitals that have done so.

"This designation helps us help our patients," says Fran Drigun, executive director, Women's Health, Atlantic Health System. "Baby-Friendly is about helping mothers bond with and breastfeed their babies and about giving our team members the tools and resources they need to support breastfeeding moms. As a *Trusted Network of Caring*®, it makes sense that all of our maternity centers are able to provide that consistent support." ▲



Chilton Medical Center maternity team with their baby-friendly plaque



Mapping the Future for Patient Care

Clinical research trials improve cancer treatments and outcomes

Advances in the treatment of cancer continue to improve with the help of clinical research trials like those conducted at Atlantic Health System. "Most clinical trials are related to chemotherapy," says Steve Halpern, MD, director, Pediatric Oncology Center. "Because of that, we've changed the way the chemotherapy is given to help better kill the cancer cells. But now, we're seeing more targeted therapy used in conjunction with chemotherapy."

In targeted therapy, the unique properties of the cancer cell are attacked directly. "We had a child recently who had the most common type of leukemia. We treated her with one round of chemotherapy, and it didn't work. She got sick and lost her hair and was in the hospital quite a bit," says Dr. Halpern. "We then gave her targeted therapy once a week as an outpatient. She felt much better within a short time and after just three weekly treatments of this targeted therapy, the leukemia was completely eradicated." **For more information, please call 973-971-6720.**

In addition to the pediatric cancer research, we are conducting clinical studies in adults at Atlantic Health System's Overlook Medical Center. Overlook Medical Center is the only hospital in New Jersey involved in the MIND Study of Artemis' minimally invasive neuro evacuation device to remove intracerebral hemorrhage. The device is inserted through a small incision into the affected area of the brain and removes the clot by suctioning it out through a catheterlike device. The study is open to patients 18 to 80 years old with an intracerebral hemorrhage.

"Our interventionalist team has performed about 60 of these procedures using the Artemis device over a two-year period and has seen an increase in survival rate with the device pre-trial," according to principal investigator Paul Saphier, MD, an endovascular neurosurgeon for the Atlantic Neuroscience Institute. "We are proud to be a major participant in this trial, as well as many others, that provide a benefit to our patients." **For more information, call 833-733-4641.** ▲

Visit atlantichealth.org/research for more information.

BACK IN THE GAME

Chilton's advanced capabilities help patient survive rare cardiac condition

Tom Delleart recalls little about August 5, 2017, other than the fact that it began as a typical Saturday – with plans for a competitive doubles match on the tennis courts. Healthy, active and exceptionally fit, the 68-year-old Pompton Plains resident is a self-described “tennis fanatic” who has played tennis for over 30 years and at least three times a week since retiring in 2015.

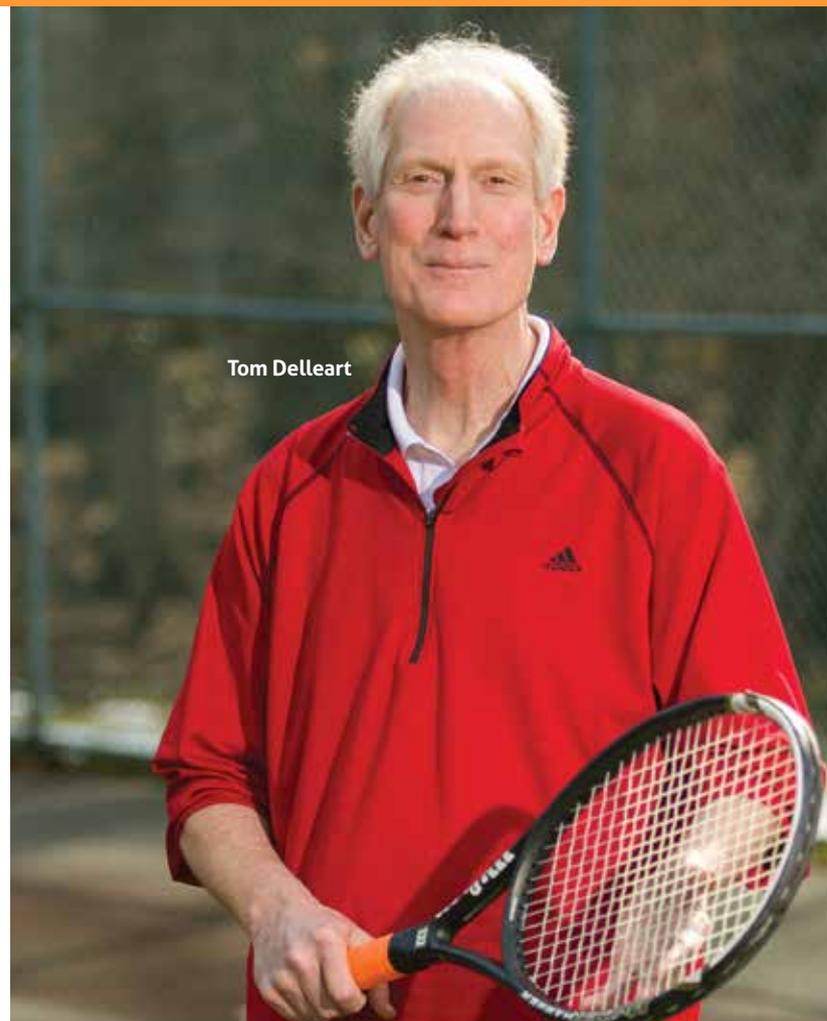
On that fateful morning, Tom seemed to be on top of his game. In fact, according to his friends, he had just stroked an impressive volley before struggling to catch his breath. Minutes later, Tom was in sudden cardiac arrest.

LUCK ON HIS SIDE

Although he suffered a medical trauma, Tom reflects upon the incident with gratitude. In his view, the circumstances and events that ensued are nothing short of extraordinary and a miracle – from the swift intervention of his tennis buddies and first responders to the highly specialized care he received at Chilton Medical Center.

“I still marvel at the severity of the situation and how everything fell into place,” he says. “It’s amazing that I survived.”

For starters, one of Tom’s tennis partners was trained in CPR and performed chest compressions until the Wanaque Police



Tom Delleart

Department arrived. Officers revived Tom with the assistance of an automatic external defibrillator before transferring his care to paramedics, who resuscitated Tom a second time and rushed him to Chilton – which represented another stroke of luck.

As part of its expanding continuum of services, Atlantic Health System’s Chilton Medical Center is among few community hospitals equipped to provide mechanical cardiac support, a clinical innovation that helped to save Tom’s life.

ADVANCED CARDIAC CARE

When Tom reached the Emergency Department, Chilton’s medical team was at the ready. An echocardiogram confirmed that he was having a heart attack and needed angioplasty, a procedure that allows doctors to identify and treat blockages in the arteries. As nurses prepared Tom for treatment, his wife, Beverly, was introduced to interventional cardiologist Lawrence Blitz, MD, who instilled a sense of confidence.

“In the midst of a critical situation, Dr. Blitz explained everything to me in a knowledgeable yet compassionate way,” she notes. “From the moment I met him, I knew we’d been blessed with a wonderful doctor who would do everything possible.”

As it turned out, Beverly's instincts were right, because as they moved Tom to the Cardiac Catheterization Laboratory another crisis emerged. He went into cardiogenic shock, a rare, often fatal condition in which a suddenly weakened heart cannot pump enough blood and oxygen to the body's vital organs.

"Patients who go into cardiogenic shock as a result of a heart attack have about a 50 percent chance of survival," states Dr. Blitz. Delayed treatment may lead to permanent organ failure, brain damage or loss of life.

As Tom's blood pressure plummeted, Dr. Blitz implanted a mechanical heart pump, called a left ventricular assist device (LVAD), inside Tom's heart. The device is so small that it fits on the tip of a catheter, which is threaded to the heart through an artery in the leg. The LVAD worked immediately, restoring normal blood flow while allowing Tom's heart to recover. Once his condition had stabilized, Dr. Blitz treated the heart attack by clearing the blocked artery and inserting two stents.

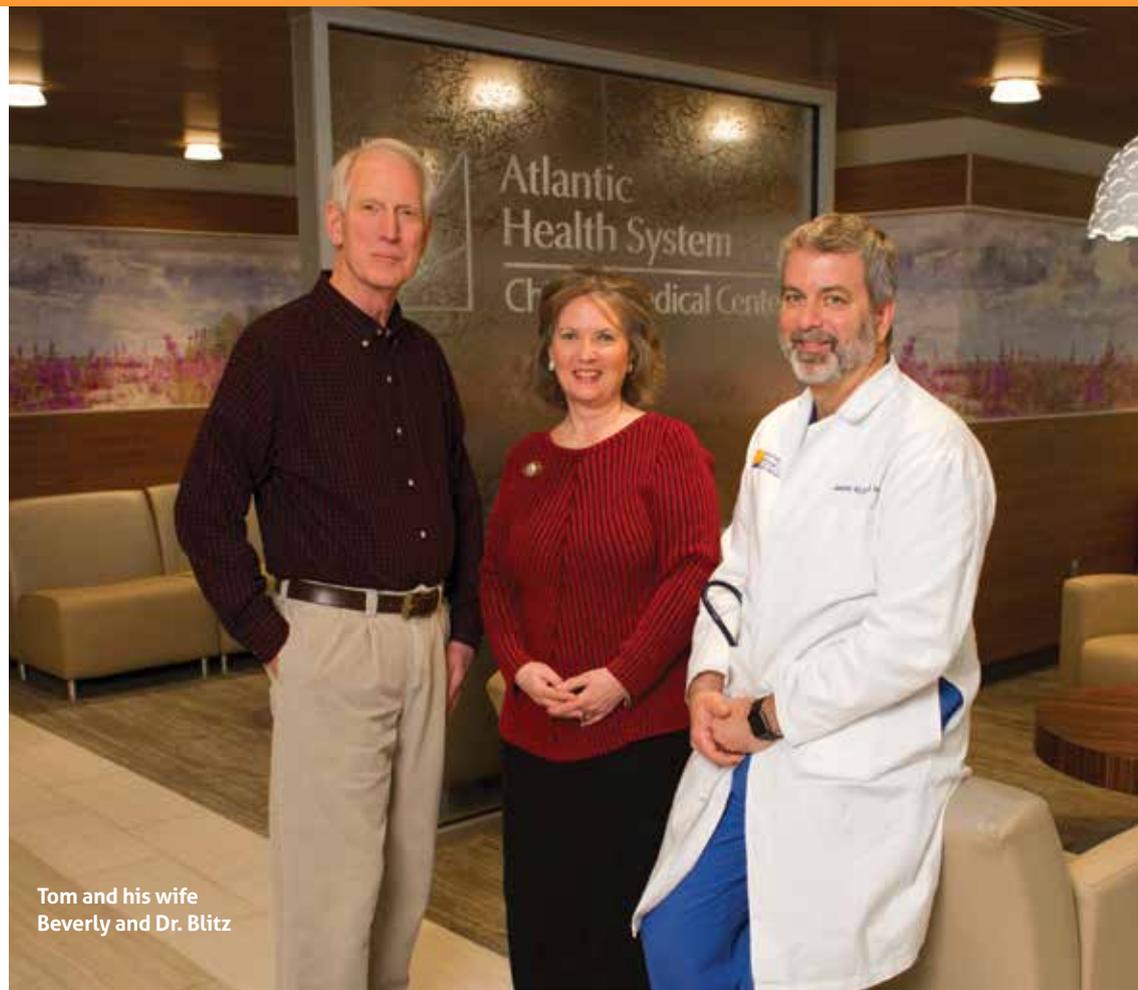
"Mechanical cardiac support is the most effective way to support a failing heart during cardiogenic shock, though it is uncommon for a community hospital to have this capability," adds Dr. Blitz. Chilton acquired the new technology last April as part of Atlantic Health System's commitment to provide all patients with leading-edge cardiac care.

A REMARKABLE RECOVERY

Tom was transferred to Morristown Medical Center, another Atlantic Health System hospital and a nationally ranked cardiology program, for continued monitoring and critical care.

"The transfer was seamless," remarks Beverly. "Dr. Blitz remained his cardiologist, which was very reassuring."

Thanks to the expertise of Dr. Blitz, the full resources of Chilton Medical Center, and Atlantic Health System's vast network of advanced heart care, Tom defied the odds by surviving two life-threatening cardiac emergencies without suffering any neurological injury or significant heart muscle damage.



Tom and his wife Beverly and Dr. Blitz

"I'm incredibly proud of the Cardiac Catheterization Lab and Emergency Department staff for their rapid response and great care they provided, as it is moments like this where it matters most," says Dina Tortorelli, manager of Cardiovascular Services, Chilton Medical Center.

Within 24 hours, Tom's heart had healed enough to start pumping on its own again, enabling Dr. Blitz to remove the LVAD and discharge him from the hospital two days later. Today, following 12 weeks of outpatient cardiac rehabilitation, Tom is back on the tennis court and in full swing.

"I'm so fortunate," he says. "If I'd been taken to a different hospital, I may have had a different outcome." ▲

Visit atlanticealth.org/cardiac for more information.

As a gesture of appreciation, Tom and Beverly have decided to pay it forward with a donation to support Dr. Blitz's amazing work at Chilton Medical Center and the Cardio Cath lab and staff, hoping their gift will benefit future heart patients whose lives also depend on having state-of-the-art cardiac care available in their community.



Wound Centers Provide Quality Care and Superior Service

There is comfort in knowing the best health care is available right in your own backyard. When it comes to wound healing, specifically, Atlantic Health System is the leading provider of superior outcomes throughout the region.

"We offer significant value to patients through ongoing consultation privileges with the National Baromedical Services and the University of South Carolina," says Susan Becker, nursing coordinator for Chilton Medical Center's Comprehensive Wound Healing/Hyperbaric Center. "When we have questions about specific cases or protocols, we have 24/7 access to the nation's leader in hyperbaric care. No other system in the region offers this level of access to quality care."

The system's wound healing centers offer modern treatments that can help prevent infection, loss of tissue, amputation and permanent disability. The majority of patients in the program, even those who have had chronic wounds for years, heal successfully and resume daily activities faster. Benchmark studies determine how quickly Atlantic Health System patients heal compared to national averages, and the results speak volumes (see sidebar).

Atlantic Health System takes the patient experience very seriously, too. So much so, they use anonymous patient satisfaction surveys to identify ways to improve the delivery of wound care services. Since 2009, patient satisfaction results have been at 97 percent or higher.

AVERAGE HEALING TIMES

	National Average	Chilton Average
First-/second-degree burn patients	42 days to heal	13 days to heal
Diabetic patients	85	79
Neuropathic ulcer patients	76	66
Venous ulcer patients	71	48
Surgical patients	70	52

"You should always consider care quality options when making decisions," says Becker. "But the experience is even better when overall service is superior. We take pride in the quality of our service, and our patients value us for that." ▲

For more information, contact the Comprehensive Wound Healing and Hyperbaric Center at 973-831-5303.

WHEN SECONDS COUNT

Telemedicine tools offer state-of-the-art care to stroke patients

Recognizing the signs of a stroke and getting medical care quickly are essential because the longer a stroke goes untreated, the more potential for brain damage and disability. The Stroke Center at Chilton Medical Center, designated a Primary Stroke Center by both the State of New Jersey Department of Health and The Joint Commission, provides stroke care that is close to home for many in the community.

Physicians use the telestroke robot, the first FDA-cleared remote robot, to help diagnose stroke patients more quickly. With this robotically controlled camera and monitor system, neurologists can remotely see and communicate with the patient. "When somebody comes into the emergency room with stroke-like symptoms, the telestroke robot connects them with a



stroke specialist at Overlook Medical Center," says Fiona Ahern, RN, stroke coordinator. "At Chilton, our team has specialized training in stroke care. So our patients will receive the most up-to-date neurological care from stroke specialists 24 hours a day, seven days a week."

According to the American Stroke Association, a stroke occurs when a clot blocks a vessel supplying blood to the brain. Called an ischemic stroke, it is the most common type, accounting for 87 percent of all strokes. Timely administration of a drug called tPA can dissolve the clot, improving blood flow to the brain.

"Timing is everything," says Ahern. "Some people wait days before coming in. They think if their gait is unsteady that they're dehydrated. Dehydration does not cause any of that."

Ahern says symptoms are the FAST acronym: **F**ace drooping, **A**rm weakness, **S**peech difficulty and **T**ime to call 911. "We use the NIH Stroke Scale tool to assess symptoms, which includes evaluating the level of consciousness, whether you have a gaze, muscle weakness, facial weakness, slurred speech, and whether you have tingling or numbness in the arms or legs."

For more information about The Joint Commission-accredited stroke program at Chilton Medical Center, visit atlantichealth.org. In a medical emergency, please call 911. ▲

Visit atlantichealth.org/stroke for more information.



Soothing Paws®

Pet Therapy Is Worth Barking About

Health care is going to the dogs. And before you think that's a bad thing, you need to experience Soothing Paws in person.

With 85 dog and handler teams in our program, Soothing Paws is making a difference in the lives of patients and hospital staff by providing stress relief when it's needed most. In addition to scheduled rounds at each hospital in Atlantic Health System, visits are available by request for most patients, their families and visitors.

"We're constantly stopped in the halls so patients, families and hospital employees can kneel down, pet and talk

to our dogs," says Mildred Kowalski, PhD, RN, the Morristown nurse researcher who manages the Soothing Paws Program. "Because our dogs are so gentle and loving, they provide immediate and enduring comfort. It's an absolutely amazing form of therapy."

The pups are so popular they even have their own trading cards, which are handed out (along with hand sanitizer) following each and every therapy encounter. How popular is Soothing Paws? In 2017, our dog-handler teams averaged 200 visits per month to patients in need of smiles across all medical centers in the system.



"The program is a huge success and continues to grow in popularity since it began in 2007," says Kowalski. "We're always looking for new dogs, so consider joining the program if you have a loving pet. It's a very rewarding way to volunteer."

All dogs in the program must be registered after a training process and most, but not all, are handled by their volunteer owners. ▲

For more information, contact Peggy Grow, coordinator, at 973-971-5941 or visit atlanticealth.org/pettherapy.

NO MORE WHISPERS

It's time to talk about mental health issues



For those of us who have never experienced mental health issues, it's often difficult trying to relate to friends, family or loved ones who suffer with behavioral or emotional challenges.

Acknowledging the existence of mental health issues within our families and communities is a very important first step to receiving the necessary support, which is why Atlantic Health System created its "No More Whispers" program.

"The stigma surrounding mental health has gone on for far too long," says director of Atlantic Behavioral Health Lori Ann Rizzuto, LCSW. "Many people don't want to admit they are struggling – often they are embarrassed or ashamed. This feeling of isolation has to end, which is why this program was developed and why it's so important for our community."

No More Whispers is motivated to get people talking openly about a condition that affects one in six U.S. adult lives, according to the National Institute of Mental Health. Through printed materials, presentations and community outreach efforts, No More Whispers will enhance awareness and engage influencers throughout New Jersey about the importance of access to mental health care.

"So many communities are doing amazing work already," says Rizzuto. "We want to integrate our efforts with theirs. Our message is clear: We all need to address this challenge together by encouraging those in need to ask for help." ▲

Thanks to a generous contribution from the Reiser Family Foundation, Warwick, NY, Chilton Medical Center will be hosting a variety of community-focused events and activities over the next several months to encourage awareness and discussion about mental health, depression and suicide prevention. Resources and educational materials are available to community members of all ages seeking help and support.

On May 17, visitors to Chilton Medical Center can visit the Graffiti Wall in the lobby, and are encouraged to anonymously write messages of gratitude, thoughts and prayers on the boards, which will remain up for a week.

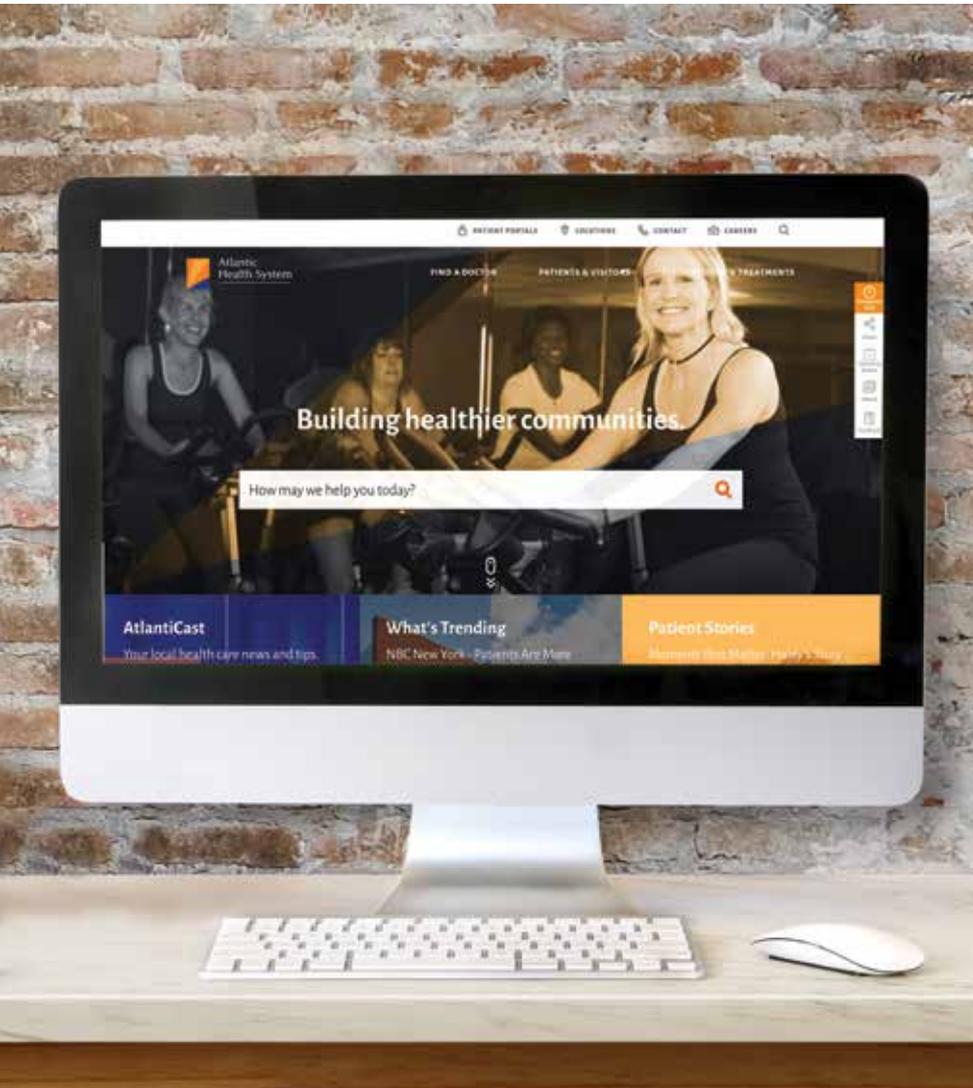
These activities will be capped off at Chilton Medical Center's Fall Festival on September 15 with a special speaker, Kevin Hines, who survived a suicide attempt leaping from the Golden Gate Bridge. His unique firsthand perspective can create a bridge of hope and understanding between those caught in the throes of despair and their loved ones. The festival will also feature pet therapy dogs; speakers from the National Alliance on Mental Illness Healing Through Art Campaign who'll discuss how providing an outlet for artistic expression through various art forms, such as painting, sculpture and other media, can help the healing process; art therapy-related projects; food trucks; music; and more. A sponsored butterfly release will be held to honor those who were lost too soon.

See page 14 under Mental Health Awareness or email loriann.rizzuto@atlantichhealth.org for more information.

It's All About You

Expect an improved Atlantic Health System website experience

The new Atlantic Health System website was designed with YOU in mind. Connect quickly and easily with the services you need, or take a deep dive to find information that can help you improve your health.



YOU ASK, AND WE ANSWER

How can we help you? It's the first question you'll see on our website. We know you are busy, and we want to help you get the answers you need as easily as possible. That's why we've enhanced the search experience in multiple ways. It offers predictive search to help you spell those often difficult medical terms. And it goes beyond traditional searches to match you with those physicians most experienced and qualified to deal with your specific health needs.

YOU'RE ON THE MOVE ...

WE WON'T SLOW YOU DOWN

Our new mobile experience is as fast as you are. Simple to navigate with action buttons, touch screen features, videos and more.

HELP YOURSELF

Another brand-new web feature is a series of do-it-yourself health quizzes, or "health assessments." Topics include allergies, depression, heart health, pain and more. And for more DIY capabilities, including online appointments, communications with your doctor's office, access to your medical records and test results, ask about MyChart. ▲

Like you, the website will continue to evolve and grow. We look forward to seeing you at our new home. **Come visit us at atlantichhealth.org.**



Women's Vision for Health Care Council

Now in its third year, the Women's Vision for Health Care Council gives women a voice, helping to shape how health care is delivered to families in our community with an overall goal of inspiring community philanthropy for the benefit of Chilton's patients. Members commit to a two-year donation of \$1,000, which supports various health initiatives. If you are interested in joining the 2018 Council, please contact the Foundation Office at 973-831-5165.

GIFTS OF HOPE

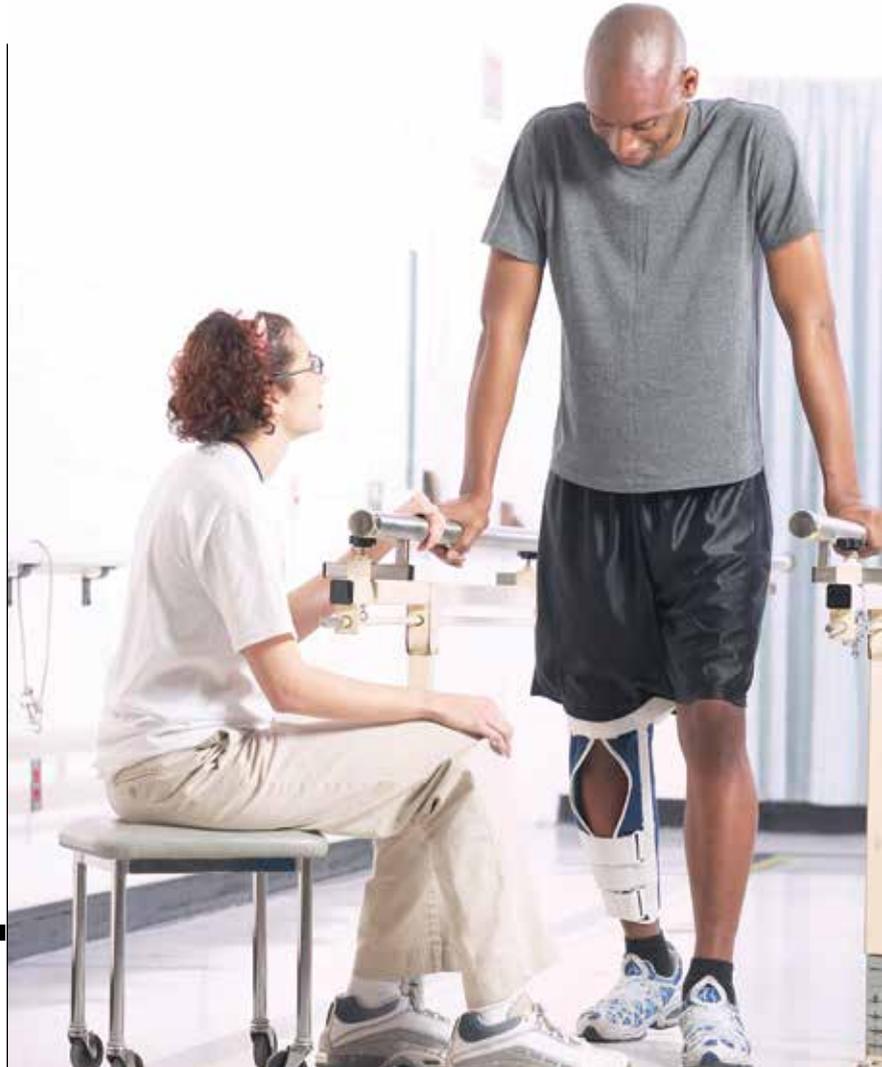
Couple donates \$20,000 toward behavioral health programs

Manny and Rachel Reiser live 35 miles away from Chilton Medical Center. It is not the closest hospital, nor the largest, but that does not matter to this caring, philanthropic couple from Warwick, NY. In their view, finding the right hospital is about finding a trusted team of physicians along with an institution that instills confidence and peace of mind. That's why the Reisers chose Chilton Medical Center as their



family's primary hospital – as well as a recipient of their charitable giving.

Personally and professionally, the Reiser family has witnessed the perils and needless tragedies associated with mental illness, igniting a passion to promote access to behavioral health screenings and intervention.



GIFT OF GRATITUDE

When someone goes the extra mile, when they exceed your expectations, how do you show your appreciation?

Your gesture of appreciation and generosity will touch the lives of countless people as you support Chilton Medical Center's pursuit of clinical excellence, compassionate care and a healing culture.

Making a donation in honor of your caregiver not only recognizes your caregiver's contributions, it also provides an investment in the wonderful work they do. You can even choose to designate a specific department or unit to benefit from your gift.

To make a donation, contact Mary Ellen Loranger, director of development, at 973-831-5363 or maryellen.loranger@atlanticehealth.org.

community calendar

Spring/Summer 2018

BEHAVIORAL HEALTH

MENTAL HEALTH AWARENESS

Saturday, September 15: join Chilton Medical Center and Atlantic Behavioral Health at a community-focused event designed to bring maximum exposure to promote mental health awareness, with a focus on depression and suicide prevention. Speaker will be Kevin Hines, who survived a suicide attempt from the Golden Gate Bridge. He has become a bridge of hope between life and death for people caught in the pain of living with serious mental illness and more. Contact Lori Ann Rizzuto, LCSW, for additional information at 973-660-3180 or at loriann.rizzuto@atlantichhealth.org. **Thanks to initial funding from the Reiser Family Foundation, there will be other events to help break the stigma associated with mental health, suicide and depression.**

COMMUNITY HEALTH

THE IMPORTANCE OF MANAGING YOUR BLOOD PRESSURE

Wednesday, May 2, 10:00-11:00am
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444

INTERACTIVE OVERVIEW: STROKE

Wednesday, May 16, 10:00-11:00am
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444

NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 30, 9:30am-12:30pm
Wayne YMCA, 1 Pike Drive, Wayne, NJ 07470
For more information, call 973-831-5367.

FITNESS

BARRE METHOD (8-WEEK SERIES)

Tuesdays, June 19-August 14 (no class July 17), 5:30-6:15pm
\$40 for all eight weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

DANCING THROUGH THE DECADES (8-WEEK SERIES)

Go back in time and dance your way to better health. Each class will focus on giving you a good workout by learning a different style

of dance. From shimmying in the 1920s to disco dancing in the 1970s all the way up to modern-day music and dance – join us on this fun, cardio dance journey through time.
Thursdays, May 3-June 28 (no class June 7), 5:45-6:45pm
\$64 for all eight weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

TAHITIAN CARDIO (4-WEEK SERIES)

Tuesdays, May 8-June 12 (no class May 15 and June 5), 5:30-6:15pm
\$20 for all four weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

THE POWER HOUR (8-WEEK SERIES)

This advanced course promotes muscular endurance, balance and bone strengthening. Bring a mat and a light set of handheld weights.
Wednesdays, May 2-July 11 (no class on May 30, June 27 and July 4), 5:30-6:30pm
\$64 for all eight weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information or to register, call 973-831-5367.

WALK WITH A DOC

Join us for a fun walk at Willowbrook Mall with a doctor from the Chilton Medical Center community. For the first few minutes, the doctor will give a brief presentation on an important health topic. Then, for the remainder of the hour, participants and the doctor will go for a walk together. Open to all levels and abilities.
Third Wednesday of the month, 9:00-10:00am
Willowbrook Mall, 1600 Willowbrook Blvd., Wayne, NJ 07470
For more information, call 973-831-5475.

ZUMBA TONING (10-WEEK SERIES)

This fun fitness class blends body-sculpting techniques and Zumba.
Wednesdays, April 25-June 27, 7:00-8:00pm
\$80 for all 10 weeks
Atlantic Health Pavilion, 1st Floor Conference Room 242, West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

INTEGRATED WELLNESS

HATHA YOGA AT CHILTON (10-WEEK SERIES)

Hatha yoga is the integration of body, mind and breath. Bring a yoga mat and water.
Tuesdays, April 24-July 3 (no class on May 15), 6:30-7:30pm
\$80 for all 10 weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

MEDITATION FOR MINDFUL WELL-BEING (8-WEEK SERIES)

The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
Mondays, April 23-June 25 (no class May 21 and 28), 6:30-7:30pm
\$64 for all eight weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

NUTRITION

HEALTHIER SWEET TREATS TO BEAT THE HEAT

Thursday, June 7, 7:00-8:00pm
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

SPRING INTO SUMMER SALADS

Wednesday, May 16, 2:00-3:00pm
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

SUMMER FLAVORS AND STORIES FROM THE JERSEY SHORE

Friday, May 11, 11:00am-Noon
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

▲ PARENTING & CHILDBIRTH

BABY BASICS AT CHILTON

Tuesday, May 22 or Thursday, June 21,
7:00-9:30pm
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444

BREASTFEEDING COUPLES

Expectant mothers and their partners will learn all about breastfeeding, including health benefits for mom and baby, proper positioning and good nutrition. Having a partner is important to the success of breastfeeding.

Thursdays, May 3 or June 7, 7:00-9:30pm
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444

CHILDBIRTH PREPARATION (INTENSIVE)

Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our Maternity Center is included. This class should be completed approximately six to eight weeks before the baby's due date.

Saturdays, May 5 or June 2, 9:00am-3:00pm
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444

MATERNITY CENTER TOUR

Join us for a tour of our Maternity Center. Mom must register for herself and is allowed one guest.
First Wednesday of the month, 7:00-7:30pm
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444

MATERNITY CENTER TOUR WITH MEET AND GREET

These tours are designed for mothers in their second trimester.

Third Saturday of the month, 11:00am-Noon
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444

▲ SUPPORT GROUPS

ALZHEIMER'S DISEASE CAREGIVER SUPPORT GROUP

Second Wednesday of the month,
7:00-8:30pm
First Reformed Church of Pompton Plains,
5209 Newark Pompton Turnpike,
Pompton Plains, NJ 07444
For more information or to register, call
973-831-5367.

ARTHRITIS SUPPORT GROUP

Fourth Tuesday of the month, 10:30-11:30am
Atlantic Health Pavilion, 242 West Parkway,
Pompton Plains, NJ 07444
For more information or to register, call
973-831-5367.

BEREAVEMENT SUPPORT GROUP

Fourth Tuesday of the month, 10:30-11:30am
Chilton Medical Center, 2nd Floor,
97 West Parkway, Pompton Plains, NJ 07444
For more information or to register, call
973-831-5367.

▲ MISCELLANEOUS

A NIGHT AT THE THEATRE: "ANNIE"

The Chilton Medical Center Auxiliary is hosting a benefit performance of "Annie." Boiling Springs Savings Bank is underwriting the event, and all proceeds will benefit Chilton Medical Center's ICU renovation project.

Thursday, May 24, 8:00-10:00pm

\$40

The Barn Theatre, 32 Skyline Drive,
Montville, NJ 07045

For more information, call 973-831-5345.

A QUEST FOR LOVE

Cindy Strom's latest one-woman concert takes us on a musical journey comprised of contemporary ballads, along with plenty of classics.

Wednesday, June 27, 1:00-2:00pm

\$5

Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444

For more information or to register, call 973-831-5367.

DONNA VIVINO DOES BROADWAY

Broadway star Donna Vivino will be performing musical theater and pop standards spiced with her wicked sense of humor.

Thursday, May 10, 7:00-9:00pm

\$20

Wayne YMCA, Rosen Performing Arts Center,
1 Pike Drive, Wayne, NJ 07470

For more information or to register, call 973-831-5367.

THE LIFE, ASSASSINATION AND MURDER OF PRESIDENT JAMES A. GARFIELD

The brilliant and heroic war hero, President James A. Garfield, was shot in the back on July 2, 1881, only four months into his term.

It was thought that the wound was not fatal, but it ended up killing him. Learn how the assassin, the president, Thomas Edison and several physicians were all involved in this unfolding tragedy.

Friday, May 18, 10:00-11:00am

\$5

Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444

For more information, call 973-831-5367.

THE SECRETS TO MAXIMIZING YOUR SOCIAL SECURITY BENEFITS

There are more than 2,700 regulations that govern Social Security. A typical married couple has more than 500 possible ways in which to file for their Social Security Retirement Benefits. If you are divorced or widowed, the filing rules can be even more complex. The event is free, and doors open at 5:30pm. Reservations are required.

Thursday, May 10, 2018, 6:00pm-7:00pm

(Workshop)

Chilton Medical Center, Collins Pavilion,
97 West Parkway, Pompton Plains, NJ 07444

TODAY'S TAX LAW CHANGES

Topics include dispelling the myths of the new tax plan, what it means to you and planning for the future. The event is free, but reservations are required.

Thursday, June 14, 6:00-7:00pm

Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains, NJ 07444

ATLANTIC HEALTH SYSTEM'S ANNUAL PUBLIC MEETING will be held on Thursday, July 19, 2018, at 5:00pm in the Malcolm Forbes Auditorium at Morristown Medical Center (100 Madison Ave., Morristown, NJ 07960). The free event will feature an overview of our latest initiatives and efforts to build healthier communities. There will also be an opportunity for you to ask questions. Seating is limited. Registration preferred but not required. Please arrive 10 minutes early to register or sign in. For more information and to register, call 1-800-247-9580.

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

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or visit atlantichealth.org/doctors.

