

well aware

REGISTER FOR FALL'S
new vitality
COMMUNITY CLASSES

FALL
2015

Primary Care Physician:
What's in a Name?

The Science of Hot Drinks

Paint the Towns Pink:
Breast Cancer Awareness



**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM

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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@atlantichhealth.org. Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

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@atlantichhealth.org.



Managing Editor, Well Aware:
Vicki Banner

**Director of Marketing
and Public Relations:**
Michael Samuelson

Contact information:
Atlantic Health System
475 South St., Morristown, NJ 07960

Email:
well.aware@atlantichhealth.org

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For additional information, visit atlantichhealth.org.



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/NewtonMedicalCenterNJ
/OverlookMedicalCenterNJ
/ChiltonHealth
/GoryebChildrensHospitalNJ



Follow us on Twitter for
health and wellness tips at
[@WellAwareNJ](https://twitter.com/WellAwareNJ).

Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
Goryeb Children's Hospital
Atlantic Rehabilitation
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, Goryeb Children's Hospital and Atlantic Rehabilitation. The five medical centers have a combined total of 1,599 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.

OFFICIAL
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OF THE NEW JERSEY DEVILS



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BREAST CANCER: The Importance of Early Detection

Breast cancer is the second most common cancer in women, according to the American Cancer Society. By undergoing regular breast screenings, you can catch abnormalities before they become more serious.

Screenings Save Lives

Lisa Bash, MD, medical director of The Breast Center at Chilton Medical Center, stresses the importance of mammograms (x-rays of the breasts), starting at age 40 and continuing annually per American Cancer Society recommendations.

“Early detection is the best defense,” Dr. Bash says. “The sooner we catch it, the better the outcome. Mammograms have decreased the mortality rate significantly.”

She notes that there have been noticeable advancements in recent years, including 3D mammography.

“A mammogram is a 2D x-ray, which you’re using to look at three-dimensional objects –

breasts. They’re not going to catch everything,” says Dr. Bash. “3D mammograms look at the breasts in more detail and catch smaller cancers more easily.”

Lawmakers Show Support

Last year, New Jersey legislators made breast cancer prevention a priority by passing a law to educate women about breast density – a potential risk factor.

Since the law went into effect, every woman in New Jersey who undergoes a mammogram receives a follow-up letter advising her that she may have dense breasts (more connective tissue than fat).

Physicians and patients are encouraged to discuss additional breast imaging options if breast density is high.

To make an appointment, please call The Breast Center at Chilton Medical Center at 973-829-7935 or get more information at atlantichealth.org/healthforwomen

Rx NEW DIAGNOSIS CODES FOR OUTPATIENT HEALTH CARE SERVICES

If you have a prescription for radiology, bloodwork, or other outpatient health care services, effective October 1, 2015, a new diagnosis code system will be implemented (called ICD 10). As a result, your prescription may need to be revised.

Please confirm with your physician that your prescription reflects the new ICD 10 diagnosis code. You may not be able to have your procedure if your prescription is not updated to reflect the new diagnosis coding.

This change has been mandated by the federal government and affects all health care facilities throughout the U.S.

PREPARING FOR FLU SEASON: Better Safe Than Sorry

Flu season will be here before you know it. While flu activity in the states does not peak until around December and January, it’s never too early to be prepared.

According to the Centers for Disease Control and Prevention (CDC), one of the best preventive measures is the flu vaccine. Starting in September, the flu vaccine is available to the public and will protect you against the most common strains of the virus.

Since the vaccine does not protect you from all strains, you can still catch it. That’s why

it’s important that you also follow these other tips from the CDC:

- Wash your hands regularly with soap and water.
- Avoid touching your mouth, nose and eyes.
- Clean surfaces that may have come in contact with flu germs.
- Visit your doctor if you experience flu-like symptoms such as fever, chills, fatigue and cough.

For more information on preparing for flu season, visit cdc.gov/flu.



Hot Drinks: They're Not Just for Warming Up

As the weather starts to cool down again, we're swapping the lemonade and other cool drinks for something a little warmer. Coffee and tea are great for heating us up, but did you know they could also be great for your health?

When most people think of coffee and tea, caffeine is one of the first things that comes to mind. After all, it's responsible for one of their most notable effects: increased alertness.

But there's more than meets the eye to these drinks.

Coffee: Chemistry in a Cup

Recent research has shown that coffee may reduce the risk of diseases such as Alzheimer's, Parkinson's and Type 2 diabetes, says Sherry Lei, MS, RD, CNSC, clinical dietitian for Chilton Medical Center.

These benefits, however, are not directly linked to caffeine content. Instead, studies have linked these positive effects to coffee's other substances.

"Coffee is full of antioxidants known as flavonoids that benefit your body across the

board," says Lei. "Coffee is actually one of the major sources of antioxidants for Americans."

Tea: A Nutritional Powerhouse

What if coffee is not your cup of tea? Well, then a cup of tea can offer many of the same benefits.

Caffeine makes an appearance in green tea, black tea and other varieties as well, so you get that energy kick. Flavonoids are also abundant in tea, specifically a group of flavonoids known as catechins. These substances can help your heart tremendously, notes Lei.

"Catechins can help slow the growth of plaque, reduce inflammation in the arteries and lower your levels of bad cholesterol. They help keep your arteries nice and clean. Green tea has a much higher level of catechins than black tea, but even black tea has a beneficial amount."

Buyer Beware

While you might be tempted to buy out the nearest café, you need to be mindful of your intake, notes Lei.

"People tend to focus on how many cups they drink without thinking about portion size," she says. "Your mug or the cup at your local café is usually bigger than the proper 8-ounce size."

Another concern: excess sugar, cream and other additives.

"When you put sugar and cream, it adds up over time," Lei says. "All that extra fat and calories can outweigh the benefits. In the end, you're better off keeping your drinks simple." ▶

Hot cocoa is another hot drink you should consider. Make your own at home with the following recipe to maximize antioxidant content:

8 ounces milk

2 tablespoons cocoa

1 tablespoon (more or less to taste) sugar

Whisk together and heat to a gentle simmer – enjoy.



INTEGRATED WELLNESS

ARTHRITIS FOUNDATION AQUATICS

(Joint-Friendly)

Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class. Class is limited to 20 participants.

TIME: Noon to 12:45pm

DATE: Thursdays, October 1 to November 19

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. Class is limited to 20 participants.

TIME: 1:30 to 2:30pm

DATE: Mondays, September 28 to November 16

AND/OR

DATE: Fridays, October 2 to November 20

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for each eight-week class

NEW CLASS – MINDFUL MEDITATION

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.

TIME: 6:30 to 7:30pm

DATE: Mondays, October 5 to November 23 (no class October 19 or November 16)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$30 for all six weeks

HATHA YOGA

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

TIME: 6:30 to 7:30pm

DATE: Tuesdays, October 6 to December 8

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$80 for all 10 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, September 17 to December 10 (no class November 26)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 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

TIME: 11:45am to 12:30pm

DATE: Thursdays, September 17 to December 10 (no class November 26)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 weeks

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.

FREE SLEEP HEALTH SCREENINGS

Visit chiltonhealth.org.

PULMONARY REHABILITATION PROGRAM

This nine-week program is for people with various lung conditions. For information, call 973-831-5000, ext. 5685.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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

YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

TIME: 11:30am to 12:30pm

DATE: Tuesdays, September 29 to December 15

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 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, September 29 to December 15

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$60 for all 12 weeks



EXERCISE



AQUACISE (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 28 to December 7 (no class November 23)

AND/OR

DATE: Wednesdays, September 30 to December 9 (no class November 25)

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

FEE: \$50 for each 10-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, September 30 to December 9 (no class November 25)

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

FEE: \$50 for all 10 weeks

BETTER BONES – INTERMEDIATE

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

TIME: 10:15 to 11:15am

DATE: Tuesdays, September 29 to December 8 (no class November 24)

AND/OR

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

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 13 to December 15

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 19 to December 14 (no class November 23)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

AND/OR

TIME: 11:30am to 12:30pm

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

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 21 to December 16 (no class November 25)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$64 for all eight weeks

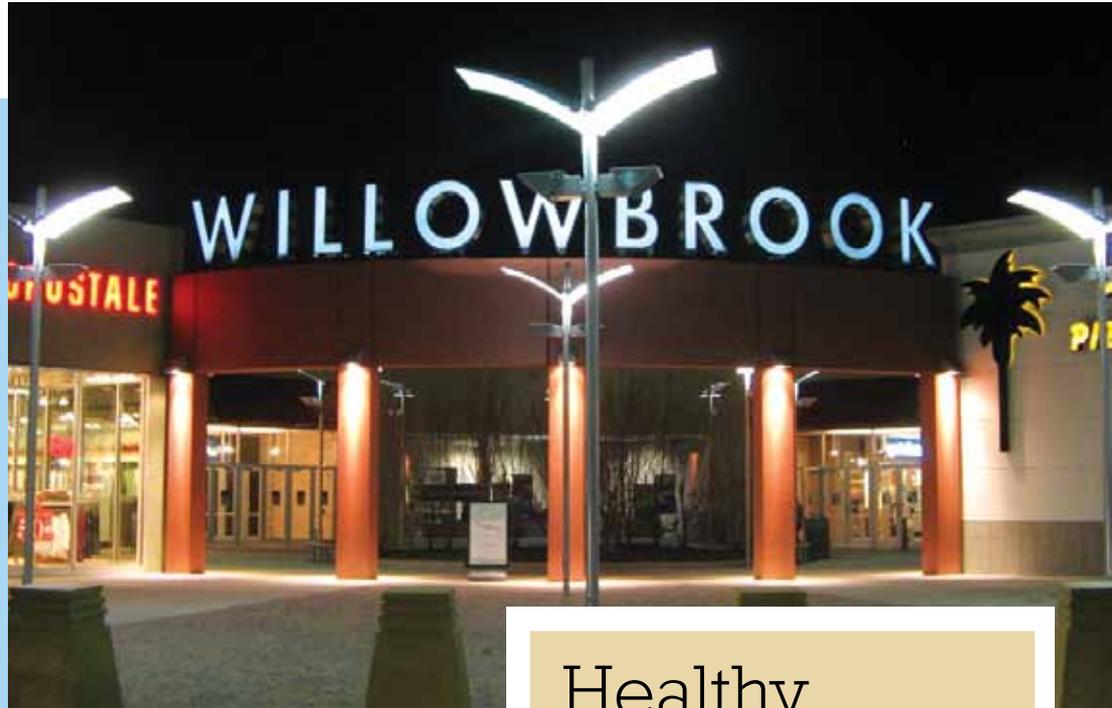
FREE MALL WALKER PROGRAM

Participants may walk from:

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

PLACE: Willowbrook Mall

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.



ZUMBA® GOLD (CHILTON)

For Chilton's location, instructors suggest that participants use slip-on bands or shoe sliders to pivot safely on carpeted floors.

TIME: 1:00 to 1:45pm

DATE: Thursdays, October 15 to December 10 (no class November 26)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$40 for all eight weeks

ZUMBA® GOLD

Improve balance, strength and flexibility.

TIME: 1:00 to 1:45pm

DATE: Mondays, October 12 to December 7 (no class November 23)

AND/OR

TIME: 10:00 to 10:45am

DATE: Wednesdays, October 14 to December 9 (no class November 25)

AND/OR

TIME: 10:00 to 10:45am

DATE: Fridays, October 16 to December 11 (no class November 27)

PLACE: Wayne Presbyterian Church, 1200 Alps Road, Wayne

FEE: \$48 for each eight-week session



ZUMBA® TONING

This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. We use light weights to enhance rhythm, build strength and tone all the target zones.

TIME: 7:00 to 8:00pm

DATE: Wednesdays, October 7 to December 16 (no class November 25)

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$80 for all 10 weeks



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

RINGWOOD
973-962-7079
ringwoodnj.net

WANAQUE
973-839-3000, ext. 7122 or 7124
wanaqueborough.com

WAYNE
973-694-1800, ext. 3241
waynetownship.com

WEST MILFORD
973-728-2725
westmilford.org

HEALTH EDUCATION

WOMEN'S HEALTH SCREENING

This screening includes a blood pressure screening, clinical breast exam and pelvic exam with Pap test. Appointments are required. For more information or to make an appointment, call 973-831-5475.

TIME: 5:30 to 7:30pm

DATE: Tuesday, October 6

PLACE: Chilton Medical Center, 242 West Parkway, Pompton Plains

FEE: \$5

BRAIN ATTACK: STROKE

Learn the warning signs, symptoms and risks of stroke, new methods of diagnosis and drugs for prompt emergency treatment, which could mean the difference between life and death. Chilton Medical Center Stroke Department staff will be on-site. A healthy breakfast provided by Llanfair House Care & Rehabilitation Center.

PRESENTER: Gennaro Marino, DO

TIME: 10:00am

DATE: Friday, October 9

PLACE: Chilton Medical Center, Collins Pavilion

FREE

STROKE SCREENING

Includes blood pressure, cholesterol, glucose, carotid bruits assessment, atrial fibrillation through pulse palpation, and health education counseling and materials.

Appointments are required. For more information and to make an appointment, call 973-831-5475.

TIME: 8:30 to 10:30am

DATE: Tuesday, October 13

PLACE: Chilton Medical Center, 242 West Parkway, Pompton Plains

FEE: \$25

TAKE CONTROL OF YOUR BREAST HEALTH

Learn the steps and simple lifestyle changes that you can take to maintain optimal breast health and reduce your risk of breast disease. Healthy refreshments provided by CareOne at Wayne.

PRESENTER: Michelle Azu, MD

TIME: 1:00pm

DATE: Wednesday, October 14

PLACE: Chilton Medical Center, Collins Pavilion

FREE

COMMON SPORTS INJURIES

Injuries from participating in sports such as tennis and skiing, as well as exercising, such as jogging, Zumba and even yoga, are a common occurrence. Join an orthopedic surgeon as he discusses common sports injuries and exercising safety tips.

PRESENTER: Mark Kavanagh, MD

TIME: 7:00pm

DATE: Monday, October 19

PLACE: Chilton Medical Center, Collins Pavilion

FREE

DIABETES SERIES

Part 1 – Managing Your Diabetes: 2015 Update

Please join us during American Diabetes Month for this comprehensive education program, which will include a basic diabetes overview as well as current information on medications. A healthy breakfast provided by Oak Ridge Rehabilitation and Nursing by Revera.

PRESENTER: Lucy Covello, MD

TIME: 10:00am

DATE: Friday, November 13

PLACE: Chilton Medical Center, Collins Pavilion

FREE

Part 2 – Managing Your Diabetes: Exercise

Learn why exercise is so important for diabetes management and ways that you can incorporate exercise into your daily routine. A healthy breakfast provided by Oak Ridge Rehabilitation and Nursing by Revera.

PRESENTER: Christine Dorenbusch, MS

TIME: 10:00am

DATE: Wednesday, November 18

PLACE: Chilton Medical Center, Collins Pavilion

FREE

Part 3 – Managing Your Diabetes: Nutrition

A healthy diet is essential for managing your diabetes symptoms. Learn how to make good dietary choices to keep your diabetes under control and in the target range. A healthy breakfast provided by Oak Ridge Rehabilitation and Nursing by Revera.

PRESENTER: Dina Hulbert, RD, CDE

TIME: 10:00am

DATE: Friday, November 20

PLACE: Chilton Medical Center, Collins Pavilion

FREE

GENERAL GI TRACT HEALTH

Constipated? Bloating? Unfortunately, gastrointestinal issues are a common problem. Join us to learn how to deal with them.

PRESENTER: Joshua Nochumson, MD

TIME: 7:00pm

DATE: Thursday, December 3

PLACE: Chilton Medical Center, Collins Pavilion

FREE

NUTRITION

HEALTHY PANTRY MAKEOVER

The simplest way to make healthful cooking simple is to have the right items on hand. So what goes into a healthy pantry? Join us for an evening with a registered dietitian to find out.

PRESENTER: Heather Shasa, MS, RD, ShopRite of Little Falls

TIME: 7:00pm

DATE: Thursday, October 8

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

EATING FOR ENERGY

With the demands of hectic schedules, it's no wonder we're tired. Sometimes the problems are busy days and lack of sleep, but just as often the problem is our diet. Learn eating tips to help you stay energized and rarin' to go.

PRESENTER: Heather Shasa, MS, RD, ShopRite of Little Falls

TIME: 7:00pm

DATE: Thursday, November 5

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

NUTRITIOUS HOLIDAY SUBSTITUTIONS

Learn strategies for managing holiday temptations and tricks for avoiding holiday weight gain. Plus, sample some delicious, yet healthy recipes.

PRESENTER: Heather Shasa, MS, RD, ShopRite of Little Falls

TIME: 10:00am

DATE: Wednesday, December 2

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



WAYNE TOWNSHIP'S 37TH ANNUAL HEALTH FAIR

For more information, call 973-694-1800, ext. 3242, or visit waynetownship.com.

TIME: 8:30 to 11:00am

DATE: Saturday, October 31

PLACE: Wayne Valley High School, 551 Valley Road, Wayne



SUPPORT GROUPS

Alzheimer's Disease Caregivers

Support Group: 7:00 to 8:30pm the second Wednesday of the month from September to June – First Reformed Church of Pompton Plains, 529 Newark Pompton Turnpike, Pompton Plains. For information, call 973-831-5367.

Arthritis Support Group:

10:30 to 11:30am the fourth Tuesday of the month – 242 West Parkway, Pompton Plains. 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 of 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.

"Women to Women":

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

SPECIAL EVENTS

Breast Cancer Awareness Events

Have lunch or dinner (in restaurant or take-out) at participating Wendy's restaurants and Moe's Southwest Grill, and they will donate fifteen percent of their profits that day to benefit Chilton's Breast Center.

MOE'S SOUTHWEST GRILL

TIME: 10:30am to 9:30pm
DATE: Wednesday, October 14
PLACE: Moe's Southwest Grill, 500 State Route 23, Pompton Plains



WENDY'S

TIME: Noon to 8:00pm
DATE: Tuesday, October 20
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



ANNUAL WOMEN'S EVENT LAUGH LOUD, LIVE LONG

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian Judy Croon entertains us with her life stories and experiences. Enjoy a full-course dinner and a glass of wine. Cash bar is available. Limited 50/50 cash raffle. Spend time shopping at our boutique tables for your holiday gifts and enjoy a night out for yourself. Register early, as seating is limited.

PRESENTER: Judy Croon, comedian and motivational speaker (judycroon.com)

TIME: 5:30pm

DATE: Thursday, October 22

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

FEE: \$51 per person

SAVE THE DATES

CASINO NIGHT

The Chilton Medical Center Auxiliary is hosting a "Casino Night." Come play blackjack, roulette, craps and poker, and enjoy a delicious buffet with complimentary beverages. There will be a tricky tray and 50/50. Hunter Douglas is underwriting this event. Proceeds will benefit the new Children's Center at Chilton Medical Center.

TIME: 7:00 to 11:00pm

DATE: Friday, November 6

PLACE: Knights of Columbus Hall, 84 Lincoln Park Road, Pequannock

FEE: \$65 (includes \$35 in playing chips)

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



Thank you to our sponsors for their support.



CHILTON'S CRYSTAL BALL: A LOOK INTO OUR FUTURE

The annual gala will feature an evening of dining, dancing, silent auction prizes and celebration as we recognize our honorees, Gloria and Rocco Barbieri and Sordoni Construction. Join us as we toast Chilton Medical Center's achievements and all of the generous donors and community members who support the hospital throughout the year.

DATE: Saturday, November 14

PLACE: The Venetian, 546 River Drive, Garfield

For more information, call 973-831-5165 or visit chiltongala.org.

LIFE ENRICHMENT



SENIOR POLICE ACADEMY

The Passaic County Sheriff's Office will host this award-winning four-

week course to enlighten our senior community. Some of the topics include: how to be a neighborhood watchdog, traffic and pedestrian safety/defensive driving, senior fraud, alcohol abuse, prescription drug abuse and gambling. Bagels and coffee will be provided, and there will be a graduation ceremony and luncheon at the completion of the course. This is presented in partnership with the Passaic County Sheriff's Office and the Wayne Alliance for the Prevention of Substance Abuse.

TIME: 9:15am to Noon

DATE: Tuesdays, October 6 to 27

PLACE: Passaic County Police Academy, 214 Oldham Road, Wayne

FREE

INCOME TAX REDUCTION AND ESTATE TAX ELIMINATION

Please join nationally recognized financial educator, speaker and lecturer Sal Salvo for a presentation packed with usable information. It is possible to increase your income, lower your taxes and build a greater inheritance for your heirs – all at the same time. Light fare will be served.

PRESENTER: Salvatore Salvo, Summit Financial Resources, Inc.

TIME: 6:00pm

DATE: Thursday, October 15

PLACE: Chilton Medical Center, Collins Pavilion
FREE

MEDICARE UPDATE 2016

Join us for this seminar on 2016 Medicare information updates, proposed payment and policy changes, and Medicare Advantage coverage and regulatory changes. Medicare's open enrollment period is October 15 through December 7.

TIME: 1:00pm

DATE: Wednesday, October 28

PLACE: Wayne YMCA, Rosen Performing Arts Center, 1 Pike Drive, Wayne

FREE

BABE RUTH: AN AMERICAN ICON

"The Babe" impacted baseball in a way never seen before, or since.

PRESENTER: James P. Kane, MD

TIME: 10:00am

DATE: Friday, November 6

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5

GOTCHA! SNAPSHOTS THAT MADE HISTORY

Photojournalist Jim DelGiudice will look at some of the accidentally historic photographs that have not only changed history, but that have become the icons by which we remember great events.

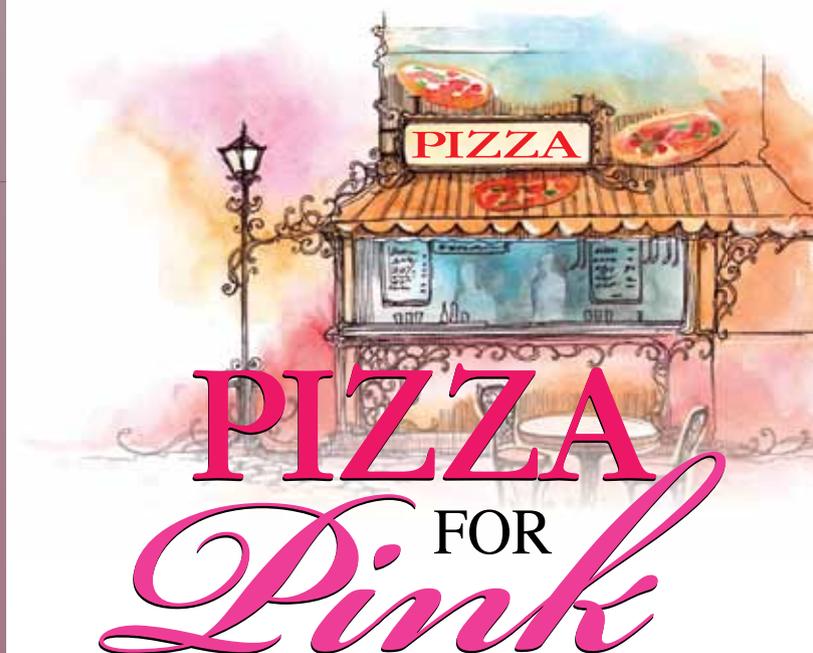
PRESENTER: Jim DelGiudice

TIME: 10:00am

DATE: Friday, December 4

PLACE: Chilton Medical Center, Collins Pavilion

FEE: \$5



Thursday, October 8

Participate in our *Paint The Towns Pink* campaign by eating pizza!

Please support the pizzerias listed below and give back to Chilton Medical Center's Breast Center.

On **Thursday, October 8**, customers will be offered one FREE plain pizza pie, and in return, we ask you to donate an equal value or greater to the Chilton Breast Center.

Frank's Pizza

19 Wanaque Avenue, Pompton Lakes • 973-248-8333

Frank's Pizza

350 Ramapo Valley Road, Oakland • 201-651-0900

Santina's Pizza

92 State Route 23, Riverdale • 973-248-9900

#PizzaforPink #PaintTheTownsPink

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

Chilton Medical Center Foundation

Chilton Medical Center Foundation

97 West Parkway
Pompton Plains, NJ 07444

973-831-5000
atlanticealth.org/chilton



Atlantic Health System



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:

GOLD SPONSOR

Pompton Queen Diner

Pompton Plains • 973-835-2086

PINK SPONSORS

Ameti's Gourmet Pizza
Pequanock • 973-696-4900

Amore of Wayne
Wayne • 973-595-7717

Applebee's of Clifton
Clifton • 973-471-6161

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

Laurie's Candies
Wayne • 973-696-7255

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

Novelli Restaurant
Wayne • 973-835-3585

Pizza One
Haskell • 973-835-1600

Positano Restaurant & Pizzeria
Wayne • 973-628-6863

Shamrock School of Music
Pompton Plains • 973-839-0100

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

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

Please support these establishments and Paint the Towns Pink!

Chilton Medical Center Foundation

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



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



PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.
Please return entire page.

TO REGISTER FOR ALL CLASSES:

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.)*
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 or register at **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. The \$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.

Name(s) _____

Address _____ City/State/ZIP _____

Daytime Phone _____ Cellphone _____

Email Address _____ Total Enclosed \$ _____

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

I, _____, hereby consent to become a participant in the New Vitality classes 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, 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 _____

Signature of Participant _____ Date _____



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

AQUACISE

MONDAYS *AND/OR*

WEDNESDAYS

FEE: \$50 PER SESSION

AQUACISE, LEVEL 2

FEE: \$50

ARTHRITIS FOUNDATION
AQUATICS PROGRAM

FEE: \$40

ARTHRITIS FOUNDATION EXERCISE
PROGRAM

MONDAYS *AND/OR*

FRIDAYS

FEE: \$40 PER SESSION

BETTER BONES – INTERMEDIATE

TUESDAYS *AND/OR*

THURSDAYS

FEE: \$60 PER SESSION

CORE DYNAMIX

FEE: \$50

HATHA YOGA

FEE: \$80

MINDFUL MEDITATION

FEE: \$30

MUSCLES IN MOTION (CHILTON)

FEE: \$40

MUSCLES IN MOTION (WAYNE)

FEE: \$60

THE POWER HOUR

FEE: \$64

T'AI CHI CHIH® JOY THRU
MOVEMENT – BEGINNER

FEE: \$60

T'AI CHI CHIH® – INTERMEDIATE

10:30AM *OR* (CHECK ONE)

11:30AM

FEE: \$60 PER SESSION

YOGA – BEGINNER

FEE: \$60

YOGA – INTERMEDIATE

FEE: \$60

ZUMBA® GOLD (CHILTON)

FEE: \$40

ZUMBA® GOLD (WAYNE)

MONDAYS *AND/OR*

WEDNESDAYS *AND/OR*

FRIDAYS

FEE: \$48 PER SESSION

ZUMBA® TONING (CHILTON)

FEE: \$80

BABE RUTH: AN AMERICAN ICON

FEE: \$5

BRAIN ATTACK: STROKE

FREE

COMMON SPORTS INJURIES

FREE

EATING FOR ENERGY

FEE: \$5

GENERAL GI TRACT HEALTH

FREE

GOTCHA! SNAPSHOTS THAT
MADE HISTORY

FEE: \$5

HEALTHY PANTRY MAKEOVER

FEE: \$5

INCOME TAX REDUCTION AND
ESTATE TAX ELIMINATION

FREE

LAUGH LOUD, LIVE LONG

FEE: \$51

MANAGING YOUR DIABETES:
2015 UPDATE

FREE

MANAGING YOUR DIABETES:
EXERCISE

FREE

MANAGING YOUR DIABETES:
NUTRITION

FREE

MEDICARE UPDATE 2016

FREE

NUTRITIOUS HOLIDAY
SUBSTITUTIONS

FEE: \$5

SENIOR POLICE ACADEMY

FREE

STROKE SCREENING

FEE: \$25

(CALL 973-831-5475 FOR YOUR
APPOINTMENT.)

TAKE CONTROL OF YOUR BREAST
HEALTH

FREE

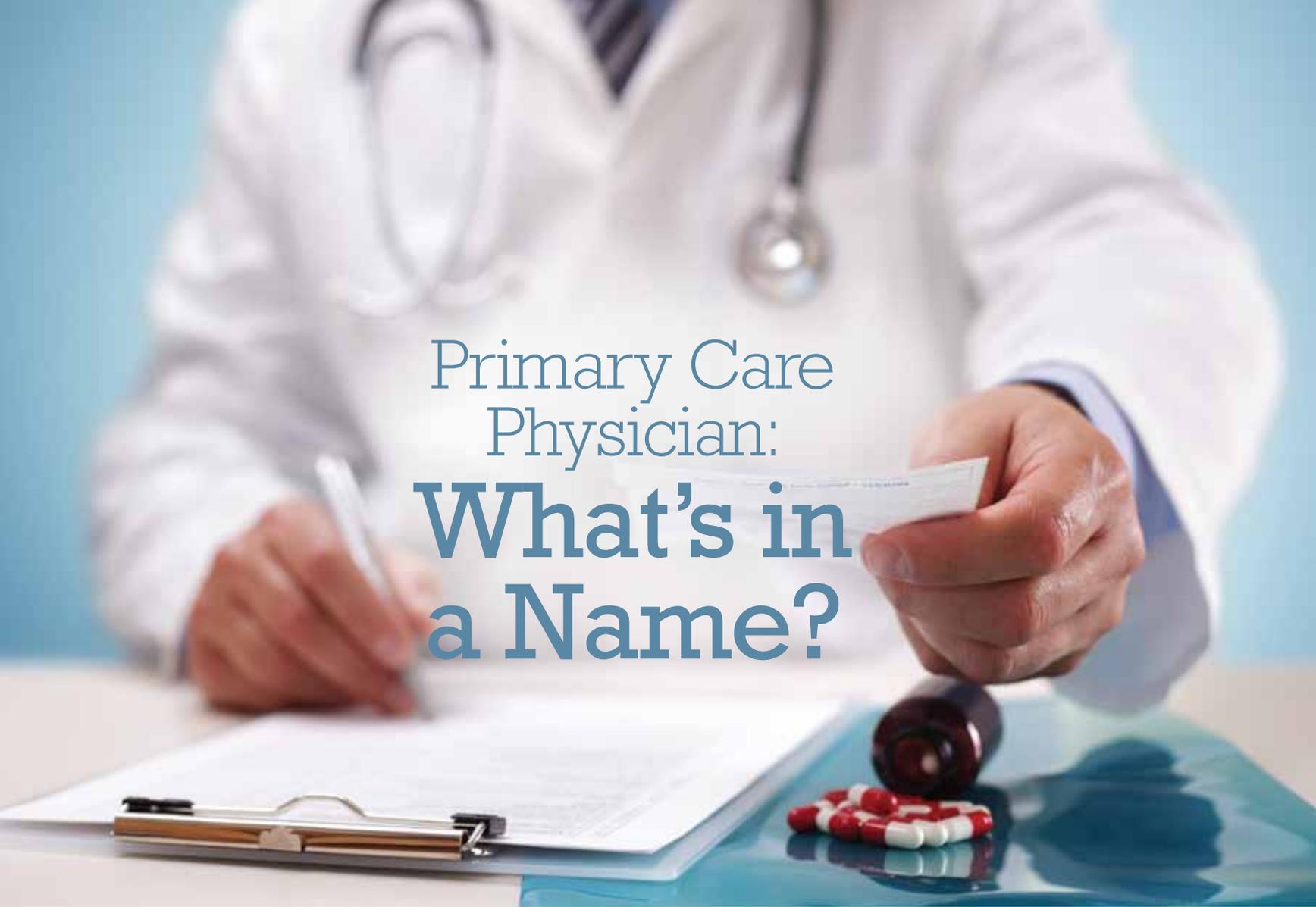
WOMEN'S HEALTH SCREENING

FEE: \$5

(CALL 973-831-5475 FOR YOUR
APPOINTMENT.)

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.



Primary Care Physician: What's in a Name?

Choosing a primary care physician (PCP) is not a decision to be taken lightly. A PCP is the first line of medical defense against everything from the common cold to more serious health concerns.

According to Mario Capio, MD, president of medical staff for Chilton Medical Center, having a primary care physician benefits both parties.

"It's been shown that most people fare better when they see a doctor more frequently," says Dr. Capio. "By building this close relationship with a primary care doctor, he or she gets to know your family history, pre-existing conditions and other factors."

As a result, he says, you're likelier to get more effective treatments when you do seek medical help. He or she will also be able to provide you with recommendations if you need specialized care, notes Dr. Capio.

Cracking the Code

Finding a primary care physician should be a straightforward process, but medical jargon can make it difficult.

In your search, you're likely to come across terms like family medicine and internal medicine. Both terms are commonly used to label PCPs.

Essentially, both types of PCPs can provide medical care to adults. There are some key differences, though. As the name suggests, a family practitioner can provide general medical care to patients of all ages, including seniors, adults and children. Internal medicine doctors usually focus on adults.

Dr. Capio notes two other differences: setting and training. You're likelier to find internists at a hospital or inpatient setting, while a family doctor typically works in an outpatient setting. This is also due in part to their training.

"A family doctor's training is more focused on the whole of the individual and not so much isolated diseases," he says. "Our training can encompass everything from obstetrics to geriatrics – basically life to death. When it comes to things like chronic diseases and hospitalization, an internist may have longer and better training."

What Matters Most

In the end, labels mean little if you do not feel comfortable with your doctor. Factors like bedside manner should also be considered when selecting a PCP.

"I think it comes down to that first visit with your doctor," says Dr. Capio. "Doctors can have the same training, but practice styles can be very different – one doctor may be more direct, and another may be more approachable. After you meet with your doctor the first time, you have to decide whether it's a good fit." ▶

Atlantic Health System

475 South St.
Morristown, NJ
07960-6459

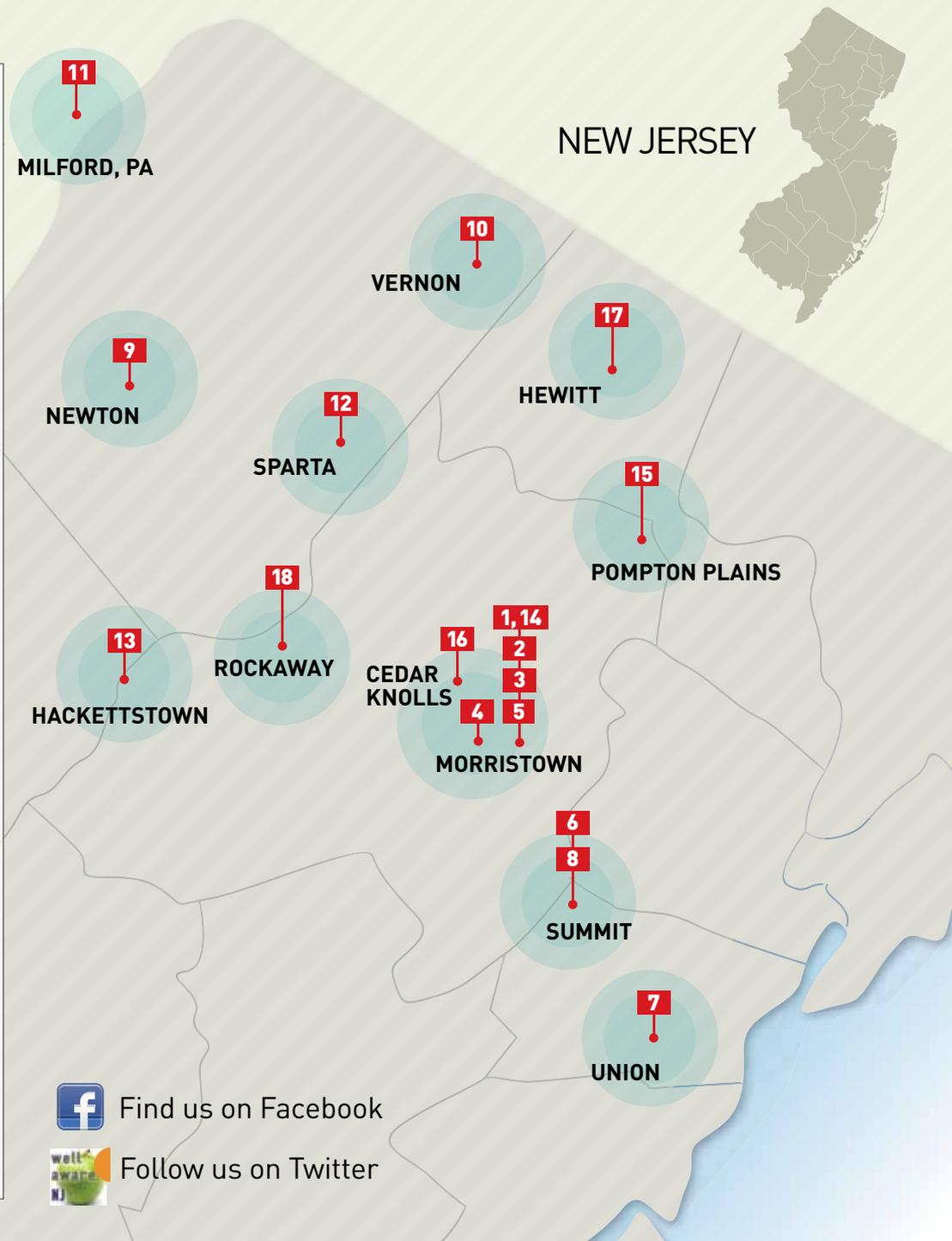
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PERMIT 148
SARATOGA
NY 12866

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit findadoctor.atlantichealth.org.



Atlantic Health System **Main Locations**

- | | |
|---|--|
| <p>1 Morristown Medical Center
<i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i>
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>2 Outpatient Medicine
435 South St.,
Morristown, NJ 07960
973-660-3105</p> <hr/> <p>3 Atlantic Sports Health
111 Madison Ave.,
Morristown, NJ 07960
973-971-6898</p> <hr/> <p>4 Atlantic Rehabilitation
95 Mount Kemble Ave.,
Morristown, NJ 07960
973-971-4481</p> <hr/> <p>5 Goryeb Children's Hospital
100 Madison Ave.,
Morristown, NJ 07960
973-971-5000</p> <hr/> <p>6 Overlook Medical Center
<i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i>
99 Beauvoir Ave.,
Summit, NJ 07901
908-522-2000</p> <hr/> <p>7 Overlook, Union Campus
<i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i>
1000 Galloping Hill Road,
Union, NJ 07083</p> <hr/> <p>8 Overlook Downtown
<i>(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i>
357 Springfield Ave.,
Summit, NJ 07901
908-598-7997</p> | <p>9 Newton Medical Center
175 High St.,
Newton, NJ 07860
973-383-2121</p> <hr/> <p>10 Vernon Health & Wellness Urgent Care
123 Route 94,
Vernon, NJ 07462
973-209-2260</p> <hr/> <p>11 Milford Health & Wellness Urgent Care
111 E. Catharine St.,
Milford, PA 18337
570-409-8484</p> <hr/> <p>12 Sparta Health & Wellness
89 Sparta Ave.,
Sparta, NJ 07871
973-726-4232</p> <hr/> <p>13 Urgent Care at Hackettstown
57 Route 46, Suite 100,
Hackettstown, NJ 07840
908-598-7980</p> <hr/> <p>14 Chambers Center for Well Being
435 South St.,
Morristown, NJ 07960
973-971-6301</p> <hr/> <p>15 Chilton Medical Center
97 W. Parkway,
Pompton Plains, NJ 07444
973-831-5000</p> <hr/> <p>16 Medical Institute of New Jersey
11 Saddle Road,
Cedar Knolls, NJ 07927
973-267-2122</p> <hr/> <p>17 Chilton Ambulatory Care Center
<i>(includes Chilton Imaging and Outpatient Laboratory Services)</i>
1900 Union Valley Road,
Hewitt, NJ 07421
1-855-862-2778</p> <hr/> <p>18 Morristown Medical Center Health Pavilion
333 Mount Hope Ave.,
Rockaway, NJ 07866
973-895-6604</p> |
|---|--|



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