

REGISTER FOR FALL'S  
**new vitality**  
COMMUNITY CLASSES

well aware

Immunotherapy –  
A New Way to  
**Knock Out Cancer**

FALL  
2016

Seasonal Spices:  
Add Fall to  
Your Food



Chilton  
Medical Center  
ATLANTIC HEALTH SYSTEM

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Welcome to the fall 2016 edition of *Well Aware*. In these pages you'll learn about the work of our staff and physicians at Chilton Medical Center and find valuable information about getting healthy and staying healthy.

I'm proud to share news of a new cancer treatment now available at Chilton. Immunotherapy uses the body's own immune system to fight certain types of cancer, without the side effects of traditional treatment regimens. Atlantic Health System physicians have been at the forefront of immunotherapy research and describe the promising future of this treatment method.

During the month of October, national Breast Cancer Awareness Month, many local businesses will once again help us "Paint the Towns Pink." This annual campaign has raised more than \$100,000 to benefit the outstanding programs and services offered at The Breast Center. Join us as we continue to support breast cancer education, prevention and treatment in our region.

In good health,

**Stephanie Bloom Schwartz**  
President, Chilton Medical Center



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Chilton Medical Center



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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, 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.

OFFICIAL  
HEALTH CARE  
PARTNER



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# 4 FLU PREVENTION: STEPS TO TAKE



It's that time of the year again: flu season. As cooler temperatures start to keep people indoors, the risk of transmission starts to increase. Thankfully, there are several precautions you and your family can take to keep influenza away:

- 1. GET THE FLU SHOT.** This vaccine is the most effective way to keep the flu at bay. Depending on your insurance, you can usually get it for free at your doctor's office or local pharmacy.
- 2. WASH YOUR HANDS.** Hand hygiene is the most effective way to prevent infections.

**3. WASH SURFACES REGULARLY.** Kitchen counters and other common areas in the home are a hot spot for germs. Clean them as often as possible to reduce your flu risk.

**4. STEER CLEAR OF VISIBLY SICK PEOPLE.** While this is easier said than done, staying out of close contact with people who are coughing and sneezing can go a long way in prevention.

For more information on flu prevention, visit [cdc.gov/flu](http://cdc.gov/flu).

## SPECIAL EVENT

### ANNUAL WOMEN'S EVENT LIVE, LAUGH, CELEBRATE

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian John Joseph entertains us with his hilarious stories and experiences. Enjoy a full-course dinner and a glass of wine. (Cash bar is available.) Limited 50/50 cash raffle. Register early, as seating is limited.



**PRESENTER:** John Joseph, comedian  
**TIME:** 5:30pm  
**DATE:** Thursday, October 20  
**PLACE:** Preakness Hills Country Club, 1050 Ratzer Road, Wayne  
**FEE:** \$53 per person

Thank you to our sponsors for their support.



# Immunotherapy— A New Way to Knock Out Cancer

Until just two years ago, the best option for beating most types of cancer was surgery, chemotherapy or radiation – or a combination of these. Today, due in part to researchers at Atlantic Health System, exciting new drugs are available nationwide. “Instead of using chemicals or radiation, these drugs fight cancer using the body’s own immune system while another newer method attacks the cancer directly using a unique approach different from chemotherapy,” says Michael Kane, MD, medical director of Community Oncology for Atlantic Health System. And they’re very effective.

“Traditional cancer treatments such as chemotherapy and radiation work by killing cancer cells directly,” says Eric Whitman, MD, medical director of Atlantic Health System’s Carol G. Simon Cancer Centers. “Immunotherapy helps the body to use its own natural defense system to kill cancer cells. We’ve been part of this research for a long time, and the results for our patients have been impressive.”

When the body finds “intruders” like bacteria or a virus, the immune system uses special cells to attack them. But cancer is tricky. It has, until now, been able to hide from these special attack cells. Immunotherapy uses drugs that help the body recognize cancer cells and then kill them. And because the drugs continue to help the immune system over time, patients might not need further treatment to fight any similar cells that return.

Another important benefit of immunotherapy is that it rarely causes anything like the side effects of traditional treatment, like nausea, hair loss and fatigue.

Immunotherapy has been most promising for melanoma, a type of skin cancer. But physicians at Atlantic Health System and elsewhere are finding that, for the first time, immunotherapy drugs are also working for cancers of the head and neck, mouth, throat, lung and kidney. Immunotherapy does not work for every patient or for every type of cancer. But research continues to determine what can make new drugs or combinations of drugs work better.

“Just a few years ago, most physicians had never heard of these drugs or how they work.” Dr. Whitman says. “Now, with multiple FDA approvals over just the past 18-24 months, they have become a key weapon to fight cancer.” ▶

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**For more information about cancer services at Atlantic Health System, visit: [atlanticealth.org/cancer](http://atlanticealth.org/cancer) or call the Atlantic Melanoma Center at 973-971-7111 Atlantic Medical Oncology at 973-831-5025.**

Because immunotherapy drugs continue to help the immune system over time, patients might not need further treatment to fight any similar cells that return.



## INTEGRATED WELLNESS

### ARTHRITIS AQUATICS PROGRAM (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, September 22 to December 1 (no class October 6, 13 and November 24)

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

**FEE:** \$48 for all eight weeks

### ARTHRITIS 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 2:15pm

AND/OR

**TIME:** 2:30 to 3:15pm

**DATE:** Mondays, September 19 to December 12 (no class October 3, 10 and November 21)

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

**FEE:** \$50 for each 10-week session

### HATHA YOGA

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

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

**DATE:** Tuesdays, October 18 to December 20

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

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



### 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.



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

**DATE:** Mondays, October 24 to December 12

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

**FEE:** \$64 for all eight 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 22 to December 15 (no class November 24)

**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 22 to December 15 (no class November 24)

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

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

### YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

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

**DATE:** Tuesdays, October 11 to December 20 (no class October 25)

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

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

### LABYRINTH MEDITATION WALK

The Labyrinth is available to the public for meditation anytime on the first Tuesday of each month from 9:00am to 9:00pm.

For information, visit

[chiltonhealth.org/labyrinth](http://chiltonhealth.org/labyrinth)

or call Pastoral Care at 973-831-5001.

### SATURDAY HATHA YOGA CLASSES FOR CANCER PATIENTS

Reduce stress, strengthen your body, boost your immune system and minimize physical discomfort during your cancer treatment. For information, call 973-831-5311.

### CANCER SURVIVORSHIP SERIES

Six-week series open to people with ALL types of cancer, who have completed active treatment and currently have no evidence of disease. Exercise, nutrition, emotional health and medical management. For information, call 908-658-5400.

### 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 11 to December 20 (no class October 25)

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

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

## EXERCISE

### **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 19 to December 12 (no class October 3, 10 and November 21)

**AND/OR**

**DATE:** Wednesdays, September 21 to December 14 (no class October 5, 12 and November 23)

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

**FEE:** \$60 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 21 to December 14 (no class October 5, 12 and November 23)

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

**FEE:** \$60 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, October 11 to December 20 (no class November 22)

**AND/OR**

**DATE:** Thursdays, October 13 to December 22 (no class November 24)

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

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

### **CORE DYNAMIX**

A flowing mix of movement and floor work. Bring a mat and 2- to 3-pound weights.

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

**DATE:** Tuesdays, November 1 to December 20

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

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

### **DANCING THROUGH THE DECADES**

Join us on this fun, cardio dance journey through time.

**TIME:** 5:45 to 6:45pm

**DATE:** Thursdays, October 27 to December 29 (no class November 24 and December 8)

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

**FEE:** \$64 for all eight weeks

### **LITE & FIT**

Light strength training and some chair exercises (no floor work). Bring a mat and handheld weights. Resistance equipment provided.

**TIME:** 2:00 to 3:00pm

**DATE:** Tuesdays, October 18 to December 20 (no class November 8 and 22)

**AND/OR**

**DATE:** Thursdays, October 20 to December 22 (no class November 10 and 24)

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

**FEE:** \$40 for each eight-week session

### **MUSCLES IN MOTION – TWO LOCATIONS**

Use your muscles to increase your core strength, overall muscle tone and improve your balance. Bring a mat and handheld weights.

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

**DATE:** Mondays, October 17 to December 19 (no class November 21)

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

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

**AND/OR**

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

**DATE:** Thursdays, October 13 to December 22 (no class November 24)

**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 19 to December 21 (no class November 23)

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

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

### **ZUMBA® GOLD AT CHILTON**

For Chilton's location, instructors suggest that participants use slip-on bands or shoe sliders.

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

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

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

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



### **ZUMBA® GOLD**

Dance into shape to international rhythms. Body, mind, soul workout.

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

**DATE:** Mondays, September 26 to December 12 (no class October 3 and November 21)

**AND/OR**

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

**DATE:** Wednesdays, September 28 to December 14 (no class October 12 and November 23)

**AND/OR**

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

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

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

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

### **ZUMBA® TONING**

This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class.

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

**DATE:** Wednesdays, October 5 to December 14 (no class October 12)

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

RINGWOOD  
973-962-7079  
[ringwoodnj.net](http://ringwoodnj.net)

WANAQUE  
973-839-3000, ext. 7122 or 7124  
[wanaqueborough.com](http://wanaqueborough.com)

WAYNE  
973-694-1800, ext. 3241  
[waynetownship.com](http://waynetownship.com)

WEST MILFORD  
973-728-2725  
[westmilford.org](http://westmilford.org)

## 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 from March to December – 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 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.

**"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.

## 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 38<sup>TH</sup> ANNUAL HEALTH FAIR**  
For more information, call 973-694-1800, ext. 3242, or visit [waynetownship.com](http://waynetownship.com).  
**TIME:** 8:30 to 11:00am  
**DATE:** Saturday, October 8  
**PLACE:** Wayne Valley High School, 551 Valley Road

## 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.

## HEALTH EDUCATION



### FEMALE CANCER SCREENING

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

**TIME:** 5:00 to 7:00pm

**DATE:** Tuesday, October 11

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

**FEE:** \$36 for screening; HPV test available for an additional fee of \$45

### MYTHS AND FACTS OF BREAST CANCER

Learn the facts on risks, symptoms, heredity vs. environment and more. A light breakfast provided by Milford Manor Nursing & Rehabilitation.

**PRESENTER:** Margaret Mary Sacco, MD

**TIME:** 10:00am

**DATE:** Wednesday, October 5

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

**FREE**

### WOMEN'S BREAST HEALTH

Learn the risk factors for breast cancer and the measures you can take to manage your breast health.

**PRESENTER:** Christopher Bauer, MD

**TIME:** 7:00pm

**DATE:** Thursday, October 13

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

**FREE**

### STROKE SCREENING

This screening includes blood pressure, cholesterol, glucose, carotid bruits assessment, atrial fibrillation through pulse palpation, and health

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

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

**DATE:** Tuesday, October 18

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

**FEE:** \$25

### BRAIN ATTACK: STROKE

Learn the warning signs and risks of stroke, 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 21

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

**FREE**

### DIABETES AND ITS COMPLICATIONS: WHAT YOU CAN DO

Diabetes increases the risk of other health conditions such as skin infections, cardiovascular and kidney disease, nerve damage and vision loss. Learn how to prevent some of these serious

complications. A light, healthy breakfast will be provided by Sunrise Senior Living.

**PRESENTERS:** Lucy Covello, MD, and Michelle Gatto, MD

**TIME:** 10:00am

**DATE:** Friday, October 28

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

**FREE**

### LIFESTYLE CHANGES TO PREVENT AND MANAGE DIABETES

Join us to learn about the diet and lifestyle changes you can make to help manage your diabetes, measures you can take to prevent the onset of diabetes, and to have a better understanding of your glucose levels.

**PRESENTER:** Dina Hulbert, RD, CDE

**TIME:** 2:00pm

**DATE:** Wednesday, November 9  
*OR*

**TIME:** 7:00pm

**DATE:** Thursday, December 8

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

**FREE**

### BENEFITS OF FITNESS FOR SENIORS

Regular activity and exercise are important to the physical and mental health of everyone, including older adults. Learn about fitness guidelines for older adults, how to exercise safely, and how to feel better, enjoy life more and stay independent as you age. A light breakfast provided by CareOne at Wayne.

**PRESENTER:** Cherise Dyal, MD

**TIME:** 10:00am

**DATE:** Wednesday, November 30

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

**FREE**

### FRANKLY SPEAKING ABOUT CANCER: LUNG CANCER



This FREE, two-hour workshop will cover the latest treatments for lung cancer. Topics of discussion include: side effects and management and tools to overcome the social and emotional challenges of the diagnosis. We hope to answer many of your questions to help you (or your loved one) manage the disease more successfully. For more details and registration, call 908-658-5400 or visit [cancersupportcnj.org/calendar](http://cancersupportcnj.org/calendar). This program is provided through an unrestricted educational grant from Lilly.

**TIME:** 2:00 to 4:00pm

**DATE:** Tuesday, November 8

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

**FREE**

### 2016 CARE AND KINDNESS CONFERENCE

Sponsored by Atlantic Health System. Twenty workshops on topics of: forgiveness, art/music therapy, meditation, active listening, substance abuse, health care decision making, care for the caregiver, suicide, depression and more. Keynote speaker: Dr. Rev. James Kok.



**To register, and for fees and complete information, go to [careandkindness.org](http://careandkindness.org). Click on Care Conferences tab, Upcoming Conferences, Pompton Plains, NJ.**

Early registration is strongly suggested, as attendance is limited.

**TIME:** 9:00am to 3:30pm

**DATE:** Saturday, October 1

**PLACE:** First Reformed Church of Pompton Plains, 529 Newark

Pompton Turnpike, Pompton Plains

## NUTRITION

### WHAT'S THE DEAL WITH DIETS?

There are so many different diets that claim promising health benefits, including weight loss. Join us and learn what a healthy diet consists of and how to manage your weight in a healthy way.

**PRESENTER:** Danielle Colombo, RD, ShopRite of Lincoln Park

**TIME:** 7:00pm

**DATE:** Thursday, October 6

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

**FEE:** \$5

### HEALTHIER HOLIDAY CHOICES

The holidays are filled with traditions that often include our favorite foods. Join us to learn some little changes that you can make to create healthier meal choices, more physical activity and still enjoy the holiday season. Samples and recipes included.

**PRESENTER:** Danielle Colombo, RD, ShopRite of Lincoln Park

**TIME:** 1:00pm

**DATE:** Monday, November 21

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

**FEE:** \$5

### WARM UP WITH HEALTHIER MEALS

Join us to learn how to make low-sodium soups, heart-healthy stews and healthy meals in your slow cooker; then come join us. Let a registered dietitian teach you how to make healthier soups and stews you can enjoy this season.

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

**TIME:** 7:00pm

**DATE:** Monday, December 19

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

**FEE:** \$5

## LIFE ENRICHMENT

### THE HEALING ART OF WRITING

Writing is an easy way to communicate with your deepest self and can be a health benefit in any phase of life. Writing can reduce stress and scatter in your life, help you work through problems more effectively, heal troubled memories to let go of the past and release pent-up stress and emotions. In this four-week workshop, allow the creative process to work its magic in a safe and supportive environment as we explore aspects of finding our own style and voice. We will supply journal books. Course is limited to 10 participants.

**PRESENTER:** Dianne Herald-DiMella

**TIME:** 11:00am to 12:30pm

**DATE:** Mondays, October 31 to November 21

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

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

### SENIOR POLICE ACADEMY



The Passaic County Sheriff's Office will host this award-winning four-week course to enlighten our senior community and improve their quality of life. Some of the topics that may be

covered include: traffic and pedestrian safety/defensive driving, fire safety, crime prevention, senior fraud, alcoholism and prescription drug abuse. We will provide bagels and coffee, and there will be a graduation ceremony and luncheon at the completion of the course. This important community service 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 11 to November 1

**PLACE:** Passaic County Safety Academy, 300 Oldham Road, Wayne

**FREE**

### ELECTION 2016 ... THE LIGHTER SIDE

Jimmy Margulies' cartoons appear in more than 400 newspapers nationwide as well as *The Record* and *amNew York*. Please join us as this award-winning nationally syndicated editorial cartoonist shares his thought-provoking and often humorous views of today's political scene.

**PRESENTER:** Jimmy Margulies

**TIME:** 10:00am

**DATE:** Wednesday, October 26

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

**FEE:** \$5

### AMERICA AT WAR: 1941 TO 1945

Relive the events and music of the war years, including Pearl Harbor, the D-Day landings at Normandy, Battle of the Bulge, flag raisers of Iwo Jima and much more. A must-see for all Americans.

**PRESENTER:** James P. Kane, PhD

**TIME:** 10:00am

**DATE:** Friday, November 11

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

**FEE:** \$5

### FROM TEMPE WICK TO BETSY SCHUYLER: LEGENDS OF REVOLUTIONARY MORRISTOWN

It can be argued that the days George Washington's army spent in Morristown were some of the most critical in U.S. history. This program will recount the stories of the American heroes who rose to overcome incredible odds and keep the new nation alive.

**PRESENTER:** Jim DelGiudice, The Judgson Lecture Series

**TIME:** 10:00am

**DATE:** Friday, December 2

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

**FEE:** \$5



## SPECIAL SEMINAR

### A TOAST TO YOUR FINANCIAL WELL-BEING

This unique, women-only seminar will answer all your questions related to financial planning, record keeping, advance directives, caregiving, planned giving and the stress of dealing with finances. We

will serve champagne and light fare. To register, call the foundation office at 973-831-5165.

**TIME:** 6:30pm

**DATE:** Tuesday, October 18

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

**FREE**

## FOUNDATION EVENT

### ANNUAL CHILTON FOUNDATION GALA

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

2016 honorees: George Wolfson and Inserra Supermarkets, Inc.

For more information, call 973-831-5165 or visit [atlanticehealth.org/chiltonfoundation](http://atlanticehealth.org/chiltonfoundation).

**DATE:** Saturday, November 5

**PLACE:** The Venetian, 546 River Drive, Garfield



## AUXILIARY EVENTS

### QUEEN'S TEA

The Chilton Medical Center Auxiliary is presenting a "Queen's Tea." The menu includes choice of tea, quiche with soup or salad, scones, lemon curd and clotted cream, assorted savories, delectable sweets and a plated dessert. Proceeds from this event will benefit The Breast Center. For reservation information, call 973-831-5345.

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

**DATE:** Thursdays, October 6 and October 13

**PLACE:** High SocieTea House, 20 Old Newark Pompton Turnpike, Wayne

**FEE:** \$40

### TREE OF LIGHTS

Purchase 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. The tree lighting ceremony will include music, refreshments and an appearance by Santa. To purchase a light, call 973-831-5345.

**TIME:** 5:00pm

**DATE:** Tuesday, December 6

**PLACE:** Chilton Medical Center

## BREAST CANCER AWARENESS – FALL 2016



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

### MOE'S FOR PINK

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

**DATE:** Wednesday, October 12

**PLACE:** Moe's Southwest Grill, 500 State Route 23, Pompton Plains

### ITALIAN FOR PINK

**TIME:** 5:00 to 10:00pm

**DATE:** Tuesday, October 18

**PLACE:** Boniello's Restaurant, 72 Hamburg Turnpike, Riverdale

### WENDY'S FOR PINK

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

**DATE:** Wednesday, October 19

**PLACES:** 637 Hamburg Turnpike, Wayne; 1560 Route 23 North, Wayne; 530 Route 46 East, Wayne; 3107 Willowbrook Mall, Wayne; 1204 Route 23 North, Butler; 19 Wanaque Avenue, Pompton Lakes

### PIZZA FOR PINK

Frank's Pizza 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.

**DATE:** Wednesday, October 19

**PLACE:** Frank's Pizza, 350 Ramapo Valley Road, Oakland

### DRINKS FOR PINK

Spuntino will be offering a special Pink Drink Menu, where they will donate a portion of each drink sold during the month of October to Chilton Medical Center Foundation.

**PLACE:** Spuntino Wine Bar & Italian Tapas, 70 Kingsland Road, Clifton

**8th  
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:*

## **GOLD SPONSOR**

### **Pompton Queen Diner**

Pompton Plains • 973-835-2086

## **PINK SPONSORS**

#### **A&A Fine Foods**

Lincoln Park • 973-633-7878

#### **Ameti's Gourmet Pizza**

Pequannock • 973-696-4900

#### **Amore of Wayne**

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

#### **Laurie's Homemade Candies**

Wayne • 973-696-7255

#### **Monica's Italian Restaurant**

Pompton Lakes • 973-616-5457

#### **Pizza One**

Haskell • 973-835-1600

#### **Positano Restaurant & Pizzeria**

Wayne • 973-628-6863

#### **ShamRock School of Music**

Pompton Plains • 973-839-0100

#### **Viaggio Ristorante**

Wayne • 973-706-7277

**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 • atlanticehealth.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

3. If you are registering for other people, list their addresses and telephone numbers as well. If you are only registering for **FREE** classes, call Chilton Medical Center at 973-831-5367.
4. If a class is full when we receive your check, we will return your check, place you on a waiting list and notify you if an opening occurs.
5. The \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, 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.
6. Exercise classes are non-refundable after the first class and subject to change without notice due to weather or other issues beyond our control. New Vitality will make every effort to make up a canceled class, but reserves the right not to refund the class if a makeup date cannot be scheduled.

To view the New Vitality calendar of events or to fill out a membership application, visit [atlantichealth.org/newvitality](http://atlantichealth.org/newvitality).

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

Name(s) \_\_\_\_\_

Address(es) \_\_\_\_\_

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 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 \_\_\_\_\_

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, LEVEL 1**

- Mondays *AND/OR*
- Wednesdays

**FEE:** \$60 per session

**AQUACISE, LEVEL 2**

**FEE:** \$60

**ARTHRITIS AQUATICS PROGRAM**

**FEE:** \$48

**ARTHRITIS EXERCISE PROGRAM**

- 1:30pm *OR* (check one)
- 2:30pm

**FEE:** \$50 per session

**BETTER BONES – INTERMEDIATE**

- Tuesdays *AND/OR*
- Thursdays

**FEE:** \$60 per session

**CORE DYNAMIX**

**FEE:** \$40

**DANCING THROUGH THE DECADES**

**FEE:** \$64

**HATHA YOGA**

**FEE:** \$80

**LITE & FIT**

- Tuesdays *AND/OR*
- Thursdays

**FEE:** \$40 per session

**MEDITATION FOR MINDFUL WELL-BEING**

**FEE:** \$64

**MUSCLES IN MOTION (Chilton)**

**FEE:** \$45

**MUSCLES IN MOTION (Wayne)**

**FEE:** \$60

**THE POWER HOUR**

**FEE:** \$72

T'AI CHI CHIH® JOY THRU MOVEMENT – BEGINNER

**FEE:** \$60

T'AI CHI CHIH® – INTERMEDIATE

- 10:45am *OR* (check one)

- 11:45am

**FEE:** \$60 per session

YOGA – BEGINNER

**FEE:** \$50

YOGA – INTERMEDIATE

**FEE:** \$50

ZUMBA® GOLD (Chilton)

**FEE:** \$50

ZUMBA® GOLD (Wayne)

- Mondays *AND/OR*

- Wednesdays *AND/OR*

- Fridays

**FEE:** \$60 per session

ZUMBA® TONING (Chilton)

**FEE:** \$80

AMERICA AT WAR: 1941 TO 1945

**FEE:** \$5

BENEFITS OF FITNESS FOR SENIORS

**FREE**

BRAIN ATTACK: STROKE

**FREE**

DIABETES AND ITS COMPLICATIONS: WHAT YOU CAN DO

**FREE**

ELECTION 2016 ... THE LIGHTER SIDE

**FEE:** \$5

FEMALE CANCER SCREENING

**FEE:** \$36

(Call 973-831-5475 for your appointment or to schedule the additional HPV test for \$45.)

FRANKLY SPEAKING ABOUT CANCER: LUNG CANCER

**FREE**

FROM TEMPE WICK TO BETSY SCHUYLER: LEGENDS OF REVOLUTIONARY MORRISTOWN

**FEE:** \$5

THE HEALING ART OF WRITING

**FEE:** \$10

HEALTHIER HOLIDAY CHOICES

**FEE:** \$5

LIFESTYLE CHANGES TO PREVENT AND MANAGE DIABETES

- 2:00pm *OR* (check one)

- 7:00pm

**FREE**

LIVE, LAUGH, CELEBRATE

**FEE:** \$53

MYTHS AND FACTS OF BREAST CANCER

**FREE**

SENIOR POLICE ACADEMY

**FREE**

STROKE SCREENING

**FEE:** \$25

(Call 973-831-5475 for your appointment.)

A TOAST TO YOUR FINANCIAL WELL-BEING

**FREE**

WARM UP WITH HEALTHIER MEALS

**FEE:** \$5

WHAT'S THE DEAL WITH DIETS?

**FEE:** \$5

WOMEN'S BREAST HEALTH

**FREE**





## The Spice of

# Life

## Add Some Fall to Your Food

### Chai Tea

#### Ingredients

- 1-inch piece of fresh ginger, cut into rounds
- 8 green cardamom pods
- 12 cloves
- 2 cinnamon sticks
- 2 teaspoons black peppercorns
- 1 tablespoon fennel or anise seed (optional)
- 6 cups water
- 6 tea bags (preferably Darjeeling)
- 2-6 tablespoons honey or brown sugar
- 2 cups milk (any type)

#### Directions

1. Combine first five to six ingredients (ginger through peppercorns or fennel/anise seed) in a medium saucepan. Lightly crush with a mallet or the back of a large spoon. Add water and bring to a boil. Boil for five minutes; then take off heat and let steep for 10 minutes.
2. Add tea bags, bring back to a boil; then reduce heat and simmer for five minutes.
3. Strain out spices and remove tea bags.
4. Remove from heat, add honey or brown sugar and milk, and enjoy.

Fall marks the start of the holiday season. And you know what that means: lots and lots of food. The best parts of autumn are the scents and flavors associated with the season, which are partially due to spices.

"The most common spices for the fall season are ones that are associated with comfort foods that make us feel warm and cozy as it starts to get chilly outside," says Christina Lavner, registered dietitian for Chilton Medical Center. "These are spices like cinnamon, nutmeg, ginger and cloves."

#### MORE THAN GREAT TASTE

We have known such spices to give dishes some extra flavor, but their benefits go beyond just taste. Studies have shown that spices may help reduce inflammation, manage hunger, promote weight loss and fight off infections.

"Many health benefits of spices come from a type of plant compound called polyphenols," says Lavner. "Polyphenols are a type of phytochemical, which are plant compounds that work as antioxidants in the body to fight free radical changes."

But just because spices may be good for you, it does not mean that the foods containing

them are good for you, cautions Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center.

"Around this time of year, you're going to find spices in a lot of baked goods like pies and cakes," says Lombardi. "You need to be extra mindful about sugar and fat content during the holidays."

#### CREATIVITY IN THE KITCHEN

For those individuals looking to cut salt from their diet, spices can be a great way to add new flavors and keep foods from tasting bland. "Spices are an easy way to make meals stand out without adding excess calories," Lombardi says.

While cinnamon, nutmeg and other common spices get much of the spotlight, Mary Finckenor, registered dietitian for Morristown Medical Center, touts the benefits of other not-so-common spices like turmeric, cardamom and rosemary.

"Spices really give you a chance to get creative in the kitchen. With turmeric, for example, you can experiment with curry dishes and other Indian dishes. Variety really is the spice of life." Do not be afraid to try new spices. A whole world of new flavors awaits you in the spice aisle of your local supermarket. ▶

**Atlantic Health System**

475 South St.  
Morristown, NJ  
07960-6459

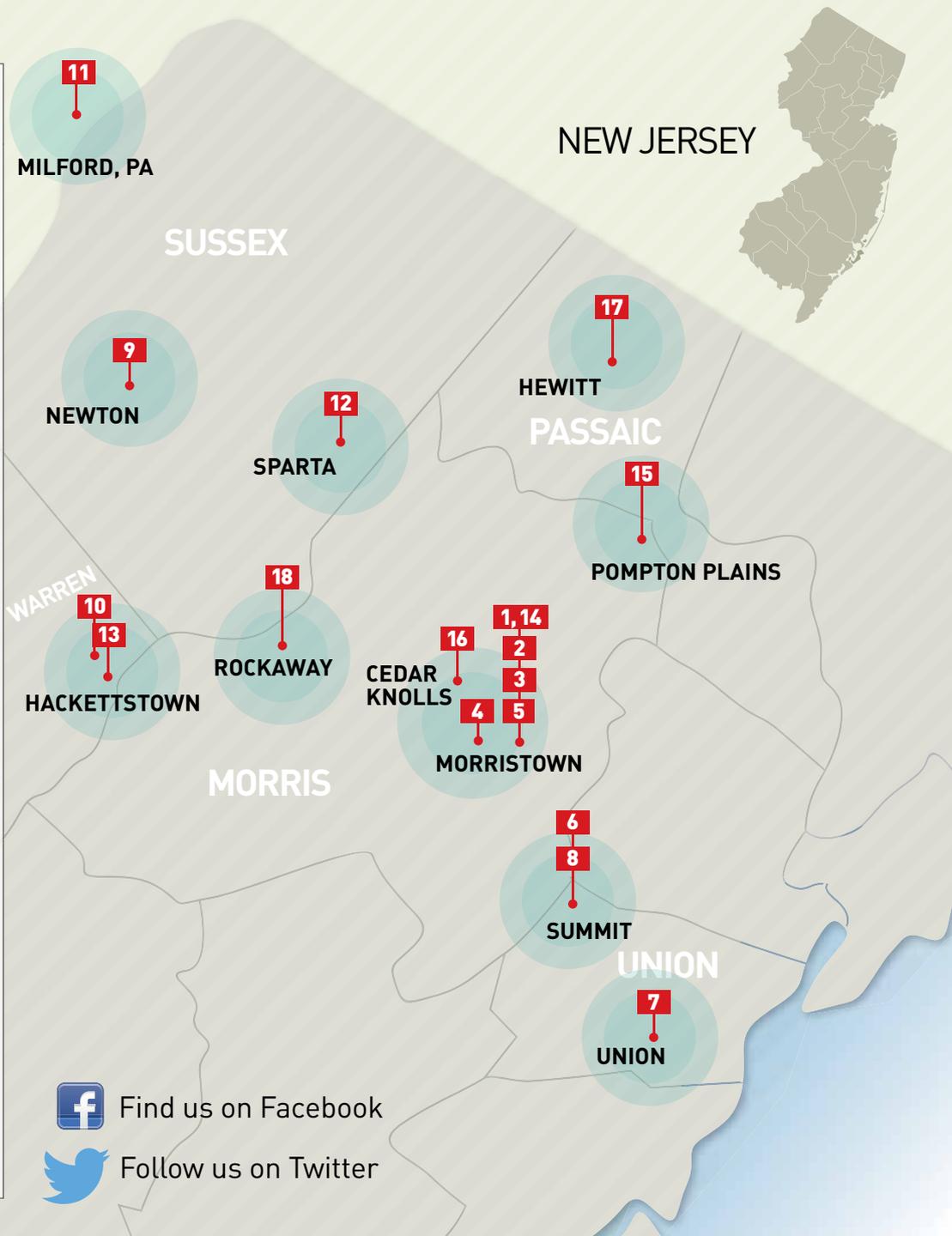
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an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlantichealth.org/doctors](http://atlantichealth.org/doctors)



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Atlantic Health System **Main Locations**

- |   |   |
|---|---|
| <p><b>1 Morristown Medical Center</b><br/><i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i><br/>100 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-5000</b></p> <hr/> <p><b>2 Outpatient Medicine</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-660-3105</b></p> <hr/> <p><b>3 Atlantic Sports Health</b><br/>111 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-6898</b></p> <hr/> <p><b>4 Atlantic Rehabilitation</b><br/>95 Mount Kemble Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-4481</b></p> <hr/> <p><b>5 Goryeb Children's Hospital</b><br/>100 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-5000</b></p> <hr/> <p><b>6 Overlook Medical Center</b><br/><i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i><br/>99 Beauvoir Ave.,<br/>Summit, NJ 07901<br/><b>908-522-2000</b></p> <hr/> <p><b>7 Overlook, Union Campus</b><br/><i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i><br/>1000 Galloping Hill Road,<br/>Union, NJ 07083</p> <hr/> <p><b>8 Overlook Downtown</b><br/><i>(includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i><br/>357 Springfield Ave.,<br/>Summit, NJ 07901<br/><b>908-598-7997</b></p> | <p><b>9 Newton Medical Center</b><br/>175 High St.,<br/>Newton, NJ 07860<br/><b>973-383-2121</b></p> <hr/> <p><b>10 Hackettstown Medical Center</b><br/>651 Willow Grove St.,<br/>Hackettstown, NJ 07840<br/><b>908-852-5100</b></p> <hr/> <p><b>11 Milford Health &amp; Wellness Urgent Care</b><br/>111 E. Catharine St.,<br/>Milford, PA 18337<br/><b>570-409-8484</b></p> <hr/> <p><b>12 Sparta Health &amp; Wellness</b><br/>89 Sparta Ave.,<br/>Sparta, NJ 07871<br/><b>973-726-4232</b></p> <hr/> <p><b>13 Urgent Care at Hackettstown</b><br/>57 Route 46, Suite 100,<br/>Hackettstown, NJ 07840<br/><b>908-598-7980</b></p> <hr/> <p><b>14 Chambers Center for Well Being</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-971-6301</b></p> <hr/> <p><b>15 Chilton Medical Center</b><br/>97 W. Parkway,<br/>Pompton Plains, NJ 07444<br/><b>973-831-5000</b></p> <hr/> <p><b>16 Medical Institute of New Jersey</b><br/>11 Saddle Road,<br/>Cedar Knolls, NJ 07927<br/><b>973-267-2122</b></p> <hr/> <p><b>17 Chilton Ambulatory Care Center</b><br/><i>(includes Chilton Imaging and Outpatient Laboratory Services)</i><br/>1900 Union Valley Road,<br/>Hewitt, NJ 07421<br/><b>1-855-862-2778</b></p> <hr/> <p><b>18 Morristown Medical Center Health Pavilion</b><br/>333 Mount Hope Ave.,<br/>Rockaway, NJ 07866<br/><b>973-895-6604</b></p> |
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