

# well aware

VIEW OUR  
NEW VITALITY  
COMMUNITY  
CLASSES  
AND EVENTS

New 3D Technology to  
Detect Breast Cancer

Advances in Treatment  
for Blocked Arteries

FALL  
2014



Chilton  
Medical Center  
ATLANTIC HEALTH SYSTEM

## DEAR FRIENDS,

As the leaves turn color and the air becomes crisper, our thoughts turn to the change of seasons. I hope you had a fun and relaxing summer and are looking forward to all of the wonderful activities and beauty that come with fall.

Because our emphasis has always been on integrating health and wellness into the fabric of your lives, we've assembled a robust collection of listings to give you that added boost. Our New Vitality calendar has information on exercise programs, health screenings and special events that extend you the opportunity to come together as a community. Join us — and be sure to invite a friend!

*Deborah K Zastocki*

**Deborah K. Zastocki, DNP, RN**  
President, Chilton Medical Center

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## DEPARTMENTS

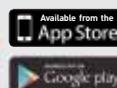
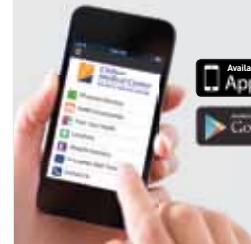
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## FEATURE

New 3D Technology to Detect Breast Cancer

Download our **Be Well** app for Chilton Medical Center



### Talk to us

Tell us what you want to read about in *Well Aware*. Email us at [well.aware@atlantichealth.org](mailto:well.aware@atlantichealth.org). Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

### Visit our blog

*Well Aware — Your Way* provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at [atlantichealthblog.org](http://atlantichealthblog.org).

### Well Aware Kids

Twice a year, Goryeb Children's Hospital publishes *Well Aware Kids*. The publication has informative articles for those with kids ranging from newborns to teenagers. Want a copy? Please contact us at [well.aware@atlantichealth.org](mailto:well.aware@atlantichealth.org).



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Morristown Medical Center  
Overlook Medical Center  
Newton Medical Center  
Chilton Medical Center  
Goryeb Children's Hospital  
 Atlantic Health System

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 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 their respective fields.

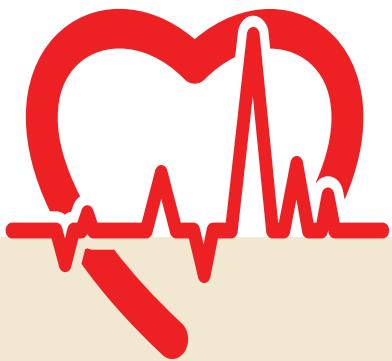
**OFFICIAL  
HEALTH CARE  
PARTNER**



**AN OFFICIAL HEALTH PROVIDER  
OF THE NEW JERSEY DEVILS**



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## ADVANCES IN TREATMENT FOR BLOCKED ARTERIES

### A New Route to the Heart

Angioplasty is a nonsurgical procedure used to open narrowed or blocked coronary arteries and restore blood flow to the heart. While this approach is safe and successful, research suggests that a newer angioplasty technique, called transradial catheterization, may be even better.

With transradial catheterization, the physician accesses the heart through the radial artery in the wrist rather than the femoral artery in the groin, as happens in traditional angioplasty. Same destination, different route. "In my personal experience, 99.9 percent of patients who have experienced both types of traditional angioplasty prefer the transradial approach," observes Lawrence Blitz, MD, medical director of the Cardiovascular Interventional Lab at Chilton Medical Center.

That's because transradial patients do not have to lay flat and still for several hours, even overnight, to avoid bleeding, as traditional angioplasty patients must. "Transradial catheterization is far less confining," notes Dina Tortorelli, RN, manager of the Cardiovascular Interventional Lab at Chilton Medical Center. "Patients can sit up, get out of bed and walk around right after their procedure." Most recuperate within hours instead of days — and with less bleeding.

**To learn more about Chilton Medical Center's heart and vascular services, visit the hospital's website at [atlantichealth.org/chilton](http://atlantichealth.org/chilton).**

## Autumn Allergy Alert: RAGWEED

If fall allergies have you stuffy and sneezing, then you might be wondering what causes your body to react this way. In the spring, we all know pollen from fresh green blooms is to blame, but what exactly causes fall allergies?

Surprisingly, the plant responsible for all those boxes of tissues is the simple ragweed. It grows in 17 varieties, and thrives in places like vacant lots or empty roads. Its white,

powdery pollen activates the body's defenses. One in five people are actually allergic to it — and three out of four people allergic to pollen are triggered by ragweed.

### TIPS FOR LIMITING CONTACT WITH RAGWEED?

- Avoid peak ragweed hours (10:00am to 3:00pm).
- Track pollen counts in the newspaper or on the web.
- Keep windows closed and use central air-conditioning with a HEPA filter.



- Change your clothes and wash your hands after you've been outside, since ragweed can stick to skin or clothing.
- Do not hang laundry to dry outside because pollen sticks to wet clothes.

**ONE SHOCKER?** Avoid consuming foods like bananas, melons, honey, sunflower seeds and chamomile tea. Their proteins are similar to ragweed and can actually make symptoms worse.



## NEW Center for Well Being opens its doors at 435 South St. in Morristown

**A**t first, you may mistake the Center for Well Being in Morristown for a high-end luxury spa. In reality, it is so much more. The new, 20,000-square-foot Center for Well Being in Morristown is dedicated to a higher purpose than mere pampering. "Our goal is to take the science of health and put it into practice," says Mimi Guarneri, MD, senior advisor for the Center for Well Being. "We want to complete the circle of care by offering our clients diverse options for healthy lifestyle change."

That list includes everything from nutritional consultations and acupuncture to cardiac rehabilitation, lifestyle coaching, therapeutic massage and even cooking classes. The common thread in all these offerings comes down to the three "Ps," says Dr. Guarneri: "Everything is personalized, proactive and participatory."

**For more information, visit [atlantichealth.org/centerforwellbeing](http://atlantichealth.org/centerforwellbeing).**

IN BRIEF



Lisa Bash, MD,  
medical director  
of The Breast  
Center at Chilton  
Medical Center

Performed in conjunction with traditional digital mammography, 3D mammography utilizes an x-ray machine that moves over each breast, in an arc, to capture multiple angles.

abnormalities that may have been missed with conventional mammography alone," explains Dr. Bash.

### EARLIER DETECTION, INCREASED ACCURACY

Mounting evidence suggests that 3D mammography, used in combination with standard mammography, significantly improves breast cancer detection rates while identifying cancers earlier and more correctly pinpointing the size, shape and location of abnormalities. The test also increases the likelihood of detecting multiple tumors, which occur in fifteen percent of breast cancer patients.

Another major benefit of 3D mammography is a substantial reduction in false-positive results — which means fewer patient recalls and diagnostic tests. "That can make a huge difference for our patients, alleviating the stress and anxiety associated with multiple visits and offering greater peace of mind," Dr. Bash notes.

3D mammography is valuable for both screening and diagnostic mammography. The FDA-approved technique is safe and noninvasive, adding mere seconds to the length of a standard mammography procedure with a single radiation exposure. ▶

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**For more information about 3D mammography, or to schedule a mammogram appointment at The Breast Center at Chilton Medical Center, please call 973-831-5200.**

## New 3D Technology to Detect Breast Cancer

The future of mammography comes to Chilton Medical Center

Thanks to a new breast imaging innovation — 3D mammography — the future of mammography has arrived. And it's now available at The Breast Center at Chilton Medical Center.

### UNIQUE BREAST HEALTH BENEFITS

3D mammography, or breast tomosynthesis, is regarded among experts as the first major advance in breast imaging and breast cancer screening since the development of breast MRI. "This breakthrough vastly improves our ability to find smaller cancers, while also diminishing the need for additional testing," states Lisa Bash, MD, medical director of Chilton's Breast Center. "It has the potential

to change how women receive mammograms and doctors diagnose breast cancer." Performed in conjunction with traditional digital mammography, 3D mammography utilizes an x-ray machine that moves over each breast, in an arc, to capture multiple angles. The high-resolution images are then viewed individually as one-millimeter "slices" and in rapid succession to produce a three-dimensional reconstruction of the entire breast.

"This technique eliminates the visual obstruction of overlapping breast tissue, allowing us to see details with greater clarity and to identify tiny masses or subtle

The Breast Center at Chilton Medical Center is designated a Breast Imaging Center of Excellence by the American College of Radiology. In addition to mammography, the center also provides breast ultrasound, breast MRI, image-guided breast biopsy, bone densitometry and other diagnostic and support services for more than 15,500 patients annually. The facility is staffed by fellowship-trained, board-certified breast imaging radiologists and licensed mammography technicians who specialize in breast health and offer a uniquely personalized level of care.

## INTEGRATED WELLNESS

### ARTHRITIS FOUNDATION AQUATICS PROGRAM (Joint-Friendly)

Exercise without excess strain on your joints. Bring a lock, towel and swim cap to the class.

**TIME:** Noon to 12:45pm

**DATE:** Thursdays, October 2 to November 20

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$40 for all eight weeks

### ARTHRITIS FOUNDATION EXERCISE PROGRAM (Joint-Friendly)

Gentle activities help increase joint flexibility and maintain range of motion.

**TIME:** 1:30 to 2:30pm

**DATE:** Mondays, September 29 to November 17

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks

### HATHA YOGA

Integration of body, mind and breath. Bring a yoga mat.



**TIME:** 6:30 to 7:30pm

**DATE:** Tuesdays, September 30 to December 16

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$96 for all 12 weeks

### QIGONG

Coordinates the use of mind, breath and movement.

*Afternoon Classes:*

**TIME:** 1:30 to 2:30pm

**DATE:** Tuesdays, October 7 to December 16 (no class December 9)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### Evening Classes:

**TIME:** 6:00 to 7:00pm

**DATE:** Thursdays, October 16 to December 18 (no class November 27)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$72 for all nine weeks

### T'AI CHI CHIH® JOY THRU MOVEMENT — Beginner (Joint-Friendly)

A series of simple, non-martial movements that anyone can do.

**TIME:** 9:45 to 10:30am

**DATE:** Thursdays, October 2 to December 11 (no class November 27)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### T'AI CHI CHIH — Intermediate (Joint-Friendly)

This class will introduce Seijaku (advanced T'ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.

**TIME:** 10:45 to 11:30am *OR* 11:45am to 12:30pm

**DATE:** Thursdays, October 2 to December 11 (no class November 27)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### YOGA — Beginner

Bring a small blanket and a mat for the floor.

**TIME:** 11:30am to 12:30pm

**DATE:** Tuesdays, October 7 to December 16 (no class December 9)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### YOGA — Intermediate

Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.

**TIME:** 10:00 to 11:00am

**DATE:** Tuesdays, October 7 to December 16 (no class December 9)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks



## EXERCISE



### NEW CLASS — HULA HOOP WAKE UP

Enjoy a full body challenge using weighted Hula Hoops to power up your workout. Hula Hoops provided.

**TIME:** 6:30 to 7:15pm

**DATE:** Mondays, September 29 to December 15

**PLACE:** Riverdale Senior Community Center, 57 Loy Avenue, Riverdale

**FEE:** \$96 for all 12 weeks

### AQUACISE, LEVEL 1 (Joint-Friendly)

Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.

**TIME:** Noon to 12:45pm

**DATE:** Mondays, September 29 to December 15

AND/OR

**DATE:** Wednesdays, October 1 to December 17

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$60 for each 12-week session

### AQUACISE, LEVEL 2 (Joint-Friendly)

Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.

**TIME:** 1:00 to 1:45pm

**DATE:** Wednesdays, October 1 to December 17

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$60 for all 12 weeks

### BETTER BONES — Intermediate

For individuals who have already completed at least two sessions of Muscles in Motion. Bring 1-, 2- or 3-lb. handheld weights.

**TIME:** 10:15 to 11:15am

**DATE:** Tuesdays, September 30 to December 9 (no class November 25)  
**AND/OR**

**DATE:** Thursdays, October 2 to December 11 (no class November 27)

**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$60 for each 10-week session

### CORE DYNAMIX

Cardio, balance, standing (barre) work and mat floor exercises. Bring one pair of light weights (2 to 3 pounds) and a mat.

**TIME:** 5:30 to 6:15pm

**DATE:** Tuesdays, October 7 to December 16 (no class December 9)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### MUSCLES IN MOTION — Two Locations

Increase your core strength. Bring a mat and handheld weights. Resistance equipment provided.

**TIME:** 4:30 to 5:30pm

**DATE:** Mondays, October 20 to December 15

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$45 for all nine weeks

AND/OR

**TIME:** 11:30am to 12:30pm

**DATE:** Thursdays, October 2 to December 11 (no class November 27)

**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$60 for all 10 weeks

## THE POWER HOUR

Promotes muscular endurance, balance and bone strengthening. Bring a light set of handheld weights and a mat.

**TIME:** 5:30 to 6:30pm

**DATE:** Wednesdays, October 22 to January 14, 2015 (no class October 29; December 17, 24 and 31)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$72 for all nine weeks



## ZUMBA® GOLD

Improve balance, strength and flexibility.

**TIME:** 1:00 to 1:45pm

**DATE:** Mondays, September 29 to December 8 (no class November 24)  
**AND/OR**

**TIME:** 10:00 to 10:45am

**DATE:** Wednesdays, October 1 to December 10 (no class November 26)  
**AND/OR**

**TIME:** 10:00 to 10:45am

**DATE:** Fridays, October 3 to December 12 (no class November 28)

**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$60 for each 10-week session

## ZUMBA GOLD AT CHILTON

Participants need slip-on bands or shoe sliders to pivot on carpeted floors.

**TIME:** 1:00 to 1:45pm

**DATE:** Thursdays, October 2 to December 11 (no class November 27)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks



## NEW CLASS — ZUMBA

Sculpts and tones the body.

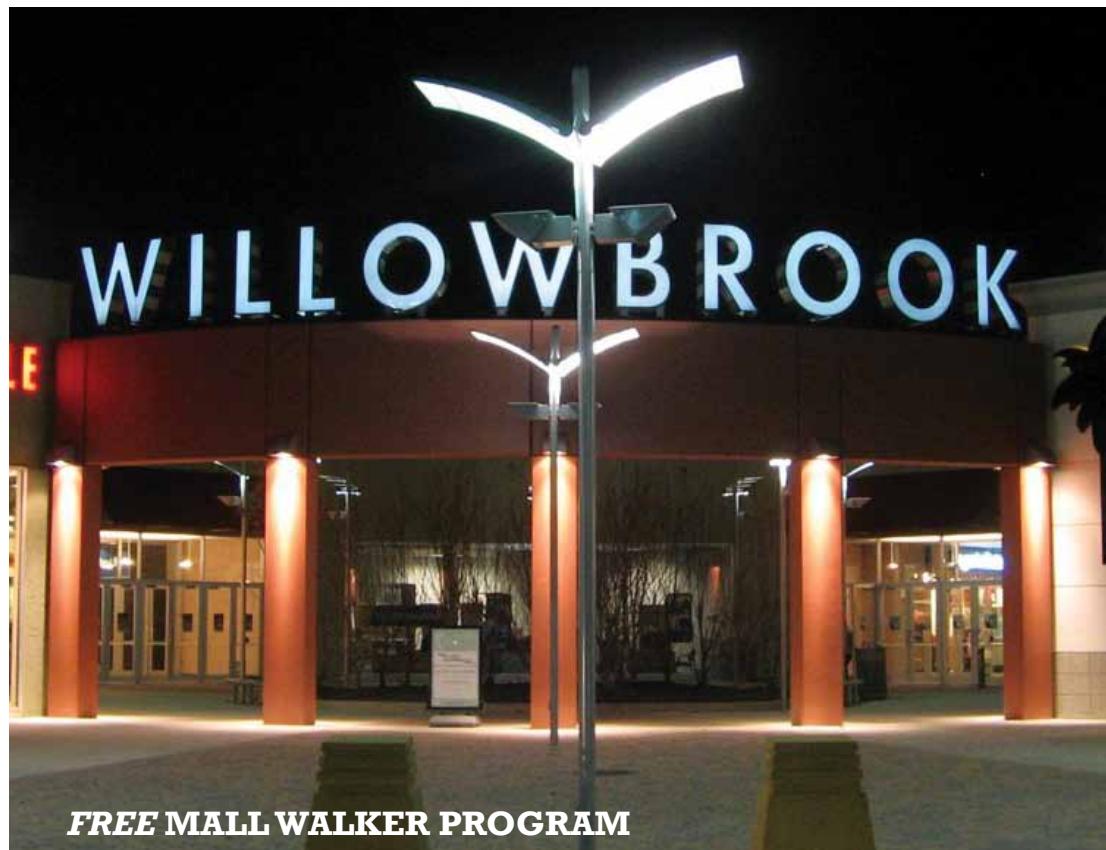


**TIME:** 7:00 to 8:00pm

**DATE:** Wednesdays, October 1 to December 10 (no class November 26)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$80 for all 10 weeks



## FREE MALL WALKER PROGRAM

Participants may walk from:

**TIME/DATE:** 7:00 to 10:00am, Monday through Saturday; 9:00 to 11:00am, Sunday

**PLACE:** Willowbrook Mall, Wayne

Willowbrook Mall, Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOne at Wayne are co-sponsoring the Mall Walker Program. Call 973-831-5367 to register for this program.

# Healthy Communities

Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town's website.

**POMPTON LAKES**

973-835-0143 ext. 225

[pomptonlakesgov.com](http://pomptonlakesgov.com)

**WANAQUE**

973-839-3000

ext. 7122 or 7124

[wanaqueborough.com](http://wanaqueborough.com)

**WEST MILFORD**

973-728-2725

[westmilford.org](http://westmilford.org)

**RINGWOOD**

973-962-7079

[ringwoodnj.net](http://ringwoodnj.net)

**WAYNE**

973-694-1800

ext. 3241

[waynetownship.com](http://waynetownship.com)

## HEALTH EDUCATION



### UP CLOSE AND PERSONAL

Join us for a special menu and price of \$13.95. A breast surgeon, pathologist and plastic surgeon will discuss a breast cancer patient's journey from the pathology report to reconstruction and recovery. Q & A with all of the doctors. Call the Grasshopper Too to make your reservation at 973-696-9698.

**PRESENTERS:** Michelle Azu, MD; Charbel Chalfoun, MD; Essam Ahmed, MD

**TIME:** 5:30pm

**DATE:** Thursday, October 2

**PLACE:** Grasshopper Too Restaurant & Bar, 26 Erie Avenue, Wayne

### WHEN DO I NEED A BREAST SURGEON?

Learn what warning signs and symptoms should prompt you to see a breast surgeon ASAP. A healthy breakfast provided by Assisting Seniors at Home.

**PRESENTER:** Michelle Azu, MD

**TIME:** 10:00am

**DATE:** Wednesday, October 22

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### YOUR BREAST HEALTH — FROM DIAGNOSIS TO SURGERY

Join a pathologist, breast surgeon and plastic surgeon for a breast cancer patient's journey from the pathology report to reconstruction and recovery. Light refreshments by Caring People Home Health Agency.

**PRESENTERS:** Michelle Azu, MD; Charbel Chalfoun, MD; Essam Ahmed, MD

**TIME:** 2:00pm

**DATE:** Wednesday, October 8

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

## LEARNING @ YOUR LEISURE

Learning @ Your Leisure will allow you to view recorded webinars from the comfort of your home. For information or to view the webinars, visit our website at [chiltonneighbors.org](http://chiltonneighbors.org).

### Wayne Township's 36th Annual Health Fair

Wayne Valley High School, 551 Valley Road, from 8:30 to 11:00am, Saturday, October 25. For information or to register for screenings, call 973-694-1800 ext. 3281 or visit [waynetownship.com/health](http://waynetownship.com/health).

### Free Sleep Health Screenings

Visit the website at [chiltonhealth.org](http://chiltonhealth.org).

### Pulmonary Rehabilitation Program

This nine-week program is for people with various lung conditions. For information, call 973-831-5070.

### Diabetes Self-Management Education Program

For information or to schedule an appointment, call 973-831-5216.

### STROKE SCREENING

Fasting is recommended for accurate results but not required. Appointments are required and limited. To make an appointment, call 973-831-5475.

**TIME:** 8:30 to 10:30am

**DATE:** Monday, October 6

**PLACE:** 242 West Parkway, Pompton Plains

**FEES:** \$25

## **POSITANO PASTA PINKOUT**

Positano Restaurant & Pizzeria supports Chilton's Breast Center. For \$19.99 (dine in or take out), enjoy a choice of six different pastas, including salad and drink. Whole-wheat and gluten-free choices available. Free breast health assessments. Call Positano to make your reservation at 973-628-6863.

**TIME:** 5:00pm

**DATE:** Wednesday, October 8

**PLACE:** Positano Restaurant & Pizzeria, 245 Berdan Avenue, Wayne

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## **WOMEN'S HEALTH UPDATE AND SCREENING**

Female cancers, signs and symptoms and the latest screening guidelines. Appointments for the screening are required and limited. Lakeland Health Care Center provides a light supper. To make an appointment, call 973-831-5475.

**PRESENTER:** John Scian, MD

**TIME:** 5:30pm

**DATE:** Wednesday, October 15

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

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## **BRAIN ATTACK: STROKE**

Learn the warning signs, symptoms and risks of stroke. Our interactive giant inflatable brain will be on-site as well as Chilton Medical Center Stroke Department staff. Milford Manor Nursing & Rehabilitation provides a healthy breakfast.

**PRESENTER:** Gennaro Marino, DO

**TIME:** 10:00am

**DATE:** Friday, October 24

**PLACE:** Chilton Health Network, MICU Classroom

**FREE**

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## **MEN'S HEALTH UPDATE AND SCREENING**

Prostate cancer, signs and symptoms and the latest screening guidelines. Appointments for the screening are required and limited. Lakeland Health Care Center provides a light supper. To make an appointment, call 973-831-5475.

**PRESENTER:** James Zinman, MD

**TIME:** 6:30pm

**DATE:** Wednesday, October 29

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

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## **NIP, TUCK AND BLING**

Join us for wine and cheese, "pink" jewelry specials, free jewelry cleaning and a raffle. Plastic surgeon Michael Conn, MD, will answer those questions that you've always wanted to ask. A generous donation will go toward the purchase of a breast ultrasound machine.

**TIME:** 6:30pm

**DATE:** Thursday, October 30

**PLACE:** The Image Gallery, 1160 Hamburg Turnpike, Wayne

**FREE**

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## **MANAGING YOUR DIABETES: 2014 UPDATE**

A basic diabetes overview and current information on medications, diet and exercise. CareOne at Wayne provides a healthy breakfast.

**PRESENTERS:** Lucy Covello, MD; Dina Hulbert, RD, CDE; Christine Dorenbusch, MS

**TIME:** 10:00am to Noon

**DATE:** Friday, November 21

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

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## **WONDERING IF IT'S PERIMENOPAUSE?**

Learn about the symptoms and some treatment options available.

**PRESENTER:** John Scian, MD

**TIME:** 7:00pm

**DATE:** Monday, December 1

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

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## **Parent Education**

Events take place at multiple locations. Call 973-831-5475 for registration information.

### **Just for Dads**

**TIME:** 7:00 to 9:30pm

**DATE:** Wednesday, October 8

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### **Relating to Motherhood**

**TIME:** 10:30am to Noon

**DATE:** Fridays, October 3, November 7 and December 5  
**AND**

**TIME:** 5:00 to 6:30pm

**DATE:** Tuesdays, October 14 and 28; November 11 and 25; December 9

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### **Especially for Siblings**

**TIME:** 9:30am to Noon

**DATE:** Saturday, October 11

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### **Babies and Pets**

**TIME:** 7:30 to 8:30pm

**DATE:** Monday, October 27

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## NUTRITION

### EAT WELL ... BE HAPPY

This five-week FREE weight management program will teach you strategies to make healthy lifestyle choices. Lots of coupons and recipes included.

**PRESENTER:** Allison Smith, MPH, RD, ShopRite of Lincoln Park

**TIME:** 2:00pm

**DATE:** Wednesdays, October 15, 29; November 12; December 3, 10

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT

Stop by Gary's Wine after a long day for a glass of wine and a sampling of delicious Enjou chocolates. Involve all five of your senses while learning about the health benefits, too.

**PRESENTER:** Wendy Taffet, Chocolatier

**TIME:** 5:30pm

**DATE:** Thursday, October 16

**PLACE:** Gary's Wine & Marketplace, 1308 Route 23 North, Wayne

**FEES:** \$5

### SAVVY VEGETARIAN

Learn the facts about a vegetarian diet and if it's right for you.

**PRESENTER:** Nicole Hallissey, RD, ShopRite of Oakland

**TIME:** 7:00pm

**DATE:** Monday, October 27

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEES:** \$5

### GUILTY GOODIES FOR THE HOLIDAYS

A registered dietitian will demonstrate preparation of tasty, yet healthy desserts.

**PRESENTER:** Nicole Hallissey, RD, ShopRite of Oakland

**TIME:** 7:00pm

**DATE:** Tuesday, November 18

**PLACE:** ShopRite of Oakland, 14 Post Road, Oakland — Culinary Station

**FEES:** \$5

### THE HEALTHY BENEFITS OF BEANS AND LEGUMES

Packed with health and longevity benefits, beans are the perfect comfort food. Tastings and recipes included.

**PRESENTER:** Allison Smith, MPH, RD

**TIME:** 2:00pm

**DATE:** Wednesday, November 19

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEES:** \$5



## SUPPORT GROUPS

### Alzheimer's Disease Caregivers

**Support Group:** 7:00 to 8:30pm the second Wednesday of the month from September to June — 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

**Arthritis Support Group:** 10:30 to 11:30am the fourth Tuesday of the month — CareOne at Wayne, 493 Black Oak Ridge Road, Wayne. For information, call 973-831-5367.

**Bereavement Support Group:** 1:00 to 2:30pm the fourth Tuesday of the month — 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

### Diabetes Education and Support

**Group:** 10:00 to 11:00am the first Thursday of the month and from 7:00 to 8:30pm the third Wednesday of the month — 242 West Parkway, Pompton Plains. For information, call 973-831-5229.

**Family Caregiver Workshops:** For those caring for a loved one with Alzheimer's and other dementias. Presented by Andrea Sussman, MSW, executive director for Home Instead Senior Care. For information, call 973-970-9250.

### United Ostomates of North Jersey:

7:00 to 8:30pm the second Monday of the month — Chilton Medical Center, Board Room. For information, call JoAnn Valent, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.

**Well Spouse Support Group:** For a spouse caring for a chronically ill or disabled loved one. 1:30 to 3:00pm the second Monday of the month — Chilton Medical Center, Collins Pavilion. For information, call 973-831-5311/5306.

**"Women to Women":** For women who are living with cancer. 1:00 to 2:30pm the first, third and fifth Tuesdays — 242 West Parkway, Pompton Plains. For information, call 973-831-5311/5306.

## LIFE ENRICHMENT

Thank you to our sponsors for their support.

### WELCOME TO THE NEW NEW VITALITY

Atlantic Health System is expanding the New Vitality program into its other three hospitals. Join us as we kick off the future of New Vitality and celebrate with a fresh new look. Refreshments, giveaways and more. Bring a friend who is not a member and you will be entered into a raffle for a ShopRite gift card.

**TIME:** 10:00am to Noon

**DATE:** Monday, September 15

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FREE**

### CALLING ALL NEW GRANDPARENTS

This class will inform new and "about to become" grandparents about new ideas in child care.

**PRESENTER:** Karin Beach, RN, BSN,  
ICCE, ICD

**TIME:** 6:30 to 8:30pm

**DATE:** Thursday, October 9

**PLACE:** Chilton Medical Center,  
Board Room

**FREE**



### Annual Women's Event

#### LIVE EVERY MOMENT, LAUGH EVERY DAY

A fun-filled evening with humorist Diana Jordan. Shop at our boutique tables and enjoy a night out for yourself. See Diana's website at [dianajordan.com](http://dianajordan.com).

**TIME:** 5:30pm

**DATE:** Thursday, October 23

**PLACE:** Preakness Hills Country Club,  
1050 Ratzer Road, Wayne

**FEE:** \$46 per person (includes a full course dinner)



### MOON ROCKS AND METEORITES

An interactive presentation. View real lunar samples collected during the Apollo missions and hold genuine meteorites ... touch a piece of cosmic history.

**PRESENTER:** Laura Venner

**TIME:** 10:00am

**DATE:** Friday, October 10

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FEE:** \$5

### ADVANCE DIRECTIVES AND POLST

Learn the differences between POLST (Physician's Order for Life-Sustaining Treatment) and an advance directive.

**PRESENTER:** Terri Roth Reicher, JD, LLM

**TIME:** 2:00pm

**DATE:** Wednesday, October 22

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FREE**

### FRANKLIN D. ROOSEVELT: AN ARSENAL FOR DEMOCRACY

Meet with President Roosevelt just prior to his delivery of the famous "Arsenal for Democracy" speech. This program is funded by the Horizon Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.

**PRESENTER:** Neill Hartley, American Historical Theatre

**TIME:** 11:00am

**DATE:** Friday, November 14

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FREE**

### DECADE SERIES:

# The 1940s

Learn about the people and events that made the 1940s one of the most significant decades.

**PRESENTER:** James Gardner, Time Machine Talks,  
LLC

**TIME:** 10:00am

**DATE:** Friday, November 7

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$5



## AUXILIARY EVENTS

### QUEEN'S TEA

The Chilton Auxiliary is hosting a "Queen's Tea" to benefit Chilton's Breast Center.

**TIME:** Noon and 6:00pm

**DATE:** October 2 and October 9

### TREE OF LIGHTS

Sponsor a light to shine in honor or in memory of a special person in your life. Your light will shine throughout the holiday season, and donor and honoree names will be on display in the hospital lobby.

### BOILING SPRINGS SAVINGS BANK COMMUNITY ALLIANCE PROGRAM

The Chilton Auxiliary is proud to have joined this program, which rewards nonprofit organizations when their members or supporters bank at Boiling Springs.

**For information, contact the  
Auxiliary office at 973-831-5345.**

## Save the Date

Chilton Medical Center  
Foundation Special Event

**Annual Chilton Gala at  
The Grove in Cedar Grove,  
Saturday, December 6, 2014**



Call 973-831-5165 or visit  
[atlantichealth.org/chilton](http://atlantichealth.org/chilton) for  
additional information.

## FINANCIAL PLANNING



### IS YOUR HOUSE IN ORDER?

An overview of issues for your financial and personal planning, guided by our professional advisory experts. Continental breakfast included.

**TIME:** 10:00am

**DATE:** Tuesday, September 30

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### Eat at Wendy's for PAINT THE TOWNS PINK

Have lunch or dinner (dine in or take out) at participating Wendy's Restaurants, and they will donate fifteen percent of their proceeds to benefit Chilton's Breast Center.

**TIME:** Noon to 8:00pm

**DATE:** Tuesday, October 14

**PLACE:** Wendy's of Hamburg Turnpike, Wayne

Wendy's of Route 23, Wayne

Wendy's of Route 46, Wayne

Wendy's of Willowbrook Mall, Wayne

Wendy's of Butler

Wendy's of Pompton Lakes



1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to **Atlantic Health System**.

Mail the completed form along with your check to:

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

*(You will not receive a confirmation notice — be sure to mark your calendar accordingly.)*

Name(s)

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## PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.

*Please return entire page.*

3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, please call Chilton Medical Center at 973-831-5367. You may also register online at [chiltonhealth.org/calendar](http://chiltonhealth.org/calendar).
4. If a class is full when we receive your check, you will be issued a refund, placed on a waiting list and notified if an opening occurs. Refunds cannot be made once a class has begun.
5. \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, please be sure to call us **prior to the date of the program** and we will issue you a voucher to be used toward any future \$5 class during the current year.

Address

---

City/State/ZIP

---

Daytime Phone

---

Cellphone

---

Email Address

---

Total Enclosed \$

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### RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN CHILTON MEDICAL CENTER'S EXERCISE PROGRAMS

I, \_\_\_\_\_, hereby consent to become a participant in the New Vitality class offered by Chilton Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises I will inform the instructor, consult my physician and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session(s) and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, or Chilton Medical Center, or Atlantic Health System or the instructor liable or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this Consent and Waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

Witness

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Signature of Participant

Date

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# Registration Form

Please refer to calendar for class dates, times and locations, and make sure to complete both sides of this registration form.

## AQUACISE, LEVEL 1

Mondays  
AND/OR  Wednesdays  
**FEE:** \$60 per session

## AQUACISE, LEVEL 2

**FEE:** \$60

ARTHRITIS FOUNDATION AQUATICS PROGRAM  
**FEE:** \$40

ARTHRITIS FOUNDATION EXERCISE PROGRAM  
**FEE:** \$40

BETTER BONES —  
Intermediate  
 Tuesdays  
AND/OR  Thursdays  
**FEE:** \$60 per session

CORE DYNAMIX  
**FEE:** \$50

HATHA YOGA  
**FEE:** \$96

HULA HOOP WAKE UP  
**FEE:** \$96

MUSCLES IN MOTION  
(Chilton)  
**FEE:** \$45

MUSCLES IN MOTION  
(Wayne)  
**FEE:** \$60

Please return entire page.

## THE POWER HOUR

**FEE:** \$72

## QIGONG — Afternoon

**FEE:** \$50

## QIGONG — Evening

**FEE:** \$72

## T'AI CHI CHIH® JOY THRU MOVEMENT —

Beginner

**FEE:** \$50

## T'AI CHI CHIH —

Intermediate

10:45am OR (check one)  
 11:45am

**FEE:** \$50

## YOGA — Beginner

**FEE:** \$50

## YOGA — Intermediate

**FEE:** \$50

## ZUMBA® GOLD (Wayne)

Mondays AND/OR  
 Wednesdays AND/OR  
 Fridays

**FEE:** \$60 per session

## ZUMBA® GOLD (Chilton)

**FEE:** \$50

## ZUMBA

**FEE:** \$80

## ADVANCE DIRECTIVES AND POLST

**FREE**

## BRAIN ATTACK: STROKE

**FREE**

## CALLING ALL NEW GRANDPARENTS

**FREE**

## CHOCOLATE: GOOD FOR THE MIND, BODY AND SPIRIT

**FEE:** \$5

## DECADE SERIES: THE 1940S

**FEE:** \$5

## EAT WELL ... BE HAPPY

October 15  
 October 29  
 November 12  
 December 3  
 December 10

**FREE**

## FRANKLIN D. ROOSEVELT: AN ARSENAL FOR DEMOCRACY

**FREE**

## GUILTY GOODIES FOR THE HOLIDAYS

**FEE:** \$5

## THE HEALTHY BENEFITS OF BEANS AND LEGUMES

**FEE:** \$5

## IS YOUR HOUSE IN ORDER?

**FREE**

## MANAGING YOUR DIABETES: 2014 UPDATE

**FREE**

## MEN'S HEALTH UPDATE AND SCREENING

Call 973-831-5475 for your appointment.

**FREE**

## MOON ROCKS AND METEORITES

**FEE:** \$5

## NIP, TUCK AND BLING

**FREE**

## SAVVY VEGETARIAN

**FEE:** \$5

## STROKE SCREENING

Call 973-831-5475 for your appointment.

**FEE:** \$25

## WELCOME TO THE NEW NEW VITALITY

**FREE**

## WHEN DO I NEED A BREAST SURGEON?

**FREE**

## WOMEN'S HEALTH UPDATE AND SCREENING

Call 973-831-5475 for your appointment.

**FREE**

## WONDERING IF IT'S PERIMENOPAUSE?

**FREE**

## YOUR BREAST HEALTH — FROM DIAGNOSIS TO SURGERY

**FREE**

Classes are held in various locations. For directions or information about any of these classes, call 973-831-5367.

IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 973-831-5367 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.



6th Annual

## PAINT THE TOWNS *Pink*

Please support these participating businesses  
during the month of October.

*These local establishments have generously donated to  
Chilton Medical Center to benefit The Breast Center:*

### PLATINUM SPONSOR

#### Pizza One

Haskell • 973-835-1600

### GOLD SPONSOR

#### Pompton Queen Diner

Pompton Plains • 973-835-2086

### PINK SPONSORS

**Ameti's Gourmet Pizza**  
Pequannock • 973-696-4900

**Amore Cucina**  
Wayne • 973-595-7717

**Gary's Wine & Marketplace**  
Wayne • 973-633-3900

**Good Food Café**  
Chilton Medical Center

**Grasshopper Too Bar & Restaurant**  
Wayne • 973-696-9698

**High SocieTea House**  
Wayne • 973-696-8327

**Hunziker, Jones & Sweeney, PA**  
Wayne • 973-256-0456

**The Image Gallery**  
Wayne • 973-872-9099

**Laurie's Candies**  
Wayne • 973-696-7255

**Monica's Italian Restaurant**  
Pompton Lakes • 973-616-5457

**My Mommy's Kitchen**  
Butler • 973-291-6686

**Novelli Restaurant**  
Wayne • 973-835-3585

**Positano Restaurant & Pizzeria**  
Wayne • 973-628-6863

**Rosemary and Sage**  
Riverdale • 973-616-0606

**Spuntino Wine Bar & Italian Tapas**  
Clifton • 973-661-2435

**Sunset Pub & Grill**  
Lincoln Park • 973-694-8700

**Chilton Medical Center  
Foundation**

For more information call the Foundation at **973-831-5165**  
or Community Outreach at **973-831-5367**



Atlantic  
Health System

**Chilton Medical Center Foundation**  
97 West Parkway • Pompton Plains, NJ 07444  
973-831-5000 • atlantichealth.org/chilton

## Atlantic Health System

475 South St.  
Morristown, NJ  
07960-6459

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PERMIT 148  
SARATOGA  
NY 12866

For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlantichealth.org](http://atlantichealth.org).



## Atlantic Health System Main Locations

- 1 Morristown Medical Center**  
(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)  
100 Madison Ave., Morristown, NJ 07960
- 2 Outpatient Medicine**  
435 South St., Morristown, NJ 07960
- 3 Atlantic Sports Health**  
111 Madison Ave., Morristown, NJ 07960
- 4 Atlantic Rehabilitation**  
95 Mount Kemble Ave., Morristown, NJ 07960
- 5 Goryeb Children's Hospital**  
100 Madison Ave., Morristown, NJ 07960
- 6 Overlook Medical Center**  
(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)  
99 Beauvoir Ave., Summit, NJ 07901
- 7 Overlook, Union Campus**  
(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)  
1000 Galloping Hill Road, Union, NJ 07083
- 8 Overlook Downtown**  
(includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)  
357 Springfield Ave., Summit, NJ 07901
- 9 Newton Medical Center**  
175 High St., Newton, NJ 07860
- 10 Vernon Health & Wellness/Urgent Care**  
123 Route 94, Vernon, NJ 07462
- 11 Milford Health & Wellness/Urgent Care**  
111 E. Catharine St., Milford, PA 18337
- 12 Sparta Health & Wellness**  
89 Sparta Ave., Sparta, NJ 07871
- 13 Urgent Care at Hackettstown**  
57 Route 46, Suite 100, Hackettstown, NJ 07840
- 14 Center for Well Being**  
435 South St., Morristown, NJ 07960  
100 Madison Ave., Morristown, NJ 07960  
357 Springfield Ave., Summit, NJ 07901
- 15 Chilton Medical Center**  
97 W. Parkway, Pompton Plains, NJ 07444
- 16 Medical Institute of New Jersey**  
11 Saddle Road, Cedar Knolls, NJ 07927
- 17 Chilton Ambulatory Care Center**  
1900 Union Valley Road, Hewitt, NJ 07421  
(includes Chilton Imaging and Outpatient Laboratory Services)

