

AtlanticView

at Chilton | Winter 2018



MOMENTS THAT MATTER
**MICHAEL
KACHUR'S
STORY**

**Big Changes for Our
Littlest Patients**

**In a Hurry?
Grab a Healthy Bowl**

Your trusted source
for health care
news and events is
getting a makeover:
*Well Aware is
now Atlantic View
at Chilton.*



Atlantic Health System
Chilton Medical Center

Dear Friends,

I am pleased to share with you that *Well Aware* has a new name and will now be called *Atlantic View at Chilton*. This enhanced magazine will feature more news, stories, healthy tips, and, as always, a calendar of classes and events to help you stay active throughout the season.

In this issue, you will learn how a quick medical response to an unexpected sudden cardiac arrest led to a full recovery for a local teenager. You will also discover the many options available for colon cancer screening, how to avoid the flu and information on a few of the many clinical trials being conducted by Atlantic Center for Research. Please do not forget that there is still time to add a flu shot to your health regimen.

As 2018 gets underway, we will continue to enhance our programs and offerings for patients, families and our community. We recently unveiled a beautiful and welcoming new lobby, reception and registration area for patients and visitors. We have also begun construction of a new state-of-the-art Intensive Care Unit for critically ill and injured patients and launched a modernization project to revitalize Chilton's Cancer Center. These spaces will be redesigned, remodeled and equipped to provide leading-edge care while creating a tranquil, healing environment for our patients and visitors.

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




STEPHANIE SCHWARTZ
President,
Chilton Medical Center

Managing Editor, *Atlantic View at Chilton*: **Vicki Banner**
Assistant Editor: **Beth Sisk**
Contact information: **Atlantic Health System**,
475 South St., Morristown, NJ 07960
Email: well.aware@atlantichealth.org
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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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Atlantic View at Chilton* in whole or in part without written permission from the publisher is prohibited. Copyright ©2018. All rights reserved.

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Big Changes for Our Littlest Patients



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Moments That Matter: Michael Kachur's Story





A Touching Reunion

The seventh annual Chilton Medical Center Special Care Nursery (SCN) reunion started in 2010 as a celebration for our littlest patients and their families. The reunion, hosted by the Chilton Maternity Center staff, gives families the opportunity to gather with the team of nurses and providers that cared for their loved one in our Level II Special Care Nursery. During the special celebration, 18 families enjoyed refreshments, and SCN graduates and siblings created fall crafts. Hug-A-Me the clown entertained the kids with face painting, parachute fun and an indoor snowball fight. A duo of therapy dogs brought big smiles to the attendees.

The Chilton Medical Center Maternity Center includes a Level II NICU (Special Care Nursery) to expertly care for infants 32 weeks and above. Our team of specially trained nurses and Atlantic Health System Neonatology team, Midatlantic Neonatology Associates, provide specialized care that enable families to stay at Chilton, while receiving the most high tech care available.



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. It covers everything from our state-of-the-art facilities and groundbreaking treatments to healthy lifestyle tips and health care industry trends.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticast.org. It is also available on local news outlets.

Atlantic Health System Recognized by Great Place to Work® and Fortune

Diversity

For Parents



Atlantic Health System has been nationally recognized by Great Place to Work® and Fortune as being among the 2017 Best Workplaces for Parents and 2017 Best Workplaces for Diversity. This is the second year in a row that the organization's equitable, family-friendly work environments have earned a place on these exclusive lists.

In being chosen as one of the Best Workplaces for Parents, Atlantic Health System was credited with providing opportunities and benefits that allowed working parents to flourish. The Best Workplaces for Diversity recognition reflects the organization's commitment to building inclusive workplaces that bring together individuals from many backgrounds, ethnicities, ages and orientations.

2018: An Epic Year for Atlantic Health System



In past issues, we shared that we are streamlining medical records system-wide with a single electronic system. You may be wondering how this will affect you. I'd like to briefly explain the benefits of the new technology, known as Epic.

Epic will create a single, electronic health record for each patient. Records will securely share information, giving you improved access to your medical files and test results. With your permission, Epic also lets you share your record with your care providers. In this way, it

connects practitioners at different types of locations, including physician offices, laboratories, imaging and acute care centers.

By delivering essential information to your care centers and providers, we will improve your experience as a patient. Information in Epic will simplify communication between you and your care team. I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips. You'll also find Epic saves time and money by eliminating duplicative activities. In short, Epic is the next step in keeping our promise to you – delivering the right care, at the right time, at the right cost.

Epic is already helping patients at many of our practices. It will become available in February 2018 at Atlantic Home Care & Hospice and Chilton and Overlook medical centers, in June at Morristown Medical Center, and November at Newton and Hackettstown medical centers.

We look forward to delivering this innovation to everyone who entrusts Atlantic Health System with their care.

Brian A. Gagnolati

Brian A. Gagnolati
President & CEO,
Atlantic Health System

"I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips."

health tips

FLU SURVIVAL GUIDE

Are you ready for winter's annual flu face-off?

As we enter peak flu season, there is still plenty of time to catch the virus – but also time to guard against it. Here are some easy ways to thwart influenza this season:

- » **GET THE FLU SHOT.** The Centers for Disease Control and Prevention recommends that everyone six months of age and older receive a flu vaccine.
- » **USE DISINFECTANT WIPES.** Wipe down on high-touch areas at home or in the office to keep exposure to a minimum.
- » **SNEEZE OR COUGH INTO A TISSUE.** Don't use your hands as cover. Use tissues or the crook of your arm instead to limit transmission.





Become Involved in Clinical Trials at Atlantic Health System

Help Us Improve Medicine

FOR LUPUS

Lupus is a chronic disease in which inflammation causes harm to tissues and organs.

"We're involved in several interesting and exciting studies for our patients with lupus that is difficult to treat," says Neil Kramer, medical co-director of the Institute for Rheumatic and Autoimmune Disease, or IRAD, at Overlook Medical Center. The studies involve new biologic drugs, which work in a targeted fashion at the cellular level, to prevent or limit tissue damage.

To learn more about the lupus studies, call 908-522-6156 or email concetta.lamore@atlantichhealth.org.

FOR OVARIAN CANCER

Atlantic Health System is one of only 12 institutions in the nation to enroll volunteers for a 15-year study. The goal is to see if a specific screening test for ovarian cancer is better than others to detect the condition early. Modern medicine's most promising method of detecting early stages of ovarian cancer is by detecting high levels of the protein CA-125 in a woman's blood. "This study is unique because it looks at the rate of increase in CA-125 levels over time," says Daniel Tobias, MD. "We want to know if a steady increase indicates an early-stage cancer, before the levels are high and it's already a late-stage cancer."

Study volunteers should be postmenopausal women, ages 50-74. There are currently about 800 women enrolled. Participation requires a simple blood test yearly and possibly an ultrasound, plus answering surveys. ▲

To join this study, contact researchers at 973-971-6491 or ovarian.screening@atlantichhealth.org.

For more Atlantic Health System clinical trials and research, please visit research.atlantichhealth.org.



MICHAEL
KACHUR'S
STORY

When Michael Kachur collapsed at home just weeks away from starting college, his life changed forever.

Pictured from left to right: Elizabeth Kachur with her son, Michael Kachur; Dr. Daniel Markley and Susan Yale-Mancini, Nursing Coordinator, ICU, Chilton Medical Center

On the evening of August 24, 2016, life changed instantly for the Kachur family of Pompton Lakes.

Eighteen-year-old Michael Kachur was only weeks away from starting his freshman year at the Savannah College of Art and Design when he suddenly collapsed in the family room.

OUT OF NOWHERE

"We had no idea what happened," says Michael's mother, Elizabeth. "One minute he was fine, and the next minute he was on the floor turning blue." Michael's brother, Brian, quickly hailed a next-door neighbor (and retired police officer) who ran over to the Kachur house within minutes to administer CPR – a response that helped save Michael's life.

When the ambulance arrived, it transported Michael to Chilton Medical Center, where doctors assessed the situation and acted swiftly to stabilize him. They connected him immediately to an Arctic Sun Temperature Management System to lower his body temperature and save his brain cells. Michael spent several critical hours in Chilton's Intensive Care Unit under the care of intensivist Daniel Markley, MD, whose expertise and quick action contributed to Michael's full recovery, according to Elizabeth.

"I couldn't believe this was happening; he was perfectly healthy," says Elizabeth. "We had no idea what was wrong and neither did the doctors, initially." Several weeks later, the Kachurs finally learned the cause of Michael's collapse.

PROJECT HEARTBEAT: Empowering Communities to Help Save Lives

Atlantic Health System created Project Heartbeat, a program that provides towns and local community groups with AEDs as well as AED and CPR training.

AEDs were recently donated to the townships of Wayne and Oakland as well as to the Boys & Girls Club of Pequannock, funded through a combination of hospital community grant dollars and Atlantic Sports Cardiology. Funding was also provided for CPR and AED training classes.



Pictured from left to right: Joe Klunk, Wayne Superintendent of Recreation; Mayor Christopher Vergano of Wayne; Maureen Boulanger, Atlantic Health System Marketing; and Lisa Kieve of Atlantic Ambulance.

SUDDEN CARDIAC ARREST

This heart condition, which may be inherited in some cases, causes the abrupt and unexpected deaths of approximately 4,000 children and young adults each year in the U.S. The condition is more formally known as sudden arrhythmia death syndrome, or SADS. Ventricular arrhythmias in the heart triggering cardiac arrest are the most common cause of SADS. Approximately half of all SADS deaths occur unexpectedly and with nearly half of these victims, cardiac arrest is the very first manifestation of the disease.

"I didn't understand the gravity of what was happening until we got him to the hospital," Elizabeth stresses. "We thought it was a seizure, but it was so much worse. If it wasn't for the staff at Chilton and their compassionate, effective and fast response, Michael wouldn't be here today."

BACK TO LIFE

The miraculous news: After successful surgery to install a device to monitor the electrical function of his heart, months of recovery and weeks of rehab, Michael recovered fully from his cardiac event and is back at school in Savannah, GA, something that makes Mom just a tad nervous, albeit eternally grateful.

"I have my moments for sure, but Michael has been cleared to live a full and active life – as if nothing happened – and that's fantastic," says Elizabeth, who now is involved with the SADS Foundation, helping educate others on this quiet and sudden killer. "It was against all odds that Michael survived, so we are truly lucky. I'm now helping others prepare – not necessarily to prevent the cardiac event itself, because you don't know it's going to happen – but for how to respond when someone suddenly collapses. It's the very least I can do." ▲

For more information about Project Heartbeat and the Cardiac Rhythm Management Program at Atlantic Health System, visit atlanticealth.org/heart.

ATLANTIC MEDICAL GROUP

Dr. Markley is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



WARNING SIGNS OF SUDDEN ARRHYTHMIA DEATH SYNDROME (SADS)

- Family history of unexpected, unexplained sudden death under age 40
- Fainting or seizure during exercise, excitement or startle
- Consistent or unusual chest pain and/or shortness of breath during exercise

BIG CHANGES

FOR OUR LITTLEST PATIENTS



The Children's Center at Chilton Medical Center is now open to help our littlest patients. "We do a fine job of caring for patients of all ages in our current emergency room and throughout the hospital," says Jorge Amor, MD, pediatrician on the medical staff at Chilton. "But kids aren't just little adults. They need different medicines, different IVs and different equipment, for example. They also need doctors and nurses with specialized pediatric training, including how to talk with them and their families. That's exactly what we've created here."

CHILD- AND FAMILY-FRIENDLY CONCEPTS

Having this separate emergency room allows children to avoid the activities of an adult emergency room. Children admitted to the facility will also find new child-friendly rooms that are private, along with family and patient lounges. And because having family nearby is especially important to children, rooms are larger, and special furniture doubles as a bed for an adult to stay overnight.

AN EASY SHIFT BETWEEN EMERGENCY AND INPATIENT CARE

Offering both pediatric emergency care and pediatric inpatient care requires dedicated physicians and nursing staff. "Nurses who specialize in pediatrics are child-friendly; they are quick to smile and have a warm, friendly personality. This gifted combination not only makes the child feel better, but also reduces the anxiety of their hospital experience," says Lou Faraone, MSN, RN, manager of Chilton's emergency department. To make the best use of their skills, the center's design allows staff to flow freely between the areas.

"This innovative one-stop center allows us to continue to offer specialized care for children here close to home," Dr. Amor says. Staff at the Children's Center at Chilton will care for an estimated 13,000 children a year in the new emergency room, and about 400 children a year whom they will admit to the dedicated pediatric unit. ▽

Visit atlantichealth.org/chilton for more information.

HOW TO REACH OUR EXPERTS

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



Are You at Risk for Heart Disease?



CORONARY ARTERY CALCIUM SCANS

A calcium scan detects calcifications in the coronary arteries, which can be an early sign of coronary heart disease. This fast and simple test is performed on a CT scanner and does not require blood draws or IV contrast. All scans are interpreted by a specialist in cardiac imaging affiliated with the Gagnon Cardiovascular Institute. The cost of the scan is \$99.

To schedule this test at one of the Atlantic Health System Radiology sites, please call:

Morristown Medical Center: 973-971-7750

Newton Medical Center: 973-940-8730

Overlook Medical Center: 908-522-2065

**Morristown Medical Center Health Pavilion
at Rockaway: 973-971-7750**

Chilton Medical Center: 973-831-5089

Many people across the country take heart health for granted. Colleen Coughlin, MD, FACC, cardiologist for Atlantic Medical Group, and a leading specialist at the Gagnon Cardiovascular Institute, thinks it's time for some straight talk about cardiac health.

"We're seeing more and more patients with prediabetes, high cholesterol, hormonal disturbances, elevated blood pressure and excessive waist circumference," says Dr. Coughlin. "This is not a good sign. If you – or someone you know – is in one of these higher-risk groups, talk with your primary care physician about screening options."

Dr. Coughlin offers a simple test anyone can conduct at home. Grab a tape measure and wrap it around your waist at the belly button. If your waist measures above 35 inches for women or 40 inches for men, you are likely in a higher-risk category for metabolic syndrome and consequently, heart disease.

For starters, have your blood tested for cholesterol.

If you pass with flying colors, keep doing what you're doing and have it repeated every five years. If your waist circumference, blood sugar or blood pressure is elevated, your primary care physician will help you determine the best action plan.

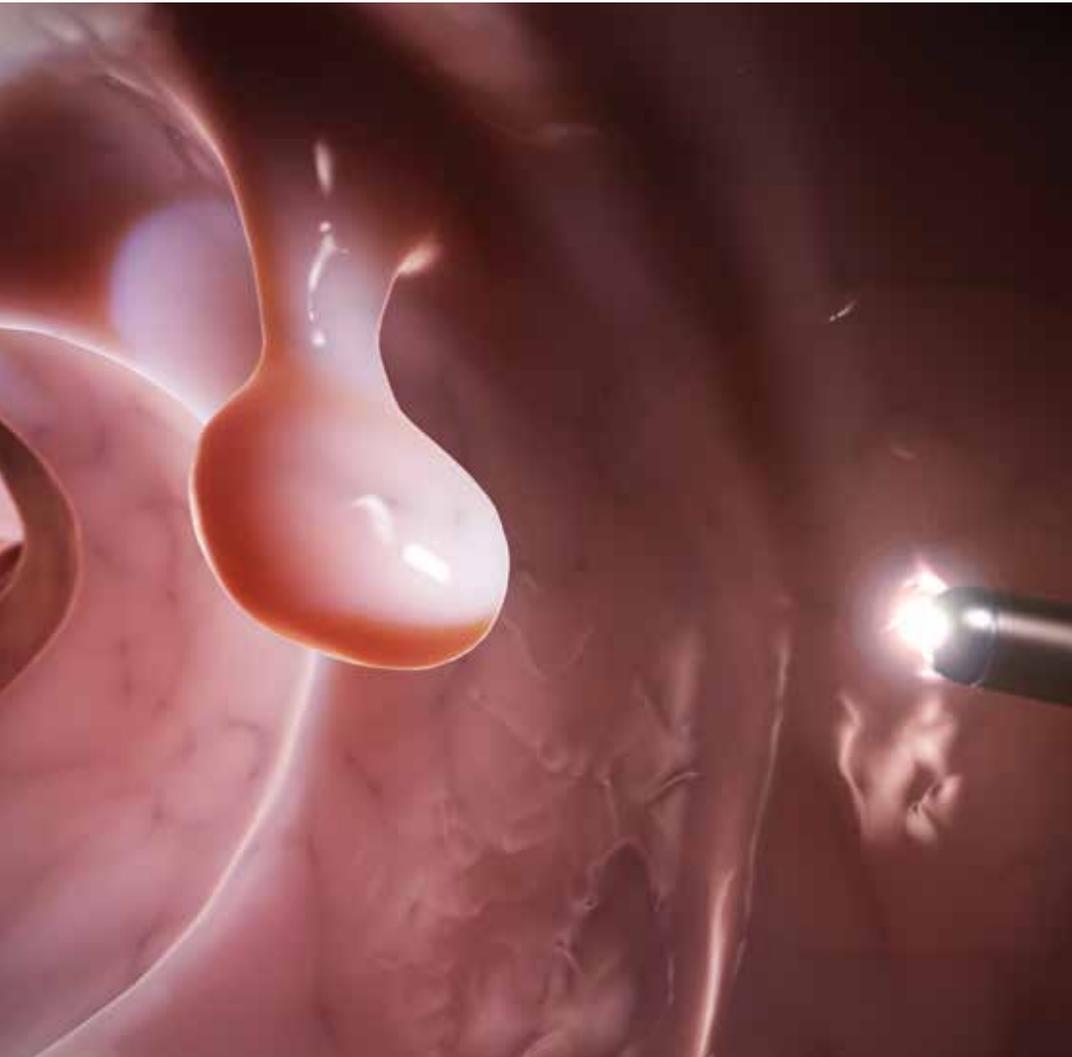
"I would rather see people in our community focus on optimal heart health at a younger age," says Dr. Coughlin. "Eating healthier foods and exercising regularly will reduce your risk from a cardiovascular standpoint." If you smoke or have a family history of heart disease, being proactive with preventive measures can have a big impact in your long-term health. A CT coronary calcification score, a simple, inexpensive test, can identify individual risk.

February is Heart Health Month, so there's no time like the present to call your doctor to schedule an appointment to discuss your heart health. 

For more information, call 973-971-8900 or visit atlantichealth.org/gagnon.

ATLANTIC MEDICAL GROUP

Dr. Coughlin is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



Colon Cancer Awareness

Knowing symptoms is the first step to prevention

Colon health awareness is in the midst of a “good news-bad news” conundrum. The good news: Awareness is at an all-time high, with national campaigns and regular physician reminders emphasizing the importance of colon cancer screenings.

But while awareness is on the rise, colon cancer remains a leading cause of death – it’s No. 2 among men and No. 3 for women. And what’s most concerning is an increase in colorectal cancer at earlier ages.

“We are starting to see a younger trend,” says Donna Seidman, RN, BSN, CHPN, gastrointestinal nurse navigator for Overlook Medical Center. “The majority of patients we see range in age from their mid-40s and up. However, we’re starting to see individuals in their late 20s to early 30s. No matter your age, have a conversation with your physician. Evaluation is critical if symptoms are present.”

March is Colon Cancer Awareness Month. Regular checkups can catch colon cancer early and improve treatment outcomes.

The best prevention? Regular checkups. You have a better chance of cancer prevention when a physician understands your family history and establishes a colon health baseline. Talk to your doctor to determine which test is best for you. Tests could include a home screening test, fecal occult blood or immunochemical testing, or in-hospital screenings such as a colonoscopy, sigmoidoscopy, barium enema or virtual colonoscopy, all of which are available throughout Atlantic Health System.

It’s also important that you monitor yourself daily, for symptoms such as:

- **Rectal bleeding or blood in the stool**
- **Changes in bowel habits, including diarrhea or constipation**
- **Changes in stool consistency that lasts longer than four weeks**
- **Persistent abdominal discomfort such as cramps, gas or pain**
- **A feeling that your bowel does not empty completely**
- **Weakness or fatigue**
- **Unexplained weight loss**

If you experience any of these symptoms, talk to your primary care doctor right away to determine the next steps needed for complete evaluation. ▀

ATLANTIC MEDICAL GROUP

Dr. Chinn is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

In a Hurry? Grab a Healthy Bowl

A new food trend offers more convenience

The next time you stop at your favorite fast-casual restaurant, do not be surprised to see a section dedicated to bowls. More and more eateries have been tweaking their menus to accommodate guests looking for a faster dining alternative.

But even though these options may seem more appealing, the same healthy nutrition rules apply.

"Bowls are convenient, but not all of them are healthy," says Mary Finckenor, registered dietitian for Morristown Medical Center. "There are acai bowls, burrito bowls, veggie bowls, rice bowls and others. Some are full of nutrition, and others aren't."

A STRAIGHTFORWARD CHOICE

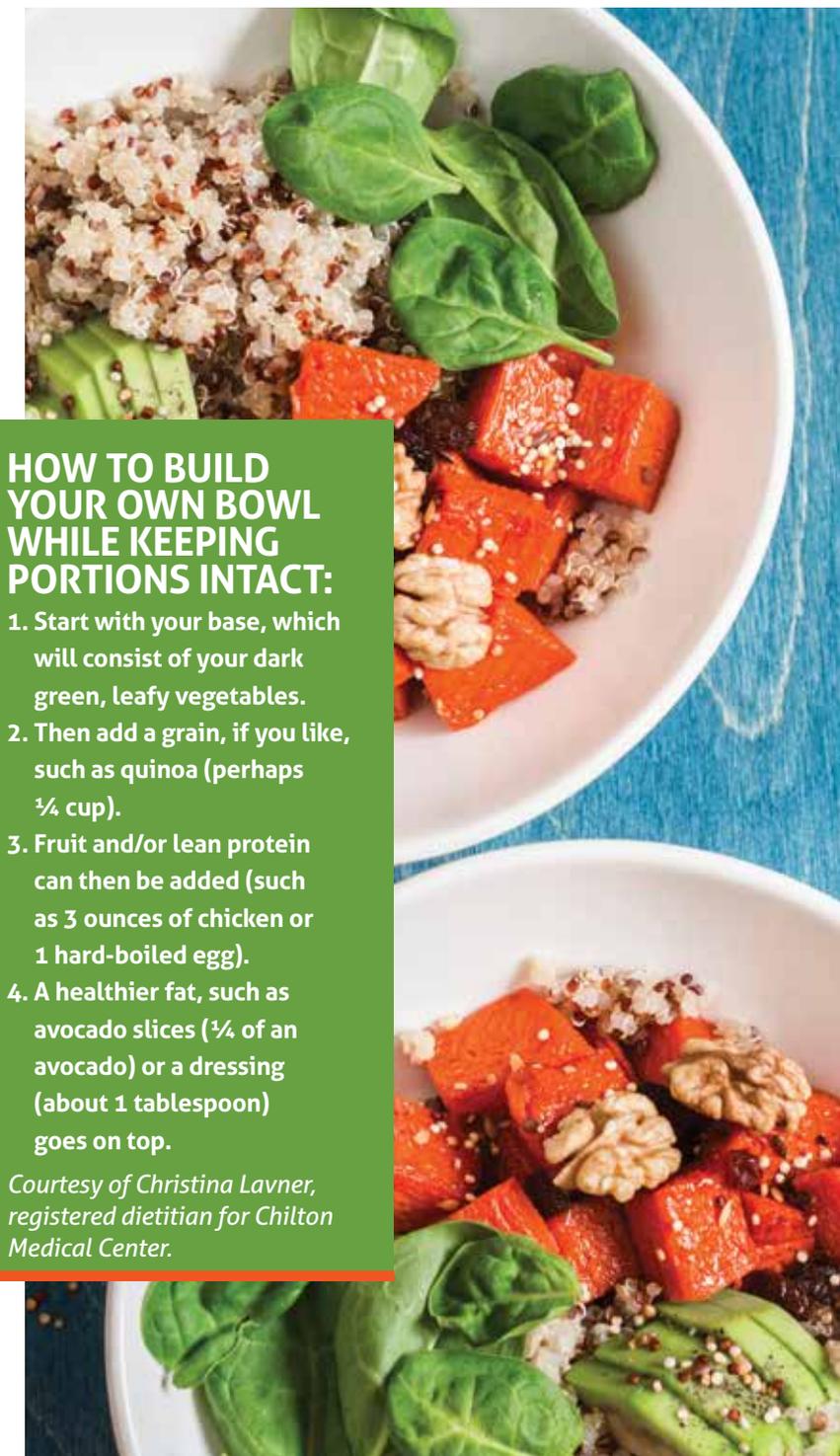
Picking a healthy bowl can be as simple as looking at the ingredients list. If the bowl is mostly fruits, vegetables or lean proteins, you're probably in the clear. If you spot fried chicken, cheese and other fatty culprits, then you should be wary.

"Always do your research," says Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center. "If a restaurant offers the option of creating your own bowl, that's even better; you can control what goes in it."

THE BEST OF BOTH WORLDS

So why are bowls popping up everywhere? Convenience is one reason, notes Jane DeWitt, clinical nutrition coordinator of Food and Nutrition services for Hackettstown Medical Center. In an always-connected world, it can be difficult making time for yourself – including time to eat. A grab-and-go option that's easy to take back to your desk is a natural result of hectic lifestyles.

"When you're busy, you don't want to waste time," Finckenor says. Knowing that you can grab or create a healthy bowl and be on your way is just more appealing than sitting down and waiting for food. As long as you make the right choices, you can have the best of both worlds: convenience and nutrition." ▲



HOW TO BUILD YOUR OWN BOWL WHILE KEEPING PORTIONS INTACT:

1. Start with your base, which will consist of your dark green, leafy vegetables.
2. Then add a grain, if you like, such as quinoa (perhaps $\frac{1}{4}$ cup).
3. Fruit and/or lean protein can then be added (such as 3 ounces of chicken or 1 hard-boiled egg).
4. A healthier fat, such as avocado slices ($\frac{1}{4}$ of an avocado) or a dressing (about 1 tablespoon) goes on top.

Courtesy of Christina Lavner, registered dietitian for Chilton Medical Center.



Many thanks to the sponsors of our ninth annual "Paint the Towns Pink" campaign for Breast Cancer Awareness Month this past October, which helped raise funds for

Chilton's Breast Center: Boniello's, David Ezra Salon & Spa, Frank's Pizza, Gary's Wine & Marketplace, Good Food Café, Grasshopper Too & Restaurant, High SocieTea House, Laurie's Homemade Candies, Moe's Southwest Grill, Monica's Italian Restaurant, Pizza One, Pompton Queen Diner, Positano Restaurant, ShamRock School of Music, Spuntino Wine Bar, Sunset Pub & Grill, Viaggio Ristorante and Wendy's.

Construction is underway for a new, state-of-the-art Intensive Care Unit (ICU) that will elevate the level of care for critically ill and injured patients. The unit will feature several key enhancements, including: larger patient rooms; upgraded patient monitoring systems and critical care equipment; additional nursing stations; and a family consultation room. Thanks to Atlantic Stewardship Bank; Atrium Health & Senior Living; Care One; Cedar Crest; Chilton Medical Center Auxiliary; Columbia Bank Foundation; Reza Farhangfar, MD; Health Center at Bloomingdale; IBM Corporation; JDT Resorts/Villa; Kindred Hospital of NJ; Lakeview Rehabilitation & Care Center; Llanfair House Care & Rehabilitation Center; Oakland Rehabilitation & Healthcare Center; Marie Ricci; Randi and Bill Strauss; Kenneth Stride; Toyota Corporation; and Wanaque Center for Nursing & Rehabilitation, who all made major gift donations to the project.



(L-R) Stephanie Schwartz, President, Chilton Medical Center; Peter Spina Jr., Wayne Motors; Joan Beloff, Chief Development Officer; and Peter Spina Sr., Wayne Motors

Chilton's Gala Helps to Advance Innovative Care

The Chilton Medical Center Foundation Board of Trustees is grateful for the tremendous support received for the "Moonlight Serenade" Gala on October 28. We are proud to have brought together our incredibly charitable community as we honored Eliot H. Chodosh, MD, and Lincoln of Wayne. Generous contributions from our sponsors and guests helped raise over \$315,000 to advance innovative care at Chilton Medical Center.

LEAVING A LEGACY

While some donations address the needs of today, others look toward the promise of tomorrow. Join Chilton Medical Center in planning for the future by including a bequest in your estate plans. Your gift will help build upon a legacy of quality health care that you have come to count on at Chilton Medical Center.

By letting us know of your planned gift, you will be recognized in our Legacy Circle. Your membership involves no dues or obligations, but it does allow us to thank you for the plans you have made, and it may inspire generosity in others.



Save the Date!

Please mark your calendars and join us for these 2018 Chilton Medical Center Foundation events.



Chilton Wine Event

Friday, April 27, 2018
Preakness Hills Country Club
Wayne, NJ



Golf Classic

Monday, June 18, 2018
Preakness Hills Country Club
Wayne, NJ



Chilton Gala

Saturday, October 27, 2018
The Venetian
Garfield, NJ

Contact the Chilton Medical Center Foundation at 973-831-5165 or Chilton.Foundation@atlantichhealth.org.

BEHAVIORAL HEALTH

HATHA YOGA AT CHILTON (10-WEEK SERIES)

Hatha yoga is the integration of body, mind and breath. Bring a yoga mat and water.
Tuesdays, January 16-March 20, 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

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.
Eight-week series: Mondays, January 22-March 12, 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.

RECOVERING FROM A STROKE

A stroke can not only be difficult for the person who experiences the stroke, but it can be difficult for family members as well. If you or a loved one has ever experienced a stroke, there are services available that can ease the process of overcoming a stroke. Learn about the various effects a stroke can have on one's life.
Monday, March 26, 7:00-8:00pm
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

FITNESS

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, February 1-March 22, 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.



THE POWER HOUR (10-WEEK SERIES)

This advanced course promotes muscular endurance, balance and bone strengthening. Bring a mat and a light set of handheld weights.
Wednesdays, January 24-March 28, 5:30-6:30pm
\$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.

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. Participants can enter raffles for T-shirts, gift cards and other prizes just for walking with us.
Third Wednesday of the month, 9:00-10:00am
Willowbrook Mall, 1600 Willowbrook Boulevard, 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, January 31-April 4, 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.

NUTRITION

LIGHTEN UP YOUR COOKING

If you're looking for healthier recipes or ways to lighten up your favorite meals, then this session is for you. Learn how to use herbs and spices to flavor your meals, make healthier substitutions and more.
Thursday, January 25, 7:00-8:00pm
\$5 per person
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

▶ PARENTING AND CHILDBIRTH

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, January 4, February 1, March 8 and April 12, 7:00-9:30pm

\$50 per couple

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

BREASTFEEDING SUPPORT GROUP

Join other moms in an informal and welcoming group that supports breastfeeding mothers and their children. Our lactation consultants will be on hand to answer questions and offer support.

Mondays (excluding New Year's Day and Memorial Day), 11:00am-Noon

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

CALLING ALL GRANDPARENTS

This informational class will explore new trends in care such as bath and cord care, breastfeeding, car safety and home safety. We will discuss the changes that occur as your role changes from that of a parent to that of a grandparent.

Tuesday, April 3, 6:00-8:00pm

\$35 per couple; \$20 per individual

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, January 6, February 3, March 3 and April 7, 9:00am-3:00pm

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

CHILDBIRTH PREPARATION (3-WEEK SERIES)

This class covers the same topics as the intensive class, but it spreads the topics out over the course of three weeks.

Wednesdays, January 17, 24 and 31; March 7, 14 and 21; April 11, 18 and 25

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

PRENATAL HEALTHY LIVING

Learn how to stay healthy during and after pregnancy with prenatal yoga, infant massage, essential oils and nutrition.

Saturday, April 28, 10:00-11:30am

Chilton Medical Center Boardroom, 97 West Parkway, Pompton Plains, NJ 07444

SIBLING CLASS

This class helps to ease older brothers and sisters into this new phase of their lives.

Saturday, April 21, 9:00-10:30am

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

▶ SUPPORT GROUPS

ARTHRITIS SUPPORT GROUP

Tuesday, March 27, 10:30-11:30am

Atlantic Health Pavilion, 242 West Parkway, 2nd Floor, Pompton Plains, NJ 07444

DIABETES EDUCATION AND SUPPORT GROUP

Thursdays, January 4, February 1 and March 1, 10:00-11:00am, and Wednesdays, January 17, February 21 and March 21, 7:00-8:30pm

Atlantic Health Pavilion, 2nd Floor, 242 West Parkway, Pompton Plains, NJ 07444

▶ WEIGHT LOSS

BARIATRIC SEMINAR

Join us for an introduction to bariatric surgery led by a bariatric surgeon.

Third Thursday of the month, 7:00-9:00pm

Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444



CAR SEAT INSPECTIONS

Visit www.preventionworks-nj.org/car-seat-inspection-stations for information on where to get free car seat inspections.

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

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